



**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES
TENNESSEE FEDERATION OF CHAPTERS
CHAPTER 1956 COOKEVILLE TENNESSEE**

September 6, 2006

E-mail: chasmack@multipro.com

Website www.narfecookevilletn.org

Presidents Corner

Our next meeting is September 19 and the program will be presented by Phil Steidl of Burgess Falls Nursery. A good time to assess your landscaping and house beautification needs, for fall plantings. The meeting will be conducted by my good friend, Vice President and Membership Chair Ronnie Collins; Jan and I will be off to the National Convention and a few days vacation. Give him your presence and support.

Heather Hoffman, Registered Licensed Dietician at Cookeville Regional Medical Center, gave an interesting talk on proper nutrition and the importance of diet. What we eat should not go to waist. I learned that there are two kinds of fiber, both important. Bulk fiber (bran, cereals etc.) is needed to help keep the colon clean and prevent diverticulitis. Soft fiber (oat meal, veggies, etc.) helps reduce cholesterol.

We welcomed guests Jim and Jackie Perry, prospective new members, Matt Bauer, Legislative District Officer for our district and a member of the Murfreesboro Chapter, also Martin Rooker President of the Murfreesboro chapter.

The latest I have on Sam Bacon is that he is still recuperating at Masters Health Care in Algood. Room 402, 278 Dry Valley Rd., Algood TN 38501

If you have E-mail capability and are not on our distribution list, please let me know. It will save the chapter \$5.00 per year in mailing costs. The news letter goes out one week before the meeting, if it is not received, it can be viewed on the web site. The last letter was issued as an attachment by error as I know some of you can not receive attachments, I apologize and am sorry about that.

Treasurer's balance at the end of August \$762.25

The Alzheimer's collection was \$ \$25.00

Sunshine:

Cards were sent to Sam Bacon and Anne Brogden

Legislative

Congress is back in session, not too late to needle our Senators on Premium Conversion. What legislation we don't get passed this year, will have to start all over again next year.

Each August a Region X Convention of Federation Presidents is held in one of the five Region member states, (Virginia, North Carolina, West Virginia, Kentucky and Tennessee). This years' theme was Actions to Enhance the Legislative Efforts. The Tennessee response is copied here and also explains the role of the new Legislative District officers.

Tennessee's 2006-2007 Political Plan: John Hicks

Old political plan was not effective and new political plan with District Officers for each of the nine Tennessee's Congressional Districts was developed. **Old Political Plan:** area Legislative Representatives, crossed congressional districts, ineffective system, many "retired on job" or never knew they were to do anything substantial. **New Political Plan:** District Officers, Officer for each of Tennessee's 9 Congressional Districts, two larger districts have 2 District Officers, (because of gerrymandering) There are 3 major areas of state--West, Middle and East, 1 VP for each of the 3 areas of state. Nominations for District officers go to our National Legislative Chair for Tennessee. After interviews and tentative selection, recommendation goes to Federation President for approval. Three hour training for each new District officer with Handbook given him/her especially developed for his/her Congressional District. Computer and e-mail are required. Each District officer is to maintain close relationships with the Congressman for their district, as well as the staff of the senators. We are very successful in our legislative relationship with this close network of individuals. Qualifications and responsibilities are (1) to be responsible for your chapters on legislation-keep communications open, and visit at least twice a year--keep them up to date on events and quick chain of communication for alerts-monthly if not weekly updates to chapter vial e-mail; (2) to get to know your legislators and key staff members-frequent communications via e-mail or fax and phone, as well as personal visits; (3) to help pump up NARFE-PAC and its importance; and (4) to send reports quarterly of activities. District Officers were instrumental in having all but one Congressman cosponsor Premium Conversion; 6 of our Congressmen signed on as co-sponsors for WEP/GPO.

Membership Ronnie Collins

I would like to again make mention of the Dues Withholding method of paying our membership dues. Thank you to the 30 retired members who use this method, we have about 75 more that could use Dues Withholding. If you are one of these, think about switching. It would help you and our chapter. It is simple and easy with the dues being withheld from the annuity at the low cost of only \$2.96 per month. I have all the information you need to read about or to sign up for it. See me at the next meeting or sometime soon. Unfortunately current employees cannot use Dues Withholding, but retired employees and their spouses can.