



CHAPTER 519 NEWSLETTER

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NARFE is an advocate for both active and retired federal employees before Congress and the White House. Our mission is to safeguard and enhance federal employee health benefits, retirement benefits and pay issues for active federal employees and annuitants.

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MESSAGE FROM PRESIDENT LORENZO TYSON

This year is quickly moving on! We are nearly halfway through it. I want to thank each of you for your support of NARFE and the Jackson Chapter thus far. Those of you who attend our monthly meetings regularly know that we have had some very enjoyable, interesting, and informative meetings. If you have not attended a monthly meeting thus far this year, I encourage each of you to commit to attend at least one meeting this year.

The Jackson Chapter of NARFE meets at 12 Noon on the second Thursday of each month at Brooksie's Barn, 561 Oil Well Road in Jackson. Those who choose to eat lunch before the meeting usually arrive about 11:15 a.m. If you come, you won't be disappointed. We hope to see each of you at one of our future meetings.

If you have any questions about NARFE or the Jackson Chapter, I can be reached at 731-664-4741.

MESSAGE FROM 519 IMMEDIATE PAST PRESIDENT RHONDA MOONEY

Our 2015 State Convention, hosted by the Clarksville Chapter with assistance from our own Jackson Chapter and the Dickson Chapter, was a great convention! Everyone seemed to enjoy it and we received a lot of valuable information. NARFE National President Richard Thissen attended the Convention. I had the opportunity to speak with him several times during the Convention and I was very impressed with him. I appreciated his honest and straightforward answers to the questions that I asked. In his talk to Convention attendees he said that "we are all in this together." He stated that NARFE Headquarters has reorganized and is now poised to move into the future. I feel optimistic about the future of NARFE after hearing from him. Mr. Greg Stallworth, EEO Officer from Ft Campbell, was the guest speaker Tuesday morning and he gave an excellent talk. Larry Minniear was elected as our new Federation President and National President Thissen installed the Federation Officers. We had very good attendance at the Convention from our chapter. Begin now making plans to attend next year's convention which will be held in Pigeon Forge.

HUMOR

When the smog lifts in Los Angeles U.C.L.A.

A thief who stole a calendar got twelve months.

Did you hear about the fellow whose whole left side was cut off? He's all right now.

A will is a dead giveaway.

ADDITIONAL MESSAGE FROM PRESIDENT LORENZO TYSON

SAVE THE DATE, AUGUST 13TH

WEBSITES FOR SENIORS THAT MAY INTEREST YOU: INFORMATION AND FUN INFORMATION FOR SENIORS:

- www.aoa.gov - Administration on Aging
www.assurancewireless.com/public/welcome
www.BenefitsCheckUp.org - Provided by the National Council on Aging
www.cms.gov/ - Centers for Medicare & Medicaid
www.eldercare.gov - Eldercare Locator
www.LeadingAge.org - American Association of Homes and Services for the Aging.
www.medicare.gov - Medicare
www.mymedschedule.com
www.n4a.org - National association of Area Agencies on Aging
www.needymeds.com www.NCOA.org - National Council on Aging
www.ssa.gov - Social Security Administration - SSA

FUN FOR SENIORS:

- www.games.aarp.org
www.JigZone.com
www.puzzlehouse.com
www.Hallmark.com
www.puzzlers.org

IN ADDITION:

1-888-382-1222 National Do Not Call Register Call or go online to enroll as a residential telephone subscriber who does not want to be solicited by telemarketers.

LIFE AFTER DEATH

“Do you believe in life after death?” The boss asked one of his employees.
“Yes, Sir.” The new recruit replied.
“Well, then, that makes everything just fine,” the boss went on.
“After you left early yesterday to go to your grandmother’s funeral, she stopped in to see you.”

The Shiloh Chapter is hosting the 6th Annual West Tennessee Joint Chapter Meeting on August 13th at 11:00 a.m. at Pickwick Landing State Park. The speaker for the meeting will be Lisa Hogan, RN who is the Administrator for the Savannah Health Care & Rehabilitation Center, Inc. She will speak to us concerning Alzheimer’s. This should be an informative and interesting presentation. These Joint Meetings are always a lot of fun so please begin now making plans to attend. In the past we have rented a bus (with a driver) through Southwest Human Resource Agency. The cost has varied between five to ten dollars per person depending on the number who chose to ride the bus. I think everyone who rode agreed it was well worth the money. We will do that again this year if there is enough interest.

!!MEETING NOTES!!
By Secretary Joyce Knott

November 11, 2014 - President Tyson had everyone introduce themselves. He then introduced our speaker, Stacie Ledridge, Blue Cross/Blue Shield representative for the federal program. Stacie gave a very interesting program and then drew for door prizes. Don’t forget the Christmas party on December 11th at the Double Tree. New Officers were elected for 2015. See page 1 for those officers. 50/50 drawing won by Ella Harris.

December 11, 2014 - A delicious meal was enjoyed by all. Door prizes were won by several people. Delegates were elected for the State Convention next April. Federation President Larry Henderson installed the new officers for Chapter 519 for 2015.

January 8,2015 - No guests and no speaker today as he has flu and could not come. Thanks to Carlos and Lynn Henning for making all the arrangements for our Christmas Party and also for arranging for our new meeting place. Remember the State Convention is April 20-21. Our chapter will be

co-hosting and will be working the hospitality room. New program, "This is your Life" (your federal career) started today. We learned many things about Lorenzo Tyson. 50/50 won by Jerry McDuffie.

February 12, 2015 - Speaker today was Dave Brown, Channel 5 Memphis Chief Meteorologist. He has had a long and varied career in radio and TV. A sympathy card was sent to James Tracy due to death of his wife Betty. 50/50 won by Jerry McDuffie. This is your life Jerry McDuffie. Jerry spent 14 years in the Air Force and then in the field of meteorology until he retired in 2004.

March 12, 2015 - Speaker today was Jeff Johnson, Speech Therapist at the Lift. He gave an interesting talk on the Lift. A discussion on the State Convention and what we would be doing was held. We will have a \$25.00 Wal-Mart card for our door prize and a painting by Dr. Jean Frazier for the silent auction for Alzheimer's. 50/50 won by Katie Brantley. John Shannon told us all about his federal service. He retired in 1992. We were advised that Billy Boren is in the hospital. A card will be sent.

April 9, 2015 - Speakers today were from the West Tennessee Storytellers Club. They all had interesting stories to tell. A Mr. Davis recited poetry with much embellishment. He was very funny. Credentials were handed out to delegates to the State Convention. A memorial was sent in memory of Billy Boren. We will have a yard sale in October 2015. 50/50 won by guest Deloris Parker, Carlos Henning's sister. George Bell told us about his federal career. We learned a lot about George. He retired with 44 years service.

May 14, 2015 - No guests and no speaker as we had reports about the State Convention. Joyce Knott and Rhonda Mooney both gave reports. Bobby Eason, a first time attendee, gave her impression of the convention. She said she got a lot out of it and enjoyed working in the hospitality room and meeting other members from across the state. Received a thank you note from Margaret

Boren for the donation to Alzheimer's in memory of her husband Billy Boren. President Tyson thanked all who attended the convention and who helped out. The 2016 convention will be in Pigeon Forge. This is your life Sid Bronfman. We learned a lot about Sid. He retired in 1977 with 36 years of service.

AIR QUALITY AND DRIVING GREEN
By Bill Gardner

As we age, we become more vulnerable to air quality conditions. The damage is not something that occurs immediately, but occurs over time.

So what can we as individuals do about it? One person is not going to fix it, but if each person made the effort, we could all live healthier lives.

This spring, you can reduce you carbon footprint by driving a little greener. One way to curb your impact can start with your driving. By following these 5 tips for driving, you can drive greener and contribute to a cleaner atmosphere.

1. Drive smart: How you drive significantly affects your car's efficiency and fuel economy. Aggressive driving, including speeding and sudden starts and stops, wastes gas, increases the wear and tear on your vehicle, and is unsafe for you and those around you.
2. Combine trips and avoid idling: Plan ahead by combining your trips. When possible, steer clear of rush hour to avoid stop-and-go traffic. Avoid taking a trip just to fuel up your vehicle, but do so on your way to another destination.
3. Lighten your load: Extra weight in your car boosts the amount of fuel needed to carry it. An extra 100 pounds reduces fuel economy by up to two percent (EPA).

- 4. **Maintain your car:** Regular tune-ups will help improve your vehicle's performance and gas mileage. Regularly change your car's air filter, keep your engine properly tuned and change the oil and oil filter regularly. It's also important to keep your tires inflated to the proper pressure.
- 5. **Opt for a "green" car:** If you're in the market for a new vehicle, consider purchasing an eco-friendly or hybrid car. These efficient, reliable vehicles allow you to save money and help the planet at the same time. Most eco-friendly cars are lighter in weight and have smaller engines, which burn less gas.

Remember, every little bit helps.
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TORNADO SAFETY TIPS FOR MOTORISTS

AAA Oklahoma offers the following tips for motorists who find themselves in a motor vehicle when a tornado warning is issued.

*Leave your vehicle immediately and seek shelter.

*Never try to outrun a tornado. Your vehicle will offer no protection from a twister. Plus it is impossible to know which direction a tornado may decide to go.

*Seek shelter indoors. A basement is safest. Closets or small interior rooms are best. Get under a sturdy piece of furniture or mattress and stay away from windows.

*If you are caught in the open, with no indoor buildings available to you, find a ditch, ravine or low-lying area and lie flat. Stay away from roadway overpasses.

*Do not seek shelter in a mobile home. These structures even if tied down, offer little protection from tornadoes and should be abandoned.

*A tornado warning means a twister is developing or is actually on the ground. It is more severe than a tornado watch, which means conditions are favorable for the development of severe thunderstorms, which may or may not spawn tornadoes.

*Remember, wet roads mean poor traction. Conditions are most dangerous during the first ten minutes of a heavy downpour as oil and debris wash away. Driving on wet roads in the rain is just like driving on ice. Take it easy. Always allow extra time.

*Never use your motor vehicle's cruise control feature in rainy weather.

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THE IMPORTANCE OF NARFE

Don't forget to read your NARFE magazine each month. There is a wealth of information that is helpful to everyone. The magazine gives you legislative information in the NARFE Bill Tracker section. There are always articles that are helpful to all retired and active employees.

The magazine is also a great recruiting tool. Remember we are a member driven organization. We need members as our numbers are declining.

When you get that renewal notice, take care of it then, don't set it aside and forget it. NARFE is well worth your investment. NARFE is a strong advocate to preserve and protect your health and retirement benefits as well as your pay.

Everyone knows someone who is a federal retiree. Check with them to see if they are a member and if not try to recruit them.

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NEXT CHAPTER MEETING IS JUNE 11TH . OUR SPEAKER WILL BE FROM THE RED CROSS. MAKE YOUR PLANS NOW TO COME AND ENJOY FELLOWSHIP WITH OTHER NARFE MEMBERS.