



MONTHLY NEWSLETTER
except July & August



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

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

January 2013

NUMBER 01-13

General Meeting Date & Time: January 14, 2013, 1:00PM

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

Program: LEARN WHICH MEDICATIONS TO AVOID WHEN
YOU'RE OVER THE AGE OF 65

Ian Newton, RPH, Pharmacy Manager, Group Health
Silverdale will review the "Beers Criteria" which is a
specific list of medications to avoid in adults over
the age of 65.

*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

- *Chapter Meeting February 11th
Mayor Patty Lent will discuss the "State of the City"
- *2013 NARFE Legislative Training Conference
Arlington, VA March 9th - 12th
- *Chapter Meeting March 11th
- *Chapter Meeting April 8th
Jim Strunk will review the Legislative Training Conference

PRESIDENT
George Eads

Dear Chapter Members,

It was wonderful to see many of you at our recent Holiday luncheon. We all missed those who were not able to come. I realize that often our health and other circumstances do not let many of us do all we may want to do.

Lanny Ross swore in the new officers for the year 2013. I am personally thankful for all the other officers and their dedication to keep Chapter 181 going. It is very important that all of us work together for the mission of NARFE. We are grateful for all of our members who come to Chapter meeting and support the Chapter. The year 2013 is going to be a very important year. We, the people of this nation, have many financial problems and need to work on solving them. We, as either active or retired federal employees, must have our voices heard by our elected representatives if we want to maintain our hard earned benefits. It is going to be very difficult because many of the representatives are newly elected; it is important that we reach out to them. We all must be pro-active by CALLING or E-MAILING our senators and representatives to let them know we are already making more sacrifices than most.

I, like you, am overwhelmed with the most recent tragedy of the school shooting of teachers and children. So many innocents have had their lives taken by an evil act. I know our love and prayers go out to the families and loved ones of those who were killed. I called my own children and told them how much I love them and told them to tell their own children how much they love them and to hug them often.

I am grateful to you for your friendship and support. May each of you and your families have a blessed Christmas and a Happy and Healthy New Year.

CALL TO ACTION

What you can do:

- When the 113th Congress convenes, reacquaint yourselves with returning senators and representatives and get to know newly elected office holders (NARFE Magazine pg. 10).
- Could retiree COLAS be on the chopping block? Read the article on page 30 of the January issue of NARFE magazine, then tell your members of congress what you want them to do.

LEGISLATION

Jim Strunk

"Ask not what your country can do for you; ask what you can do for your country."

- John F. Kennedy

This month's column is brief, but only because any discussion of pending legislation or the budget would seem to be an exercise in futility. There is now a deadlock between the Tea Party Republicans in Congress and the President over what shape a proposed 2013 budget will take.

As of today, December 26th, the President and Congressional Republicans are at a complete deadlock over the 2013 budget negotiations. No one is sure what will happen in the time up to January 1st, 2013. We do know something will happen, and we as a nation will have to deal with it as we have with all our past protracted political solutions to national problems. However, if in this case there is no agreed upon solution by December 31st, proceeding down the fiscal slope remains as the only political option for the nation to take. If that path is taken, it would essentially restore the

Bush tax cuts and makes serious cuts to the Department of Defense budget. There would be no entitlement cuts.

If we go down the fiscal slope, the principal impact for federal employees is that there would be no further immediate attacks on current or retired federal employee wages and benefits.

Additional impacts would be that the 2013 budget would start to reduce the national debt, and the ideologues of both parties will have to retreat and fight another day. Finally, there is the not-so-small issue of a return to an economic recession caused by budget inaction.

While this all sounds like a prescription for a raft of unknown outcomes it is, in reality, how most of us, and it appears now the Congress as well, deal with our serious problems - we do nothing, and then we allow the pieces to fall into place. A disturbing remedy perhaps, but sometimes the events become too large or complex to resolve, even in a democracy. And, in this case, too politically sensitive to resolve. To get the final results of the current budget debate, continue to watch your local and national news broadcasts; or consult your Ouija Board if you are looking for an immediate answer to the crisis. In the meantime, let's hope the impasse is favorably resolved, if not for the sake of the political parties, then for the nation.

I would recommend that all Chapter members continue to watch NARFE-supported legislation in the legislative tracker in the NARFE magazine. That section will resume in the February issue once legislation is re-introduced with revised bill numbers for the 113th Congress. NARFE continues to be the one bulwark that federal employees and retirees have against unfair and unbalanced legislation that would penalize us in this and future budget debates.

MEMBERSHIP

Ralph Sanders

We have a note from Bremerton's Mayor Patty Lent. This is a message that she left with us at one of our recent meetings. Volunteers are needed to fill positions on the multitude of boards and committees that advise the City of Bremerton. Being a city resident is required for membership on many of the committees, but not all. Here is a list of volunteer positions:

Arts Commission
Citizen's Commission on Council Salaries
Community Development Block Grant Advisory Board
Disability Action Committee
Parks & Recreation Commission
Public Access Citizens Advisory Committee
Bremerton Housing Authority
Civil Service Commission
Design Review Board
Lodging Tax Advisory Committee
Planning Commission

Anyone interested in serving can obtain an application form on the City's website at <http://www.ci.bremerton.wa.us/> or by calling the Mayor's office at 473-5266. On the website, click on "Forms & Applications" in the left hand column. Scroll down to "Community Development" and click on "Application for City Boards/Commissions/Committee" to open a PDF application form. We hope that you may find this of interest as a part of your civic duty.

The following members, if they have not renewed their membership, will show as dropped for non-renewal in the January report: Virginia Alguard, Billie Eder, Dale King and Robert Westbrook.

These are the members showing dropped for non-renewal in the December report: Ricky Baker, Theodore Gill, Randolph Hunt, Albert Lind, Katherine Nevijel, Beverly Siegel, Mary Jane Thayer and Elizabeth Zeitler. If you know any of these members please urge them to reinstate their membership.

Welcome to those new members and those who have reinstated their membership in our Chapter: James Backs, Dallas Conley, Sandra Ellsworth, Dorothy Kidrick and Stephanie Peterson. Also, we wish to welcome our new prospective members: Jim Madsen and John Wright. If you have any questions please contact any member of the Executive Board listed on the last page of this bulletin.

TREASURER

Rex Tauscher

Our income for November was \$936.18 with expenditures of \$822.59. Our net worth as of 1 December was \$35,206.42. A detailed Treasurer's report will be available at our next general meeting. Our budget for 2013 is being prepared and should be available for review at our January general meeting, along with the totals for the income and expenses for 2012.

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 29 December was \$499.63. Aluminum for Alzheimer's had collected approximately 1000 pounds through November, so keep the collection growing for our research funding. We are expecting the payment for our Aluminum collection by January 2013.

Additional information on your tax deductible donations to the NARFE -Alzheimer's Research fund: If you use the contribution form in your NARFE monthly magazine make sure that you include our Chapter number, 181, and that the mailing address is Alzheimer's Association, 225 N. Michigan Ave., 17th Floor, Chicago, IL. 60601-7633. Note that if you mail it to our NARFE headquarters staff, it may not get credited to our Chapter.

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

DID YOU KNOW?

- ✓ Individuals hired by the federal government after 1 January 2013 will pay 2.3% more toward their retirement with no increase in retirement benefits
- ✓ The NARFE magazine has been redesigned; be sure to check it out

SUNSHINE COMMITTEE

Norene Torkelson

Sympathy cards were sent to the families of Catherine Beck, Robert Bixenmann, Carol Jessee, James Pruitt and Francis Walsh.

We received letters of appreciation for our centenarians Frances (Lucille) Taylor (Caffee) and Frank Legault. Discussion with family added a few more details, Frank was born 9 July 1912 in Spokane, Washington. Lucille was born 8 August 1912 in Yankton, South Dakota. Both celebrated their birthday anniversary with family and friends.

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.

NARFE 2013 PHOTO CALENDAR CONTEST (for the 2014 NARFE calendar)

Send photos that are 8" x 10" or 8 ½" x 11" horizontal format via postal mail to NARFE Photo Contest, Office of the Treasurer, 606 N. Washington St., Alexandria, VA 22314. Each entry must have your name, address, chapter number and phone number or email address on the back. (No photos of pets or children.) Photos will not be returned. Deadline is February 15, 2013.

If you have questions or need assistance with this newsletter, please feel free to contact me at tbkbull@aol.com. Thanks!! Bea Bull

PRESIDENT

George Eads 698-6078

1st VICE PRESIDENT

MEMBERSHIP CHAIR

Ralph Sanders

2nd VICE PRESIDENT

Vacant

SECRETARY

NEWSLETTER EDITOR

Bea Bull

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Zora Davis

TREASURER

Rex Tauscher

ASSISTANT TREASURER

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Jim Strunk

SERGEANT AT ARMS

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Bill Powers

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Amber VanSantford

UNTIL DECEMBER 2014

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Lanny Ross 692-9741

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NARFE HOTLINE NUMBER

1-877-217-8234

NARFE DISTRICT IV WEBSITE

www.narfewadist4.org

NARFE STATE WEBSITE

www.narfewa.net

NARFE NATIONAL WEBSITE

www.narfe.org

eNARFE WEBSITE

www.enarfe.org

**SENIOR INFORMATION &
ASSISTANCE**

360-337-5700 OR
1-800-562-6418

**OFFICE OF PERSONNEL
MANAGEMENT (OPM)**

Phone: 1-888-767-6738

Hours of operation:
7:30AM - 7:45PM ET with
best time to reach someone
being 6:30PM - 7:30PM or
at 7:30AM.

Mailing Address:
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Management
Retirement Operations
Center
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Boyers, PA 16017

OUR ELECTED REPRESENTATIVES

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Congressman Derek Kilmer

Contact information will
be included in the
February newsletter