



Metronews

Metro Louisville Chapter 262

Dues Withholding
Try it - you'll like it

Forms in NARFE Magazine

National Active and Retired Federal Employees Association

Volume XXI No. 1

PRESIDENT'S MESSAGE

Jan-Mar 2011

Bill Martin, our new NARFE Region X Vice President, has shared "Notes" on his plans to work with the Region's five State Federations to improve our performance in (1) membership retention and recruitment; (2) national legislation activities; and (3) public relations. He plans to set up Internet groups to work on these three major areas — starting with Federation Legislative Chairs and moving on to Federation Membership Chairs and Public Relations Chairs. The Presidents' Conference, in August 2011 in KY will be a major effort by Mr. Martin. He aims to increase attendance at this conference by finding ways to subsidize it.

Mr. Martin sees our concern now as what happens during the next Congress. Major changes are recommended regarding federal pay freezes, FEHBP, Medicare, annuity calculations, and COLA formulas. We must pay attention to messages from NARFE—NewsWatch, Legislative Updates, and GEMS calling for us to contact our representatives on specific issues.

SHERMAN SMITH

COMING ATTRACTIONS — SEE PAGE 6 FOR DETAILS.

JAN 19	Dr. Ryan Wetzler, Director, Behavioral Sleep Medicine—"Getting a Good Night's Sleep"
FEB 16	Bob Mueller, Hosparus Vice President, Gift Giving — "Life's Mistakes and Insights"
MAR 16	Kelley Wilkerson, Assoc. Curator, Frazier Museum—"My brother, My enemy: KY in the Civil War"

Save April 12-14, for KY Fed. Convention in Lexington, KY, More on p. 3

Joe Wahlen, chairman of the nominating committee, presented a slate of officers for 2011 at the November chapter meeting. The slate was elected by acclamation. Our 2011 officers are:

Sherman Smith, President; Judy Fletcher, 1st Vice President; Maurice Jeffries, 2nd Vice President; and Barbara Wahlen, Treasurer. The position of **Secretary** remains vacant.

Assisting **Joe** on the nominating committee were **Nathan Henderson** and **Marion Pulliam**.

Congratulations to new 2nd VP & returning officers— Thanks to new & returning Comm. Chairs — Muck Appreciation to the Nominating Committee for serving Chapter 262.

A special "Thank You" to Charlie Walter for wonderful programs over the past three years. If you save MetroNEWS, you can review them in "Morsels from Meetings."

GREETINGS FROM YOUR 3RD DISTRICT VP

We, all of us involved in NARFE leadership at all levels, wish all of you a very happy NEW YEAR and all the blessings our Creator can bestow. We, your elected and appointed officers, will do our best for you in the coming year to protect the earned retirement benefits of active & retired federal employees.

(DVP 3 Greetings continued on p. 5)



Your Chapter needs a **Secretary** to take the minutes at regular chapter meetings and periodic chapter Board meetings, usually quarterly, but can be more often. Ability to take shorthand is helpful. The Chapter is willing to buy a recorder. As Secretary, you will be a valued member of the Chapter Board of Directors. At a minimum, the time required would be about 5 hours a month.

INTERESTED!!! Please call **Joe Wahlen**, Chair, Chapter Nominating Committee at 502-495- 2036.



COMMENT BOX Comments and short articles of interest to our active and retired NARFE family are welcome. NED

TREASURER REPORT

Balance on hand for use as of 11/17/10 was 3143.72 (*Barbara Wahlen*)

President / Audit Chr.

Sherman S. Smith
502-425-8765
ssolvan@aol.com

1st Vice President/ Membership Chair

Judy G. Fletcher
502-253-0331
judy.fletcher@insightbb.com

2nd Vice President / Legislation Chairman

Maurice W. Jeffries
502-327-0776
m.jeffries@insightbb.com

Secretary

Vacant

Program Chair

Jerry Fletcher
jerryf5878@aol.com
502-253-0331

Treasurer

Barbara A. Wahlen
502-495-2036
wahlenj@insightbb.com

Reservations/Hostess

Lois J. Roach
502-425-9519
ljladybug@att.net

Service Officer

Richard G. Martin
502-239-2277
martin5092@att.net

Newsletter Editor

Marjorie L. Fair
502-426-2972
fair0@bellsouth.net

Public Relations Chair

Vacant

Alzheimer's Chair

Nicki St. Ledger
502-245-5564

Friendship Chair

Lucille T. Severance
502-425-9415

lsever@insightbb.com

NARFE Net Coord. / NARFE-PAC Chair

O. J. Jennings III
502-722-8116

ojj3@win.net

Chap. Network Messenger

Jack Ostwalt
502-425-3368
ostwaltj@bellsouth.net

Name Tags

Joseph Scheuring
502-231-4152
joe68@insightbb.com

Volunteer needed for the important post of Public Relations Chair

Please note Chair changes:

Legislation now under 2nd VP Maurice Jeffries; Programs, Jerry Fletcher

Important Contacts

Pres. Barack Obama

1600 Pennsylvania Avenue,
Washington, DC 20500
Tel: 202-456-1414
[www.whitehouse.gov/
contact](http://www.whitehouse.gov/contact)

Sen. Mitch McConnell

361-A Russell Senate
Office Building
Washington DC 20510
Tel: 202-224-2541 and
601 W. Broadway, Rm 630
Louisville, KY 40202
Tel: 502-582-6304
<http://mccconnell.senate.gov>

Sen. Rand Paul

Mailing addresses, phone#
& e-mail addresses will be
added when available.
Meantime, call toll free
switchboard: 1-866-220-0044

Rep. John Yarmuth

435 Cannon HOB*
Washington, DC 20515
Tel: 202-225-5401 and
600 Martin Luther King Pl.
Suite 216
Louisville, KY 40202
Tel: 502-582-5129, and
SW Government Center
7219 Dixie Highway
Louisville, KY 40258
Tel: 502-933-5863
www.yarmuth.house.gov

Rep. Brett Guthrie

510 Cannon HOB*
Washington, DC 20515
Tel: (202) 225-3501, and
1001 Center St., Suite 300
Bowling Green, KY 42101
Phone: (270) 842-9896
www.guthrie.house.gov

Rep. Geoff Davis

1108 Longworth HOB*
Washington, DC 20515
Tel: 202-225-3465 and
108 West Jefferson St.
LaGrange, KY 40031
Tel: 502-222-2233
www.house.gov/geoffdavis
*HOB=House Office Bldg.

***Congratulations to our
newly-elected
Kentucky Senator
& our returning
Representatives!!***

↑↑↑↑↑
**Contact /visit these people
frequently; keep them
updated on NARFE issues.**

3rd DISTRICT FALL ROUNDUP October 26, 2010

A good turnout braved tornado threats to attend Fall Roundup planned & emceed by **Joe Wahlen**.

A theme running through the remarks of **Kathleen Beyer** of Social Security Administration was the importance of people getting involved and keeping in touch with their elected representatives. She noted the **Consumer Price Index** determines COLA's and does not warrant a 2011 COLA. They became automatic in 1975. (See p. 3 for a look at Federal Cola History. **NED**)

Susan Horn, Anthem BC/BS representative, talked about changes in this year's benefits and costs. (Detailed information was in the Nov. and Dec. issues of NARFE Magazine and is at www.opm.gov or www.fepblue.org.) Susan shared her direct phone line (889-2736) and e-mail (susan.horn@anthem.com) for those who want paper copies of the Anthem's provider directory (vs. on CD) or have other questions.

Charles Mattingly, Better Business Bureau of Louisville, noted 6,000 complaints have been filed this year. Among the problems he cited were mystery shopper scams and advanced fee loan scams; he advised against wiring money to anyone you do not know well *and trust*.

He cautioned re computer malware. For example, beware of any urgent notice popping up on your screen saying, "Your computer has a virus" (or similar wording) where you are given a link to click. **DO NOT CLICK**. It's probably someone trying to control of your computer.

Here is a Microsoft site dedicated to
online safety & privacy education. **NED**
www.microsoft.com/protect/default.aspx

Voting records on Key NARFE Issues are at:
www.capwiz.com/narfe/dbq/officials
(Click the "Issues and Legislation" tab and enter
your ZIP to get an individual's voting record.)
**NARFE Magazine, Oct. 2010, features NARFE's
biennial congressional voting scorecard.**

**MORSELS
FROM
MTGS**



In **October, Jim Sniegocki**, retired FBI Agent (and Chapter 262 member), fascinated the group with cases from his days as an FBI agent specializing in white collar crimes on assignments in TX, CA, NY, MO & KY. One involved money laundering at a tiny, rural bank in Grant County, KY; a point of pride for the locals was that it was the last bank robbed by Pretty Boy Floyd before his death.

For **November, Walker Cunningham**, an attorney with KY Elder Law, defined what distinguishes Elder Law (preservation of assets for people who do not have a taxable estate) from Estate Planning (preserving assets from taxes). More information is at www.kyelderlaw.com or at (502) 581-1111. Mr. Cunningham noted that the first visit is a free appointment at Kentucky Elder Law.

EDUCATE MEMBERS OF CONGRESS

Readers likely know the Fiscal Commission recommendations by now, but here is a summary of the NARFE GEMS notice of 12/3/10.

Eleven of the 18 members of President Obama's Fiscal Commission voted "For" the final report. The report included proposals to —

- > **cut** federal civilian and military retirement by \$70 billion over 10 years,
- > **shift** an increasing share of health premium costs to federal workers and retirees,
- > **freeze** federal pay and
- > **reduce** the federal workforce by 10 percent.

While not the supermajority of 14 votes that would have required Congress to immediately consider the report . . . federal employee and retiree benefits will remain near, if not in, the bulls eye for deficit reduction proposals.

*For that reason, **NARFE members should . . . educate lawmakers** — particularly incoming freshmen — about the value of federal service and the importance of defending the integrity of our earned retirement, pay and health benefits. NARFE members can continue to contact their Representative and Senators by email regarding the commission's recommendations through the Legislative Action Center:*

<http://capwiz.com/narfe/issues/alert/?alertid=19504726>



A GEMS Dec 10 update of Talking Points on Fiscal Commission's proposals is at: [www.narfe.org/departments/
legislation/articles.cfm?ID=2068](http://www.narfe.org/departments/legislation/articles.cfm?ID=2068)



**Note to all readers - Be sure Congress hears
from you by phone, e-mail or letter.**

When calling NARFE's toll free Capitol Switchboard at 1-866-220-0044, NARFE's suggested wording is: ***"I urge you to oppose the Fiscal Commission's plan to cut my earned federal civil service retirement & health benefits."***

Also visit www.narfe.org (KY Federation Web Site)
for bulletins and links to information.

KY FEDERATION CONVENTION

The Dates: April 12th, 13th, & 14th
Where: HOLIDAY INN NORTH — LEXINGTON, KY
 I - 64/75 Exit 115 on Newtown Pike

The convention will feature speakers and informational sessions designed to assist Federal Government retirees and active workers in sorting through the dramatic changes taking place in America affecting how federal civil service employees must plan for and adapt during retirement. Make your plans now to attend. Registration forms and information will be available soon at a Chapter 262 meeting. The hotel is easy to get to, has free parking and a restaurant and lounge. Nearby are other restaurants and some interesting attractions, such as the KY Horse Park.

What better way to mark NARFE's 90th birthday than to attend the annual KY Federation of Chapters Convention.



A MIGHTY MOUSE TO THE RESCUE

Mayo Clinic has developed a very special breed of mouse that has only existed a few years. Mayo researchers have developed it specifically to battle Alzheimer's disease. This mouse is transgenic; that is, genetically altered to develop the kind of brain plaques that cause Alzheimer's. This mouse breakthrough enables much faster progress in treating the disease than otherwise would be possible.

The transgenic mouse, developed at great expense to Mayo Clinic, is being licensed by them to major pharmaceutical companies and offered free to university research centers. Mayo agrees with patients and their families that it is the results that count — not who achieves them. Much more work is being done which cannot all be mentioned here.

Contributed by Nicki St. Ledger

Donate as generously as you can to the local chapter of Alzheimer's Assn. (See right column.)

"He uses statistics as a drunken man uses lamp-posts ... for support rather than illumination."

Andrew Lang (1844-1912)

SIGNPOST TO ➔ OBSERVANCES



This column features an observance which NARFE members might find valuable. For this issue, it is March's Deep Vein Thrombosis Month. DVT is sometimes referred to as "economy class syndrome" because the cramped airplane cabin often prevents people from getting the movement they need to prevent blood clots. Of course, airplanes are not the only place where DVT can be a problem - even desk workers or people bedridden can be in danger.

The Coalition to Prevent DVT has put together a collection of videos that raise awareness of the dangers of DVT, and help people understand the basic steps they can take to prevent DVT.

Although some people may be at risk for developing DVT, it can occur in almost anyone. Some risk factors or triggering events are: congestive heart failure or respiratory failure, restricted mobility, cancer, obesity, age over 40 years, recent surgery, smoking, prior or family history of venous thromboembolism (VTE). *Excerpted from <http://www.preventdvt.org>*

2011 NARFE LEGISLATIVE TRAINING

Saturday, March 5 — Tuesday, March 8

Hyatt Regency Crystal City Hotel, Arlington, Virginia

As reported in the November *NARFE Magazine* (pp 16-17), any NARFE member can register to attend. Page 17 is a registration form. For the first time, members can also register using the NARFE web site, www.narfe.org/ltc. Make room reservations directly w/Hyatt Regency Crystal City (1-888-421-1442). Specify that the room is part of the NARFE Legislative Training Conference at the hotel. (GEMS 11/6/10)

FEDERAL COLA HISTORY

The Congressional Research Service looks at "Federal Employees: Pay and Pension Increases Since 1969." Surf to this link to read the report: http://assets.opencrs.com/rpts/94-971_20100120.pdf Table 1 on page 7 of the report charts Social Security, CSRS, Federal Civil Service Pay, Congressional Pay, Average Wages and CPI from 1969 to 2010.



Remember — recruit an active Federal employee and get \$8 from National NARFE.

JANUARY

1 NEW YEAR'S DAY

17 M.L. KING, JR. DAY

FEBRUARY

14 VALENTINE'S DAY

21 PRESIDENT'S DAY

February is Black History Mo.

MARCH

13 DST BEGINS

17 SAINT PATRICK'S DAY

WINTER MEETINGS

Jeffco Schools closed = No NARFE Meeting

Alzheimer's Association
 Greater KY & So. IN Chapter
 6100 Dutchmans Ln., Suite 401
 Louisville, KY 40205
HELPLINE:
 1-800-272-3900
www.alz.org/kyin
 E-mail:
infoky-in@alz.org

'TAG ALONG'

Bring your NAME TAG ALONG to meetings.

Need a Name Tag? Notify Joe Scheuring



If you get MetroNEWS via e-mail, double clicking on a blue underscored link should take you directly to its Internet site. If clicking does not work, you can copy/paste the blue link into your browser.



A free service to get name removed from mailing lists. Be sure to read FAQ's.

www.directmail.com/directory/mail_preference/

2010's Best Places to Work in the Federal Govt.

<http://bestplacestowork.org/BPTW/rankings/>

You've never seen a clock like this one . . .

<http://www.poodwaddle.com/worldclock.swf>



FREE CASH POT RESULTS

Names drawn from the "virtual" Hat* are:

- Oct 26 — Cynthia A. Pottinger of ZIP 40299 (\$80)
- Nov 17 — Patricia R. Montgomery of ZIP 40047 (\$90)
- Dec 10 — Mildred Felts of ZIP 40071 (\$100)

Unfortunately, none of the three was present to collect.

January's FREE CASH POT will be \$100.

At each monthly meeting, \$10 will be added until someone claims the Free Cash Pot or until it reaches \$100 where it will remain until a winner is present to collect. All names drawn, whether the member is present to win or not, will remain in the pot.

Join Dues Withholding so your name will always be in the Free Cash Pot raffle.

Software compliments of www.harmonyhollow.net/hat.shtml.

DONNA DOES 429.1 MILES



Anthem's Susan Horn announced at the Fall Roundup that Donna Peak, NARFE Derby-Louisville Chap. 1610, logged 429.1 miles in one year in the Walking Works Program. **Way to WALK, Donna!**

Get in on this fun/fitness feature offered by Anthem's FEHBP plan. To get started actually walking, let your fingers walk to:

www.fepblue.org/healthwellness/walkingworks/index.jsp

If you are not on the Internet, contact Susan Horn at 502-889-2736 for information.

If you live to be 100, you've got it made. Very few people die past that age. **George Burns**



Brought to you by Joe Wahlen

2nd ACTS IN AMERICAN LIVES"

Over the past two years, the number of new entrepreneurs in the U.S. age 65+ increased by 29%. Two main reasons are a genuine desire to stay active, and the urge to turn a life-long passion into a way of life.



"GETTING TO KNOW US"

The "Getting to Know Us" column needs **YOUR input.**

Include information such as: work history highlights; when & from where you retired; where you grew up; special accomplishments; family information; special interests; what keeps you busy currently; OR whatever YOU want to share.

PLUS — why YOU think NARFE is important

You may either write your article (up to 250 words) or provide information for me to write it.

Please provide your info via e-mail (fair0@bellsouth.net) or send it to me at 8900 Middle Pointe Rd., Louisville KY 40241.

The next deadline for MetroNEWS publication will be Mar 15 so please let me hear from you by then , or earlier!!

Marj Fair, Newsletter Editor



AUTOMATED TELEPHONE TREE

Bob Burckle keeps those phone calls coming in each month to remind us of upcoming meetings and special events. Always keep your tel #,

address and e-mail info up-to-date in one of the following ways:

- > go to www.narfe.org (click Departments & then Membership)
- > send e-mail to memberrecords@narfe.org
- > write NARFE: 606 N. Washington St., Alexandria, VA 22314, Attn: Member Records
- > or phone Membership Records 1-800-456-8410
- In addition to one of the above actions —*
- > *notify O. J. Jennings of phone or address changes*
- > *e-mail Jack Ostwalt, of e-mail address additions or changes.* *(contact info on p. 1)*

O. J. Jennings reported at November 's Chapter meeting that \$200 was remitted to extend the Automated Telephone Tree contract for another 6—7 months.

NARFE will be 90 in 2011

"GETTING TO KNOW JOSEPH SCHEURING."



After graduation from high school in 1970 in Pittsburgh PA, Joe joined the US Air Force. Basic training was followed by training at Lowery AFB, CO, in the Precision Measurement Equipment Laboratory (PMEL). He was assigned to Lockbourne AFB near Columbus OH in 1971. His active duty continued there where he calibrated electronic test equipment used mostly on aircraft. Honorably discharged in 1974, Joe got a job at Chemical Services Engineering in Monroeville PA calibrating/repairing coal mine safety equipment. Next he installed, repaired and calibrated X-ray equipment in hospitals for Philips Medical Systems, now LG. He then went to GE Medical Systems in similar work.

Joe entered civil service in 1981 at Wright Patterson AFB (WPAFB) OH, working in the PMEL. In 1990 he was promoted to the Wright Laboratory in the Flight Dynamics Directorate working in the wind tunnels. RIF's in 1996 and 1998 at WPAFB took him to their Medical Center. Tired of RIFs, Joe went to National Weather Service as an electronic technician. He retired in March 2009.

Joe became a NARFE member in early 2010 after liking what he read in a NARFE Magazine that was sent to his home. He feels NARFE is vitally important to federal employees because it is the only organization that cares about active and retired federal employees. "Most people think we are over paid and get free benefits," says Joe. He likes volleyball, riding motorcycles, and traveling in his toyhauler RV, weather permitting. Computer work, playing guitar and concerts/festivals fill his docket also. He is a member of the American Legion.

He has been married since 1989 to Ruth A. Barnhart and has a son, Joey, born in 1983, and a granddaughter, Allison Ryleigh, born in July 2010 in Louisville.

FRIENDSHIP CORNER
 When you wish to report your own information or are aware of accomplishments or important milestones of fellow NARFE members or of illness or deaths, please contact **Lucille Severance**: 425-9415 or lsever@insightbb.com
Lucille Severance, Chairman
All members confined to home, in nursing homes, or facing difficulties are in our thoughts & prayers.

Recent meetings welcomed newcomers & members not seen for awhile:
Kenneth Frye, Robert Weigler, Mark Denton, Karolyn Edstrom, Mary Lou Andres, Erika & Bobby Payne, Odele Bennett, Art & Kay Zemke, Ed & Julie Venetianer, Len Humpich, June Jennings, & Janet Walter. Apologies to any omissions. All comers—old & new—are always welcome. **NED**

70TH ANNIVERSARY CELEBRATED


Jack and Helen Tyree celebrated 70 years of marriage Sep 27.
Congratulations from Chapter 262!

Withholding Wizards
 Salutations to **Dick Dennis** who opted for dues withholding.
Wizards motto:
Wise up and join the Wizards
(It'll save you money & will assure you always remain in the Free Cash Pot raffle!)

Dues Withholding Application Form for Retired Federal Employees is in the NARFE Magazine.
 Or go to <http://www.narfe.org/pdf/dw-2.pdf>.

DVP 3 GREETINGS (cont'd from p. 1)
 To be sure, we are beset on all sides. All you have to do is read our NARFE Magazine to know what I am saying.
 Let me assure you that our National Office leadership is up to the task. As are your local elected and appointed officers. We will need the help of every NARFE member to be successful in this work.
Meanwhile, relax, enjoy life as it was meant to be. But don't let your guard down.
Joseph N. Wahlen, 3rd District VP

WE SUPPORT OUR SERVICE MEN & WOMEN, VETERANS, & THEIR FAMILIES


In Memory
Henry Fawkes Cleveland, 88, of Shelbyville died Sep 21, 2010. He had served as president of NARFE's Shelbyville Chapter (now closed).

Evelyn Lucille Richardson, 93, of south Louisville, passed away October 8, 2010. She was a retired insurance clerk for Jefferson County Board of Education, and a member of NARFE Chapter 1756. Her husband Chester, a member of 262, survives her.

Gladys Peffer Simms, 87, of Louisville, passed away September 13, 2010, at Meadowview Health and Rehabilitation Center. She retired from the Veterans Administration Regional Office, where she was the executive secretary for the director and later a veterans' benefits counselor. She was a member of NARFE.

Mary Olive (Gardner) Skaggs, 92, of Louisville, passed away November 12, 2010, at her home. She retired after 31 years of work for the Federal Government, most of these years serving as secretary to the Chief of Social Work at the V.A. Hospital in Louisville.

Bernetta West Sparks, 86, of Louisville passed away November 15, 2010. She was a retired federal employee from the DIO Supply & Service Division at Ft. Knox.


Grace Evelyn True died September 22, 2010, at her home. She was formerly a management analyst assistant at the V.A. Medical Center and was a member of NARFE Chapter 262.

Metro Louisville Chapter members extend heartfelt sympathy to family & friends.

Read full obituaries at:
www.legacy.com/louisville/Obituaries.asp

WELCOME NEW / RENEWED MBRS. 

- SEP** Harold Davis, Dennis Marshall, Raymond Shircliffe — reinstatements.
- OCT** Erika & Bobby Payne — new members.
- Henry Sutherland — trans. From Chap 943.
- Betty Finneran — reinstatement.
- David Heeren, Anthony Heun, Betty King, Judy Krebs, Linda Blackerby — 1- & 2-yr specials
- NOV** Eleanor Johnson, Catherine Miller — new members
- Linda Hulsey — reinstatement
- Norma Holland, Donald Brock, Nelson Ratchford — 1 & 2-yr specials


Imponderables
 Why do you press harder on the buttons of a remote control when you know the batteries are dead?

\$100 Winners in KY NARFE's STATEWIDE 2010 ALZHEIMER'S RAFFLE
Oct—John Werkman, Chapter 262, Metro Louisville (John donated \$60 to Alzheimer's Assn. Research)
Nov—Diana Dalton, Chapter 1050, Elizabethtown
Dec—Amy Wilson, Chapter 1269, Munfordville

2012 NARFE CALENDAR
 Photos will be accepted until 02/11/2011. More info at link below or in your NARFE Magazine.
www.narfe.org/narfeleadership/articles.cfm?ID=2220&CFID=826948&CFTOKEN=52993296

ICE (In Case of Emergency)
 Tel. Nos. of emergency contacts should be stored under "ICE" in everyone's cell phone. Paramedics & medical personnel know to look for an emergency contact under ICE on cell phones—if the need arises.
Contributed by Betty Rose Johnson


SCHOLARSHIP PROGRAM
 The next scholarship program will begin Feb 1, 2011. The 2011 February, March and April issues of NARFE Magazine will contain the official scholarship application. Information regarding the program is at:
www.narfe.org/pdf/f-105.pdf

NARFE HOTLINE
 Weekly legislative message:
 1-877-217-8234
 Or go to: www.narfe.org
Additional Contacts:
 Capitol Switchboard 1-866-220-0044
 White House Comments 1-888-225-8418
 (All tel #'s with prefixes of 800, 888, 877 & 866 are Toll Free!)

Mid-day Chapter Meetings are held third Wednesdays of all months except July & August & Dec* as follows:

11:30 a.m. — Social Period followed by
2:00 p.m. Lunch, Program, Business

Cost: \$12.75 - Check payable to NARFE Chapter 262.

*The annual Christmas Party is in Dec; date announced yearly. July and August meetings are held 6:00 - 8:30 p.m. on the third Tuesdays with a Social Period followed by Dinner and Program (no business unless an urgent issue needs attention).

Reservations REQUIRED by Friday preceding the meeting:
Lois J. Roach, 2103 Dogoon Drive
Louisville, KY 40223-1146

If you miss sending check, call or e-mail Lois by the Friday deadline. Tel: 425-9519 e-mail: ljadybug@att.net
RESERVATIONS ARE REQUIRED. IF PLANS CHANGE, PLEASE CANCEL 48 HRS. AHEAD OF THE MEETING — THE MEAL COST MAY BE ASSESSED FOR NON-CANCELLATION.

*Meetings are held at the Holiday Inn Hurstbourne
1325 So. Hurstbourne Pkwy. (at I-64), Louisville, KY*

CHAP 262 JAN-MAR 2011 CALENDAR

11:30 AM, WEDNESDAY, JAN 19, CHAPTER MEETING

Menu Open-faced steak sandwich (6 oz. strip steak on hoagie bun with lettuce, tomato, and pickles), French fries, coleslaw, iced tea and fresh brewed coffee
Program Dr. Ryan Wetzler, Director, Behavioral Sleep Medicine
"Getting a Good Night's Sleep"

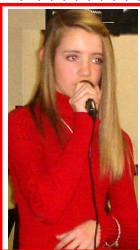
11:30 AM, WEDNESDAY, FEB 16, CHAPTER MEETING

Menu Beef stew with carrots, potatoes, peas and pearl onions in a beef stock gravy, tossed salad w/assorted dressings, rolls and butter, iced tea and fresh brewed coffee
Program Bob Mueller, Hosparus Vice President, Gift Giving
"Life's Mistakes and Insights"

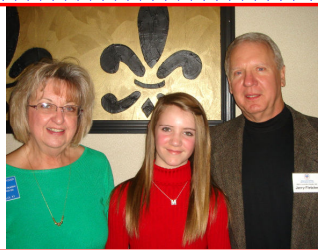
11:30 AM, WEDNESDAY, MAR 16, CHAPTER MEETING

Menu Chicken stir-fry (sauteed chicken breast w/red & green peppers, onions, water chestnuts & snow peas on a bed of rice in a tangy Oriental sauce, tossed salad w/ assorted dressings, rolls & butter, iced tea & fresh brewed coffee
Program Kelley Wilkerson, Assoc. Curator, Frazier Intl. History Museum,
"My brother, My enemy: Kentucky in the Civil War"

*If you have a food allergy or problem with a menu selection, call Lois Roach—425-9519
Based on many member comments, the chef will cook meals w/o salt. It will be on table.*



Chapter 262 Christmas Partiers were treated to a delightful vocal medley by **Madison Eliza Clements**, the 12-year-old granddaughter of **Judy and Jerry Fletcher**.



Once again Chapter 262 brightened Christmas for Salvation Army Angels. This year, **Joe and Barbara Wahlen** purchased outfits and toys for two boys and a girl with \$150 from the chapter plus donations from individual members as desired.

Many thanks to the Wahlen's for carrying on this tradition.



I have had no responses to my Help Wanted notice in the Oct/Dec 2010 MetroNEWS for assistance in getting the newsletter out to readers. As mentioned, this should take about 4-5 hours quarterly. I am still looking for a volunteer.

Marj Fair
502-426-2972 or fair0@bellsouth.net



NEWS about MetroNEWS

You can now read **MetroNEWS** on the KY Federation site. Thanks to **Tom Diaz**, the website master for the Federation, who will post the newsletter the beginning of each quarter.

<http://narfky.org/DISTRICTIII.HTM> or
<http://narfky.org/OctDec10.pdf>



*NED's Notes: (Newsletter EDitor)

Best wishes to all for a healthy, happy & plucky New Year!!

The **NEWS** is published in Jan, Apr, Jul, & Oct. I look forward to your input by the 15th of the month prior to publication. Call or e-mail me or drop a note to the return address on this newsletter. I respectfully reserve the right to edit for space and clarity. Commentaries need to be non-partisan to conform to NARFE's by-laws. **Marj Fair**



