



Metronews

Metro Louisville Chapter 262

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Forms in NARFE Magazine

National Active and Retired Federal Employees Association

Volume XX No. 4

PRESIDENT'S MESSAGE

Oct-Dec 2010

Thanks to all of you for your productive work efforts for Chapter 262 while I was absent. The chapter is growing stronger. Our move to the new meeting location was smooth and positive. If you have changed your phone number or your current mailing address, call or e-mail Jack Ostwalt and notify NARFE HQ of your change. "Getting to Know Us", NEEDS US. WE can do this. Write a short bio, and send it to Marj Fair. There are guidelines on page 4. **Sherman Smith**

COMING ATTRACTIONS — SEE PAGE 8 FOR DETAILS.

OCT 27 James Sniegocki, Former FBI Agent & Chapter 262 Member — "White Collar Crime"
⇒ ⇒ ⇒ ⇒ Please note: This is the 4th Wednesday (no rooms were available on 3rd Wednesday).

NOV 17 Rhoda Faller, Attorney—"Legal Information for Seniors"

DEC 10 🎵🎵 Annual Christmas Lunch with the Harmonics 🎵🎵



MARK YOUR CALENDAR FOR 8:30 A.M., TUES., OCTOBER 26, 2010.
WHY? TURN TO P. 6 FOR THE FALL ROUNDUP FLYER AND LEARN WHY!

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH

Alzheimer's Chair, Nicki St. Ledger, peruses many articles related to Alzheimer's. Turn to p. 2 for two recent ones she finds interesting provide some rays of hope for this disease.

NARFE donations to date —\$8,787,824 NARFE's new goal: \$10,000,000

Save April 12-14, 2011, for KY Federation Annual Meeting in Lexington, KY, More next MetroNEWS.



Aug. 16 Meeting.

U.S. Representative John Yarmuth, KY's 3rd Congressional District, spoke to NARFE members at 262's evening meeting and followed up his remarks with an excellent Q&A period. He expressed continued support for NARFE's interests and issues in this complex time. (For his past support of NARFE issues, see *Morsels from Meetings* on p. 2.) (Mr. Yarmuth pictured w/Chapter President Smith.)

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NARFE CHANGES THE GUARD

Congratulations to NARFE's new National & Region X officers:

President, Joseph A. Beaudoin of Winchester, VA
Vice President, Paul H. Carew of Pittsboro, NC
Secretary, Elaine Hughes of Asheville, NC
Treasurer, Charles W. Saylor of Towson, MD
Region X VP, William F. Martin of Bumpus, VA

Farewell and Thank You to outgoing officers:

Margaret L. Baptiste, President
Joseph A. Beaudoin, Vice President
Nathaniel L. Brown, Secretary
Richard C. Ostergren, Treasurer
Paul H. Carew, Region X Vice President

(more on the National convention on p. 2 & p. 7)



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 9/15/10 was 2534.97 CD's = \$12,861.32
(Barbara Wahlen)

CIRCULATION: 600 CURRENT & RETIRED FEDERAL EMPLOYEES IN JEFFERSON AND SURROUNDING COUNTIES.

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 / Program Chairman

Charles L. Walter
502-225-6447
walter6447@insightbb.com

Secretary

Linda K. Vertrees
502-966-0288
linda.vertrees@usace.army.mil

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

Legislative Chair

Joseph N. Wahlen
502-495-2036
wahlenj@insightbb.com

Newsletter Editor

Marjorie L. Fair
502-426-2972
fairo@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

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

Important Contacts

Sen. Jim Bunning

316 Hart Sen. Office Bldg.
Washington DC 20510
Tel: 202-224-4343 and
600 Dr. Martin Luther King
Jr. Place, Room 1072 B
Louisville, KY 40202
Phone: 502-582-5341
<http://bunning.senate.gov/>

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/>

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
Web: 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
Web: guthrie.house.gov

Rep. Geoff Davis

1108 Longworth HOB*
Washington, DC 20515
Tel: 202-225-3465 and
300 Buttermilk Pike
Fort Mitchell, KY 41017
Tel: 859-426-0080
[http://www.house.gov/
geoffdavis/](http://www.house.gov/geoffdavis/)

*HOB=House Office Bldg.

Pres. Barack Obama

1600 Pennsylvania Avenue,
Washington, DC 20500
Tel: 202-456-1414
www.whitehouse.gov/

↑↑↑ ↑↑↑
Contact or visit these people
frequently and keep them updated
about NARFE and our issues.



CONVENTION NOTES AUG 29—SEP 2, 2010

Chapter 262 had five delegates — **Sherman Smith, Judy & Jerry Fletcher, and Joe & Barbara Wahlen. Nathan Henderson** attended as KY Federation President. Kentucky-wide, 27 attended, the most ever except for the Convention in Louisville in 2008.

Four National Offices were filled from eleven nominees. The winners received the following percentages of the vote: President Beaudoine, 74%; Vice President Carew, 51%; National Secretary Hughes, 52%; National Treasurer Saylor, 52%. Three of the National Officers hail from Region X. There were contested races for regional Vice Presidents. Region X elected William Martin with 66% of the vote. **Contributor: Sherman Smith**

NEW DUES STRUCTURE (EFFECTIVE 1/1/2011)

1 Year	\$40 or \$3.34 per month
2 Years	\$72 or \$3.00 per month
3 Years	\$102 or \$2.84 per month
Dues Withholding	\$34 or \$2.84 per month

Why choose Dues Withholding?

1. Saves you money; plus no checks to write.
2. Peace of mind.
3. No missed NARFE Magazines
4. You will barely notice the small amount that comes out of your monthly annuity.
5. You can cancel any time with written notice.
6. NARFE saves money. Billing costs exceed \$130,000 a year to collect dues.

We will have Dues Withholding cards at future chapter meetings for your convenience.

You must add chapter dues to the monthly cost. For Metro Louisville Chapter members, add \$0.50.

Contributor Joseph Wahlen

One more plug for Dues Withholding

Your name will always be on the M-114 roster. Why do you care? Once dropped for non-renewal, your name disappears from the quarterly M-114 until you pay dues & get reinstated. During this hiatus of 3 (or more) months, your name will not be in the **Free Cash Pot Raffle. NED**

More Convention news & views on p. 7

MORSELS FROM MTGS



In July, **Deborah Rattle**, certified social worker, Seven Counties Services, Inc., emphasized the importance of maintaining a balance of good physical and mental health. She cited www.lumosity.com for brain games to improve memory and attention. For August, see page 1. NARFE's site—www.capwiz.com/narfe/dbq/officials— shows **Congressman Yarmuth** as casting 10 out of 10 votes "For" NARFE's issues. In September, **Nathan Henderson**, President, KY NARFE Federation, reviewed National Convention doings and actions. He deems the dues increase as essential because membership declines have rendered dues revenue insufficient to sustain us. One factor is the death of almost 20,000 members since 2008. **Nathan emphasized how important increased recruitment & retention efforts will be on the part of everyone.**

ALZHEIMER'S ARTICLES

New research suggests that insulin given by spray through the nose might benefit Alzheimer's patients. A new short-term trial of intranasal insulin in Alzheimer's patients and people with mild cognitive decline showed benefits on certain memory and functioning tests, say researchers from the VA Puget Sound Health Care System/University of Washington-Seattle. They presented the research at the [Alzheimer's Association](http://www.alzheimers.org) Intl. Conf. on Alzheimer's Disease in Honolulu. **Excerpt from USA Today, 7/15/10**

Improved living and diet habits—including lots of physical activity, regular tea-drinking and sufficient vitamin D levels—could reduce the risk of brain decline, according to three studies. "These are encouraging," says William Thies, chief medical and scientific officer of the [Alzheimer's Association](http://www.alzheimers.org). "These types of studies make people think, 'Well gosh, maybe I can do something about this disease.' "

The studies were presented at the Alzheimer's Association International Conference in Honolulu. **Excerpt from USA Today, 7/12/10**

KY 2010 ELECTIONS

Oct 4—Last day to register to vote in Genl. Election.

Nov 2— General Election -

Polls open 6 a.m. to 6 p.m.

For KY's full 2010 Election Calendar, go to:

www.elect.ky.gov/calendar.htm

NOV. 2

A NARFE member who skips voting is akin to owning a luxury car with no gas.

You've invested in super transportation, but you're powerless to get where you want to go.



Voting records on Key NARFE Issues are at:

www.capwiz.com/narfe/dbq/officials.

NARFE Magazine, Oct. 2010, features NARFE's biennial congressional voting scorecard.

DEBT COMMISSION INSIGHTS

On July 11, the Natl. Governors Assn. capped of meetings in Boston MA. Governors focused on "The Federal Budget Deficit: Risks & Challenges." Guest speakers were Alan Simpson (Republican) and Erskine Bowles (Democrat), Co-Chairs of the Natl. Commission on Fiscal Responsibility & Reform. At <http://www.c-spanvideo.org/program/id/227862> is a video of the proceedings which illuminates the two chairs' assessment of the economic challenges facing the U.S. Mr. Bowles' comments on federal pay raises at the 1:04:29 time mark on the video. He notes federal pay has increased by 2%, 3.9%, and 3.5% over the last 3 years and President Obama has proposed a 1.4% increase in 2011. Mr. Bowles' assessment of Mr. Obama's proposal, "... No way." This is just one example of why readers might find this video interesting.

(On p. 7 are scenarios of NARFE's Dan Adcock on legislative challenges for employees & retirees.)

RAND PAUL SEES NEW NUCLEUS

"I think I will be part of a nucleus with Jim DeMint and Tom Coburn, who are unafraid to stand up. . . . If we get another loud voice in there, like Mike Lee from Utah or Sharron Angle from Nevada, there will be a new nucleus. . . ." So commented Rand Paul, Republican candidate for Senator from KY, in the July 14 *National Review Online*. Read full article at:

<http://article.nationalreview.com/438055/the-ree-education-of-rand-paul/robert-costa?page=2>

~~~~~  
Readers may recall Oklahoma Sen. Tom Coburn's comments during his Senate filibuster in July 2009: ". . . There is no guarantee to your Federal pension based on the economics we face today in this country. If you think it is guaranteed, you have another thought coming because the world economic system is going to determine whether we can honor that pension. That is what is coming. We are very close." Mr. Coburn's filibuster helped kill an amendment to the 2010 Defense Authorization bill allowing FERs employees to credit unused sick leave toward retirement, among other things. Nevertheless, the Authorization bill that finally went to and was signed by President Obama in October 2009 did include the sick leave legislation plus several other civil service improvements long sought by NARFE.

See NARFE Press Release for more info on all of the improvements: [www.narfe.org/departments/publicrelations/articles.cfm?ID=1926](http://www.narfe.org/departments/publicrelations/articles.cfm?ID=1926)

## SIGNPOST TO ➔ OBSERVANCES



This column features an observance which NARFE members might find valuable. For this issue, it is Election Day—without question a valuable observance. Election Day is always on the first Tuesday after the first Monday in November; i.e., it cannot be on November 1. The reason for November relates to farming. When Congress passed the law setting the date in 1845, most of the population were farmers and by November harvest season was over. Tuesday was chosen because Monday was seen as a travel day. Sunday was seen as a day of rest. Why is November 1 never a voting day? Congress didn't want Election Day falling on All Saints Day, a holy day of obligation for Roman Catholics. Some today argue that the Tuesday-in-November tradition is outdated.

<http://www.wsbt.com/news/goodquestion/33760994.html>

## ⚡ IMPORTANT: MetroNEWS READERS

The people listed below are no longer on National NARFE's roster of members. ***If your name appears below BUT YOU ARE a paid-up NARFE member, please call or e-mail me with your Membership ID by Dec. 1, 2010.*** If paid up, you should be getting NARFE Magazine; your Membership ID is on the mailing label. If I do not hear from you by Dec 1, your name will be removed from my list to receive future copies of MetroNEWS. *Marj Fair, Editor*

Albritton, Dondi  
Ashley, Dorothea R.  
Finneran, Betty S.  
Hack, William  
Hawks, Ruth  
Holmberg, Ronald W.

Maslyn, Michael M.  
Reynolds, Dorothy J.  
Sanders, Vivian  
Solomon, Edna  
Willman, Edna M.  
Zoeller, Walter

After reading NARFE Magazine, place it in a waiting area (doctor, etc). Remove your mailing label to protect your identity; write your membership # on the application form in the magazine. Voila! You may lure a new member!!



And remember — anytime you recruit an active Federal employee, National NARFE will send you \$8.

## OCTOBER

11 COLUMBUS DAY

31 HALLOWEEN



## NOVEMBER

2 ELECTION DAY  
11 VETERANS DAY



25 THANKSGIVING DAY

FEHBP Open Season  
Starts November 8

## DECEMBER

1 Hanukkah  
(12/2-9)

7 Pearl Harbor Day

25 Christmas

FEHBP Open Season  
Ends December 13



## WINTER MEETINGS

**Jeffco Schools  
closed =  
No NARFE Meeting**

MEMBERSHIP APPLICATION FORMS ARE IN EACH NARFE MAGAZINE. COPY SOME & KEEP HANDY TO PASS OUT WHEN A RECRUITMENT OPPORTUNITY KNOCKS. PUT YOUR MBRSP# ON EACH FORM TO GET CREDIT FOR YOUR RECRUITMENT.

## '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.



Facilitates discussion and info exchange on federal employee benefits, financial/retirement planning and career planning/development. <http://federalsoup.com>

KY NARFE Federation Website. Visit it soon & often. Currently featuring good pics from National Convention <http://narfey.org>

Best address/tel# locator. [www.anywho.com](http://www.anywho.com)



## FREE CASH POT RESULTS!

Names drawn from the "virtual" Hat\* are:

- Jul 21 — Naudine Smith of ZIP 40299 (\$50)
- Aug 19 — Kenneth T. Frye of ZIP 40201 (\$60)
- Sep 16 — Elizabeth H. Porter (\$70)

Unfortunately, none of the three was present to collect.

**October's FREE CASH POT will be \$80.**

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 to assure your name will never drop from the M-114 Membership List and, thus, will always be in the Free Cash Pot raffle.*

Software compliments of [www.harmonyhollow.net/hat.shtml](http://www.harmonyhollow.net/hat.shtml).



## AUTOMATED TELEPHONE TREE

Everyone is urged to assure your telephone, address and e-mail information is up-to-date in one of the following ways:

- > go to [www.narfe.org](http://www.narfe.org) (click Departments & then Membership)
  - > send e-mail to [memberrecords@narfe.org](mailto: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, also telephone or e-mail O. J. Jennings (contact info on p. 1).*

For Chapter members who have Internet, Jack Ostwalt would like to be sure your e-mail address is on his list.

**SO, PLEASE . . .**

. . . members who have e-mail & feel you are not on Jack's list or feel you have an outdated address on it, please send your e-mail address to him at [ostwaltj@bellsouth.net](mailto:ostwaltj@bellsouth.net).

## HOW IMPORTANT IS ONE VOTE?

>In 1845, **ONE** vote brought Texas into the Union. > In 1868, **ONE** vote saved President Andrew Johnson from being removed from office. > In 1876, **ONE** vote gave Rutherford B. Hayes the U.S. Presidency. > In 1923, **ONE** vote gave Adolf Hitler leadership.

*Content contributed By Joe Wahlen*

## "GETTING TO KNOW US"

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

Include information such as:

- work history highlights
- when and 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](mailto:fair0@bellsouth.net)) or send it to me at 8900 Middle Pointe Rd., Louisville KY 40241. **The next deadline for MetroNEWS publication will be Dec 15 so please let me hear from you by then , or earlier!!**

*Marj Fair, Newsletter Editor*

## "GETTING TO KNOW NATHAN W. HENDERSON, SR."

Born in Pleasureville KY, Nathan was reared on farms in Shelby County. He graduated from Lincoln Institute (high school in Lincoln Ridge, KY. After one year at KY State College and Bon-Ton's Department Store in Louisville, Nathan joined the US Air Force and attained Staff Sergeant rank.

His civilian career with the US Post Service began as a Clerk. Promotions and transfers over the years took him into a variety of positions -- Carrier Craft; Customer Service Representative as contact between major customers and USPS; Carrier Supervisor; Postmaster; and Management Sectional Center Director of Customer Service. His best position in management was Director of an International Stamp Show (Ameripex 86). The work from that show led USPS to change Window Service Operations (such as uniforms for window clerks and mechanical recording of sales). Two more promotions took Nathan to Columbia MO as Management Sectional Center Postmaster and to Kansas City MO as Director of Marketing, where he retired in 1992.

Nathan joined NARFE in 1995 in Champaign IL. He transferred to Chapter 1447 (now 262) where he has held several positions -- 1st Vice President, President twice and Legislative Officer. He served as Federation Convention Chair Person for 2007 and was Federation Sergeant -At-Arms and DVP Dist. 3. Currently he is KY Federation President.

He is a member of Masonic Lodge, Disabled American Veterans, Star Hope Baptist Church, The American Legion, and is a Kentucky Colonel. He is married to Chestina. They have two daughters, four step-children and a host of grandchildren and great grand-children.

\*\*\*\*\*  


**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](mailto: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:  
**Marilyn Miller, Rita Ostwalt-Whitfield, John Bennett, Jim & Kathy Walsh, Bobby Payne.**  
 (Apologies to anyone I may have missed. All comers--old & new—are always welcome. *NED*)

**\$\$\$ CASH FOR RECRUITMENT \$\$\$**

NARFE's National Membership Contest (which has been announced in MetroNEWS since the Jan/Feb 2009 issue) awarded chapters for their new recruits thru June 30. Winners were announced at the National Convention.  
**Category I, Small Sized Chapters—**  
 Fort Dodge IA & Johnny Appleseed, Mansfield OH tied for 1st place with 43 recruits each; 2nd place was Shenandoah Co. VA with 38; and 3rd, Vikingland Alexandria MN with 26.  
**Category II, Medium Sized Chapters—**  
 NW Suburbia-Twin Cities MN took 1st place with 192 recruits; 2nd was Palo Alto CA tied with North Tampa FL, each with 121; 3rd, Flint River GA with 98.  
**Category III, Large Sized Chapters—**  
 The winner was Mory Lewis Chapter in CO with 183 recruits; 2nd was Spokane WA, 156; and 3rd Rochester NY, 105 recruits.  
 Placing in Top 10 from our local area were small-sized Chapter 0813 of Shelbyville, IN (5th place with 17 recruits) and medium-sized Dixie Area Chapter 1643 (7th with 40 recruits).  
 First place winners received \$500;  
 2nd place, \$300 and 3rd place, \$200.

**NO RE-TREATS**

 Thanks go to **O. J. & June Jennings** for a yummy blackberry cobbler and yogurt treat at the July 21 Chapter meeting. There, however, will be no treat repeats. Holiday Inn made an exception this one time, but, because of liability issues, their policy does not allow food from outside sources. The Board also thanks the Jennings for hosting its July 7 meeting—complete with a tour of O.J.'s orchards and fruit beds and take-home baskets of blueberries.

 **Wilbur C. "Smokey" Slocum**, 81, of Clearwater, Fla., formerly of Bedford KY died April 28, 2010. He was a veteran of the Navy, a former mayor of Bedford and a volunteer firefighter. He retired from Ford Motor Co. and later from the U.S. Postal Service. He was a member of Chapter 262.

**Doris M. Peveler**, 87, of Louisville, passed away June 10, 2010, at Hillcreek Manor Nursing Home. She was retired from the Veterans Administration and a member of Chapter 262.

**Dolores Martha "Dots" Wellborn**, 88, died July 5, 2010, at Jefferson Place. She was a 262 member.

**W. Gordon Bell**, 73, passed away on July 6, 2010. He retired from the Army after 20 years of service, was a retired Civil Service employee at Fort Knox after 19 years of service, a member of the American Legion Post #220 and NARFE Chapter 1610 and an avid volunteer for AARP tax-aide.

**Leroy A. "Pete," Schroeder**, 92, of Louisville, passed away Aug. 16, 2010. served five years in the U.S. Army during World War II. He retired in 1974 from the U.S. Postal Service after 32 years and was a member of Chapter 262.

**Paul Briscoe** of Finchville, KY—No info available.  
*Metro Louisville Chapter members extend heartfelt sympathy to family & friends.*

Read obituaries for the past 12 months at:  
[www.legacy.com/louisville/Obituaries.asp](http://www.legacy.com/louisville/Obituaries.asp)

*Withholding Wizards*  
 Salutations to **Mary Jane Steucker** 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 on p. 42 in the Sep. NARFE Magazine. Or go to <http://www.narfe.org/pdf/dw-2.pdf>.

**WELCOME NEW / RENEWED MBRS.** 

**JUN** Iona Atkins, Lynn Ellen & Ronnie Miller, and Lucy Weaver—new members.  
**Iva Short**—reinstatement.  
**JUL** Patricia Carter—new member.  
**Rayma Hawkins**—reinstatement  
**AUG** Brenda Carroll & Mary Mullally—transfers from 1756.  
**Don Beierle & Dorothy Reynolds**—reinstatements

**\$100 Winners in KENTUCKY NARFE's STATEWIDE 2010 ALZHEIMER'S RAFFLE**  
 Jul—June Roberts, Chapter 1135, No. Kentucky  
 Aug—Richard Peterson, Chapter 97, Lexington  
 Sep—Tom Diaz, Chapter 1373 in Western KY



**YOU TOO CAN FESTOON YOUR LAPEL—OR YOUR HAT BAND (LIKE O. J. JENNINGS DOES)—WITH THESE HANDSOME NARFE PINS. A DONATION OF \$20 OR MORE TO NARFE-PAC WILL GET YOU STARTED ON YOUR COLLECTION. (CONTACT O.J. OR FIND DONATION FORM ON P. 12 OF SEPTEMBER NARFE MAGAZINE!)**

**NARFE HOTLINE**  
 Weekly legislative message:  
 1-877-217-8234  
 Or go to: [www.narfe.org](http://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!)



**3rd DISTRICT ANNUAL FALL ROUNDUP**

**9 a.m., TUESDAY, OCTOBER 26, 2010**

**ST. MATTHEWS CATERING**

**4176 WESTPORT ROAD**

**(Easy to get to — plenty of parking—  
next to Target At Hubbards Lane & Westport Road)**

**This date is just in advance of “open season” for  
making changes to your respective health plans.**

**Susan Horn of Anthem Blue Cross/Blue Shield  
with explanations and answers to your questions about  
changes necessary to comply with the new health care law.**

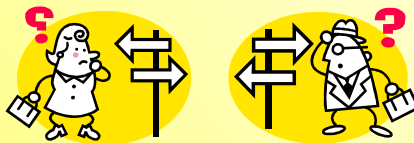
**Additional presentations from**

**Nathan Henderson, President, KY NARFE Federation**

**Kathleen Beyer, Social Security Administration**

**Charles Mattingly, President & CEO , Better Business Bureau**

**Round up all of the questions you have —**



**Be at the District 3 Fall Roundup  
to get answers to them!**

**Arrive at 8:30 for complimentary coffee and donuts.**

**Gourmet Box Lunch and Beverage**

**Cost (by prior reservation) — \$7.50**

**Cost at the door — \$12.50\***

**If you wish to attend,  
please make your \$7.50 check payable to your Chapter  
and  
get it to your Chapter’s Contact Person by October 18**

**The Contact Person for Chapter 262 is Lois Roach, Tel: 425-9519**

**\* The cost of \$12.50 is being subsidized by \$5 per attendee from the 3rd Dist.**

## 31st NARFE NATIONAL CONVENTION A GRAND SUCCESS IN GRAND RAPIDS

Grand Rapids, second largest city Michigan, is located on the Grand River in western Michigan. The city is clean as a whistle. When was the last time you saw mechanized street sweepers cleaning streets on a daily basis? The locals are very friendly and quick to give directions if asked. The Gerald R. Ford Presidential Library and the Grand Rapids Museum are a short walk from the Convention Center. The Frederick Meijer Gardens (yes Meijer of supermarket fame) are a scant 20-minute drive. About 25 acres in size, the Gardens are exquisitely designed as a sculpture garden — with sculptures commissioned by Mr. & Mrs. Meijer — and offer indoor and children's gardens and seasonal exhibits as well —all very 'walkable.' A tram with a guide runs every half hour. This summer's exhibit features an unique "Glass Art" display by world renowned glass artist Dale Chihuly of Oregon. (Enjoy his work at <http://www.chihuly.com/>)

The Amway Grand Plaza convention site was more than adequate for the 1,100-plus delegates at this watershed Convention. It opened on Sunday, August 29, and continued at a fast pace under the masterful guidance of outgoing NARFE President Margaret L. Baptiste, through 1PM Thursday, September 2, when the Convention adjourned, Sine die.

The Convention's theme "90 YEARS STRONG 1921 - 2011" guided our every action. Notable speakers included Harry Johns, Pres. & CEO Alzheimer's Association, and Mary Ellen Geist, author of a book about caring for her father who has Alzheimer's. She signed copies of her book which was for sale at the convention. A portion of the sale of each book was donated to the NARFE ALZHEIMER'S FUND. John Berry, Director, U.S. Office of Personnel Management, was the Keynote Speaker.

President Baptiste kicked off our 90th Anniversary celebration by calling attention to a new NARFE history book entitled CELEBRATING 90 YEARS OF SERVICE produced in-house and available for \$20. Steve Bauer, Executive Director Federal Employees Education and Assistance Fund (FEEA), updated us on this worthy program and all the good work it has done in helping federal employees and retirees in times of disaster. Paul Forte, CEO, Long-Term Care Partners, reviewed the Long-Term Care Program. In between all this, we heard from our Department heads—most notably, the legislative review by Dan Adcock, NARFE Director of Legislation.

Resolutions were debated and amended or defeated. The most important one was a resolution to raise NARFE National Dues which had not been increased in 7 years. The Resolution was hotly debated and amended, sent on for secret ballot, and passed. (See new dues on page 2.)

You will be able to read all the nitty gritty in future NARFE Magazines and, if you are so inclined, all the details of the convention will be posted on the NARFE website.

*Contributed by Joe Wahlen*

**"As I See It . . . ."** by Joseph Wahlen, DVP III

The 31st NARFE National Convention approves first National dues increase in seven years.

The proposed dues increase Resolution (later amended) called for the National dues to increase from \$29 to \$34 per year. The rationale for this, quite frankly, was that we were beginning to dip into our reserves -- mostly because costs over the years have increased. Cost-cutting measures were taken several years ago which dropped the number of employees in the National office from somewhere near 120 to 89. National Officers have not received pay increases or cost of living increases.

Some of our financial situation is due to a drop in membership due to deaths and non-renewals. To be sure, our recruiting programs are bringing in new members but not enough to offset our losses. Most of this red ink, as I see it, is just simply because it costs more these days to perform our core mission of protecting and enhancing our earned retirement benefits.

The debate was hot and heavy with the vast majority of the delegates in favor of a slightly stronger resolution. The amended Resolution to raise National dues to \$40 for one year, \$72 for two years, and \$102 for three years and \$34 per year for those folks on dues withholding passed overwhelmingly on the floor and was sent to secret ballot. The amended dues increase resolution passed in secret ballot—garnering 72.3% of the ballots cast.

*NARFE is still a bargain for all the benefits offered.* Just consider our NARFE Magazine, highly rated among publications in its field. I have been told by people outside of NARFE familiar with magazines like ours that the street price would be between \$5 & \$6 per copy per month. Compare this to our average monthly dues cost of \$3. If you haven't read your NARFE Magazine lately, you ought to try it. You'll like it. It's chock full of information you can use. Come on read it. I dare you.

The 31st NARFE National Convention elected new officers to lead the organization for the next two years. (They are listed on p. 1)

We owe this ultimate dream team our utmost cooperation as they lead us to a better and greater NARFE.



**"Put your hand up"**

and volunteer to run for a position if called upon—even better, contact **Nathan, Marion, or Joe** and tell them of your interest in serving Chap. 262.

### **NOMINATIONS ARE IN ORDER**

Sherman Smith appointed  
Nathan Henderson, Marion Pulliam,  
and Joe Wahlen

to bring a slate of nominees to  
the October meeting for the offices of  
President, 1st VP, 2nd VP,  
Secretary, & Treasurer for  
Calendar Year 2011.

### **PERSPECTIVE FROM NARFE'S DAN ADCOCK**

Nathan Henderson, in his 9/15/10 talk to the Chapter about the National Convention, passed on remarks by **Dan Adcock, Legislative Director**, that a headline for the 2010 Convention could read, "NARFE put money in your pocket and protected your benefits." For the 2012 Convention, the headline might read, "Federal salaries, retirement and health benefits slashed by \$50 billion."

Nathan said that much depends upon Debt Commission recommendations. **To protect our interests, members must contact representatives & senators when called upon by NARFE.**

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](mailto: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 OCT-DEC 2010 CALENDAR

### 11:30 AM, WEDNESDAY, OCT 27, CHAPTER MEETING

**Menu** Fried chicken, baked beans, baked potato rolls, coffee, tea

**Program** James Sniegocki, Former FBI Agent & 262 Member  
"White Collar Crime"

### 11:30 AM, WEDNESDAY, NOV 17, CHAPTER MEETING

**Menu** Turkey, green beans, mashed potatoes w/gravy  
Waldorf salad, rolls, iced tea, coffee

**Program** Rhoda Faller, Attorney  
"Legal Information for Seniors"

### 11:30 AM, FRIDAY, DEC 10, CHAPTER CHRISTMAS PARTY

**Menu** Sliced city ham, baked potato, vegetable medley  
apple pie, rolls, coffee, iced tea

**Program** *The Harmonics*



*Note: If you have a food allergy or problem with a menu selection, call Lois Roach—425-9519*

**Help Wanted**

Getting **MetroNEWS** to your USPS mailboxes or your E-mailboxes has mushroomed since I became Editor in 2005. To wit: Chapter 1447 merged with 262 plus we have acquired and are acquiring members from 1586 and 1756, bringing readership to over 600. Soooooo, I need assistance getting **MetroNEWS** out. The KSAPs for the task (remember those?) include:

- ◆ A computer with fast-access DSL or equal and Microsoft Excel spreadsheet software.
- ◆ Downloading membership reports (M-112 and M-114) from National NARFE's site.
- ◆ Maintaining and updating mailing lists from the M-112s & 114s.
- ◆ Setting up an account with Click2Mail (the USPS online contractor who prints, addresses & mails the paper versions) & transmitting the completed **MetroNEWS** to them.
- ◆ E-mailing **MetroNEWS** to members who are on-line.
- ◆ Be available toward the third weeks of Mar, Jun, Sep & Dec to get the newsletter disseminated in time to reach members around the second week of each quarter.

Please let me hear from you if you can help with getting the newsletter out to readers. Once you get onto it and we are set up and running, your portion of the process should not take excessive time (perhaps 4-5 hours quarterly). And you won't have to leave the comfort of your home. Give me a call and we can talk. **Marj Fair 502-426-2972**



**\*NED's Notes:** *On page 1 you'll see a slightly different **MetroNEWS** masthead. The O is now segmented into quadrants to reflect the merger of Chapters 1447, 262, 1586, and 1756. Iroquois Chapter 1756 is still in the process of combining with Chapter 262 but we hope soon to have them officially in the 262 family.*

**\*Newsletter  
Editor**

*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**