



CHAPTER 80 MONITOR

*National Active and Retired Federal Employees Association
FOR ACTIVE AND RETIRED FEDERAL EMPLOYEES*

VOLUME XXXIII

OCTOBER 2011

NUMBER 14

Palo Duro Senior Center, 5221 Palo Duro Ave. NE, Albuquerque, NM 87110-1201

****OCTOBER MEETING****

SATURDAY, October 1, 2011 Refreshments at 11:00 am, Business Meeting 11:30 a.m.
"Bring your favorite Potluck dish for sharing, but if not, please contribute \$3.00 per person."

PROGRAMS

At our October 1st meeting, the speaker will be Congressman Martin Heinrich. He is aware of NARFE and its policies and mission.



FROM THE PRESIDENT

Mae Gardner

We've just completed the 9/11 decade. It highlights our nation's resilience. Each one of us can remember where we were, what we were thinking, and how we weathered that horrible day ten years ago. Personally, we were fortunate, we knew our son, Bob, a United Airlines pilot, was not flying that day. Our thoughts and prayers were with all those who didn't know where their loved ones were.

We've moved forward. Let's hope that the unity we had after 9/11 can again be forged for the betterment of our country and the world.

Supercommittee: High Stakes, Special Opportunity: The so-called "Supercommittee" held its first meeting on September 8th to discuss further cuts to the federal budget (October's *NARFE* magazine provides complete coverage). The threat to federal workers has never been higher – and the best way you can influence this Committee is by contacting your Representative and Senators, since the Supercommittee will be looking to their colleagues for advice on what to cut first. Congress must vote before Christmas – **so there is not much time left.** Join the thousands who have already sent a message to Congress now.

Plans for the 2-4 October Region VII Conference are really taking shape. There are over 100 registrations, and at last report, the Uptown Sheraton is nearly sold out. You will be proud of our conference program. It is very professionally done, thanks to all who contributed to it, and to Karen Nichols from Angel Fire, who very brilliantly put it all together.

Fall is in the air. It's a beautiful season here in the Land of Enchantment. Enjoy it, and remember to attend our meeting on October 1st. Our meetings have it all – delicious food, good fellowship, a raffle, and great speakers.

Mae



“Chapter 80 Monitor”
 National Active and Retired Federal Employees
 Association Official Monthly Publication
 (Except for combined issues August-September and
 November-December)

NARFE, CHAPTER 80
 PO Box 21984
 Albuquerque, NM 87154-1201

CHAPTER MEETINGS
 1st Saturday of the month, 11 am
 Palo Duro Senior Center
 5221 Palo Duro Ave. NE
 Albuquerque, NM 87110-1201

CHAPTER OFFICERS 2011-12

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2nd VP (Legislation).....	David Tapia	797-8064
Secretary	Elizabeth Moorhead	242-2239
Treasurer	John Vale	296-5284

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REGION VII CONFERENCE
 (NM, CO, WY, AZ, UT)

Albuquerque Chapter 80, Duke City Chapter 1411, and Rio Rancho Chapter 1381 (Hosts) cordially invite all of our members to the 2011 Region VII Conference.

WHERE: ABQ Uptown
 Sheraton Hotel

WHEN: October 2-4, 2011

COST: Registration	\$70.00
(Includes Lunch)	
Banquet	50.00
Mixer	15.00

PLEASE PLAN TO ATTEND. Registration Forms are available at Chapter Meetings or the NM Website (narfe-nm.net).



MEMBERSHIP

Nancy Brunson

Trick or Treat!! Happy Halloween! We are hoping for a big Treat from Congress – the preservation of our annuities and our Federal Employees Health Benefits Program! You can talk directly to Congressman Martin Heinrich at our next meeting on October 1 at 11:00am. He will be our guest speaker and he usually leaves time for a question and answer session after his talk. Please think about our areas of concern and plan to have your questions ready.

We are preparing for our #1 recruiting opportunity of the year at the annual Open Season Health Fairs in the Albuquerque area. We will be provided access to many current federal employees. We will have samples of the NARFE magazine and appropriate pamphlets to meet their individual needs. Could you donate a couple hours of your time to help represent NARFE at one of our display tables? I will have a volunteer sign-up schedule at our meeting on October 1st. Most of our health fairs will be held in November; therefore, please bring your November calendar to our next meeting so that you can schedule the days you have available to help us out. This is really important. It is one sure way to talk one-on-one to potential new members. I appreciate your assistance.

Our November meeting will be the annual NARFE Open Season Health Fair as a part of our regular meeting. Feel free to bring a guest if you know of someone who is a working or retired federal employee. If we can increase our numbers, our NARFE voice will be much stronger in Washington D.C.

We are all looking forward to the nice, cool days of fall, and, of course, the balloons making colorful skies for us to watch. This year will be especially enjoyable as we have the Region VII Conference right here in Albuquerque - how fortunate we are! Now, many more of Chapter 80 members will be able to attend along with other NARFE members from the surrounding states. Please call one of our officers if you have questions about registration. We will plan to see you at our next meeting on October 1st at 11:00am, Palo Duro Senior Center!





LEGISLATION

David Tapia

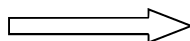
A senator from Florida recently said that every month our government spends \$300 billion. \$180 billion of that \$300 billion is money that is collected from the citizens of this country through taxes and fees and other ways. So we end up borrowing \$120 billion a month to pay our \$300 billion-a-month bill. In a newspaper article, a columnist writes that America became great because its citizens possessed certain vigorous virtues. But over the years, government has grown and undermined these virtues. Wall Street financiers no longer have to behave prudently because they know government will bail them out. Pruning the government is not enough to restore the vigorous virtues and ward off national decline. Another article stated the stimulus money poured to boost the economy could have been used instead to establish work programs. Some say the government money seems to always end up in the wrong hands resulting in very little prosperity. As different groups of citizens vie for their agendas, our politicians are swayed to go in many different directions ignoring the right virtues. As for 9/11, we now spend \$80 billion a year on intelligence so that our buildings can be safe. One commentator said 9/11 itself didn't change the economy, but how we responded did. Damages due to 9/11 vary from \$35 billion to \$4 trillion. The higher numbers includes the costs of the wars and government borrowing required to finance the military. The U.S. has relied on debt to finance its wars so say the newspapers. We can all come up with many half-truths on what's wrong with our government, but the sad truth is that jobs have disappeared like we have never seen before crippling the economy. In this day and age, those unemployed have a harder time competing for a job than those who have a job and are competing for the same jobs as the unemployed. Resigning from a job nowadays is not an option like it was in the good old days. The news for a while will be on the presidential debates that are starting to take place. The outcome of the President's \$450 billion job package (called the American Jobs Act) might linger for a while as he outlines measures to streamline the economy. The debt legislation passed last month requires both the House and Senate to vote on a balanced amendment to take place real soon. We can't help it but continue to worry about our nation's future. We can only hope our politicians use their best judgment and put the citizens' interests first. To turn our minds from the grim picture of spending cuts that might affect our benefits, I recently read that consuming dried apples can have a very positive effect on overall cholesterol levels. It seems we all have high cholesterol and have to be put on statins. The article said dried apples put most cholesterol drugs to shame. Dried plums (prunes), dried apricots, peaches, and dates are also good and have fairly low glycemic indexes making them okay for anyone trying to control blood sugar levels.

Never Know What to Say or Do

Learning how to encourage and help someone with a chronic condition

I Have you ever wanted to encourage someone with a chronic illness, but it seems like you never know what to say? Moreover, when you finally think of something you just know will make them smile, do they snap back at you with frustration?

Continued on the next column.



Well, you are not alone. Because we truly want to help our friend or family member with a chronic condition, we often try to think of just the right word we can say to make all the pain vanish from their life. If we can just 'fix it' then we will not have to see them suffer anymore. Unfortunately, when we do try to come up with a quick answer, we often end up saying something that seems to irritate or offend our loved one.

It is difficult to understand why they got upset, because to us what we had to say should have been helpful. Nonetheless, if we could simply jump into the life of our loved one, then we would see why our well-meaning comments were not so well received. Often, it is our intention to help them 'see the bright side' of their situation, so they can realize it is 'not that bad.' The problem is that we have then failed to acknowledge their battle is very real and we have gone on to minimize its impact.

Sometimes we even try to point out another person who is 'worse off' or try to relate by saying, "Ya, I am tired too." Often we disregard their limitations by attempting to talk them into doing what they know they cannot or should not do. Because we forget how anguishing it is to be ill and laid up, sometimes we even try to tell them 'how lucky' they are to not have to work or clean their house.

What's more, we cannot resist acting as if solving the problem is so simple when we exclaim, 'why can't you just take this or that?' Likewise, we want so badly for them to be feeling better, that we refuse to hear the truth and do not allow them to be open and honest with us about what they are going through.

Besides not knowing what to say, we often do not know what to do. We often wish we could do something to help, but do not even know where to start. Our own lives can be so overwhelming and busy that we could never fathom having the time to run errands, do chores and help clean someone else's home too!

Nevertheless, what we fail to realize is that what might seem like an insignificant effort to us, may save our loved one an entire day or even a week's worth of energy. For example, just picking up a few things at the store while we are already there and taking out the trash when we drop them off does not take much of our time, but it can make a world of difference to them!

In all, we can never fully comprehend what it is like to have a chronic condition, with all the loss and pain it poses, yet, we know we would not want to feel this way ourselves, so surely we can see what courage our loved one displays! We can even try to remember what it is like to have to put our lives on hold for even just a few days and tell our loved ones how amazed we are at their strength and perseverance!

People with chronic illness/pain would never choose to willingly give up activities they used to enjoy! In fact, they would do just about anything to get their lives back! Therefore, we can rest assured, knowing they will keep fighting, researching and pursuing ways to regain their lives or at least prevent further progression of the disease.

Yes, accepting what is happening to a loved one means having to deal with all of its pain, mourning and changes, but do not sell yourself short! After all, if they are forced to live with it, we can certainly choose to live next to it!

(The above essay contains excerpts from the booklet, "But You LOOK Good: A Guide to Understanding and Encouraging People with Chronic, Debilitating Illness and Pain.")



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Be sure to let Nancy Brunson, at

505-349-4129 or
nkbrunson@yahoo.com

Know your new address for Chapter records. Remember, your "Chapter 80 Monitor" will not be forwarded. We'll also notify the "NARFE" magazine for you.

Legislative Contacts

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Phone

Toll-free (NARFE pays toll)
NARFE Legislative Hotline (24/7): **877-217-8234**
U.S. Capitol Switchboard: **866-220-0044**
White House Comment Line: **888-225-8418**

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House Write Your Rep:



VOLUNTEERS

VOLUNTEER HOURS August 2011 By Zeke Garcia, Chairperson

Community Service	1,143.0
Church	492.0
Youth Groups	128.0
Other	343.0
TOTAL	2,106.0

NOTE: Please report your hours to your caller. If you don't get contacted, please call Zeke Garcia at 344-0143. Thanks!

Volunteer Hours Committee Members: Eleanor Otero, and Nancy Brooks

REACHING OUT

**Felice Silva
Sunshine Committee**

Please call 344-5936 or tell any officer or the editor to report a member's illness or death.

September 2011 Report

Get Well Cards to:
Mary Moomey

Sympathy Card & Memorial to Alzheimer's went to family of:
None

