



# NARFE Chapter 870 Newsletter

Volume II, Number 2

June 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 Shoney's Restaurant, corner of N. Second Street and Kraft Street, Lunch 1100-1200, Meeting 12:00 -1:00



## A message from the Chapter President

The Tennessee State Federation held its annual convention on April 28-29 at Montgomery Bell State Park in Berns. Chapter 870 has a lot to be proud of this year. Our very own JC Whitney received the honor of recruiting the most members and was also nominated and accepted the position of Federation Membership Chairman.

Mrs. Lora Whitney accepted, on behalf of Chapter 870, a citation for being one of the two Chapters in the Federation who tied with the most money donated to the Alzheimer's Fund in 2007.

The following were elected to Federation Offices:

- |                                |                  |
|--------------------------------|------------------|
| President                      | Cary Frazier     |
| 1 <sup>st</sup> Vice President | John Shannon     |
| 2 <sup>nd</sup> Vice President | Larry Cunningham |
| 3 <sup>rd</sup> Vice President | John Wells       |
| Secretary                      | Vivian Fivecoat  |
| Membership Chairman            | JC Whitney       |
| Treasurer                      | Marie Anglin     |
| Financial Secretary            | Glenda Huff      |
| TN Federation Web Master       | Ronnie Collins   |
| Immediate Past President       | John Hicks       |

Our two biggest challenges in the coming months are membership and finances. We must have a solid, financially secure organization and with each of us pulling in the same direction we will achieve our goals.

Information about our meetings is also posted on [ClarksvilleSpotlight.com](http://ClarksvilleSpotlight.com). Our newsletter is available on the Tennessee Federation web site at [www.narfetn.org/library.html](http://www.narfetn.org/library.html).

Vivian Fivecoat

## 2008 Annual Dinner

Mark your calendar for the 2008 Chapter 870 Annual Dinner which will be held on August 17 at Fieldstone Place Retirement Community, 51 Patel Way (off Hwy 76). The menu, cost and entertainment will be announced shortly.

## Welcome New Members

Willie Battle      Edil Martinez

## Join Us - We've Got Places to Go

Would you like to explore some Shaker history? Mark your calendar to do just that on Thursday, July 17. We have planned a day trip to the Shaker Museum with lunch at the nearby Shaker Tavern in South Union, Kentucky. The cost of the museum tour is \$6 and lunch is \$15 for a total of \$21. The tour will last about an hour and a half and will involve moderate walking. We will meet at Governor's Square Mall and carpool to South Union which is about an hour's drive. **Please make your reservations by calling Sandy Simms, 931-647-6551, by July 1.**

Ronni Reid



Chapter 870 received this citation for its 2007 Alzheimer's Fund contributions

## NARFE National 2008 Convention

The NARFE National 2008 Convention will be held in Louisville, Kentucky on September 7-11, 2008. Because the convention is so close this year, it would be a good time for Chapter 870 members to attend to see how the organization supports us. More information about the national convention can be found at [www.narfe.org](http://www.narfe.org) and in the monthly NARFE magazine.

## Congratulations to –

Vivian Fivecoat for being reelected to serve in the Tennessee Federation as Secretary for 2008

JC Whitney for being named the top recruiter in the State Federation. He received a certificate and \$20 in uncirculated gold \$1 coins

JC Whitney for being elected to serve in the Tennessee Federation as Membership Chairman

Chapter 870 members for being cited during the 2008 Tennessee Federation's State Convention held on April 27-28 at Montgomery Bell State Park as one of the two top Chapters in the Federation for Alzheimer's Fund contributions in 2007.

## Legislative Notes

(Extracted from NARFE.org)

Neither the Senate nor the House proposed reducing federal civil service retirement or health benefits in their respective fiscal year (FY) 2008 Budget Resolutions. Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) increased **0.7** percent in April 2008 according to the Bureau of Labor Statistics ([www.bls.gov/cpi\\_or\\_202/691-6994](http://www.bls.gov/cpi_or_202/691-6994)). Released on May 14, the CPI-W for April is **210.698**. For purposes of calculating the next COLA (cost-of-living adjustment) the index is currently **3.5 percent** above the 2007 third quarter average base index of 203.6. May consumer price indices will be released on Friday, June 13.

NARFE President Margaret L. Baptiste has concerns about proposals in the Office of Personnel Management's "2008 Federal Employees Health Benefits Program (FEHBP) Carrier Letter" which would create separate health plans for Medicare-eligible federal annuitants and expand controversial Health Savings Accounts (HSAs). However, President Baptiste applauds OPM's decision to encourage FEHBP carriers to offer enhanced hearing benefits for adults, including professional services and hearing aids

NARFE has declared August to be "Meet Your Candidates Month." The Association is urging NARFE members to meet their local congressional candidates and make sure they are aware of our organization and our concerns.

## Members We Will Miss

**Raymond H. Bowers passed away March 17, 2008**  
**Wandean Wallace passed away March 27, 2008**  
**Martha H. Pruitt passed away April 28, 2008**  
**Milton Miracle passed away May 20, 2008**

## Membership Report

Our current membership is 195 voting members. Unfortunately, Mr. Raymond Bowers' membership could not be transferred to his widow, Mrs. Bessie Bowers, because Raymond was an Honorary Life Member. Honorary Life Memberships cannot be transferred to a surviving spouse.

JC Whitney, Membership/Service Officer

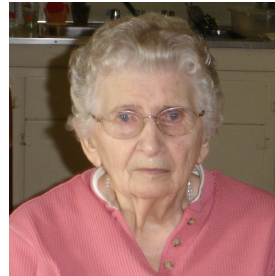
## Special Thanks to –

Al Basham for his generous contribution in support of this newsletter

JC Whitney for contributing his \$20 in uncirculated \$1 gold coins to Chapter 870 in support of the newsletter. These coins were offered for sale at the May meeting and netted \$104.

## Chapter 870 Member Spotlight

Our spotlight this quarter is on Mrs. Maggie Tucker who has been a member of Chapter 870 for more than 25 years. She is one of our elite Honorary Lifetime Members. Although Mrs. Tucker is not able to come to the monthly meetings, she supports NARFE's commitment to the Alzheimers Research Fund by sending a donation to the Chapter each quarter.



Mrs. Tucker is retired from Fort Campbell where she worked in the Parachute Repair Section. She mended the parachutes and is very proud of the work she did. Before being employed at Fort Campbell, Mrs. Tucker worked in Oak Ridge for a year. She also worked for DuPont, Acme Boot, Frosty Morn and Bricks Army Store.

A lifetime resident of Montgomery County (except for 1 year she lived in Oak Ridge) Mrs. Tucker was born and went to school in the Poplar Grove area of Southside. She was married to Clyde Sexton and Elton Tucker who are deceased. She has a son and a daughter, 5 grandchildren, 11 great grandchildren and 1 great great child.

She enjoys walking, reading and was a member of the Tuesday Needlers, a quilting group. She is a member of the Chapel Hill Road Methodist church.

Mrs. Tucker celebrated her 88<sup>th</sup> birthday in May. (Forgive me Mrs. Tucker, I know you're not supposed to tell a lady's age but I feel it should be celebrated).

## In Sickness and In Health (Part 1)

*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.*

When we were married and said these five little words, I never paused to think what these words mean. My husband has Alzheimer's and this disease changes everything. The patient suffers the devastating effects of Alzheimer's and the caregiver rides an emotional roller coaster of guilt and frustration. These are my thoughts on the disease and its victim.

Doctors look at MRI's, prescribe medicine, and virtually send you on your way. In order to deal with Alzheimer's, we search the Internet and read articles written by those "in the same boat." I am not sure that there are symptoms specific to Alzheimer's, but there are signs that something is not right. The medical profession has differing opinions about the origins of the disease.

My husband was born in 1941. He was physically what any nearly 60-year old man would like to be—six feet two inches tall, 174 pounds, with a blood pressure of 110 over 75. I started to notice that something was wrong when he would be in the middle of something and forget what he was doing or, like many of us do, forget what we are looking for in the freezer. I would jokingly say "if I didn't know better, I'd think you have Alzheimer's."

As time passed, signs of confusion were more apparent. We were members of a couples group who played poker on Saturday night--a friendly card game where we ate and laughed and took turns winning. My husband had played poker for years, going back to his days in the Navy when they killed time playing the game. When it was his deal, he would deal backwards, throw cards all over the table, skip a player, and to make matters worse, he didn't know it. When the group would ask him to slow down and deal the right way, it would irritate him. We played that high hand winner would split the pot with the low hand winner. Joe would ask me to count out his half when he won. When the night was over, he complained about our friends. All these signs of utter confusion went over my head until one morning when I stopped at the 7-11 on my way to meet my carpool. The clerk asked me if I knew that my husband could not count money. She said that when he stopped for coffee, he would hold a handful of change for her to take the ninety-three cents and if he was short on change, he would open his wallet for her to select a bill to pay. I defended him but I couldn't get it out of my mind. When I got home that night, I pretended to want to count our poker money to see if we needed to pick up some change. Sure enough, he could not put the change in

one-dollar stacks. The next day I called our primary physician to schedule an appointment.

## Have Fun, Will Travel.....

On April 16 my wife, Helene, and I departed for my umpteenth trip to France to visit my wife's family in Annecy, France, in the French Alps. It is located about 40 miles directly south of Geneva, Switzerland and the airport we fly into. While I usually only visit once a year, Helene goes twice a year to visit her Mother who will be 99 years old in August. Annecy is a wonderful tourist city located in Haute Savoie which is situated on one end of Lake Annecy and surrounded by the Semnoze Mountains, which are part of the Alps.

Her mother lives in her own apartment in the home of Helene's sister and her husband. This trip our son and his wife joined us and we took a side trip by rental car to Cavalaire, in Provence on the French Rivièra, a drive of 6 hours. We took the "scenic" route through Provence on the way down to enjoy the picturesque landscape with Feudal city forts on hilltops and the vineyards and fruit groves. We stopped in Sisteron on the Route Napoléon through Provence for lunch, which is normally the largest meal of the day for the French.

From Cavalaire we made side trips during the day to St. Tropez, where the rich and famous park their huge yachts. St. Tropez is not as big and flashy as Nice or Cannes and is much more rustic with small shops and artists displaying their paintings around the marina where all the boats are parked. We also visited a quaint little town near St. Tropez called Gassin. It sets on top of a very high hill and has the small winding streets with shuttered windows that are the trademark of little old French towns. Many photo opportunities here as well and with a digital cameras you can have a field day. I have easily 200 photos. We are pleased to have a couple photos that we will print in large format for display on the walls.

The trip back to Annecy was via the Autoroute where the speed limit is 130 kilometers per hour (about 80 MPH), but we were passed by many going at least 100 MPH. They go at their own risk as there are many speed cameras that catch many speeders. It is a toll road and rather costly, but the best way to get from one point to another in a hurry. Gasoline was \$8.41 per gallon at the current exchange rate of \$1.58 to the Euro. Filling our small Mazda sedan with 12 gallons cost about \$100!! We were fortunate to have nice weather most of the time there, but the best part is the fine food and wine, of which I enjoyed to the maximum.

Charlie Gardner

## **In Memoriam**

As we go to press today, we learned of the passing of Milton Miracle. Milt has been a member of NARFE since 1983 and has enthusiastically supported our Chapter. He served as Chapter President 1999-2001 and 2003-2006. In 1992 and 2006 the Tennessee Federation Convention was held in Clarksville and Milt was the driving force behind both conventions.

Milt was also a vital member of the Tennessee Federation. He served as the Area 6 Representative for

5 years, District 7N Legislative Officer for 3 years and as 3d Vice President for 2 years. Milt served as a Chapter 870 delegate at the Federation Convention from 1991 to 2007 and served on various committees. He was very disappointed that he could not attend this year's convention because of his health.

Milt is survived by his wife of 60 years, Robbie (who is also a NARFE member), two sons, Ronald and Timothy, 5 grandchildren and 4 great grandchildren.

The editorial staff for this newsletter is Lora Whitney (931-358-4855), Ronni Reid (931-648-4393), and Priscilla Sommars (931-645-3936). Please contact us with your suggestions and opinions.

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**Join us for our meeting on June 12 at Shoney's Restaurant, 2d Ave and Kraft St, lunch 11:00-12:00, meeting 12:00-1:00.**

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National Active and Retired Federal Employees  
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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.



**Cathy Stafford**  
COMMUNITY RELATIONS MANAGER

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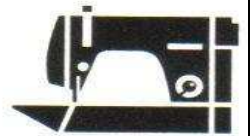
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