



SPOKANE CHAPTER 32 NEWSLETTER

Published Monthly except July and August
www.narfespokanewa.org

11-07

Advocates for Current and Former Federal Employees

September 2011

PRESIDENT'S MESSAGE *Arlene Patton*

Trust that everyone had a safe and enjoyable summer break. Many of your NARFE Officers and Committee Chairs took advantage of the break to work on special items. At the September 12, 2011 Chapter meeting you will hear from the By-Laws Committee of proposed changes they are recommending. The Proposed By-Laws will be posted on the website & emailed to every member that we have an email address for. Also, a special committee worked to update and get a single mailing list that will be kept current and used to mail future newsletters. This exercise allows the Chapter to continue to communicate with all members while reducing our newsletter costs, which results in a savings to the Chapter.

As the 2011 host Convention Chapter and the Federation Treasurer, I spent much of the break updating the Federation's Convention Guide book and helped the Federation update their Strategic Plan. Your continued comments & recommendations were incorporated into both items. I also attended the quarterly Federation Executive Committee meeting in Tacoma.

With continued concerns regarding the national debt issue, responding to action was a priority. A special thanks to each of you who also provided your input into our Congressional leaders. However, the concern remains and we must stay on top of the discussion and future recommendations that will be coming out from the special debt committee. Their report/recommendations is expected in November 2011. Our Senator Patty Murray is co-Chair of that committee and needs to hear our concerns.

ELECTIONS *Frances Baker*

Election of Officers and Directors is coming soon for the offices of President, Vice-President, Secretary, Treasurer, and 3 Directors. We also need to know if anyone is interested in being on the Nominating Committee next year.

If interested in, or have questions about any of these positions, please contact one of the Nominating Committee members: Frances Baker, 226-5391; Art Hathaway, 235-8509; June Christie, 443-6819; or Pat Hegerberg, 448-5343.

SPRAGUE REST STOP *Bob Elmore*

It's this time of the year that we have our annual Rest Stop fund raiser. We will operate the westbound Sprague Rest Stop coffee stand October 6-9. A sign-up sheet will be circulated at the next Chapter meeting for volunteer staffers.

SERVICE OFFICER *Lennie Husa*

As we start our fall meetings and activities, it is a good time to review your personal data to update any changes or additions to your Form F-100, "Be Prepared for Life's Events". You can download this from the NARFE web site. We have a limited supply of F-100's at the NARFE Service Center, 509-625-1359.

DATES FOR YOUR CALENDAR

Sept 12	Chapter Meeting
Sept 26	Board Meeting
Oct 6-9	Sprague Rest Stop, Westbound
Oct 10	Chapter Meeting
Oct 24	Board Meeting

SEPTEMBER CHAPTER MEETING

Monday, September 12, 2011
Old Country Buffet
5504 N Division Street
Lunch at 11:30 Meeting at 12:30

Program: David Condon
Candidate for Mayor

PROGRAM NOTES *Pat Hegerberg*

Monday, September 12th, David Condon, a candidate for Spokane Mayor, will speak to NARFE Chapter 32 about voter concerns and priorities.

Mark Richard, Spokane County Commissioner, spoke to our group in June about the financial decisions necessary to balance the county budget. As a result of the 2008 economic downturn, the county was forced in 2009 to cut their budget by \$13M and lost 140 employees/positions. Despite the cuts in 2009-2011 the county still faces a shortfall of \$3M in 2012. Richard believes reducing costs could be achieved by combining city/county services. Consolidation is difficult, he said, as some politicians view it as giving up power.

LEGISLATION *Bill Beatty*

Numbers count, especially when a lawmaker is made aware by his or her constituents that they are monitoring his or her vote on a particular item. As of October 2010 there were nearly 65,000 federal annuitants (retirees and survivors) in Washington State. Add to that figure nearly 58,000 active federal employees and some 12,000 postal workers. The total comes to 135,000 voters who have either devoted their working lives to the service of their country, or who are now implementing the laws enacted by Congress, and signed into law by our President.

As part of the debt-ceiling agreement by Congress, a twelve member "super committee" has been formed to recommend specific ways to reduce our ever-expanding deficit by \$1.8 trillion by 2012. Senator Patty Murray is a co-chair of that committee, which must make its recommendations to Congress by November 23. Nothing will be immune from consideration. Our earned benefits may well end up on the chopping block, especially when it is fashionable and politically expedient to paint federal workers as over-paid bureaucrats.

NARFE thus urges us – all 135,000 of us – to call, email, or send a note to Senator Murray, reminding her that we are not fighting for so-called "entitlements," but rather for the compensation and benefits that we earned through years of service to our country and which were represented as compensation when we signed on as public servants. We upheld our part of the bargain; shouldn't we expect the same from Congress?

Senator Murray's address and phone number are shown at the end of this newsletter.

Numbers count! Let's unite in preserving what we worked so hard to attain.

NARFE on the Web:

National: www.narfe.org

WSFC: www.narfewa.net

Spokane: www.narfespokanewa.org

MEMBERSHIP *Ken Kaul*

In our last article we addressed the challenge and call to action of “IF NOT NOW, WHEN?” In discussing this with another member, I commented that I thought that our problem was one of ignorance/apathy; his response: “I don’t know, and I don’t care.”

With that in mind, we have decided that it is time for us to remember the “10 Most Important Two Letter Words”: **IF IT IS TO BE IT IS UP TO ME!** NARFE, through GEMS, other e-mails, and the magazine, is keeping us informed of the most current developments in the political arena that will or may affect active and retired federal employees. In addition, National is urging us to contact our members of Congress to express our concerns and urge them to protect our earned benefits. That surely takes care of ignorance and apathy.

There IS strength in numbers. Now is the time to maintain our membership, recruit members, and become active in protecting our benefits that we agreed to, when we took our Oath of Office.

“I, [name], do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter. So help me God.”

We, in good faith, signed our contract with the Federal Government, and delivered our dedicated service to the people of the United States. Now is the time for the Congress of the United States to uphold their commitment to the agreement.

NARFE need you and you need NARFE!

ALZHEIMER’S *Jean Flechel*

It’s time again for a collection to the NARFE Alzheimer’s Fund. Our Chapter solicits contributions four times a year. You may donate to this fund even if you can’t come to meetings regularly. Call me—838-8081. Make checks payable to NARFE Alzheimer’s and show Chapter 32 on the check.

“AGING IN PLACE” STUDY *Chris Boettger/Jo Steiger*

At the March meeting, Dr. Maureen Schmitter-Edgecombe, principal researcher for a project at Washington State University, made a presentation called “Aging in Place.” The research team was looking for volunteers in a study to better understand memory disorders in older adults and to develop programs and technologies to enable independent living at home. My wife, Jo, and I both volunteered. We each had to go through the elements independently—they didn’t want one of us to get any advance knowledge of what was going to happen!

The program consisted of three distinct elements. We first went through a telephone interview that probed our memories and determined our eligibility. We then went through a much longer test of our short term memory. It was challenging and included memorizing lists of words, objects, and shapes. Afterwards, Jo and I had a great time comparing our impressions of how well we had done on the many different tests we took.

The final stage was conducted in a “smart apartment” on WSU’s Pullman campus. The smart apartment has an array of sensors and motion detectors; results are used to determine how best to adapt the home to allow people to live independently at home even when suffering from memory problems. This session also took between two and three hours for each of us.

We then received a written report that detailed how we performed on each of the tests and procedures. The report detailed how we performed relative to others in our age group, expressed as average, high average, superior, very superior, etc. We are keeping our test results to refer to as a baseline of our performance.

If you have the opportunity to participate in the study we highly recommend that you do so. It was challenging, but thoroughly enjoyable.

CHAPTER 32 OFFICERS AND COMMITTEES

Officers and Directors:

President	Arlene Patton	747-1589
Vice President	Bob Elmore	838-4061
Secretary	Roger Bosky	443-0686
Treasurer	Chris Boettger	468-9438
Fin. Secretary	Lani Boldt	325-3031
Directors	Jean Flechel	838-8081
	Ken Kaul	448-3542
	Janet Toone	466-3147
	Pat Hegerberg	448-5343
	Tina Kaul	448-3542
	Lois Pace	325-9245
	Gary Johnson	928-2322
	Gene Owen	922-7800
	Milton Maas	448-8722

Service Center.....625-1359

Committees:

Alzheimer’s	Jean Flechel	838-8081
Awards	Gary Johnson	928-2322
Legislation	Bill Beatty	747-2249
Membership	Ken Kaul	448-3542
NARFE-PAC	June Christie	443-6819
Newsletter	Lois Pace	325-9245
	Harry Lippincott	443-0570
Nominating	Frances Baker	226-5391
	June Christie	443-6819
	Art Hathaway	235-8509
	Ardyce Pangerl	
Program	Pat Hegerberg	448-5343
Public Relations	Kathy Brooks	624-9465
Raffle	Frances Baker	226-5391
Service	Lennie Husa	924-1298
Sunshine	Tina Kaul	448-3542

ELECTED OFFICIALS

President Barack H. Obama
 202-456-1414
www.whitehouse.gov

Senator Patty Murray
 10 N Post, Suite 600
 Spokane, WA 99201
 509-624-9515
www.murray.senate.gov

Senator Maria Cantwell
 920 W. Riverside Ave., Suite 697
 Spokane, WA 99201
 509-353-2507
www.cantwell.senate.gov

Representative Cathy McMorris Rodgers
 10 N. Post, 6th Floor
 Spokane, WA 99201
 509-353-2374
www.mcmorris.house.gov