



NARFE Chapter 870 Newsletter

Volume II, Number 3

September 2008

Published Quarterly

Vivian Fivecoat, President - Toni Andersen, 1st VP - Charlie Gardner, 2^d 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



President's Corner

Unlike "top down" organizations with their Boards of Directors, NARFE is an association with the top of the organization being the chapter member, each of you reading this newsletter today! We all belong or have belonged to other organizations in our lifetime that have a triangular arrangement with the executives at the top telling the members at the bottom what is what. **In these organizations** your only course is "Yes, Sir / Ma'am!" Contrast this to NARFE, **where our organization is run from the bottom up.** The chapters tell the National Executive Board (NEB) what we want and expect the NEB to come up with the best course of action for us to consider. If we don't like what the NEB proposes or does, we can tell them and they must respond properly or we can boot them out and make changes at the conventions. **This does not happen** in "top down" organizations. Why is this important to you sitting there reading this column? There is a movement afoot to turn NARFE into a "Top Down" organization **by hiring a COO** and allowing new members to avoid joining local chapters. If this were to happen, we would be just another top down organization ruled by the **COO** who would then receive a "golden parachute" retirement. Only the strength of the chapter with active participating membership keeps NARFE alive and functioning for the best **interest of each of you, our members.** I have learned there are three types of people in the world. Those who make things happen, those that watch things happen and those who wonder what happened. Be part of the make things happen crowd by being active, attending our monthly meetings, letting your voice be heard, participating in all the future fun activities that Chapter 870 is planning for your benefit. Your voice needs to be heard now or lose the one and only organization that is actively working to restore and protect your earned retirement benefits. **Our next event is "Meet the Candidates" on September 4, 2008. To protect your earned benefits Chapter 870 needs a large turn out for this event.**

Trip to the Renaissance Center

NARFE has planned another excursion. This time we will be going to 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, and sending her your check as soon as possible. Tickets are limited.**

Meet the Candidates

On September 4 from 1-3 PM NARFE is sponsoring "Meet the Candidates" at the Clarksville-Montgomery County Public Library, 350 Pageant Lane. Randy Morris, Democratic candidate for U.S. House of Representatives, District 7 will attend. The Republican candidates were invited but declined because they are attending the Republican National Convention. Please come and bring a friend to let Mr. Morris know what is important to NARFE and you. For more information contact Bob Grau, 931-237-3772.

Welcome New Members

James Barry	Fannie Weaver	Peggy Ray
Betty Choate	Barbara Galluzzo	Joan Nolan
Robert Jones		

November Meeting Date Change

Please mark your calendar. The date for the November meeting has been changed to November 6. Our speaker will be Ms C.J. Wilson who will talk about changes/open season for Blue Cross/Blue Shield.

The speaker for the September 11 meeting will be Joe Pitts, Tennessee House of Representatives, District 67. He will speak about recent legislation which affects retirees/senior citizens.

Highlights of Annual Dinner

Chapter 870 Annual Dinner was held on August 14 at Fieldstone Place Retirement Community. About 60 members enjoyed a delicious buffet. We would like to thank our Tennessee Federation President, Carey Frazier and his wife, Barbara for attending. The entertainment for the evening was presented by Ms. Peggy Hunter, a Storyteller. She enthralled the audience with a story about party telephone lines of the past and how the people on the party line were affected. Before dinner guests were able to view a presentation of pictures from the 2008 Tennessee Federation Convention and the trip to Shaker Village that was put together by Vivian Fivecoat and Charlie Gardner. At the end of the evening a door prize drawing was held for \$10 gift cards. A big "Thank You" goes to Chapter 870 members and Wal-Mart, Fort Campbell Boulevard and Oak Grove, for their donations of gift cards. We can't forget to mention the Dinner Committee: Sandy Simms, Lora Whitney, Priscilla Sommers, and Ronni Reid. Great job, ladies.

Legislative Report

Were any Chapter 870 members involved in declared disaster areas last year in Tennessee? If so, you may be entitled to an additional tax deduction or incentive. Contact me please.

The House of Representatives passed legislation that would allow FERS employees to credit their unused sick leave toward their retirement. Bill passed 326 to 102. This only involves active federal employees. Contact me for more info.

Senate Subcommittee on the Federal Workforce entitled "Improving Performance: A Review of Pay-for-Performance Systems in the Federal Government". This is a very important issue for active federal employees. If you need more information, go to narfe.org and review *NARFE Legislative Update 637 Senate Hearing*.

Second largest monthly increase of consumer price index for the month of June 2008 was 1.1 percent. This was second only to the one in 1982.

Bob Grau, 931-237-3772

Membership Report

Our current membership is "officially" 196 voting members; however, I have mailed 4 new membership applications to NARFE HQs. These four people are:

Charles & Arinda Cook - joined at our Annual Dinner
Mary Nell Wooten - joined opting for **Dues Withholding**
Louise Welch - joined opting for **Dues Withholding**

Although **Dues Withholding** is only available to retirees, it is really a much better way to pay your NARFE membership dues. You don't have to remember to send in your yearly dues; you don't have to waste a stamp and envelope; and the biggest advantage is that it's almost \$5.00 cheaper. When you send in your yearly dues it is \$34.00 for both local and national. If you go with **Dues Withholding**, it is only \$29.60 which comes to \$2.46 per month taken out of your monthly annuity from OPM. Retirees must start their **Dues Withholding** on the anniversary of when your dues are due. If interested, please contact JC Whitney, 931-358-4855, or use the form that is in the monthly NARFE Magazine.

JC Whitney

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.

In Sickness and In Health Part 2

As the time for my husband's appointment neared, we discussed the situation. I had to keep probing and questioning him to find how he was feeling. At that time, we did not understand what was happening and where it would lead. Neither of us had gone to any length to research the disease and the path it would take. We both felt that all his confusion was caused by something physical and the doctor would prescribe medicine and it would go away. I think we actually wanted there to be a tumor or a blockage that could be fixed.

The initial visit to his primary physician led to another appointment with a neurologist and more time passing before we could get some answers. I drove him to the first of what became regularly scheduled appointments with a neurologist. During this first visit, the doctor met with us together to hear from us what had been going on. We talked about the confusion and what had led us to him. He had my husband do simple calculations which he could not do, asked him to spell "world" backwards which he could not do, and the patient could recall only two of three objects for two minutes. After these tests, I was excused.

After the doctor's visit with my husband alone, he told me he found his motor skills examination to be normal—finger-to-nose and heel to shin. He indicated that this was a physically fit man who seemed to have intellectual difficulties. He said the patient minimized his problems and tended to attribute difficulties with memory and concentration to chronic neck and back pain.

The doctor's plan for treatment included studies for dementia, an EEG, and an MRI of the brain. The next appointment with the doctor would be to discuss the results. We had no idea what was on the horizon. It took some time to schedule the tests and get the results. In December 2000 we heard that the MRI of the brain and the EEG were both normal and that metabolic studies for dementia were negative. The doctor prescribed Aricept and asked us to return for another visit in February 2001. At that visit the doctor said he suspected the "memory problems" were not neurologic but rather relate to anxiety and stress. We left the doctor's office with smiles because now there was hope that we could get to the bottom of this and all would be well again.

Member We Will Miss

Saba Bologna passed away June 11, 2008
Lilly Gore passed away August 22, 2008

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.

Three delicious meals daily - Linen service & weekly housekeeping - Scheduled activities
Free local transportation - Beauty & Barber Salon - A party room/full kitchen



Uffelman Estates

Gracious Retirement Living

(931) 645-7850 - Fax (931) 645-1282

215 Uffelman Drive • Clarksville, TN 37043

The Friendliest Folks in Town 06-2008



*Hair • Skin • Nails • Facials
Massage & Aqua Therapy*

332 Union Street
Clarksville, TN 37040

(931) 503-0897
www.gistsalon.com

Patty Phillips, Owner By Appointment Only

09-2009



Neal-Tarpley
FUNERAL HOME
Locally owned and operated



Mike Parchman
Owner
Licensed Funeral Director & Embalmer

1510 Madison Street • Clarksville, TN 37043
931-645-6488 • FAX 931-905-1233
www.neal-tarpley.com

09-2009

McREYNOLDS-NAVE & LARSON
FUNERAL HOME

Ed Larson

(931) 647-3371 Office 1209 Madison Street
(931) 801-8300 Mobile Clarksville, TN 37040
larson821@aol.com

09-2008

Warren's Apothecary
Clarksville's Oldest Family Pharmacy

Let OUR Pharmacy Family be
YOUR Family's Pharmacy

1746 Memorial Dr.
Clarksville, TN 37043


(931) 647-6031
(888) 516-9972

Free limited delivery

09-2008

06-2009

NOBLE
TAILORING



Professional Alterations

FORMALS • BRIDAL • LEATHER • DRY CLEANING

Closed Sun & Mon 1681 Ft. Campbell Blvd. (41-A)
Tues - Fri 9 - 6 Clarksville, TN 37042
Sat 10 - 4 (931) 906-3975



Walking Horse Meadows

Call today to schedule a tour and to
join us for a complimentary meal

207 Uffelman Drive 931.648.8007
Clarksville, TN 37043 fax: 931.648.0182
email: tarancia@5sqc.com

A FIVE STAR
QUALITY CARE COMMUNITY

06-2008



Superior Medical Supply, INC.

For all of your medical equipment needs and more!

- Power Wheel Chairs
- Manual Chairs
- Lift Chairs
- Bath Benches
- Walkers
- Diabetic Shoes
- Glucose Monitors and Supplies

For more information call
Phone: 931-551-9333
Fax: 931-551-8435



06-2009

\$9⁹⁵
 with repair
\$59.00 value



A/C Service Call

932-980-4328

CerProTech.com

Comfort is in the air. *American Standard*

CALL Olaf NOW! *Not valid with any other offer/discount.

06-2009

**Serving federal employees
 in Tennessee for more than 40 years**

The BlueCross and BlueShield Service Benefit Plan is proud to support the National Association of Retired Federal Employees Convention.



**BlueCross
 BlueShield**
 Federal Employee Program

www.fepblue.org
 1-800-572-1003

* Registered marks of the BlueCross BlueShield Association, an Association of Independent BlueCross BlueShield Plans
 BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association 09-2009



GEICO

Art Garcia
 GEICO Field Representative

2609 Fort Campbell Blvd., Ste G. Between Gates 1&2
 Clarksville, TN 37042
 Telephone: (931) 431-3320 Fax: (931) 431-6383

06-2009

To place an ad in this space call
Ronni - 648-4393
Lora - 358-4855
Priscilla, 645-3936

To place an ad in this space call
Ronni - 648-4393
Lora - 358-4855
Priscilla, 645-3936

To place an ad in this space call
Ronni - 648-4393
Lora - 358-4855
Priscilla, 645-3936

To place an ad in this space call
Ronni - 648-4393
Lora - 358-4855
Priscilla, 645-3936



**NARFE Chapter 870
Annual Dinner Aug 2008**



About 15 members of Chapter 870 made the trip to Shaker Village, South Union, KY on July 17. Our tour guide was very knowledgeable about the Shakers and their life at South Union. After touring several original buildings and seeing the artifacts, we lunched at Shaker Tavern which was about 3 miles from the settlement site. Everyone enjoyed the day.

Web Sites of Interest

WWW.narfe.org

<http://Thomas.loc.gov>

WWW.opensecrets.org

WWW.opm.gov

WWW.alz.org

WWW.tsp.gov

WWW.keepingposted.org (new site for retired postal employees)

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

National Active and Retired Federal Employees
2603 Delano Drive
Clarksville, TN 37043