

# NARFE

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



## NARFE District IV Website

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

### May Chapter Program

Tuesday, May 22, 2012, 11:30 A.M.  
Paradise Restaurant  
703 North Sequim Avenue  
(just north of Sequim High School)  
Sequim, WA

Our speaker for the May meeting will be Ron Peregrin, Clallam County Under sheriff.

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

#### Did you miss the last Chapter 1006 meeting?

Mark Harvey was our guest speaker and as usual he was very informative and entertaining to listen to. Mark does not give formal speeches per se and prefers to have a question and answer session. He poses a question and seeks audience response. He was very successful in motivating our members and probably could have continued longer had time permitted. A recent guest on Mark's Saturday show gave one of the best definitions of Alzheimer's that I have ever heard. She said you can use a spool of thread as a reference, you start winding thread on the spool the day you are born and continue to add thread each day as you learn. That process is interrupted when you develop Alzheimer's, when you get this disease they thread starts unwinding very slowly until the thread supply is depleted.

Our speaker this month is under sheriff of Clallam County, Ron Peregrin, and his commentary should also be of great interest to our members.

#### OPM contacts

Your password for accessing records on OPM's website must be used at least once every 15 months to keep it current! Otherwise, you'll have to get a new one. Suggestion – use "Daylight Saving Time" changes to remind you to use your password and keep current! Go to: [www.opm.gov/retire/](http://www.opm.gov/retire/) TO KEEP YOUR OPM PASSWORD CURRENT. There is a lot of good information available in that web site, take a look for yourself.

#### From Social Security (SS)

If you did not sign up for electronic payments when you applied for SS benefits, we strongly urge you to do it now. You must switch to electronic payments by March 2, 2013. If you don't, the U.S. Department of the Treasury may send your benefits via the Direct Express® card program. If you are still receiving your Social Security payments via a government check we suggest you contact Social Security and set up electronic payments ASAP; it is much safer and easier to use.

#### NARFE-PAC

Contributions strengthen our arsenal for fighting efforts to erode our federal employee/retiree benefits. And, it's never too late to send your dollars to continue the fight. Contact me at our monthly meetings or via the phone or E-mail at your convenience.

*President's Corner continued on back*

### **NARFE Washington State Federation Convention**

NARFE Chapter 1006 will have three delegates attending the State convention in Vancouver WA. NARFE's new legislative director, Julie Tagen, and our Region IX VP, Lanny Ross, are scheduled to speak at the May Federation's convention about the "way ahead" for NARFE as we continue to work with various members of Congress who agree with NARFE's legislative issues, and work to ensure minimal impact to our "earned benefits" as current and retired federal employees. Just this week in a continuing onslaught upon government employees and retirees the House Government Reform Committee that earlier approved the 5 percent hike in retirement costs to current employees has once again passed legislation to affirm the increases. This increase would be phased-in, starting with 1.5 percentage

points next year, then half a percentage point in 2014 and an additional full percentage point in each of the following three years. New employees hired after this year would pay the extra 5 percent immediately. That is a tremendous increase in retirement costs to an employee just starting or midterm of a government Employee career. The next target the politicians have is health care insurance costs and both active and retired can expect to be hit with that expense when it occurs.

### **Alzheimer's chairman**

Robert Jewell our Chapter Treasure has agreed to assume the task as our Alzheimer Chairperson. We collected \$33 at our last meeting.

—BUD SHAW, CHAPTER PRESIDENT

## **Membership News**

Since the M-112 report isn't available for the latest membership news; I'll use some odds and ends from another report. You probably wonder what the M-112 and M-114 report is: The M-112 report is a monthly report that National Headquarters send out in regard to our members status, the M-114 report I get twice a year for every member in our chapter. So, using the M-114 I can report whose dues are due for May 2012, You may have paid and I will get that report next month. They are: Doug Bedinger, Henry Beven, Eileen Cooney, Jeanette Donelson, Randall Grubbs, Betty Klingbeil, Mary Kubas=Meyer, Mary McLauchlin, John Rowlett, Frank Sharp and Margaret Soister.

Your expiration date will always be on the label of your newsletter and you can also call me for that information. Our voting membership count is 286, 2 non-voting and 21 members are National Only. Not too many years ago our voting membership count was 399!!!! We made great strides when Kay Kozminski and I did two Pre-Retirement Seminars for Current Federal Employees. I'm proud to say that the majority of those that joined are still members of this chapter.

Bud & I will be attending the Federation Convention in Vancouver, Wa. We will be attending meetings and workshops and getting up dated on the health of the NARFE organization.

Again, please let me or National know if you are moving to a new address; so we can keep you informed of what is going on. That includes your Narfe Magazine also.

Hope to see you at the next meeting. Come and get acquainted and become involved with our Chapter. I want to thank Donna Heien for creating the basket that our chapter will be taking to the Convention for their raffle. I appreciate her help - MUCH. New ideas are stimulating.

—LOIS SHAW, MEMBERSHIP CHAIR

## **April Meeting Re-cap**

**SPEAKER:** Mark Harvey, Regional Director, Information and Assistance, Olympic Area Agency on Aging. His area of responsibility includes the counties of Clallam, Jefferson, Grays Harbor and Pacific. He spoke on the biggest concerns as seen by his agency affecting the elderly in Sequim. Budget cuts is the biggest concern. Another concern is caring for people with Alzheimer's and/or dementia. He believes it is a pivotal time for "Baby Boomers" who, up until now, didn't worry about Social Security, Medicare, and Long Term Care. He spoke of the costs and inter-relationships between the programs and how they affect the recipients, whose life spans are much longer now than when the programs were initiated. Discussion surrounded the difficulty of finding a primary care provider on the Peninsula, especially for those of us on Medicare. Mr. Harvey invited phone calls and visits by citizens who have questions or need assistance with aging issues: 411 W. Washington Street, Sequim, 360-452-3221, ext. 3423; email is harvemb@dshs.wa.gov. Read his column in the Daily News on Wednesdays and listen to his radio program every Saturday at 8:00 a.m. on KONP.

**Service Officer Award:** Ralph Angulo was congratulated for receiving the District and Regional award for outstanding Service Officer of the Year. Ralph encouraged members to make sure they have completed their copies of F-100, Be Prepared for Life's Events: What Your Survivors Should Know. The document is now available for completion on the NARFE website. Contact him if you need a copy of the booklet.

**NARFE District IV Website:** Webmaster, Bob Edwards, encouraged members to go to [www.narfewadist4.org](http://www.narfewadist4.org) to read the many Chapter newsletters now available on the website.

**Membership Chair:** Lois Shaw reported a total of 25 at the April meeting. She informed us of the death of long-time member and good friend Betty Ann Robinson.

—KAY KOZMINSKI, CHAPTER SECRETARY