

NARFE

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



NARFE District IV Website

www.narfewadist4.org

Chapter Officers

President: Bud Shaw
Vice President: Robert Ackerman
Secretary: Kay Kozminski
Treasurer: Robert Jewell
Board Member: Ralph Angulo
Board Member: William Holman
Board Member: Lois Shaw
Past President: Al Burge
District IV Vice President: Bill Powers

Chapter Chairpersons

Alzheimer's: LaVeta Edmonson
Legislative: Bill Holman
Membership: Lois Shaw
Newsletter: Sara Boore
Programs: Vacant
Public Relations: Vacant
Service Officer: Ralph Angulo
Sunshine: Kathryn Spilker
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.

CHANGE FOR MARCH MEETING!!!!

March District Meeting

Tuesday, March 27, 2012
9:00 A.M. to 3:00 P.M.

Location: Sequim Elks Club
143 Port Williams Road
Sequim, WA

Our March meeting is the annual District Event, hosted this year by Chapter 1006

President's Corner

Do you have your affairs in order?

I hope everyone has responded to our service officers training and completed their F100 form and haven't stored it away in some safe place where no one can find it when you pass away. It should be made very conspicuous and one way to do that is put it in a bright red binder and label it "FINAL ORDERS". Some times in spite of our best laid plans they may not be as well planned as we thought. A good example was related to me by a financial planner we will call Lady X. She told me that one of her clients and husband was developing their "will" and would like for her to be the administrator to which she agreed. A few months after the will was completed he passed on. The surviving spouse came to Lady X to be sure she had everything ready in case she died since she had no living heirs. And Lady X told her that she should get all legal papers like car titles, property titles, etc. all in one place and let her know where they were. Her response was that since they had a will and only two parties were involved her husband thought they no longer needed that type of paper work and destroyed them because the "will" would suffice. Lady X told her that was not the case and to start immediately to replace the paper work, which she did. Later on when the widow died and the will was read it left the house to a pet protection group and everything else went to her church. The pet group immediately took possession of the house even though it was not legally permitted. They changed all the locks on the house and told Lady X they would need to be there anytime the house was entered. Lady X had planned to have a garage sale and dispose of most personal things from the house but the pet group said "no" and that she would need to move the articles to another location.

The will left nothing to the administrator and

President's Corner continued on back

she had to sell one of the cars to obtain money to conduct the garage sale at a remote location. Lady X said the lady and her husband were very nice people and would not have wanted their will to work out the way it did.

Life is full of surprises!

I have had breathing problems for twenty years some refer to it as COPD. A doctor in Sequim recommended after a series of pricy tests and afterwards recommended that I go the Pulmonary Rehab Training (I renamed it the "FAT BOYS CLUB"). After being in this rehab course twice a week for 10 weeks I had purchased a new blood pressure machine and wanted to check it for accuracy so I took it to the FAT BOYS CLUB the next time I went. When the nurse took my blood pressure it was high and I thought for a while she was going to call the ambulance and send me to the hospital. After a while I was able to convince her that I was OK that it was always high, but she would not let me exercise that day. After that, every time I went to the FAT BOYS CLUB they took my blood pressure and sometimes repeated it during my exercising. At the end of the course they recommended that I go see a heart doctor, which I did.

The heart doctor had me take a stress test on the treadmill while they watched on a video monitor and that recorded my heart action. I was unable to get my pulse rate up to the level they wanted due to shortness of breath. The heart doctor advised

me I had blood vein restriction problems that were starving my heart for blood. He recommended that I go to Seattle for further tests and possible stent insertions. The Seattle cardiovascular doctor inserted a probe in my right arm at the wrist which was then pushed up into my heart where a series of 107 pictures of my heart interior was taken. These pictures showed I had 5 or more restrictions in my veins. They terminated the test to let me consider my options. The cardiologist advised that he could do multiple stints and I could have the valve repair at a later time. The heart surgeon told me his option would be to put in as many by-passes as needed with no limit on the number and not repair the heart valve which he thought would last several more years. He also advised me that most heart doctors would be reluctant to operate on a person of my age with heart valve problems. After considering all the options I elected to go with the stents. The exact date is not firm but it should be during the week of March 19, hopefully it will be a done by the time you read this.

This all happened because of me wanting to confirm the accuracy of my blood pressure machine, prior to this I did not know I had a blood circulation problem.

Let's hope those of you that have not experienced this type of surprise never have to!!!!!!!!!!!!

—BUD SHAW, CHAPTER PRESIDENT

Message from NARFE President Joseph A. Beaudoin

"On March 13, the Senate targeted federal employees for a third consecutive year of a pay freeze. However, on that day, NARFE had our own Super Tuesday when NARFE and our coalition partners helped defeat an amendment to the Surface Transportation Bill. This major victory, described below, should be celebrated as a classic combination of constituent pressure (NARFE members sending our current Action Alert) and coordinated coalition efforts including NARFE legislative staff. Only this combination of inside and outside action can defeat the scapegoating of federal employees, the precursor of a similar fate for federal retirees."

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

Return Service Requested

Returned Newsletters

Each month we have several newsletters returned by the postal service. All of these were because members had changed their address or were traveling and stopped their mail. Please let us know you're new address or if you are stopping your mail for any reason. It would be even better for all of us if you have a computer to request to receive this newsletter electronically. You would get your newsletter earlier and could save your chapter some printing and mailing costs. Send an email to: sboore@yahoo.com.

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