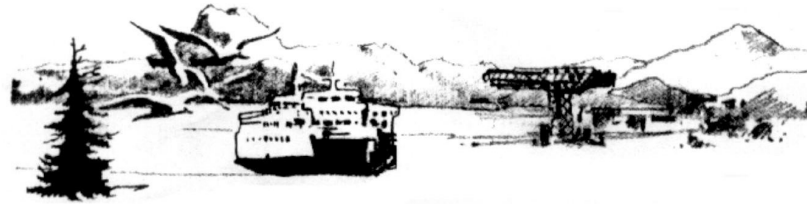




MONTHLY NEWSLETTER  
except July & August



**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
ASSOCIATION, BREMERTON CHAPTER 181**

P.O. Box 5025, Bremerton, WA 98312-0462

**November 2010**

**NUMBER 09-10**

**Health Fair Date & Time: November 8, 2010, 10:00AM**

**General Meeting Date & Time: November 8, 2010, 1:00PM**

**Meeting Place: Westside Improvement Club (479-9061)  
National Avenue & 'E' Street, Bremerton, WA**

**Program: HEALTH FAIR**

*NARFE is recognized as the association devoted exclusively to serving and protecting the earned entitlements, rights and benefits of all federal retirees, employees and survivors.*

**Health Fair**

**10:00AM to 1:00PM**

Vendors from the local area will be available along with representatives from the major Federal Health Plans. General membership meeting to follow at 1:00PM.

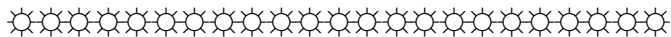
**UPCOMING EVENTS:**

**Holiday Luncheon & Installation of Officers-Elks Lodge-Dec 13<sup>th</sup> 1:00PM**

**Election Day! November 2nd**

**Daylight Savings Ends November 7th**

**Open Season Nov 8 - Dec 13**



**PRESIDENT:** First, I want to thank all the Chapter members who attended our "Candidates Day" in October. We had a good turnout of both candidates and voters. The three-minute limit for speeches for both candidates and NARFE officers kept the meeting moving.

Monday, December 13<sup>th</sup> is our annual "Installation of Officers" luncheon at the Bremerton Elks Lodge on Pine Road. Lanny Ross, our Region IX VP, will give a short luncheon talk and install our 2011 slate of officers. There will be a drawing for the poinsettia table decorations after the luncheon. Social hour is from noon to 1PM with luncheon served at 1PM. The meal selection and price will be the same as

last year, salmon at \$15.50 or Monte Cristo Sandwich at \$13.00. A Monte Cristo Sandwich is thin sliced turkey and ham with quality Swiss cheese, grilled with an egg mixture. Both selections include a tossed green salad and either fruit (light meal) or potato (regular meal). The price includes tax and gratuity. Either make your reservation at our November 8<sup>th</sup> "Health Care Fair" meeting or mail your check (made out to NARFE) by Monday, December 6<sup>th</sup> to Joyce Libsack; 154 Alta Drive; Bremerton, WA 98310-2153. If you have questions, call Joyce at 479-5007. Joyce is also asking for an assistant; she is not getting out and about as much as she used to and needs some fresh legs.

Our 2011 District IV Workshop will be on March 17<sup>th</sup>, St. Patrick's Day, at Sons of Norway Poulsbo Lodge #44; 18891 Front Street NE, starting at 9AM and ending at 3PM. For those who would like to attend, mark your calendar now. Cost including luncheon will only be \$12.00. Poulsbo Chapter 881 is paying costs, excluding the luncheon.

In closing, an action alert for all NARFE members has been issued by Margaret Baptiste, our outgoing National President, for the "lame duck" session after the November elections.

**Continued page 2**

**President cont.**

You are urged to call your two senators' and one representative's offices through the NARFE Capitol Switchboard, 1-866-220-0044, and tell each the following: *"I urge you to include federal, state, and local government retirees who are not eligible for Social Security in any legislation offering a \$250 payment to seniors."* Voting in the "lame duck" session for both the House and Senate begins in the week of November 15<sup>th</sup>.  
Bill Powers

**MEMBERSHIP:** We did not make a membership report at the last general membership meeting because of time constraints, so I will give you a brief overview here. Our Chapter voting membership has now dropped to 1185 members. This is the lowest it has been since anyone can remember. In the last month we had 12 members pass away and 11 members dropped for non-renewal. This is the largest one-month drop this year. During 2010 we have lost 147 members and gained 58, for a net loss of 89 members. Of the 58 positive numbers, 34 were new members, two transferred in, and 22 were reinstated. Of the 147 negative numbers, 69 passed away, one was a voluntary cancellation, and 77 were dropped.

The following members were dropped for non-renewal: Carol Chafee, Melvin Clark, Elizabeth Harkcom, Mary Mason, Raymond Paulson, Eleanor Prohaska, Eloise Pudas, Arlene Wanke and Johnny Wilson. If you know any of these members, please urge them to renew their membership.

Welcome to those members who are new or have reinstated their membership in our Chapter: Virginia Alguard, Billie Eder, Edward Hart, Albert Schmidtke, Iva Smith and Thomas Spetter. Thanks for joining NARFE. We appreciate your efforts and hope that we may be of service to you.  
Ralph Sanders

**SERVICE OFFICER:** Megan Winans  
November is almost here and that means Open Season for our Health Insurance is very close. Some of the insurance companies will be at our November meeting so COME ON IN and check them out! One very important thing about your health insurance as a retiree is to **NOT** cancel it because you cannot re-enroll! Employees, however, can re-enroll during an Open Season.

When you get your pamphlet from the Insurance Company you are currently enrolled in, find the page that tells you how it is changing for 2011. Are these changes you can accept or do you need to look at other plans? Your Open Season packet from the Office of Personnel Management will tell you how you can order brochures from other insurance companies - or come to our November meeting!! Check your NARFE magazine for November since it lists the prices for the Nationwide plans; unfortunately it doesn't list any of the Washington State plans.

Some of our members are also retired military or retired military family members and eligible for TRICARE. I am eligible for TRICARE but also have Federal Health Insurance since I have a doctor I trust. Being eligible for TRICARE, I can suspend my Federal Health Insurance at any time; it can then be reactivated later if I want to. Something else to consider as I prepare to move to California: I need to learn more about the mail order system that TRICARE has for prescriptions since there are no military pharmacies close to where I will be living.

Another item that is important for retirees when they move or change banks is to **NOT** close your account locally until you are sure that all of your direct deposit payments have shown up at your new bank. Think about how many places from which you receive automatic deposits and how many automatic payments you have set up at your current local banking account. These will all need to be transferred to your new bank before closing your account at your current bank.

I'm looking forward to seeing a very big meeting in November. Bring other retirees with you, even if they aren't members of NARFE. It might convince them to join. All the information I get in my monthly NARFE magazine is well worth being a member!

**TREASURER:** Our income since September 1<sup>st</sup> as of 20 October was \$2,594.91 with expenditures of \$2,828.38. Our net worth as of 20 October was \$38,204.61. A detailed treasurer's report will be available at our next general meeting.

**Treasurer cont.**

Our Chapter still has an active agreement with Red Apple Markets in Bremerton, Kitsap Lake and Silverdale, **and now Poulsbo**, for the collection and payment of 1% of their grocery receipts.

If you shop at any of the Red Apple stores listed above, please turn in the receipts to Norene Torkelson or me, or bring them to our next meeting.  
Rex Tauscher

**ALUMINUM DROP-OFF POINTS**

- ▶ Westsound Recycle  
East Bremerton WalMart parking lot
- ▶ Port Orchard Mall  
Let them know your donation is for the Bremerton NARFE Chapter
- ▶ **NEW!!! Poulsbo Red Apple**

**ALZHEIMER'S (ALZ):** The balance in our Alzheimer's account as of 20 October was \$298.39. Donations in the amount of \$40.00 were received since our last report thanks to donations from Loraine Brockerman, Donald Taylor and Megan Winans.

We have collected Aluminum in the amount of 1,251 pounds since the first of the year thanks to various sources that donate and drop off at the collection site. A special thanks to Illahee State Park and our President, Bill Powers, for the mountain of cans collected sorted and crushed. I noted from our collection record at the collection site that there are only about 44 different signatures on the record. If more of our 1,200 members would drop off a few pounds each, it would greatly increase our donations for Alzheimer's research. The recycle center also takes copper and brass if you have any to donate.

During this year's National Convention the Alzheimer's Association met with the Region Coordinators and selected four new research projects. Watch the upcoming issues of the NARFE magazine for the details.

The Alzheimer's Memory Walk for the Olympic Region is still taking in donations and is currently at \$46,350 with only a week to go. State wide donations are at around \$625,500.

If you are a caregiver for an individual with Alzheimer's, check out [alz.org](http://alz.org) for the new eight-question "Stress Test for Caregivers". Your health may be at risk! Copies of the Stress Test will be available at our November meeting.  
Rex Tauscher

**SUNSHINE COMMITTEE:** Sympathy cards were sent to the families of Howard Anthont, Betty Holman, John Kaputa, Norma Novotney (wife of member Harry Novotney), Robert Paschal, and Weiford Wells.

If you know of a Chapter member who is ill and should receive a get well card, please contact us so we can get a card out to them.  
Norene Torkelson

"Thank you!" to everyone who has signed up for the e-mailed newsletter! Remember, it saves our Chapter money, plus you have the benefit of receiving the newsletter sooner. If you would like this service, please contact me at [tbkbull@aol.com](mailto:tbkbull@aol.com). Thanks!! Bea Bull

**HELP WANTED**

**CHAPTER SECRETARY** Chapter 181 needs a person to run for the office of Secretary of the Chapter. Duties include: Attending all Chapter meetings and executive board meetings from August to June; record the minutes of each meeting; maintain a roster of all Chapter officers; handle all Chapter correspondence that is not the exclusive duty of another officer; furnish reports and documents to Federation and National office as required; maintain Chapter files and preserve all permanent official documents. Use of a computer and printer is essential. Turnover and training will be given by the present Secretary. If interested please contact the Nominating Chairman, George Eads, at 698-6078. If you have any questions, please contact Linda Sanders at 275-9793.

**SERVICE OFFICER** Chapter 181 is looking for someone willing to be Service Officer. Please consider volunteering for this position. NARFE Headquarters has some good pamphlets that make it easy to explain things. For information contact the Nominating Committee.

**NOMINATING COMMITTEE** Volunteers needed to join George Eads and Jean Lenihan on the Nominating Committee. Please contact George at 698-6078 or Jean at 308-8165.

**PRESIDENT**

Bill Powers  
377-7917

**1<sup>st</sup> VICE PRESIDENT**

Amber VanSantford

**2<sup>nd</sup> VICE PRESIDENT**

Ralph Sanders

**SECRETARY**

Linda Sanders

**ASSISTANT SECRETARY**

Zora Davis

**MEMBERSHIP CHAIR**

Ralph Sanders

**TREASURER**

Rex Tauscher

**ASSISTANT TREASURER**

Norene Torkelson

**SERGEANT AT ARMS**

Ed Saftich, Sr.  
373-8489

**IMMEDIATE PAST PRESIDENT**

George Eads

**SERVICE OFFICER**

Megan Winans

**CHAPLAIN**

Myra Clodius

**NEWSLETTER EDITOR**

Bea Bull

**EXECUTIVE BOARD MEMBERS**

**UNTIL 2010**

Gladys Berteaux

Donald A. Palmer

J. R. Seibold

**UNTIL 2011**

Bea Bull

Arleen Irion

**District IV VP**

Bill Powers  
377-7917  
powersw@silverlink.net

**Region IX VP**

Lanny Ross  
692-9741  
[lannyjean@comcast.net](mailto:lannyjean@comcast.net)

**NARFE DISTRICT IV WEBSITE**

Webmaster - Bob Edwards  
[www.narfewadist4.org](http://www.narfewadist4.org)

**NARFE STATE WEBSITE**

[www.narfewa.net](http://www.narfewa.net)

**NARFE NATIONAL WEBSITE**

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

**SERVICE CENTER**

1140 Nipsic Avenue  
1<sup>st</sup> Tuesday of each month  
12:30 - 2:30 p.m.

**OUR ELECTED REPRESENTATIVES**

Senator Patty Murray  
950 Pacific Avenue #650  
Tacoma, WA 98402  
(202) 224-2621  
[www.murray.senate.gov](http://www.murray.senate.gov)

Senator Maria Cantwell  
915 - 2<sup>nd</sup> Avenue #512  
Seattle, WA 98174  
(202) 224-3441  
[www.cantwell.senate.gov](http://www.cantwell.senate.gov)

Congressman Norm Dicks  
345 - 6<sup>th</sup> Street #500  
Bremerton WA 98337  
(202) 225-5916  
[www.house.gov/dicks](http://www.house.gov/dicks)

Congressman Jay Inslee  
17791 Fjord Dr. NE #112  
Poulsbo, WA 98370  
(202) 225-6311  
[www.house.gov/inslee](http://www.house.gov/inslee)