



# NARFE Chapter 870 Newsletter

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*The National Active and Retired Federal Employees Association is the only membership organization solely dedicated to protecting and preserving the benefits of all federal workers and retirees. NARFE is your legislative voice and your information resource.*

Sandra Simms, President –Vacant, 1st VP – Vacant, 2d VP –Ronni Reid, Sec’y – Lora Whitney, Treas - JC Whitney, Service Officer  
Meetings held 2d Thursday of Month at Shoney's, 791 N. Second St, Brunch 10 - 11AM, Meeting 11 AM - 12 PM

## CHAPTER 870 TO HOST TENNESSEE FEDERATION OF CHAPTERS CONVENTION APRIL 20-21, 2015 AT RIVERVIEW INN



### A Message from our Chapter President

As 2014 comes to a close and we prepare for a new, fresh start in 2015, I reflect on what was accomplished and enjoyed as well as the disappointments and struggles. I hope you put the emphasis on the “good things” that happened to you in the past year and marvel that you persevered through the “down times” and survived them. The new year is full of promise and hope and we can and will make it a great year. I look forward to seeing each of you at our monthly meetings and appreciate the faithfulness and friendship of our Chapter 870 NARFE “family”. The camaraderie is heartwarming and never fails to inspire me.

I want to thank the officers and committee chairs in our chapter for all the hard work they do in keeping our chapter active and viable. They have agreed to maintain their status through 2015 for which I am very thankful and I know our membership is appreciative as well. The effort that is required of these positions sometimes goes without a deserving pat on the back. So, thank you Ronni Reid, Lora Whitney, J. C. Whitney, Wanda Ferrell, Dale Simms, and JoAnn Gilbert for all you do!! Thank you also to the telephone committee members who have faithfully called our members who do not have email to remind them of our meeting each month. I thank each of you! Some of you have been doing this job for years and you don't get recognized nearly enough!

We have had a year full of events that have caused our chapter to be recognized in our local community as well as at state and federal levels of NARFE. Let's recap some of those.

- Seven chapter members attended the state convention in Franklin in April.
- We celebrated the Chapter's 50th anniversary with a picnic at Liberty Park in May. Our picture and an article was published in the local paper and in the *NARFE Insider*.
- Our Alzheimer's fundraiser this year was a archery shoot co-sponsored by the Montgomery County Bowhunters Archery Club. The successful event

raised over \$900 for Alzheimer's research. We especially thank Ron Reid and the club for their support.

- For a little different experience, our “annual meeting” in August was dinner and the theater in downtown Clarksville. This event was certainly a lot less work for everyone than in previous years which was welcomed.
- In November, our chapter participated in Clarksville's annual Veterans' Day Parade. Thanks to Dale Simms who allowed us to “decorate” his truck and for driving it in the parade. No, we did not place in the winner's circle, but we sure made a good showing!
- Last, but not least, our Christmas party in December was filled with laughter, gifts, and games. We did squeeze into this meeting the installation of officers for 2015.

Happy, safe, healthy, peaceful 2015! See you at the meeting!

Sandra Simms, President

### 2015 Federation Convention News

**Now for the challenge.** Our Tennessee Federation President, Larry Henderson, requested that our chapter host the NARFE Tennessee Federation of Chapters Convention in 2015. We accepted. The dates are 20 and 21 April. The place is Riverview Inn. We have a small initial committee formed to accomplish the initial planning, but we are going to need more heads and hands as we progress toward “**showtime**.” If you feel led to assist in any way, please let me know. We will be discussing and reporting our progress toward this goal at every meeting through April.

The absolute one thing we can all do is attend this convention (barring any physical impairment of course). There is a banquet on Monday, April 20 and the business meeting will be held on Tuesday, April 21. A representative from NARFE headquarters (possibly NARFE President Thissen) will be on hand to address attendees.

Members who send in their paid registration forms by February 1 will have a chance to win a one night stay in Pigeon Forge compliments of the Tennessee Federation of Chapters . We hope to have a crowd to make the effort worthwhile and most importantly, show support for NARFE! A copy of the Convention Registration form is attached to the Newsletter.

Sandra Simms, President

## Treasurer's Report

We started the month of December with a balance of \$1,434.29 and had total receipts of \$120.20 leaving us a balance of \$1554.49. We didn't have any disbursements in December and our obligations are \$326.00; \$26.00 for Alzheimer's NARFE December collection and \$300.00 seed money for the 2015 Convention that our chapter will be hosting in April. This leaves us a balance on hand for use of \$1,228.49.

A check for \$453.00 was sent to the Tennessee Federation to pay our per capita dues which are based on our Chapter's voting membership shown on the October's M-114. As of October 2014 we had 151 voting members and per capita dues are \$3.00 per member.

Lora Whitney, Treasurer

## Legislative Report

Just in case you have not heard I thought I would share with you some accomplishments NARFE National Office is proud of from 113<sup>th</sup> Congress.

- Successfully opposed a switch to the Chained CPI to calculate annual cost-of-living adjustments (COLAs).
- Prevented passage of legislation adverse to federal workforce. This included the Prevention of increased retirement contributions for current employees, Reduction or elimination of federal retirement annuities for new hires, Prevented arbitrary reductions in federal workers compensation benefits.
- Successfully opposed a proposal to dismantle the Federal Employees Health Benefits Program.
- Successfully opposed provisions of the Senate Postal Reform bill that would have increased premiums for federal employees and retirees across the board and threatened the loss of FEHBP coverage for postal employees.
- Successfully opposed revised provisions of the senate reform bill that would have mandated Medicare coverage for postal retirees.
- Successfully supported the addition of self plus one coverage to the FEHBP.
- Worked to improve pay and benefits for active and retired federal employees such as, successfully supported the end to the three-year federal employee pay freeze, successfully fought for back pay for furloughed federal employees, helped draft pension-

advance legislation, and spoke out in congressional testimony.

- Worked for enactment of Civil Service and Thrift Savings Plan Improvements.
- Helped ensure Capitol Hill staffers maintained benefits in the Health Insurance Marketplace.

Wanda Ferrell, Legislative Chairman

## Alzheimer's' Report

Nationally, NARFE raised \$11 million as of September 2014 to support Alzheimer's research. The article in the latest NARFE magazine also reported that NARFE has been engaged in fighting the war against Alzheimer's since 1985. I am extremely proud of the amount of funds \$13,613.01 that our chapter has donated over the years. We have won the annual award for the most money donated by a single chapter in the Tennessee Federation for the last several years. The amount raised by our Archery Shoot fundraiser in June and our monthly meeting donations was \$1,408.76 for 2014. Since 2009 Chapter 870 has contributed \$13,613.01 to NARFE's Alzheimer's fund. Thank you for your time and monetary effort to push for a cure/treatment.

Most of you know someone who has or is caring for someone with this disease. I was devastated to learn last week of a close friend has recently been diagnosed with the beginning stage. She started experiencing short-term memory loss and went to a neurologist who examined her and gave her this news. She is only 68 years old. She is so worried about the impact this could have on her family as this disease progresses. Not only is her future in jeopardy, but her present is marred with this burden of what might become of her. We need a cure and we need it fast!

Dr. Dale Brown spoke to our chapter in October about Alzheimer's disease and gave us the following startling facts:

- every 67 seconds, someone in the US develops Alzheimer's
- one in three seniors die with Alzheimer's or another form of dementia
- more than 5 million Americans are living with this disease
- there are approximately 500,000 people dying each because they have Alzheimer's. He related research studies that have shown effective treatments for Alzheimer's that exist today.
- Vitamin B6 and B12 combined with folic acid slowed atrophy of gray matter in brains affected by Alzheimer's
- Milk Thistle has been shown to reverse the proteins and oxidative stress contributing to the development of Alzheimer's
- Curry/turmeric has worked in multiple studies to reverse Alzheimer's and had NO adverse affect on the patient. After 3 months of treatment (Continued on Page 6)



2014 Tennessee Federation Convention held in Franklin on April 21-22. Pictured at the banquet are Chapter 870 delegates (l to r): Dale Simms, Ronni Reid, Wanda Ferrell, Larry Minniea, Tennessee Federation 1st Vice President JC and Lora Whitney.



Hope Hines was the guest speaker at the 2014 Tennessee Federation Convention banquet on April 21, 2014.



Congresswoman Brenda Blackburn spoke to NARFE members at the beginning of the convention business meeting.



Tennessee Federation and National Alzheimer's Chairpersons present award to Chapter 870 for donating the most monies to the NARFE Alzheimer's fund. Dale Simms, Chapter 870's Alzheimer's chairman, accepted the award on behalf of Chapter 870.



Chapter 870 picnic in June 2014 celebrating 50th birthday of our Chapter.



Sharon James, Daisy Pickett and Ronni Reid and a family who participated in the Archery Shoot held in June 2014 to benefit Alzheimer's.



Wanda Ferrell, Ronni Reid and Walter Mayer decorating Dale Simms' truck for the Veteran's Day parade in November 2014.



Ronni Reid, Wanda Ferrell and Dale Simms (inside the truck Lora Whitney and Sharon James) getting ready to start the parade.



Installation of 2015 officers at the December 2014 meeting. (l to r) Lora Whitney, Treasurer; Sandra Simms, President; and Ronni Reid, Secretary.



Daisy Pickett, Dale Simms, Sharon James and Toni Andersen enjoying the festivities at the Christmas Party in December 2014.



Mr. Williams getting ready to choose a gift at our Chapter Christmas Party in December 2014.

TENNESSEE FEDERATION OF CHAPTERS  
National Active and Retired Federal Employee Association

2015 Convention Registration Form  
59th Federation Convention  
April 20-21, 2015  
Hosted by Clarksville Chapter 870  
Jackson Chapter 519  
Dickson Chapter 727

**Each Delegate, Alternate or Member should use separate registration form and print or type information for Self, Spouse and Guests. If additional space is needed for guests, please use back of form.**

Chapter No. \_\_\_\_\_ Chapter Name: \_\_\_\_\_ Location: \_\_\_\_\_

Name: \_\_\_\_\_ NARFE ID No. \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_

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CIRCLE ALL THAT APPLY: Delegate Federation Officer National Officer Chapter Officer Past Federation President Member

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CONVENTION OPTIONS	SELF	SPOUSE/GUEST	FEE (each)	TOTAL
Full Registration (Convention/Banquet)	_____	_____	\$50.00	_____
Convention Registration <b>ONLY</b>	_____	_____	\$25.00	_____
Banquet <b>ONLY</b>	_____	_____	\$25.00	_____
Late Fee (After March 1)	_____	_____	\$5.00	_____
			TOTAL ENCLOSED	_____

**Submit registration form by *MARCH 16, 2015*. (Late or on-site registration is \$5 extra per person).**

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**Make Checks Payable to NARFE, Chapter 870 and Mail to: Lora Whitney, 2603 Delano Drive, Clarksville, TN 37043, Phone: 931-358-4855 or Email: [jcandlora@cdelightband.net](mailto:jcandlora@cdelightband.net)**

LOCATION: **RIVERVIEW INN**, 50 College Street, Clarksville, TN 37040, **Phone 931-552-3331, Toll Free No. 877-48 RIVER (877-487-4837)**. Call the RIVERVIEW INN direct for reservations and mention group NARFE to receive the convention rate of \$84 plus tax. **THE CUTOFF DATE FOR RESERVATIONS AT THIS RATE IS MARCH 20, 2015.**

DIRECTIONS : Follow I-24W to Exit 11. Take Exit 11 turn left on to Hwy 76W (Dr Martin Luther King, Jr. Parkway). Follow 76W for 3.4 miles to Ashland City Rd. Continue on for 5.6 miles to Hwy 41-A By Pass/S. Riverside Drive. Continue on 41A/S. Riverside Dr for 1.5 miles. Turn right onto College Street for .1 mile. Turn right hotel will be on your right.

FOR MORE INFORMATION CONTACT: Sandra Simms, Chapter 870 President, 931-249-9339

the symptoms significantly decreased. Each of these supplements are seemingly safe, but discussion with your medical doctor is advisable before embarking on a regimen of them.

None of us are exempt. Please stay mentally and physically active by exercising to the extent possible, socializing, working puzzles, reading, etc. Make this one of your new year's resolutions to either start or to do more of it!

Dale Simms, Alzheimer's Chair

## Useful Web Sites

[www.narfe.org](http://www.narfe.org) – National headquarters  
[www.narfetn.org](http://www.narfetn.org) – Tennessee Federation  
[www.ProtectAmericasHeartbeat.org](http://www.ProtectAmericasHeartbeat.org) – NARFE  
Legislative Action Center

[www.opm.gov/retire](http://www.opm.gov/retire) - OPM Retirement Services  
[www.ssa.gov](http://www.ssa.gov) – Social Security Administration  
[www.va.gov](http://www.va.gov) – Office of Veteran Affairs  
[www.fepblue.org](http://www.fepblue.org) – Blue Cross Blue Shield  
[www.mhbp.com](http://www.mhbp.com) – Mail Handlers Benefit  
[www.alz.org](http://www.alz.org) – Alzheimer's Web Site  
[www.tnrespice.org](http://www.tnrespice.org) -Tennessee Respite Coalition  
[NARFE National Headquarters](#) -FaceBook User Name  
[@narfehq](#) - Twitter Handle

## Food for Thought

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

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

**Join us for our meetings on the 2d Thursday of each month at Shoney's, 791 N. Second St, brunch 10:00-11:00, meeting 11:00-12:00. We have very interesting speakers each month covering a wide variety of subjects.**

National Active and Retired Federal Employees  
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