

NARFE

National Active and Retired Federal Employees Association Olympic Peninsula Chapter 1006 • October 2007



NARFE District IV Website

www.narfewadist4.org

Chapter Officers

President: Ray Weinmann

Vice President: Ron Gill

Secretary: Marilyn Falls

Treasurer: Mary Balian

Board Member: Ralph Angulo

Board Member: William Holman

Board Member: Lois Shaw

Past President: Orvie Jensen

District IV Vice President: Bill Powers

Chapter Chairpersons

Alzheimer's: Elizabeth Owen

Historian: Charlotte Petersen

Legislative: Bill Holman

Membership: co-chairpersons:

Orvie Jensen

Lois Shaw

Newsletter: Sara Boore

Programs: co-chairpersons:

Ron Gill

Ray Weinmann

Public Relations: Gary Kydland

Service Officer: Ralph Angulo

Sunshine: Marie Wall

Telephone: Mary Tate

Legislators

Senator Maria Cantwell

website: <http://www.cantwell.senate.gov>

Senator Cantwell's Director for the Olympic Peninsula

Robert Thoms - (253) 572-2281

The Commerce Building

950 Pacific Avenue, Suite 615, Tacoma, Washington

Senator Patty Murray

website: <http://www.murray.senate.gov>

Senator Murray's Director for the Olympic Peninsula

Mary McBride - (253) 572-3636

The Commerce Building

950 Pacific Avenue, Suite 650, Tacoma, Washington

Representative Norm Dicks

website: <http://www.house.gov/dicks>

345 6th Street, Suite 500, Bremerton, WA 98337 and 332 East

Fifth Street, Port Angeles, WA 98362 (Staffed by Judith Morris)

Tuesday 9:30 A.M.-Noon, Thursday 2:00-5:00 P.M., and by appointment 452-3370

October Chapter Program

October 23, 2007, 11:30 A.M.

The Salad Station (formerly the Secret Garden Buffet)

First St. and Golf Course Road

Port Angeles, WA

Our October speaker will be Jim Borte from the Sheriff's Department. He will speak on highway safety

The Pledge of Allegiance will be at 12:00 noon and will be followed by the presentation and a short business meeting. You do not have to eat at the buffet to attend the meeting.

President's Corner

The October meeting will be very important so plan to attend. In addition to hearing from Jim Borte, we will elect Chapter officers and approve the revised Chapter by-laws. We need your votes and involvement. Most members who attended our last meeting expressed approval of our current meeting place. We will continue to work with the new owners on their menu and meal costs.

Our November meeting will be on the 20th. (3rd Tuesday instead of the 4th. Tuesday) so make sure your calendar shows the change. The November meeting will be our health fair. There will be no meeting in December. Most of you have received your voting pamphlets for the November general election. Study the issues and candidates statements and vote intelligently.

There are currently about 370 members in our chapter. I estimate there are at least 1500 retired federal employees on the Peninsula. So we have about 20%-25% of the retiree population. I encourage each of you who know a federal retiree or current employee to recruit them. The more members we have the stronger we are with our elected representatives.

—RAY WEINMANN, CHAPTER PRESIDENT

Current Employee Corner:

We encourage all current employees who are chapter members to renew their membership. Those of you who received a gift membership from the pre retirement seminars should continue your membership. It only costs pennies a day and helps NARFE on Capital Hill (strength in numbers).

We also encourage current employees to recruit new members. It would entitle you to a free meal.

—RAY WEINMANN, CHAPTER PRESIDENT

September Program Recap

Judy Tordini, R.N., Director of Cardiac Services at Olympic Medical Centers in Sequim and Port Angeles, notes the heart problems are the #1 ailment seen in our nation's Emergency Rooms. Patients come in with classic symptoms of chest pain, and/or arm pain, shortness of breath, and sweating. "Classic" as seen usually in men.

But for many, especially women and diabetics, there are no dramatic symptoms. Often the discomfort is called indigestion, or an uneasy feeling, clamminess, a flushed feeling. A heart attack in disguise, a "silent heart attack".

Current treatments are an uphill battle with emergency repairs and coping. But the Medical Community is coming to the realization that a pro-active approach to care is PREVENTION.

A short anatomy lesson showed us that there are four areas where the heart can have problems: blood supply, muscles, pressure mechanisms, and electrical impulses. EKGs can monitor the electrical impulses, and high-tech scans can watch the heart in action and display any abnormalities.

Factors that we can control are: plaque with diet and exercise and meds; control of inflammation with meds and diet; high blood pressure with diet, exercise and meds if necessary (normal reads 130/70 or under); blood sugar control with diet, exercise, and meds (if needed). The recurring refrain is EAT HEALTHY, MOVE MORE EVERYDAY! Choose simple basic foods (mostly vegetables, fruits and whole grains), build in activity by walking farther to do more things, socialize, smile more and have a good laugh (on yourself if necessary)!

Future plans for our local Cardiac Rehab Centers are new Prevention Programs, and a new Pulmonary Rehab Center opening October 1st in Sequim.

To sign Judy Tordini up to speak to your other groups about Heart Health and Wellness just contact her through Olympic Medical Center. She loves to teach heart wellness. She'll be glad to share her wealth of knowledge!

—MARILYN FALLS, CHAPTER SECRETARY

Christmas in November!

All of our generous donations at the November 20th Health Fair Meeting will go to the Salvation Army's Angel Tree Program for needy local children. Last year we raised nearly \$500. for this worthwhile Holiday Program. Let's challenge ourselves to top this amount. Our dollars go for much needed clothing, supplies and added fun items that make it "Christmas" for many area children who would not have anything in their stockings.

Please make out checks to the Salvation Army, memo: Angel Tree Program. Your generous donation is REALLY APPRECIATED and does make a difference!

(The Alzheimer's Fund collection will resume in January.)

—MARILYN FALLS, CHAPTER SECRETARY

Membership

We welcome Thom Salisbury who has transferred from the Spokane Chapter.

Following are the names of members whose dues were due August 2007. They are: Jane Andersen, Gary Garrison, Mary Tailleux, and Cheri Barnett. Margaret Slagle has been dropped for non payment of dues.

Our membership count is now 366.

At the recent National Executive Board meeting, Board members agreed to eliminate the CFE dues incentive program. Effective January 1, 2008 all new CFE's will join NARFE at the standard first year membership fee of \$33. Upon completion of the first year, CFE's will renew at the standard NARFE dues structure. Those CFE's who joined prior to January 1, 2008 will be grandfathered. As long as they remain a CFE they will be able to renew at the old CFE rates. Once retired, they will renew at the standard NARFE dues rate.

And for your information a annually renewing member - One year dues for our chapter #1006 is \$36.00 - that includes the chapter dues. (National dues \$29 & Chapter dues \$7) Two years is \$66 (National dues \$52 & Chapter dues \$14) and for three years the dues are \$95 (National dues \$74 & Chapter dues \$21)

However the best deal is to go on Withholding. The annual dues are \$24.60 plus chapter dues of \$7.00 That's a total of \$31.60 Going on Withholding is very simple - call me at 452-6374, I'll send you the form. You will never have to receive my letter informing you that your dues are past due or have your name published in the newsletter. This helps three people - you, me and our National Office.

On another subject. Snowbirds - please let us know if you are going south for the winter. We can forward your newsletter to your winter address or hold it until you return. Also, if you are going on vacation - let us know. All newsletters that are returned for "temporary away" or moved without notifying us - cost the chapter .41 cents for each returned newsletter - we have approximately 10 every month - sometimes more.

Don't forget the November meeting will be November 20th (NOT THE FOURTH TUESDAY PER USUAL) and that's the Health Fair. Mark your calendar NOW.

—LOIS SHAW, MEMBERSHIP CO-CHAIR