



Metronews

Metro Louisville Chapter 262

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Forms in NARFE Magazine

National Active and Retired Federal Employees

Volume XXI No. 4

PRESIDENT'S MESSAGE

Oct—Dec 2011



If you wish to be nominated for an office for 2012 in Chapter 262, please let me know and I will pass the word along to the nominating committee which will be appointed soon. I also need volunteers to fill vacancies for the Alzheimer's and the Friendship Chairs. Many thanks to Nicki St. Ledger and Lucille Severance who served so capably in these positions. And I need a couple of volunteers to secure a place to hold our Christmas Party this year and arrange for entertainment at the party. Hope to see a "show of hands" soon. Also congratulations & best wishes to our newly elected District 3 Vice President, Judy Fletcher.

Best wishes to all members for happy holidays as this year comes to a close. **SHERMAN SMITH**

COMING ATTRACTIONS* — SEE PAGE 8 FOR DETAILS.

OCT 19 Metro LMPD Detective Jerry Thornsberry - Crimes Against Seniors

NOV 16 Dr. Benjamin Riqor - Humor is the Best Medicine

DEC Annual Christmas Party — date and place to be announced via Automated Telephone Tree

FALL ROUNDUP FLYER ON PAGE 5

* Some COMING ATTRACTIONS may be tentative. Hear final info via your Auto. Telephone Tree call.

DON'T FORGET — We are moving to Ryan's Buffet Restaurant starting Sep 21.

262 WELCOMES CONGRESSMAN YARMUTH

An audience of nearly 80 heard KY District 3 Congressman **John Yarmuth** speak and take questions at Holiday Inn Hurstbourne on August 17. (See Maurice Jeffries' summary of the talk and Q&A period on page 2.)

Chapter 262 was happy to also welcome 34 members of Chapter 1610 to the event which was arranged by **Joe Wahlen**. Joining Mr. Yarmuth at the head table were (l-r) **Noreene Morgan**, KY NARFE Federation President; **Denise Bauer**, President, Chapter 1610; and **Sherman Smith**, President Chapter 262 who introduced Mr. Yarmuth.



TRIPLE "Thank You's" TO THREE RETIRING BOARD MEMBERS

Lois Roach, Hostess; Lucille Severance; Friendship; Nicki St. Ledger, Alzheimer's.

Lois will be removing her "Hostess Hat" now that reservations are no longer required. Her sunny smile at the reservation table has been a joy to all. **Nicki** has been Alzheimer's Chair since January 2004. She put her heart and soul into this assignment and remains devoted to the cause of finding a cure for this disease which is so devastating to the nation and to families touched by it. **Nicki**, however, feels it is time to step down. Since March 2007, **Lucille** has crossed every "t" and dotted every "i" as she faithfully penned caring messages to the bereaved, the ill, the honored and the celebrants among us. **Lucille** was hospitalized on July 4 and then went to Jefferson Place for rehab. She realized she needed to make a change in her life and is now a permanent resident of Jefferson Place at 1705 Herr Lane, Louisville, KY 40222-6545. Her new phone number is 429-3152; she has her computer (e-mail address remains lsever@insightbb.com). *"Thank You" Thank You" Thank You"*



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



TREASURER REPORT

Sept 2011 balance on hand for use—
\$4,186.40 plus CD's of approx. \$13,000.

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'TAG ALONG'

Name Tags should be worn to all meetings at Ryan's.

Need a Name Tag?
Notify Joe Scheuring ASAP



AVAILABLE TO 3,800 CURRENT & RETIRED FEDERAL EMPLOYEES THROUGHOUT KENTUCKY.

IMPORTANT CONTACTS

Keep them updated on NARFE issues.

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

SRC-5 Russell Senate

Office Building

Washington DC 22204

Tel: 202-224-4343 and

600 Martin L King Jr Pl.

Rm. 1072B

Louisville, KY 40202

Tel: 502-582-5341

<http://paul.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

www.yarmuth.house.gov

Rep. Brett Guthrie

308 Cannon HOB*

Washington, DC 20515

Tel: (202) 225-3501, and

411 W. Lincoln Trail Blvd.

Radeliffe, KY 40160

Phone: (270) 842-9896

www.guthrie.house.gov

Rep. Geoff Davis

1119 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.

CONGRESSMAN YARMUTH SPEAKS TO NARFE GROUP IN LOUISVILLE

Mr. Yarmuth began by stating he is not an alarmist but, since coming through the discouraging debt ceiling debate, he has become extremely alarmed about the viability of our democracy. He said there never should have been a debt ceiling debate since it has been routinely raised 70+ times since the Kennedy Administration, including 8 times under President George W. Bush and 17-18 times under President Reagan. He mentioned that the Ryan Budget (Paul Ryan-R, Wisc.) would have increased spending \$7 trillion over the next 10 years and required the debt ceiling to be raised. He pointed out that there was Tea Party intimidation in the budget process, specifically mentioning Grover Norquist's notion of shrinking government to a size that can be flushed down the drain. Mr. Yarmuth feels that this is not appropriate for Congress, which is an institution of negotiation. He also noted that some members of the House felt it was okay to default.

Mr. Yarmuth did make it clear that Medicare's long-term solvency is going to have to be dealt with. Around 90 million people will soon be eligible for benefits. With only 2 to 3 workers for every beneficiary as opposed to close to an 80:1 ratio in 1965, changes will have to be made to keep Medicare viable. He stated that the new health care law extended the timeline from 2017 to 2024 or 2025. The issues, as he sees them are: should beneficiaries pay more? how much? who? and when? He does not advocate making any changes that would impact current beneficiaries. He feels there is a strong possibility of a government shutdown at the end of September because no appropriation bills have been passed. If revenues are not raised, what is to be cut and how much? Mr. Yarmuth went on to state that middle class income declined \$8,000 from 2007-2009 and that the last 15-20 years have seen the greatest decline of middle class income in the history of this country. He stated that incomes have risen for the top 3.5% but declined for 96.5%. He observed that corporate mergers generate increased profits but less jobs at the expense of the middle class. He feels that government is part of the solution not part of the problem. He pointed out that the Federal Government accounts for 25% of the economy. Adding in state and local governments brings it up to 43-45% of the economy.

Mr. Yarmuth observed that 75% of those polled do not want to see cuts to Medicare, Social Security, Medicaid, etc. They do feel that we spend too much on foreign aid, but see this as

10% of the budget when it is actually 1%. He noted that the average media sound bite has declined from 43 seconds to 9.8 seconds. Discussions of complicated issues are impossible.

Mr. Yarmuth took questions from the audience on a wide range of topics. When asked about COLAs, he stated that systems will change in the future due to increased life expectancy. He pointed to the Bowles-Simpson Commission as a responsible way to raise the retirement age to 75 by 2075 based on increased life expectancy. He did say that he feels there is a better way to change the COLA than the chained COLA approach. A better way might be to tie it to nursing home and health industry costs. To a question about a flat tax, Mr. Yarmuth answered with an illustration of how much it would favor the wealthy. In his example (which assumes a 23% tax rate) a person with a \$10 billion income who spent \$1 billion in a tax year would have a tax bill of \$230 million or 2.3% of the total \$10 billion income. The percentage would be much greater for lower-income people. He stated that cutting subsidies for flights from rural areas would make sense, although it represents a small part of the budget. He agrees with Republicans about \$2 billion in Medicare fraud. He stated that the new healthcare act addresses it to some extent but more can be done by having congressional committees get at it. He was asked about the new 12-person committee that was established under the debt/deficit agreement. In his opinion, it was set up to fail. He does not feel that they will be able to come up with a package that would pass both the House and the Senate. Thus automatic cuts will be triggered in both domestic and defense programs (*but not federal retirement benefits-author's note*). He illustrated the impact of gridlock by remarking that only 21-22 bills have been passed this session and 18-19 were naming of post offices. Asked about Congressional pay raises and Congressional health care, he stated that Congress has to vote to reject raises and has done so 3 of the last 4 years. Congress' health care is the same as ours, but Congress will be going into the exchanges set up by the new health care legislation. He was asked about corporations (such as GE) not paying any taxes. He said that was the case last year due to a loss in capital assets, but over the past 10 years they have paid 15-20%. He added that GE is adding jobs here and bringing back jobs from overseas. There is currently a 7-8% differential in making their products in Asia versus here.

Mr. Yarmuth closed by stating he supports what NARFE is doing and that his door is always open.

by Maurice Jeffries

MORSELS from MEETINGS =>>>

In July, we had no meeting. In August, Congressman Yarmuth spoke joint meeting of Chapters 262 & 1610 (see summary by Maurice Jeffries above.) September's Morsel will appear next issue.

JUDY FLETCHER—DISTRICT 3 VP

Congratulations and best wishes to Judy Fletcher as she steps into her new position as **District 3 Vice President**. Members of the three remaining chapters in District 3 (262, 1610 and 1510) voted between **Judy** and **Maurice Jeffries**, both officers in Chapter 262.

Noreene Morgan, President, KY Federation, in announcing the election results said, "We had two great candidates for this position and it was a close race. I want to thank both of these folks for stepping up and being willing to serve the Federation."

NARFE NATIONAL CONVENTION



Noreene Morgan, Federation President, in remarks to Chapters 262 & 1610 on Aug. 17, encouraged members to mark the **last week in August 2012** on their calendars.

She noted that the **NATIONAL CONVENTION** will be in Reno NV. Major by-laws changes are taking place for NARFE and will be considered. Attendees will see what the National Executive Board is doing and how they are spending your money. For those who have never attended a National Convention, Noreene urged, "Do so. It is a real eye-opening experience as to how NARFE works."

PUBLIC EMPLOYEES LAUDED

David Goodfriend has some kind words for public employees on MSNBC:
http://www.msnbc.msn.com/id/31510813/ns/msnbc_tv-the_dylan_ratigan_show/#43661251

WINTER MEETINGS

Jeffco Schools closed =
 No NARFE Meeting

SIGNPOST TO OBSERVANCES



"The end of Alzheimer's disease starts here.

Join the Alzheimer's Association WALK to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can end Alzheimer's disease — the nation's sixth-leading cause of death."

Taken from <http://www.alz.org/kyin/>

Visit this site to learn more and to link to **All Kentucky WALKS** where you can find the particulars about the eleven walks in Kentucky. Also read about NARFE participation in the walks on p. 4 of this MetroNEWS.

KY NARFE FEDEDERATION

www.narfeky.org

Several people have mentioned to me that they did not receive their on-line MetroNEWS. I regret this, but remember, the Federation posts all MetroNEWS editions at www.narfeky.org. So on-line readers, go to this site to pick up a copy if you do not receive the newsletter by the end of March, June, September, & December. Scroll down about 2/3 of the way and click on "District III Web Site." Many thanks to **Tom Diaz** of the KY Federation for posting current & past issues of MetroNEWS. *Marj Fair*

2011 KY ELECTION CALENDAR

Election Day November 8
 Oct 11 Last day to register to vote

To see the entire Calendar, go to:

[http://www.elect.ky.gov/NR/rdonlyres/68C89E2A-88EA-4552-9C6B-8E456866C-CEF/239464/2011ELECTIONLAWCALENDAR_CONSTOFFICERS .pdf](http://www.elect.ky.gov/NR/rdonlyres/68C89E2A-88EA-4552-9C6B-8E456866C-CEF/239464/2011ELECTIONLAWCALENDAR_CONSTOFFICERS.pdf)

To see who's running for what, go to

<http://apps.sos.ky.gov/elections/candidatefilings/statewide/>

OCTOBER

- 7 YOM KIPPUR
- 10 COLUMBUS DAY
- 31 HALLOWEEN



NOVEMBER

- 8 ELECTION DAY
- 11 VETERANS DAY
- 24 THANKSGIVING DAY

FEHBP Open Season Starts November 14

DECEMBER

- 7 Pearl Harbor Day
- 21 Hanukkah
- 25 Christmas

FEHBP Open Season Ends December 12



You can get one free credit report per year from TransUnion (800-680-7289) Equifax (800-525-6285) or Experian (888-397-3742) or all three at www.annualcreditreport.com

"Hear—Here"

NARFE radio ads supporting Protect America's Heartbeat
<http://www.narfe.org/departments/home/articles.cfm?ID=2464>

REMEMBER recruit an active Federal employee and you'll get \$8 from National NARFE.

Membership Applications at <http://www.narfe.org/pdf/h-140a.pdf> or in each NARFE Magazine. Keep copies handy to pass out when recruitment opportunities knock. Put your Mbrsp. # on each form to get credit for your recruitment.

If you are viewing MetroNEWS on the Internet, double clicking on a blue underscored link takes you directly to its Internet site. If clicking does not work, you can copy/paste the blue link into your browser.



See 10 of the 100 ways to manage your memory in Jean Carper's book, "100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss." <http://adulted.about.com/od/personaldevelopment/tp/Education-One-Of-10-Ways-To-Prevent-Alzheimers.htm>

Measure your brain age by playing some fun games.
<http://www.freebrainagegames.com/>



FREE CASH POT RESULTS

Names drawn from the "virtual" Hat:

- July — **No Meeting**
 - Aug 17 — **William T. Howard** of ZIP 40222-4435
 - Sep 21 — Results will be announced in the next **MetroNEWS**
- September's FREE CASH POT will be \$50.**

Pot starts at \$20. Each meeting \$10 is added until someone claims the Free Cash Pot or 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. Names come from the M-114 Membership List.

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

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



National Active and Retired
Federal Employees Association

**\$9.2 million
(and counting)
donated to
Alzheimer's Research**

ALZHEIMER'S WALK

Alzheimer's Association is sponsoring walks in 11 KY communities in September and October. In my new job as Publicity Chair for the KY NARFE Federation, I designed this poster and invited chapters throughout the state to ask people to walk and carry a poster. It's a win-win opportunity to shine a positive light on NARFE and federal employees and to raise \$\$\$ to combat Alzheimer's. **Marj Fair**



NARFEers Maurice Jeffries (right) and me (2nd from left) walked at Louisville Waterfront Park Sep. 10 with **Oscar Fair, Alice Wallingford and Robbin Hansen**, photographer. Around \$400 was raised. Donations, labeled "Alzheimer's Walk," are still being accepted by **Barbara Wahlen** or me. **Marj Fair**

TREASURE HUNTERS HIT PAY DIRT

The Brays, bicycling treasure hunters, needed a photo reminiscent of the famous V-J Day photo of the sailor kissing a nurse in Times Square. They spotted us so Oscar and I complied with a kiss. Were the nurse in the 1945 picture yet among us, I doubt, that she could still bend as far back as she did then. I can't, but we did our best all the while clinging to our NARFE posters!! Hope you won, Brays!!! You added zest to an already great day.



AUTOMATED TELEPHONE TREE

Bob Burckle keeps those phone calls coming in each month to remind us of upcoming meetings and special events. Keep your tel #, address and e-mail info up-to-date:
> go to www.narfe.org (click Departments > Membership),
> or send e-mail to memberrecords@narfe.org
> or write NARFE, 606 N. Washington St., Alexandria, VA 22314, Attn: Member Records
> or phone Membership Records 1-800-456-8410
Also notify O. J. Jennings of phone/address changes; e-mail Jack Ostwalt of e-mail additions or changes.
(Contact info on p.1)

ALZHEIMER'S 50/50 RAFFLE

At each chapter meeting, one raffle participant leaves with around \$15 to \$20 extra dollars jingling in his/her pocket. This win/win raffle divvies up proceeds between a donation to Alzheimer's Research and the winning ticket holder. Tickets are \$1 each. The winner for August was **Barbara Wahlen**.



I received only one article (below) in response to my last call for "GETTING TO KNOW US" articles. So, I must get at least one article by Dec 15 to keep this column going. Thanks to those who "Got Known." I encourage the rest of you to "Get Known." I think your lives and times make for interesting reading. NED

"GETTING TO KNOW JACK TYREE

Jack Tyree was born on a farm in West Virginia and graduated from Huntington High School. He earned a degree from West Virginia University and then, after serving in WWII in Europe from 1943 to 1946, he got funding from the GI Bill and completed graduate work at Cornell in Ithaca, NY.

The Army trained Jack as a master of seagoing tugs in Carabell FL, but he served mostly in Antwerp, Belgium, and in Germany where he was master of a tug which pushed U.S. Army Engineer boats on the Rhine River at Remagen. Allied forces captured the Ludendorff Bridge at Remagen but not before the Germans severely damaged it —an effort to impede the Allied advance into Germany in 1945.

Early in his career Jack was an Upshur County (West Virginia) 4-H agent and, in that position assisted with organizing the National Assn. of Extension 4H Agents. He left West Virginia in 1950 to join the Virginia 4-H staff as an assistant and in 1960 was promoted to lead the Virginia 4-H program. He served in this position in Blacksburg until he retired in 1973.

The 4-H program has been and always will be significant in Jack's life. This dedication manifested itself earlier this year for Jack and his wife, Helen, as they stretched their resources to establish The West Virginia 4-H Charting Endowment. The charting program is a personal growth assessment in which youth are encouraged to learn about themselves and stretch their limits. "It is at the heart of all of 4-H," according to Jack.

On September 27, 71 years will have passed since Jack and Helen were married in Huntington, West Virginia, in 1940. They have two children (a boy and a girl), three grandchildren (all girls), and two great grandchildren (both boys).

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 e-mail me at 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**



**3rd DISTRICT ANNUAL FALL ROUNDUP
8:30 a.m., THURSDAY, OCTOBER 20, 2011
MIDDLETOWN FIRE DEPARTMENT, STATION 2
10217 SHELBYVILLE ROAD
(At Shelbyville Road and Dorsey Lane)**

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

SPEAKERS

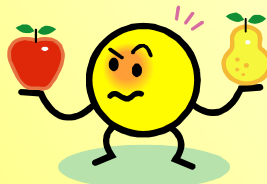
Susan Horn of Anthem Blue Cross/Blue Shield
with explanations and answers to your questions
about changes in the 2012 health plans.

David E. Dittmer, Sr., Fire Marshall, Middletown Fire District
discussing "Situation Awareness"

Stephanie Arnett, PharmD,CDE, Walgreens
discussing "Vaccines and Drug Safety"

Michelle List, Senior Medicare Patrol Program, Public Health & Wellness
discussing Medicare Fraud and ID Theft

Also, courtesy of Walgreens, free blood pressure screenings available.



**It can be perplexing to know which way to go sometimes.
Get information that will clarify your options at the
District 3 Fall Roundup.**

**This year there is NO CHARGE to attend.
Complimentary beverages, donuts, bagels, etc. provided by District 3.**

**If you wish to attend, please make reservations by
calling your chapter's contact below by October 17:**

Chapter 262 — Judy Fletcher Tel: 253-0331
Chapter 1512 — Faye Hubbard Tel: 270-422-2035
Chapter 1610 — Denise Bauer Tel: 239-1863

JULY LEGISLATIVE RECAP

July saw protracted negotiations on the debt ceiling. Although the debt ceiling has been raised many times, this is the first time it was coupled with debt negotiations. There was a lot of discussion about what default would mean and what cuts we would face as active and retired federal employees. Also changes in Medicare and Medicaid were being discussed.

The highlights of the budget and debt limit pact are as follows:

1. An immediate increase in the debt limit ceiling of \$400 billion
2. President Obama would be permitted to increase the debt limit ceiling by another \$500 billion this fall unless both the Senate and the House override him by veto proof margins.
3. \$1.2 to \$1.5 trillion additional debt limit ceiling increase would be made available after matching spending cuts by a special committee of 12 legislators from the House and Senate. The full \$1.5 trillion of debt limit increase would be allowed if a balanced budget amendment is ratified and sent to the states.
4. Cuts of more than \$900 billion (to offset the first \$900 billion of debt limit ceiling increase) would be made over 10 years from Cabinet operating budget. Spending would be capped for Agency budgets at \$1.043 trillion for 2012— \$7 billion below 2011 levels.
5. Creation of a 12-person committee to recommend \$1.5 trillion in cuts. If there is an agreement in the committee—a simple majority—an up or down vote, not amendable and not subject to a filibuster, would be required by both the House and the Senate. If the special committee deadlocks or Congress fails to pass the cuts, then the Office of Management and Budget (OMB) would impose across-the-board budget cuts across much of the federal budget, including the Pentagon, domestic agency budgets and farm subsidies. This hard trigger would **exclude** Social Security, Medicaid, Veterans Benefits and Federal Retirement Benefits. It would include cuts to Medicare providers. There would be protection for disaster relief programs and programs to detect fraud in disability assistance programs. The automatic cuts would not apply to war funding.
6. Require a vote on a balanced budget amendment.
7. Require “program integrity” initiatives aimed at stemming abuses in benefit programs like Social Security.
8. Increase funding for Pell Grants for low-income college students by \$17 billion over 2012-2013 financed by curbs in student loan subsidies

There are ramifications in this for both active and retired federal employees. Furloughs, hiring freezes and layoffs are possible. Other possible targets are extending the pay freeze, going to a high-five in computing retirement pay and a chained cola. If an agreement is reached without any revenue, it is more likely we will see the above cuts. Increasing retirement contributions and extending the pay freeze were part of the White House-Congressional negotiations and could well reappear as stand-alone legislation if not part of this round. The Speaker of the House, John Boehner, has stated that, under the terms of the budget/deficit deal, the baseline is current law. Thus, no tax increases are possible. The White House disagrees.

In other news, there has been a stopgap funding bill to keep the FAA going until September. There had been no agreement prior to the August recess and it cost 4,000 federal employees two weeks pay and it cost the Treasury more than \$300 million (\$30 million a day in ticket taxes). It is unclear as to whether or not federal workers will get back pay. Several thousand construction workers on contract most likely will not. This is the 22nd temporary extension for FAA. Both houses passed long-term legislation this spring but the house did not send any conferees to resolve differences in the two bills.

There is imminent danger of a default by the Postal Service. The Postal Service reported a \$3.1 billion quarterly loss on August 5. They stated they will be unable to make a \$5.5 billion payment to the Civil Service Retirement fund unless Congress grants a waiver. They are identifying 3,653 underutilized post offices to close and contract to local retailers for services. This would be done in urban areas with the idea of maintaining service in rural areas. Also Saturday mail delivery would be eliminated. Although several bills have been introduced to provide relief none has passed. Most recently, the Post Office is proposing to eliminate 120,000 jobs and to create a new retirement and health benefit plan for its workers and leave the federal plan. This would require Congressional approval. In June, contributions were suspended to the pension fund. Because of the complex way government finances are counted, eliminating the \$5.5 billion would make the federal budget appear larger. The Postal Service contends that they are the only agency required to make such a payment and that both FERS and CSRS are already overfunded.

By Maurice Jeffries



FREE HOUSE CLEANING FOR WOMEN UNDERGOING CANCER TREATMENT

“Fighting cancer is difficult enough, but living with it is even tougher and that’s where **Cleaning For A Reason** steps in. As a nonprofit serving the entire United States and Canada, we partner with maid services to offer professional house cleanings to help women undergoing treatment for cancer, any type of cancer. To date, we have helped more than 4,000 women with cancer with more than \$1 million in donated cleanings.”

from www.cleaningforareason.org/

Learn more about this free service at their Internet site.

Kentucky locations offering the service are listed as Bowling Green, Buckner, Louisville, Olive Hill, Prospect, and Union.

[Snopes assesses the service at: www.snopes.com/inboxer/charity/cleaning.asp](http://www.snopes.com/inboxer/charity/cleaning.asp)

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on 280 Interstate.

Please be careful!"

"It's not just one car," said Herman. "It's hundreds of them!"

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 :
Marj Fair at 426-2972 or fair0@bellsouth.net
All members confined to home, in nursing homes, or facing illness, bereavement or difficulties are in our thoughts, well-wishes & prayers.



In Memory
Evelyn L. Richardson, 93, passed away October 8, 2010.
Charles R. Ashby, 85, passed away May 15, 2011. He was a Navy veteran of WWII and a retired machinist of 28 years with Naval Ordnance.
Aleen Ray Rush, 86, passed away June 27, 2011, at the Episcopal Church Home. Her husband George James survives her. He is a life member of NARFE and was a founder of our Chapter when it was 1447.

John P. "Jack" Straub, 73, passed away June 23, 2011, at his home. He was a Marine Corps veteran; he retired from Defense Mapping Agency with 38 years of service.
William (Bill) Hash, Jr., 60, passed away July 2, 2011. A federal employee for 35 years, he retired in 2009 from the Corps of Engineers.
Sylvia (Dolly) Kraesig, 97, passed away July 22, 2011 at her home. She was a retired book-keeper from Naval Ordnance.

Douglas Keith Ostwalt, 63, of LaGrange, KY, died July 23, 2011. He worked part-time as a Special Deputy for the Western District, U.S. Marshals Service, and retired as a second generation Postal Inspector for the U.S. Postal Service after 36 years. Memberships include alumnus of Stetson University, Fraternal Order of Police, Chapter 262 of NARFE, Honorable Order of Kentucky Colonels, and The National Association of Retired Postal Inspectors. Douglas' father, Jack, and a sister, Rita Ostwalt-Whitfield are also members of 262.

Maurice Cope, 83, of Louisville passed away Monday, July 25, 2011, at Jewish Hospital. He was an Army and Navy veteran of both WWII and the Korean Conflict.

Ingrid Quinn, 84, of Louisville, passed away Tuesday, August 16, 2011.

(All were members of Chapter 262.)
 Metro Louisville Chapter members extend sympathy to family & friends.

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

WELCOME NEW / RENEWED MEMBERS

JUN Peggy J Harnice Moore— new member
 Dottie Bardenwerpeer—reinstatement
JUL Rose Filley, Lida Martin, William Smith — reinstatements



EXPIRED DRUG TOSS
 Safely dispose of your unused medication products at three Louisville sites on September 15, 16, and 17. More information at:
http://www.kipcug.com/Resources/Documents/EXPIRED_DRUG_TOSS_Fall2011.pdf

\$100 Winners in KY NARFE's STATEWIDE ALZHEIMER'S RAFFLE
Jul—Paul Johnson, Chap.1760, Campbell Co.
Aug—Fred Sweet, Chap. 1249, Boonesborough

291 Raffle Tickets were sold by NARFE Chapters this go-round

KY NARFE WEBSITE
 Log onto KY Federation at <http://narfegy.org/> and keep posted on statewide issues & info. You'll also find current and past issues of Chapter 262 MetroNEWS.

NARFE NewsWatch
<http://multibriefs.com/briefs/narfe/NARFE022211.php>

Go to NARFE's Blog at
<http://www.narfe.org/departments/member/articles.cfm?ID=1828>

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 the voting record of your Senator or Representative.

CALLING ALL MEMBERS

"Although August was 'Grass-Roots Advocacy Month,' we need to continue those activities throughout the year. . . . A marvelous resource is the 'Protect America's Heartbeat' campaign tool-kit at www.ProtectAmericasHeartbeat.org under Resources.
Excerpted from Region X RVP William F. Martin's Report from the Regions, p. 38, Sep 2011 NARFE Magazine.

Protect America's Heartbeat campaign buttons are available for 50 cents each (Minimum order, 20 pins at \$10.) To order, send a check payable to NARFE to:
 NARFE Public Relations Dept.,
 607 N. Washington St., Alexandria, VA 22314.

NARFE-PAC
 During Q2, KY Federation had an increase in contributors from 54 to 90, and in receipts from \$1,630 to \$2,435. (Per report by Kenneth Overhults, KY Federation NARFE-PAC Chair.)

Withholding Wizards
 Salutations to **Michael Schaefer** who opted for dues withholding.
Wizards motto:
Wise up and join the Wizards
 (Saves money & assures you always remain in Free Cash Pot Raffle!)

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

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

NARFE HOTLINE
 Weekly 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!)

Chapter Meetings are held 3rd Wednesdays monthly except July (no meeting) & December (Holiday Party announced yearly)

TIME: 11:30 a.m. – 2:00 p.m. Promptly, please!
Social Period followed by

Lunch, Program, & Business Meeting

***COST: \$6.50** — Jerry Fletcher will collect this amount at the meeting in cash (no checks or credit cards accepted; try to have exact change). Reservations are not required, but you are expected to buy lunch.

If you have questions, contact: Jerry Fletcher
Tel: 253-0331 e-mail: jerryf5878@aol.com

PLACE: Ryan's Buffet Restaurant
5338 Bardstown Road in Louisville

(corner S. Hurstbourne Pkwy. & Bardstown Road, Piccadilly Square Shopping Center)

Meeting rooms are to the right after entering Ryan's. Members need to wear their nametag to display to the cashier & indicate they are with the NARFE group in a meeting room.

* *The \$6.50 includes tax and gratuity and you get a choice of drink, salad, entrée(s) and dessert.*



In Memory (p. 5) lists names of deceased members. The NARFE M-112 Report lists some member deaths but not all. Therefore, I do computer searches on the C-J Obits site to try to determine deceased members. This takes a couple of hours every 3 months & requires using the Internet.

Please contact me—426-2972 or fair0@bellsouth.net— if you can help with this task. **Marj Fair, Newsletter Editor.**

CHAP 262 SEP — DEC 2011 CALENDAR

11:30 AM, WEDNESDAY, SEPTEMBER 21
Program Michael Parker, First Command Financial Planning
“Understanding the Federal Long-Term Care Insurance Program”

11:30 AM, WEDNESDAY, OCTOBER 19
Program The speaker/program subject will be announced via The Automated Telephone Tree.

11:30 AM, WEDNESDAY, NOVEMBER 16
Program The speaker/program subject will be announced via The Automated Telephone Tree.

11:30 AM, WEDNESDAY, DECEMBER ??
Program Annual Christmas Party
The time and place of the party will be announced via The Automated Telephone Tree



SENIOR DAY OUT — CONVENTION CENTER

Tuesday, Oct 4, 2011—8 am -1:30 pm

Health Screenings
Door Prizes
Entertainment
Guest Speakers
Information Booths
Bingo — AND MORE!
FREE LUNCH requires registration by Sep 19.

Register now.
Forms are available at senior centers, nutrition sites & other locations. Or go to:
www.louisvilleky.gov/HumanServices/OfficeforAging-DisabledCitizens

Call 502-574-5092 for additional information.



CREATIVE PUNS FOR "EDUCATED MINDS" The roundest knight at King Arthur's round table was Sir Cumerference. He acquired his size from too much pi. > A backward poet writes inverse.



NED's Notes (N)ewsletter (E)ditor

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