



TEN THINGS (NARFE DOES FOR YOU)

Excerpted from the TN Federation Website
www.narfetn.org

1. *Represents federal retirees and employees at the National level*
 2. *Provides a unified voice in Washington*
 3. *Promotes the objective of NARFE throughout the Nation*
 4. *Facilitates effective group action to accomplish common objectives*
 5. *Trains local NARFE leaders for the furtherance of common goals*
 6. *Communicates with members and the public about issues of concern*
 7. *Maintains a political fund to support political candidates who share NARFE's legislative goals*
 8. *Mobilizes volunteer resources in chapters in the support of causes vital to NARFE members*
 9. *Advises chapters on effective ways of carrying out various functions*
 10. *Serves as a vehicle for the exchange of ideals among members*
- [click here to read complete article at www.narfetn.org/files/Ten%20Things.pdf](http://www.narfetn.org/files/Ten%20Things.pdf)



N ational
A ctive
R etired
F ederal
E mployees

CHAPTER 860 Cleveland, TN 37312 Winter 2007

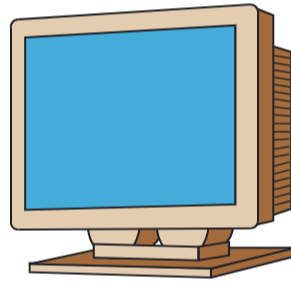
REMEMBER! Next Chapter Meeting

WHAT? Covered Dish Dinner
w/meeting afterwards

WHEN? February 8 - Thurs @ 6:30
PM

WHERE? St Therese Catholic Church

SPEAKER: LeAnn Woodland,
Marketing Director, Skyridge Medical
Center, talking about changes under the
new ownership of former Bradley
Memorial and Cleveland Memorial
Hospitals



**VISIT OUR
WEBSITE AT**
www.narfeclevelandtn.org

Access to our
newsletter will be
posted there also.

A MESSAGE FROM OUR PRESIDENT DANNY BRITT

Note that the Tennessee Federation meeting will be held in Knoxville April 16-17. This meeting is open to everyone. Please contact me if you are interested in going.



FROM THE NARFE NATIONAL WEBSITE,
WWW.NARFE.ORG
HAVE A HEALTHY NEW
YEAR



The office of Personnel Management (OPM) is inviting all Federal retirees to actively participate in the 2007 HealthierFeds Physical Activity Challenge. "The Challenge" is being conducted in partnership with the President's Council on Physical Fitness and Sports (PCPFS). The only requirement to participate and succeed in The Challenge is to be physically active for 30 minutes a day, five days a week for 6 weeks.

Participants may choose from more than 100 activities, which include household tasks and walking as well as atheletic endeavors and fitness activities. The 2007 Challenge begins January 22nd and runs through March 18th. For more information on The Challenge go to www.opm.gov/healthierfeds

The HealthierFeds website also includes dietary guidance on preventing disease and related to proper nutrition, how to increase your physical activity, and making healthy choices. There are also many Web sites concerning your health that have been conveniently assembled on HealthierFeds by OPM so that you can develop a plan for healthier living by simply clicking and reading.

You may want to check on this information today to get a healthier start for the New Year.

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If you have any suggestions or ideas for our newsletter, please let me know. You can contact me, Betsy Deacon, at dogcomp@bellsouth.net or call me at 336-38979.

If you would like to receive our newsletter by email instead of getting a hard copy thru the U.S. Post Office, let me know. This will save our chapter the cost of postage. Several people have already signed up for email copies.

CHAPTER 860 OFFICERS

- President - Danny Britt*
- Vice-President - Dean McAlister*
- Secretary - Joan Burner*
- Treas/Programs - Helen Evans*
- Service Officer - Don Rollens*
- Legislative - Maxine Eaves*
- Sunshine - Ruth Hale*
- Membership Chair - Jim Burner*

SPECIAL THANKS TO BANK OF CLEVELAND (WHERE WE HAVE OUR ACCOUNT) FOR PROVIDING PRINTING SUPPORT