



MONTHLY NEWSLETTER  
except July & August



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

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

**May 2012**

**NUMBER 05-12**

**General Meeting Date & Time: May 14, 2012, 1:00PM**

**Meeting Place: Westside Improvement Club (479-9061),  
4109 West E Street, Bremerton, WA (National Avenue & 'E' Street)**

**Program: Chapter 181's 60<sup>th</sup> Anniversary! Cake will be served.**

**Come and share your personal stories about NARFE and your employment with the Federal Government.**

*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.*

Executive Board meetings are held at 1:00PM at the Elks Lodge, 4131 Pine Rd NE, Bremerton, the Wednesday prior to general meetings. Members are welcome to join us.

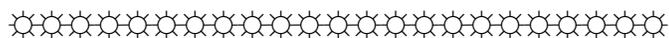
**UPCOMING EVENTS**

\* Older Americans Conference May 9<sup>th</sup>  
Kitsap Sun Pavilion 9:00AM – 2:30PM

\*Washington State Federation May 14<sup>th</sup> – 16<sup>th</sup>  
Convention; Vancouver, WA  
Red Lion Hotel – Vancouver at the Quay

\*Chapter Meeting June 11<sup>th</sup>  
Reports at Noon; Speaker at 1:00PM

\*Chapter Meeting September 10<sup>th</sup>



**PRESIDENT**

George Eads

March 21<sup>st</sup> has come and gone and Spring is here. Hopefully, your spring will be full of sunny and pleasant days ahead. I read a very interesting article in USA TODAY newspaper dated April 19, 2012 about Alzheimer's. I would like to share it with all of you.

**Alzheimer's Risk Falls With Activity**

Intensity Matters, But it Isn't Just About Exercise

By Janice Lloyd USA TODAY

Cleaning house and doing yard work are taking on new importance. A higher level of physical activity – not just exercising – is linked to a reduced risk of developing

Alzheimer's disease even in people over 80, suggests research published Wednesday in the journal *Neurology*.

Protective activities include washing dishes, cooking, cleaning, gardening – even playing cards.

People who scored in the bottom 10% of physical activity were more than twice as likely to develop Alzheimer's. Study participants did not have dementia at the start of the four-year study, which is part of the ongoing Memory and Aging Project at Rush University Medical Center in Chicago.

"The implication of this study is really astounding," says physician Aron Buchman, the lead author. "Exercise is good, without a doubt, but this study is about more than exercise. Older people who might not be able to exercise can tailor activities that are right for them."

There is no cure or drug to delay onset of Alzheimer's, which affects about 5 million in the USA; numbers are expected to triple as Baby Boomers get older. Aging is the main risk factor.

During the study, 71 of the 716 study participants developed Alzheimer's. Study authors say this is the first study to use an objective measurement of all physical activity in addition to self-reports. Participants wore an actigraph on their wrists to assess levels of activity.

Their mean score was 3.3 hours a week. Exercise intensity also mattered; those in the bottom 10% for intensity of physical activity were almost three times as likely to develop Alzheimer's.

The study is the latest evidence that physical activity, even in later years, aids in delaying Alzheimer's. The study did not attempt to measure which activities were most helpful.

## **President cont.**

“We’ve known that muscle activity generates neurons in the brain, but this study gives us additional motivation,” says physician Gary Kennedy, director of geriatric psychiatry at Montefiore Medical Center in New York City, who was not associated with the study. “It shows you don’t have to go to the gym. Older people very often don’t want to do that.”

Results did not vary by age, sex or education. The authors also looked at chronic health and genetic factors.

Among the findings:

- Body mass index, depressive symptoms or vascular risk factors did not change the association between activities and risk.
- Having the gene APOE4 which puts people at higher risk for developing Alzheimer’s, did not affect the results.

Alzheimer’s develops for years prior to symptoms occurring, Kennedy notes. The authors tried to control for that possibility by administering baseline cognitive tests.

“This is an important message for society, as the largest growing segment of our population is old people,” Buchman says. “We need to be encouraging physical activities even in very old individuals, even if their health doesn’t allow them to take part in fitness programs.”

In an accompanying editorial, the authors cite physical activity as a promising, low-cost, accessible and safe means to prevent Alzheimer’s.

Staying active is very important all of our lives. Coming to Chapter meetings is a very healthy activity. Keep on coming to our Chapter meetings and invite your friends to come with you. Encourage them to renew their membership if they have dropped out for non-renewal of dues. Set a goal to talk to someone about NARFE and how it is helping active and retired federal workers and their families.

## **CALL TO ACTION**

### **What you can do:**

- Read “Bill Would Phase Out Medicare, Increase FEHBP Premiums” on page 12 of your May NARFE magazine, then contact your congressional representatives to tell them how you feel about this proposal.
- Donate to NARFE-PAC.
- Call a lapsed member and urge them to renew; our strength is in our membership.

## **LEGISLATION**

Jim Strunk

Jim is not available to write a column this month.

## **MEMBERSHIP**

Ralph Sanders

This has not been a good month for retention of our membership. There were twenty members dropped this month for non-renewal. There were fourteen dropped last month and right now we have seventeen members scheduled to drop next month. I am doing something a bit different in this month’s report. I will also list those who are scheduled to drop next month. This is not meant to embarrass anyone, but to make you aware of the situation and I know that some of you on this list will have already paid your dues.

The following members will be shown as dropped for non-renewal on May’s report: Leona Carr, Gloria Dumas, Judith Hansen, Ursula Hedt, Gayle Kohler, James Krein, Donna Mansor, Alfred Martinez, Dora McCrary, Alice McLean, Eleanor Prohaska, Terry Slider, Lewis Smith, Bonnie Stouffer, Donald Wahlquist, Carma Wells, James Wiggins and Fred Wise.

These are the members who were dropped this month for non-renewal: Theodore Anderson, Nancy Bockelie-Caddy, Joanne Cornell, Vernon Downs, Joseph Fletcher, Dan Galusha, Gary Gregersen, Marilyn Gulla, Orton Johnson, Patricia Litaker, John Longmate, Warren Moon, Lois Morello, Franklin Natividad, Jack Norris, Leslie Ramey, Erlinda Sawyers, Donald Torrey, Wilma Wagner and Joe Williams. If you know any of these members please contact them about renewing their membership.

Welcome to those members who are new or have reinstated their membership in our Chapter: Roxanna Ezell, Irene Hammond and Jerry Locke. We do appreciate your membership and if we may be of service please contact any board member listed in this bulletin.

**REMEMBER: KEEP YOUR MAILING ADDRESS UP TO DATE! NATIONAL NEEDS YOUR CURRENT ADDRESS FOR YOUR NARFE MAGAZINE AND OTHER MAILINGS. THANK YOU!**

## TREASURER

Rex Tauscher

Our income for March was \$581.81 with expenditures of \$1,138.94. Our net worth as of 30 March was \$36,633.88. A detailed Treasurer's report will be available at our next general meeting.

Treasurer activities for March and April included: Filing of nonprofit corporation fee, IRS nonprofit 990-N filing, first-half 2012 NARFE state federation per capita tax, and NARFE liability insurance.

Please save your receipts from Red Apple Markets in East Bremerton, Kitsap Lake and Poulsbo for the collection and payment of 1% of their grocery receipts. You can turn in the receipts to Norene Torkelson or me, or bring them to our next meeting.

**Reminder: Red Apple receipts must be current "NOT OVER THREE (3) MONTHS OLD" to be honored by the program.**

## ALZHEIMER'S (ALZ)

Rex Tauscher

The balance in our Alzheimer's account as of 25 April was \$269.42. Donations in the amount of \$85.00 were received in April. "Thank you" to Lorraine Brockerman, Robert Brown, Ralph Sanders, Dorothea Speed and Rex Tauscher. Aluminum for Alzheimer's had collected 242 pounds as of 15 April, so keep the collection growing for our research funding.

**Please note:** Checks should be made out to "NARFE Alzheimer's Research" (NARFE is the key word and is required!).

### ALUMINUM DROP-OFF POINTS

► Westsound Recycle

East Bremerton WalMart parking lot

► Port Orchard Mall

**Let them know your donation is for the  
Bremerton Chapter - NARFE 181**

The *Federation Reporter* is an informative quarterly publication available to all members on the NARFE Washington website (<http://narfewa.net>). Click on "Federation Reporter" in the left panel and follow the links.

## DID YOU KNOW?

- ✓ There is an informative article on pages 24-26 in the May NARFE magazine that discusses current threats to our benefits.
- ✓ Due to redistricting, **ALL** Kitsap County residents will receive new Voter's Registration cards by the second week in May. If you have questions about redistricting or do not receive your new Voter's Registration card, you may contact Dolores Gilmore, Elections Manager, at 360-337-7130 or [dgilmore@co.kitsap.wa.us](mailto:dgilmore@co.kitsap.wa.us).
- ✓ Saturday, May 12<sup>th</sup> is the STAMP OUT HUNGER FOOD DRIVE; you may leave bagged, non-perishable food items by your mailbox for your letter carrier to pick up.

## SUNSHINE COMMITTEE

Norene Torkelson

Sympathy cards were sent to the families of Armand Beaubien and Loren Youderian. 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.

"Thank you!" to the **162** people who have signed up for the e-mailed newsletter plus **4** who receive the large print version! 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!! Be Bull

Total Membership: 1059. Percentage receiving emailed newsletter: 15.68% (April was 14.86%)

## NEED A LARGE-PRINT VERSION OF THIS NEWSLETTER?

A large-print version of this newsletter is available in size 16 font via email only. Email me if you'd like this version of the newsletter. [tbkbull@aol.com](mailto:tbkbull@aol.com)

### ► ◀ HELP WANTED ▶ ◀

**Service Officer**

**1<sup>st</sup> Vice President**

**Telephone Contact**

For more information or to volunteer, contact George Eads (698-6078) or Jean Lenihan (308-8165).

**PRESIDENT**

George Eads  
698-6078

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

Vacant

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

Ralph Sanders

**SECRETARY**

Bill Powers

**ASSISTANT SECRETARY**

Zora Davis

**MEMBERSHIP CHAIR**

Ralph Sanders

**TREASURER**

Rex Tauscher

**ASSISTANT TREASURER**

Norene Torkelson

**LEGISLATIVE CHAIR**

Jim Strunk

**SERGEANT AT ARMS**

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Bill Powers

**SERVICE OFFICER**

Vacant

**CHAPLAIN**

Myra Clodius

**NEWSLETTER EDITOR**

Bea Bull

**EXECUTIVE BOARD MEMBERS**

**UNTIL DECEMBER 2012**

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Donald A. Palmer

J. R. Seibold

**UNTIL DECEMBER 2013**

Bea Bull

Amber VanSantford

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**Region IX VP**

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**NARFE HOTLINE NUMBER**

1-877-217-8234

**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**

Closed until further notice; contact Ralph Angulo, the District IV Service Officer at <http://www.narfewadist4.org/>; (360) 452-6592; or [ralphangulo@yahoo.com](mailto:ralphangulo@yahoo.com)

**OUR ELECTED REPRESENTATIVES**

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D.C. Phone Number 202-224-2621  
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**SENIOR INFORMATION &  
ASSISTANCE  
360-337-5700 OR 1-800-562-6418**