

Sign up for Dues Withholding today—You could win \$260!



Protecting the Future for  
**ACTIVE AND RETIRED FEDERAL EMPLOYEES**

Chapter 1002 - Cape Coral, Florida



### **NARFE-PAC MONTH**

March is designated as NARFE-PAC month. NARFE-PAC, NARFE's Political Action Committee, is a separate, segregated fund used for electoral purposes in complete compliance with the Federal Elections Campaign Act, NARFE-PAC assembles the voluntary contributions of NARFE members in order to support congressional candidates with proven records of serving the vital interests on nearly five million active and retired federal employees. You make your contribution directly using the form in the monthly NARFE magazine. A donation of \$20 or more entitles you to receive a NARFE-PAC pin.

#### **Board of Directors for 2010**

President (Acting)	James Greene, Jr.	482-6713
1 <sup>st</sup> VP & Membership	Robert Furrow	242-9375
2nd VP & Legislation	Rita Sammons	772-5369
Secretary	Betty Ziehl	772-0006
Treasurer	Irene Eitel	829-0053
Alzheimer's	Betty McDaniel	543-9906
Communications	Peg Thiel	574-9551
Programs	Peg Thiel	574-9551
Public Relations	Vacant	
Service Officer	Martha Furrow	242-9375
Sunshine	Loretta Miller	574-4734
Sgt-at-Arms	Shirley Sloper	574-7657
Newsletter & Webmaster	Marie Jones	458-9507
Meeting Registrar	Virginia Evans	574-6814



Check us out on Facebook®.

### **JAMES GREENE, JR** **President**



NARFE Chapter 1002 has made some changes since the first of the year. We are now a vibrant chapter with 177 members, with all officers in place. We have a new meeting place, The Asia Buffet, 1706 S. Del Prado, and we are meeting year around on the first Wednesday of every month at 12:00 Noon.

Membership is an issue of concern for our chapter, with a focus on recruitment and retention of members, increasing attendance, and active participation in chapter activities.

The average attendance at our meetings is 30. If you haven't attended for a while, give it a try. As your new President, I would like to meet every member.

Feel free to call me at 239-482-6713 or email [poandbogre@comcast.net](mailto:poandbogre@comcast.net) to share your ideas.

Your continuing support is very much appreciated.

*Jim Greene, President*



### NARFE Legislative Hotline

Learn what's up with Congress and our benefits at the NARFE Legislative Hotline. It is a recording made Fridays when Congress is in session. The number is **1-877-217-8234**. The Hotline is also available on the Internet at [www.narfe.org](http://www.narfe.org) and click on the Legislative Hotline link.



*The National Active and Retired Federal Employees Association has been safeguarding and improving the earned rights and benefits of America's active and retired federal employees since 1921. NARFE represents some 5 million federal workers, retirees, spouses and their survivors.*



### SYMPATHY

Our condolences to the families of  
Richard G. Bright,  
Wilfred S. Buisch, &  
Eugene J. Shuchart,  
who all passed away recently.

### Membership

#### WELCOME TO THE FOLLOWING NEW MEMBERS

Lois Sterling-Bull,  
Fred J. Christensen,  
Ronald Gaastra,  
Leo R. Neit,  
Robert E. Pauly,  
Leland Pearson,  
Jay A. Woodall,

and reinstatement

Mary Anne Quintard

You are encouraged to attend our regular meetings, and become involved in your chapter.

#### DUES WITHHOLDING CONTEST WILL END APRIL 30, 2010

Sign up for dues withholding at a chapter meeting and have your chapter dues (\$10) paid for one year. Plus you will be entered in two contests in the Florida Federation for chances to win 1- \$200, 3 - \$50, and 2 - \$25 prizes at the Federation convention in May. See me (Jim) or Beulah Greene, or call 482-6713, or email [POANDBOGRE@COMCAST.NET](mailto:POANDBOGRE@COMCAST.NET). The cost is \$2.88 per month and you save \$4.40 per year on your dues.

Our other bonus is for signing up a new member at a chapter meeting. You also have your dues (\$10) paid for one year.

#### **Why should my spouse belong to NARFE?**

This is a question that many members ask themselves and do not see any advantage to their spouse becoming a member. Your spouse has a vested interest in the benefits that you receive and it is even greater if you have provided a survivor benefit. Since we lobby congress to protect our benefits, it is very important that we have a large membership. When they see how many members we have and know that those are potential votes, they take notice. So the next time someone asks your spouse to join NARFE, don't just say no - remember that if any of your benefits are removed because of congressional action, they will also suffer that loss.

## Newsletter & Web Page

Marie Jones, Newsletter Editor and Webmaster

Happy Spring! It's been a long and cold Winter here in Florida...those are words you normally don't hear in SW FL! Certainly our cold weather is nothing compared to our neighbors up North but nevertheless, we are not used to the cold and we feel it in our bones!

But Spring is almost here and soon we'll be transitioning into warm weather again.

The publications of Chapter 1002 continue transition also. Changes and updates are ongoing to our web page and to this newsletter. Those who attend our meetings know we now have a presence on Facebook. Check it out. In order to get to our Facebook page, one must belong to Facebook. It is a free service and the only information needed to join is a name and email address. It is quite easy and you just follow the instructions. Jim and I are the administrators and once you express an interest by joining Facebook, an email is sent to us and one of us will grant you access. Our Facebook page is open only to our group so any information you post there will not be shared outside of the group. Contrary to what you may think, Facebook is not just for the kids!

As mentioned above, the web page is in transition. It is a work in progress and will remain so for a while. Actually, any web page is always a work in progress. Photos of our meetings are being posted within a few days of the meeting.

Please check out the web page and Facebook. We want to make sure you get the information that is important to you and perhaps connect with some old friends and new ones and Facebook is just another method to ensure this communication is as close as a click of the mouse.



A special thank you to Peg Thiel, Program Chairperson, and members for the Valentine tribute at the February meeting. The Classic Four Barbershop Quartet; the chocolates and the rose was very special and appreciated. Beulah

## Upcoming Conventions

### FLORIDA FEDERATION CONVENTION MAY 4-6<sup>TH</sup>, 2010

The annual state NARFE Convention will be held May 4-6<sup>th</sup>, 2010, in Altamonte Spring, FL. Our National President Margaret Baptiste will be attending our convention this year. All chapter members are encouraged to attend. Our chapter can have up to 7 voting delegates. There will be committee meetings on Tuesday afternoon, along with the opening ceremonies at 4:00 p.m. The business meeting portion will be on Wednesday and Thursday. Tuesday evening there will be BINGO after dinner. Wednesday evening will be a 50s theme dinner and fellowship. Thursday evening will be the formal dinner and installation of officers. The room rate is \$79 per night plus taxes. Please let me (Jim) know if you plan to attend, so the proper paperwork can be completed.

### NARFE 2010 NATIONAL CONVENTION AUGUST 29- SEP 2, 2010

National Convention will be in Grand Rapids, Michigan - let your President or one of the chapter officers know if you are interested in attending.

### From the Past Presidents viewpoint:

This year has started out on a positive note. Thanks should be given to Beulah and Jim Green. They have revitalized our chapter and we are enjoying new growth due to their efforts. I would publicly like to thank them for doing something that I was unable to get done.

We have changed where we meet, which seems to have been a plus also. Costs have been reduced for the meals which is saving the chapter money as we previously were spending \$2.00 from our funds for each person that came to the meetings, due to the increased cost of meals at Gulf Coast Village.

Hopefully this trend will continue on and make our chapter again one of the best in the Florida Federation.

Bob Miller, Past President

## MEDICARE PART B PREMIUM FAIRNESS

Federal, state, and local government retirees ineligible for Social Security have seen their Part B premium jump from \$96.40 per month to \$110.50 in 2010. Current law protects most other beneficiaries from a Part B increase when there is no social Security cost of living adjustment (COLA). The House passed H.R. 3631, the Medicare Premium Fairness Act which would have protected all of those (over 1 million) federal, state, and local government retirees from that increase.

However, the senate also needs to approve this needed legislation. If you are not one of the almost 9-thousand NARFE e-activists who have already used the Legislative Action Center, tell your Senators to pass H. R. 3631 by sending them an email via the Legislative Action Center using the following link, <http://capwiz.com/narfe/issues/arert/?alertid=14260196>. You can also use the NARFE toll free number 1-877-217-8234, or send them a letter via the postal service.

## ALZHEIMER'S UPDATE

Source: *The Associated Press.*

Controlling blood pressure just might be the best protection yet known against dementia. In a flurry of new research, scientists scanned people's brains to show that hypertension fuels a kind of scarring linked to later development of Alzheimer's disease and other types of dementia. Those scars can start to build up in middle age, decades before memory problems begin to appear.

The evidence is strong enough that the National Institute of health soon will begin enrolling thousands of hypertension sufferers in a major study to see if an aggressive treatment - pushing blood pressure lower than currently recommended - better protects not just their heart, but also their brain. "If you look for things we can prevent that lead to cognitive decline in the elderly, hypertension is at the top of the list," claimed Walter Koroshetz, deputy director of NIH's National Institute of Neurological Disorders and Stroke.

Scientists have long noticed that some of the same triggers for heart disease - high blood pressure, obesity, diabetics - seem to increase the risk of dementia also. But for years, they thought that link was with "vascular dementia," memory problems usually linked to small strokes and not the scarier Alzheimer's disease. Somehow, factors like hypertension (blood pressure readings of 140 over 90 or higher) that weaken arteries also seem to spur Alzheimer's disease-like processes.

**Discover the perfect place to continue Living Well.**

Gulf Coast Village is the premier continuing care retirement community in Cape Coral. With a rich array of services and amenities, innovative wellness programs and a full continuum of health care, if ever needed, Gulf Coast Village is a smart solution for the future. Call (239) 573-3306 today to make an appointment and learn how you can enjoy Living Well at Gulf Coast Village.



**GULF COAST VILLAGE**  
Making Life Better  
For Seniors Every Day

1333 Santa Barbara Boulevard  
Cape Coral, FL 33991 ♦ [www.gulfcoastvillage.com](http://www.gulfcoastvillage.com)



**Affordable Cremations**  
A Dignified Alternative



3232 North Key Drive, Suite 8,  
North Ft. Myers Florida 3903  
239-997-0495

**Upcoming meetings:** March 3rd, April 7th, and May 5th. Informative programs are planned and of course a delicious meal at the Asia Buffet in Cape Coral.

**New on the web page:** A wonderful video featuring Mike Causey discussing the why you should belong to and support NARFE. The link is on the "Latest News" Page.