



# NARFE Chapter 870 Newsletter

Volume II, Number 4

December 2008

Published Quarterly

Vivian Fivecoat, President - Toni Andersen, 1<sup>st</sup> VP - Charlie Gardner, 2d VP - Joe Couch, Sec'y - Gracie Miller, Treas - JC Whitney, Membership/Svc  
Meetings held 2d Thursday of Month at Golden Coral Restaurant, 2811 Wilma Rudolph Blvd., Lunch 2:00-3:00 PM, and Meeting 3:00 -4:00 PM



## President's Corner

Another year coming to a close and as we reflect on where we have been its noted that there were some memorable events during the past year. We have grown to 207 member's thanks in large part to the continued vigilance of membership and service officer JC Whitney. Our finances have changed from begging for donations to a steady flow of income for chapter operations and newsletter. Financial support comes from each of you attending our monthly meetings and participating in the various drawings. Where else can you enjoy good food, great friends and possibly win a prize?

Our newsletter has grown from a simple black and white document to a multiple page colored document. It is heard throughout the land that our newsletter is the best around. Even those who read multiple newsletters give Chapter 870 rave reviews. This would be impossible without the efforts of the editorial staff: Ronni Reid, Lora Whitney and Priscilla Sommers. We can only hope that the joy and pride that we feel with each edition is in someway a tribute to their combined efforts.

Our chapter has outgrown two meeting places within the last year. Attendance at the monthly meeting has increased from the low twenties to the mid thirties. We have gone from monthly meetings alone to now include quarterly outings thanks to the efforts of Sandy Simms and all. Those members that indulge in the outings have all returned with great accolades. Chapter 870 is one of the most progressive and active chapters in the state of Tennessee.

Our chapter also has its own legislative chair, Mr. Bob Grau, who keeps a watchful eye on the comings and goings in D.C. that can and will affect our lives. We now have a powerful voice in all things political.

Today we elected another slate of officers, some new and some returning for another term, that will collectively guide our organization into the future while at the same time watch out for you and be your voice in the political arena. The future success of NARFE Chapter 870 depends totally on your individual and collective support. We hope that you will continue attending monthly meetings and our quarterly outings, continue reading and appreciating the newsletter and staying informed of those items that can and will affect each of us in the future. The future of our chapter looks bright as we progress forward into 2009. We all look forward to seeing you at the meetings.

## New Meeting Place – New Time

At the November 2008 meeting, a proposal was presented and approved to change our meeting place so that we can accommodate the growing attendance at our meeting. *Beginning with our December 11 meeting we will meet at the GOLDEN CORRAL restaurant, 2811 Wilma Rudolph Blvd. The meeting time is changed to 2-3 PM for lunch followed by meeting 3-4 PM.* The price for the meal is \$5.99 which is their early bird special and includes a drink. This early bird special is only from 2-4.

## Chapter 870 Elects 2009 Officers

Congratulations to the Chapter 870 2009 officers who were elected at the November meeting. The officers are Vivian Fivecoat, President; Charlie Gardner, 1<sup>st</sup> Vice President; Bernice Hirsch, 2d Vice President; Sigrid Grau, Secretary; Sandy Simms, Treasurer; and JC Whitney, Service/Membership. Installation of the 2009 officers will be held at the December 11 meeting.

A big "thank you" to the outgoing 2008 officers for a job well done. An extra special "thank you" goes to Gracie Miller and Toni Andersen for their many years of service to Chapter 870.



2009 Chapter 870 Officers l to r: Vivian Fivecoat, President, Charlie Gardner, 1<sup>st</sup> Vice President, Sigrid Grau, Secretary, Sandy Simms, Treasurer, JC Whitney, Service/Membership, Bernice Hirsch, 2d Vice President not pictured.

## Trip to the Renaissance Center

Only a few tickets remain for the Renaissance Center in Dickson on December 10. The program includes lunch and the play "A Tuna Christmas", a comedy. Total cost for lunch and play is \$20 per person. **Please make your reservations by calling Sandy Simms, 931-647-6551.**

## Legislative Report

The most important thing happening this quarter was the historic election held Tuesday, Nov 4, 2008. Whether we agree or disagree with President Elect Obama's politics, it is important for all Americans to come together to support him.

Our cost of living CSRS for next year is 5.8 percent. FERS employees will receive 4.8 per cent. This will be included in your annuity payments beginning in January, 2009. A complete review of this subject can be obtained on the NARFE website under Legislative Update number 646 dated October 16, 2008.

Bob Grau, 931-237-3772

## Membership Report

Our current membership is 207. This breaks down to 204 voting members and 3 National Only non-voting members. I'd like to briefly explain how you can save money when renewing your NARFE annual dues. The best (and cheapest way) is to go with Dues Withholding but I've already discussed that. The rates for members not on Dues Withholding are:

- One year is: \$29 National Dues plus the chapter dues of \$5.00 = \$34.00 per year.
- Two years are: \$52 National Dues plus the chapter dues of \$10.00 = \$62.00 (a savings of \$6)
- Three years are: \$74 National Dues plus the chapter dues of \$15.00 = \$89.00 (a savings of \$13)

### Member We Will Miss

Jeanette Anderson passed away on 29 Aug 2008, and her membership was transferred to her husband Billy Anderson.

### Welcome New Members

Charles & Arinda Cook    Bennie Griffrey    Ronald Reid  
Clara Welch                Mary Nell Wooten.  
Shirley Stark (transferred in from Cookville)

### Welcome Back Former Members

Steven Carr                      Sharon Pate

I'm purposely saving the best for last. Ms Bessie Bowers has joined NARFE on her own. Her husband Raymond passed away in March of this year and Bessie could not pick up his membership because he was a life member. Bessie came back into NARFE because she said that NARFE is a really good organization and she thinks we do a lot of good for members.

We welcome back Bessie, as well as Steven and Sharon, into our NARFE family and thank them for rejoining.

JC Whitney, 358-4855

## Open Season – Health Insurance

Open season for health benefits will run from November 10 thru December 8, 2008. The effective date of the changes will be January 1, 2009. Your February 1, 2009 annuity payments will reflect the first monthly payment. To make changes on your health plan, call Open Season Express on 1-800-332-9798 or access Open Season Online at [www.opm.gov/retire/fehb](http://www.opm.gov/retire/fehb). Remember, if you do not want to change your present insurance coverage, **do not respond**, unless your plan no longer participates in the FEHB program. Your current coverage will continue automatically.

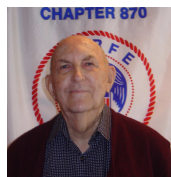
## Donate                      Donate                      Donate

The Tennessee chapter that donates the largest per capita donation to the Alzheimer's Association will be awarded **The Weida White Tolley Alzheimer's Trophy**. It will be awarded at the upcoming Tennessee Federation Convention in Jackson, Tennessee. Last year Chapter 870 tied with another Tennessee chapter for donating the most money to Alzheimer's so I think we can win the trophy. This is a newly established trophy to honor Weida White Tolley for her many years of dedicated service as the Tennessee Federation Alzheimer's chair.

Lora Whitney, 358-4855



## Chapter 870 Member Spotlight



This quarter we would like to honor Mr. Lawrence "Harry" Ryan in our member spotlight. Harry has been a member of NARFE Chapter 870 for more than 25 years. He has served as President, 2d Vice President, Historian and Flag Bearer. At all our gatherings Harry leads us in our pledge of allegiance.

Harry retired from the USPS at Fort Campbell in 1985. He was a mail carrier for more than 28 years. Originally from San Francisco, CA, Harry settled in Clarksville in 1945 after his marriage to his wife Lucille. Lucille passed away in 1995 just 2 months shy of their 50<sup>th</sup> Anniversary. Harry has two children, a son, Pat, who lives in Dallas, TX, and a daughter, Irene, who lives here in Clarksville. His son and daughter have given Harry 3 grandchildren and 5 great grandchildren.

Harry enjoys dancing and gardening (yard work). He is a member of the Cumberland Presbyterian church, 16<sup>th</sup> Armored Association and Senior Citizen's Center.

## In Sickness and In Health (Part 3)

*A member of our chapter is the caregiver for her husband who has Alzheimer's. She has graciously agreed to share her experiences with us in a continuing column. Our hope is to relate how this disease affects not only the patient but also the family. As always, your comments are welcomed.*

Following what to us was a promising diagnosis of stress and anxiety, life continued in a somewhat normal fashion. My husband was self-employed and did remodeling jobs. He took days to complete what normally took hours but his bidding and building continued. I had retired in December 2000 but returned to work as a contractor in January 2002. My husband and I had talked often about working until we could no longer work. He enjoyed the challenge of building new homes or giving a housewife a new kitchen. I enjoy the interpersonal relationships at work. Our life for all intents and purposes appeared to be normal.

The confusion progressed and memory problems worsened. He lost things around the house and left things on the job, When driving he would miss familiar turns, and the time came when he could no longer write checks or use a bank card. When I realized he was steadily giving jobs away and losing money, I encouraged him not to bid or do any additional jobs. In August 2002 the doctor diagnosed him as having an unusual type of dementia. He prescribed a second MRI.

We returned to the doctor's office for test results and we heard the "A" word for the first time. At that moment I had no idea what a journey Alzheimer's would take us on. I was sure we could cope with memory loss and live happily ever after. We left the doctor's office with instruction to continue the Aricept and make an appointment to return in one year. The doctor suggested that we pursue early disability retirement which we did. I continued my job as a contractor but I was uneasy about leaving him alone.

The holidays came and we had our annual open house party. For the first time it was evident to our close friends that my husband's problem was not a figment of my imagination. Alzheimer's is not a disease that you can see and when he told a longtime friend that he had already had a beer and called him a drunk, everyone realized he was no longer in control. This was not the man they had known for years. We celebrated Christmas and brought in 2003 with a Happy New Year kiss. The new year would prove to be anything but life as usual.



## HAVE FUN, WILL TRAVEL

*Please share your travel experiences with us. We would like to hear from you about your travels and adventures whether it is a trip to see the grandkids or a trip around the world. It may entice others to "hit the road" and fulfill their dreams. We wish to thank Sandy and Dale Simms for telling us about their recent cruise.*

Thanks to our friends J.C. and Lora Whitney who initially planned this wonderful cruise and asked Dale, me, Toni Anderson and Frank Adams to join them, we had the most wonderful 9 day vacation. We flew to Baltimore, Maryland, on 2 October and boarded Royal Caribbean's Grandeur of the Seas. Of course, as soon as we located our cabins, we headed for the dining room for the first of many wonderful meals. The food during the entire cruise was indescribable as the eight pounds Dale gained attested to. After a day of cruising, we docked in Portland, Maine, on 3 October. Dale and I had a shore excursion in which we boarded a small boat to House Island and enjoyed a lobster lunch with all the trimmings. Yum! The next day we arrived in Bar Harbor, Maine. The weather was near perfect on our entire cruise. In Bar Harbor, we visited Acadia National Park and lunched at Jordon Pond House (famous for Popovers and clam chowder) and visited Cadillac Mountain. Scenery was breathtaking! On 6 Oct, we docked in Saint John, New Brunswick where we took a cruise around the Saint John Harbor; saw the Bay of Fundy and the Reversing Falls Rapids. Then it was on to Halifax, Nova Scotia the next day. Here, we visited Peggy's Cove Fishing Village. The coastal scenery, the lighthouses, the impressive rock formations were all amazing. We cruised all the next day making our way south to Boston. Here we went on a "Duck Tour" (amphibious vehicle) of the Charles River and afterwards toured Boston by bus to see highlights of historic Boston. My favorite was the Trinity Church and Boston Public Library. While in Boston, we had an enjoyable lunch at a "Cheers" bar and restaurant, a replica of the TV show "Cheers". The next day (our last full day of cruising) was spent basking in the sun, taking Cha Cha Lessons, swimming, and eating of course. Lora did manage to take in a massage and facial. Toni and Frank attended art auctions and came home with some beautiful art. Dale tried his hand at Texas Hold'Em. No, he didn't come away a winner, but enjoyed himself. We all played bingo and had fun, only Toni and Frank, were winners. We had incredible entertainment each night. I think my favorite was The Temptations on our last evening. On 11 October, we arrived back in Baltimore. I think our fingerprints are still on the gangplank where we were dragged from the ship to travel to the airport. There is no way to relate to you all of our experiences as much as I would like to do so. All I can say is we had a wonderful time. This was Dale's first cruise, my second. We definitely will go on another. Rumor has it that J. C. and Lora have already scheduled another for next summer.

Sandy Simms

Chapter 870 gratefully acknowledges the businesses that generously support our Newsletter. If you know of any business who would like to be included in our Newsletter, please have them call Lora, 358-4855; Ronni, 648-4393; or Priscilla, 645-3936.

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**If you have a change in your address, phone number, e-mail, etc, contact J.C. Whitney. He will relay the changes to NARFE HQS. If you are not being called about our monthly meetings and want to be, call Charlie Gardner, 931-368-0337.**

## **Congratulations to our Members**

Best wishes to our members who are celebrating birthdays, anniversaries or other special occasions during December, January and February. Please come to our meetings and let us congratulate you in person.

## **Tennessee Federation Convention**

Make plans to attend the Tennessee Federation 2009 convention in Jackson on April 20 and 21. Registration forms are in the Tennessee Federation October 2008 newsletter. The conventions are fun and a way to meet people from other chapters.

## **Web Sites of Interest**

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

[WWW.narfetn.org](http://WWW.narfetn.org)

[WWW.opm.gov](http://WWW.opm.gov)

[WWW.alz.org](http://WWW.alz.org)

[WWW.tsp.gov](http://WWW.tsp.gov)

[WWW.keepingposted.org](http://WWW.keepingposted.org) (new site for retired postal employees)

***To all our members who are homebound, ill or live out-of-state and cannot join us for our monthly meetings, please know that you are missed and are always in our thoughts and prayers.***

*Happy Holidays*

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**Join us for fun at our Christmas meeting and luncheon on December 11, 2008 at Golden Coral Restaurant, Wilma Rudolph Blvd, Lunch 2:00-3:00 PM, meeting 3:00-4:00 PM. This will be a short meeting with installation of new officers and then it's time for socializing, Christmas trivia and winning some prizes.**

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