

NARFE

National Active and Retired Federal Employees Association
Olympic Peninsula Chapter 1006 • April 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:

Chapter Chairpersons

Alzheimer's: Robert Jewell
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.

April Chapter Program

Tuesday, April 24, 2012, 11:30 A.M.
Paradise Restaurant
703 North Sequim Avenue
(just north of Sequim High School)
Sequim, WA

Our speaker for the April meeting will be Mark Harvey, noted columnist.

Mark is director of Clallam/Jefferson Information & Assistance, which operates through the Olympic Area Agency on Aging.

His column is in the Sequim paper on Thursdays.

President's Corner

Ralph Angulo is the winner of the District and NARFE Region IX award for the service officer of the year. That's the way to go Ralph, congratulations!!!!

The NARFE District workshop at the Sequim Elks Lodge was very successful; we had members from the majority of the chapters in our district in attendance. The speakers were all-informative and provided good information various subjects.

One of the more informative sessions was about the PAC funds and how and who gets the funds. Individuals wanting PAC funding may contact local Chapters, Federation or NARFE Headquarters. They are then sent a questionnaire from the Headquarters Legislative Specialist in order to make the formal request. When the request is received by NARFE Headquarters they contact the Federation PAC fund Chair who contacts the Federation officers, District and Chapter Presidents. The approval is then either approved or denied, if awarded Washington sends a check. Chapter 1006 has one of the highest contributions per member rates to the PAC Fund in the district.

Other subjects of interest to me were the Alzheimer's representative and Congressman Norm Dicks local representative Judith Morris. Norm has announced he will not be running for his congressional seat again. He has been a supporter of the NARFE agenda for many years and will be missed by our organization...

A Little Humor

My wife sat down next to me as I was flipping channels.

She asked, "What's on TV?" I said, "Dust."

And then the fight started...

A Change in the Newsletter Game Plan

The post office is awfully short on funds and they are out to get every dime they can so if our members change their address in any way it costs our chapter approximately \$1.00 if you do not notify us about your address change. Even if you move from one apartment to another in the same building that is an address change by postal rules. Therefore; the executive board decided to change our newsletter mailing policy. We will no longer receive notification from the post office when you change or are temporarily away from your address. This will eliminate the \$1.00 CHARGE our chapter incurs.

President's Corner continued on back

Not only will you not receive your newsletter, you will also not receive your NARFE Magazine if you do not advise NARFE of your address change. It is very easy to notify NARFE Headquarters, you can call or E-mail any of the chapter officers listed in the newsletter or you can call NARFE National Office in Washington Toll free 800-456-8410 or E-mail memberrecords@narfe.org.

Just remember to let someone in NARFE know if you are making an address change. That way you will not miss out on receiving your Chapter Newsletter or the NARFE Magazine. Contacts are always listed in the front section of your newsletter.

Finally Got My Heart Patched Up

After the original entry into my heart for picture taking, several doctors reviewed my case and it was the majority opinion that I should have a stent inserted in the worst area with blockage. They thought that the other restricted vein areas were not too serious nor was the valve of concern that bad. They advised me that in the near future they thought that an improved method of valve repair would be perfected. The improved operation would use the same main vein used to insert the current stent I have, this would be in lieu of opening the complete chest cavity and drastically spreading the rib cage.

A Virginia Mason surgeon and his four assistants very successfully did the stent operation. The operating room was miserably cold, but they kept covering me with

warm blankets, which really helped. It once again took longer for all the preparation than it took for the operation, a local sedative was used and I was very aware of what was going on. Entry was made by a small incision in my upper groin area. I was not allowed to eat any food for twenty-four hours prior to surgery and I was really hungry by 4:00 PM when I got to my room. The hospital food I was provided was very restrictive and not too good. About two hours after I was back in my room a nurse noted congealed blood had accumulated between the skin and the groin area. This resulted in the necessity to very vigorously massage the area for about forty-five minutes to break up the clot, this was quite painful. Three weeks after the operation my right groin and leg is still black and blue, with some soreness in the area.

The big surprise was when I was ready to check out and the nurse practitioner handed me a prescription for Nitro-Glycerin pills and proceeded to explain how and when to take them.

My wife doesn't think anyone is interested in this since she thinks 90% (which I doubt) of our members have had this done. So you are stuck with this until I start receiving some newsletter input from other members, sorry but that is the way it is!!!!!!!

Thought for the Day

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

—BUD SHAW, CHAPTER PRESIDENT

Membership News

Did you miss me last month? Probably not, but I'm back with some good news and bad news.

We have a new Active NARFE member. He is Majlis Nilsen of Port Angeles, Welcome to Chapter #1006.

I have sent out past due notices to the following whose expiration date was February 1st. John Behrens and Wendy Johanson. For March 1st expiration date is Suk Seong Chan, Janet LaCombe, Urban Mills, William Monroe and Robert Vreeland. Dropped for non-renewal is: Catharine Covert, Burt Karapostoles, Gary Kydland, Howard Chadwick, Wilbur Gallinger and Bill Taylor. Members that have passed away are Timothy (Joe) Cantwell, Daisy Jean Gummer, William Davis and Betty Ann Robinson. Many of you will remember Betty Ann Robinson as your Membership Chair prior to me.

As you have read about your newsletters being returned for in-correct address or temporary away. So, PLEASE let me know if you are moving and I will let our Membership Office at Headquarters know immediately. Once I was asked how long does it take for me to notify Headquarters of a death and my answer is they will know before I go to bed. If you call 1-800-456-8410 they will take care of it also. Those

that you will speak to are some of the nicest people on the other end you will encounter. I often talk to Jeff or Maria and they have all the information you will need. GREAT PEOPLE. Don't forget they are on East Coast Time Zone.

Once again here is the Dues Structure for our Chapter. One year National Dues is \$40 plus our chapter dues of \$7.00, Two years is \$72.00 plus chapter dues of \$14.00 and Three years is \$102.00 plus chapter dues of \$21.00. Why not take out Dues Withholding. You will receive a 15% reduction on the National Dues. The yearly dues are \$34.00 plus our chapter dues of \$7.00. You can find the application in the magazine or give me a call for one. It takes about six weeks for those applications to go thru. Thanks to Al Dawson - he won't have to worry about being on my list for past dues notice. Thanks, AL!

At the Workshop we collected an even \$100.00 for the Alzheimer's fund! Our Alzheimer's person, LaVeta Edmondson is now in Assisted Living in Sequim. She is suffering from blood clots in her lungs. She made a trip to Hawaii during the Holidays - didn't get up to walk around on the flight and this is what happened! Lesson learned for all of us! We wish her a speedy recovery.

—LOIS SHAW, MEMBERSHIP CHAIR (NOW FOR ALMOST 17 YEARS)

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