

# NARFE

National Active and Retired Federal Employees Association  
Olympic Peninsula Chapter 1006 • January 2012



## NARFE District IV Website

[www.narfewadist4.org](http://www.narfewadist4.org)

### Chapter Officers

**President:** Bud Shaw (452-6374)

email: [uncbud@q.com](mailto:uncbud@q.com)

**Vice President:** Robert Ackerman (582-1232)

email: [commish32@wavecable.com](mailto:commish32@wavecable.com)

**Secretary:** Kay Kozminski (683-9464)

email: [kozminski@olympus.net](mailto:kozminski@olympus.net)

**Treasurer:** Robert Jewell (681-4981)

email: [jewellsinsequim@q.com](mailto:jewellsinsequim@q.com)

**Board Member:** Ralph Angulo (452-6542)

email: [ralphangulo@yahoo.com](mailto:ralphangulo@yahoo.com)

**Board Member:** William Holman (452-7377)

email: [holmayr@olympen.com](mailto:holmayr@olympen.com)

**Board Member:** Lois Shaw (452-6374)

email: [uncbud@q.com](mailto:uncbud@q.com)

**Past President:** Al Burge (681-4127)

email: [aburge67@aol.com](mailto:aburge67@aol.com)

**District IV Vice President:** Bill Powers (377-7917)

email: [powersw@comcast.net](mailto:powersw@comcast.net)

### Chapter Chairpersons

**Alzheimer's:** LaVeta Edmonson (683-8963)

**Legislative:** Bill Holman (452-7377)

**Membership:** Lois Shaw (452-6374)

email: [uncbud@q.com](mailto:uncbud@q.com)

**Newsletter:** Sara Boore (477-1105)

email: [sboore@yahoo.com](mailto:sboore@yahoo.com)

**Programs:** Vacant

**Public Relations:** Vacant

**Service Officer:** Ralph Angulo (452-6542)

email: [ralphangulo@yahoo.com](mailto:ralphangulo@yahoo.com)

**Sunshine:** Kathryn Spilker (681-2412)

**Telephone:** Vacant

### Legislators

**Senator Maria Cantwell**

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

**Senator Cantwell's Director for the Olympic Peninsula**

Mike English - (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**

Christina Reeves - (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.

### January Chapter Program

Tuesday, January 24, 2012, 11:30 A.M.

Paradise Restaurant

703 North Sequim Avenue

(just north of Sequim High School)

Sequim, WA

Our January speaker will be Dr. Scott Kennedy,  
Chief Medical Officer Olympic Memorial Hospital

Lunch is at 11:30 A.M. and the speaker will be at 12:00.

You do not have to have lunch to attend the meeting.

### President's Corner

#### Call Your Congressional Representatives

Washington State had a very poor response to the telephone calling request made by NARFE Headquarters last year. We now have a new request starting in February, 2012. This request is for the same reason, **WE WANT TO BE TREATED FAIRLY BY CONGRESS IN THEIR BUDGET CUTTING EFFORTS.** If you have been listening to the political debates on TV you have heard a lot of rhetoric and some of it was about government employees. Some want to eliminate complete departments in the government; others want to completely revise the Federal Employees' retirement system and a lot of other wild ideas, some of which may come to fruition. Our job is to let congressional persons know that budget cuts should be applied to all parties' equally not just Federal employees and retirees.

Call or write; your Congressional persons in February, the budget issue is still a long way from being finalized. If you write please send all letters to the local Washington state addresses shown in this newsletter.

#### NARFE Meetings Scheduled for this Year

The Olympic Peninsula District Workshop will be held March 27, at the Sequim Elks Lodge starting at 09:30 AM. This meeting will be held concurrent to our regular meeting.

The Washington State Convention will be held May, 14-16 in Vancouver WA. at the Red Lion hotel, 100 Columbia St. Ph. 360-694-2023.

The NARFE National Convention will be held Aug. 26-30 in Reno-Sparks, Nevada at the Nugget Hotel. If any chapter 1006 Members want to go to this convention and would like to be on one of the eight committees please let Bud Shaw know ASAP since application forms must be sent to NARFE Headquarters prior to March 1. Also if you are going early hotel reservations are recommended.

Talent is God given. Be humble. Fame is man given. Be grateful. Conceit is self-given. Be careful.

#### How is Your Driving Habits

Here lately there have been numerous articles in various media asking the question, "When is it time to give up the keys?" Have you taken the "AARP 55 ALIVE DRIVING COURSE"? Most Insurance Companies give a 10 percent discount on your insurance premiums if you take the course. The cost is very reasonable and the insurance discount more than pays the cost

*President's Corner continued on back*

*President's Corner, continued*

of attending the course. The course subjects cover many areas such as; recent changes in the Washington State driving rules. Proper entry of traffic circles, you do not have to stop when entering the circle, only yield to other traffic. You should not drive in the passing lane of traffic on a four lane highway except to let other side traffic enter or to pass slower traffic. You should leave adequate space between your car and the one ahead of you but do not leave large gaps due to your slow speed, don't slow the flow. Have you noticed drivers that go 60 MPH on a four lane highway but slow to 45MPH on a two lane section, the speed limit is the same for both sections.

### **Hospital Emergency Room Treatment**

We recently had a need to visit the emergency room at the Port Angeles hospital. There was nothing but professionalism and efficiency displayed during the stay which lasted about three hours. We have heard from people that did not receive the same treatment that we did, maybe you just have to be there on the right date. We were there around 9:00AM on a Friday. The treatment was like having a complete physical in three hours.

How important does a person have to be before they are considered assassinated instead of just murdered?

### **Salvation Army Christmas**

Christmas collection was quite successful; the total contribution was \$1101.00. We are particularly thankful for Charlotte Peterson's generous contribution that really boosted our total collection. I am sure our NARFE

Chapter made a lot of kids a little happier Christmas day through the assistance of the Salvation Army.

Why do you have to 'put your two cents in'... But it's only a 'penny for your thoughts'? Where's that extra penny going?

### **Some Health Advice Extracted from our GEHA Brochure**

Lower your risk of disease. Take steps to avoid becoming sick and catch any problems in the early stages. Get a complete physical every year, as well as a flu shot, and ask your doctor if you should have a pneumonia vaccine.

Reach out and enlarge your social circle. The Internet makes it easier than ever to reconnect with old acquaintances, former co-workers and schoolmates.

Stay active. Regular physical activity can prevent or improve a host of health issues, including heart disease, diabetes, osteoporosis and dementia, to name a few. Choose an activity you enjoy and get going. Just 30 minutes per day can make a big difference.

Your mind needs exercise just as much as your body does.

Cherish your memories, but don't dwell on how things "used to be".

Don't act your age. How old would you be if you didn't know your age? "18"

—BUD SHAW, CHAPTER PRESIDENT

## **Membership**

Happy 2012 to each and every one - from your Membership Chair Person

Let's start off with the good news: With transfers from other chapters, reinstatements and new members we are on the plus side. New members are: Jeff Albarado and John Haney. Reinstatements are Cheri Barnett. Cheri works at the Sequim Post Office and Gary Garrison of Port Townsend. Those that have transferred to our chapter are: Lorraine Cacy and Alice Lloyd, both of Sequim. Our chapter has lost two members due to death, they are Marge Hanscom and Charles Allred.

If you have received a past dues notice from me; please send your remittance to the National Office, NARFE Membership Records, 606 North Washington Street, Alexandria, Virginia - 22314-1943. Here's the dues structure: One year dues is \$47.00 (that includes the chapter dues) Two years is \$86.00 (includes chap-

ter dues) and three dues is \$123.00 (includes chapter dues) \*Chapter dues are \$7.00 per year. If you decide to go on dues withholding you receive a 15% reduction on the National dues. That would be \$34.00 plus our \$7.00 chapter dues. For more information you can contact me.

Hope to see you at the next meeting on January 24th. Start off the new year by attending a meeting and meet a new friend. Don't forget we sponsor the District Workshop Tuesday, March 27th. Our District includes the Bremerton, Poulsbo and Port Orchard chapters. We will have the meeting at the Sequim Elks Lodge starting at 9:30 AM. If you have never attended one of the Workshops, come and join us. Not only is it informative you will meet our friends from the other chapters that drive such a long distance to attend. Come and make them feel welcome! Do this for ME, won't you??

—LOIS SHAW, MEMBERSHIP CHAIR

## **NARFE**

National Active and Retired Federal Employees Association  
Olympic Peninsula Chapter 1006  
P.O. Box 2446  
Sequim, WA 98382-2446

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