



NARFE

National Active & Retired Federal Employees Association

Protecting the Future for Retired and Current Federal Employees

Chapter 182 Reporter

Las Cruces, New Mexico

Volume 10, Issue 01 – June 2009

National Web Site: www.narfe.org

Local Web Site: <http://www.narfe-nm.net/ch0182/ch0182.html>

Summer Fun – Annual Picnic June 10th – Please Join Us!!

NARFE Summertime Tidbits

President's Message

– **Meriam McMullen**

We need a new member-at-large on our board. If you have someone in mind, please let me know.

Please read the article in the NARFE News about “NARFE Grass-Roots Advocacy Month” scheduled for August 1 – September 7, 2009. This is a good time to contact our New Mexico congressional members. I am personally asking you to take the time and effort to do this.

Be greedy about getting all the information you can on the new “NARFE Dues” referendum.

Check out the insert about our first ever “No Bake, Bake Sale”. Please support this effort!

NARFE has a better chance of success defending our earned benefits if our membership numbers are strong. It is essential that all of us continue our NARFE membership and encourage our federal friends, both active employees and retirees, to join NARFE. If your spouse doesn't already belong to NARFE, have him/her join too!

Come see us Thursday mornings at the mall food court, 10:00 A.M., for coffee and camaraderie. You can visit for ten minutes or stay for an hour. The company is always great!

The Newsletter takes July off, so look for the next issue in August.

Enjoy your summer off from the Chapter meetings. See you in →

Member “Spotlight”

John Chappell



John has been an active NARFE member since 1986. He has twice served as our Chapter President as well as Vice

President, Treasurer, and Chairman of the Nominating Committee for our Chapter. When he lived in Ruidoso, John was President of that Chapter twice and also served as Southwest District Vice President. His wife, Gloria, is also an active member. Together, they have attended National Conventions, Federation Conventions, District Workshops, and other meetings for years.

John was born in Lubbock, TX, but has lived his entire (cont. page 2)

COME ONE, COME ALL!

June is Fun Month

Chapter Picnic

When: June 10, 2009

Where: Veterans Park,
Roadrunner Parkway

Time: 11:00 am till 3:00 pm
Lunch begins at 12:00 noon

Bring your favorite pot luck dish, your own plate/silverware. Drinks, cups, and napkins will be furnished.

President's Message (continued).

September at our Chapter Meeting (which will be on September 19th instead of September 12th).

Summer Vacation

Local NARFE Chapter 182 takes a summer vacation! We do not hold general meetings in June, July, or August.

Note this date change: The next general meeting is the 3rd Saturday in September, not the 2nd, **Sept. 19th** (moved due to conflicts with the Days Inn Inn Suites & Mesilla Valley Conference Center).

The next Executive Board meeting is Wed, **August 5th**. The September board meeting will be **Sept. 9th**.

The newsletter also takes July off, so look for your next issue of the **Reporter** in early **August**.

Hope to see you at the general meeting breakfast on **Sept. 19th**!

Welcome New Members

Nadine Boor

Welcome to our chapter Floyd Greery, Ron Gurley, Marilyn Koukol, Enedina Sierra, Carol Vennes, Marjorie Zurfehr. We would like to see you at our Sept. meeting! Come meet your fellow chapter members. Also, please join us at the picnic on June 10th!

Reinstatements: Patricia King, Joe Lopez, & Anne Underwood. Hope to see you at our picnic and the September meeting as well.

**Chapter
Membership
545**

Member Spotlight (continued)

life in New Mexico. He graduated from Mountainair High and from NMSU in 1950. He served in the Army during WWII in the Railroad Battalion in the Philippines, Luzon Island, and Korea in 1946. During his Federal civilian career, he worked as a Cooperative Extension Service County Agent in six different counties. The last one was Bernalillo County where one-third of the people in New Mexico live. During his career, he received many more awards than could be listed in this article, although John says there were more awards than he deserved. But, we know that's not so. He retired in Albuquerque in 1986. After his retirement, John joined the Senior Olympic Games and won many more medals and ribbons. He and Gloria lived in Las Cruces from 1975-1980, and again from 1991 to the present.

The Chappells have one son who is a Methodist Minister in Hobbs, one daughter who is a Manager of Macy's Jewelry in Sarasota, FL, and one daughter who is a teacher at Camino Real School here in Las Cruces. They are also the proud grandparents of nine.

John volunteers for the Habitat for Humanity and has served as a Board Member and Past Secretary of that wonderful organization. He currently serves on many committees at St. Paul's Methodist Church.

When asked about his favorite things, John said travel and, of course, Western hats and boots! Many of us have seen him wearing those fancy boots and big hats. John and Gloria have visited all 50 states, several countries in Europe, North America, Central America, the Bahamas, and enjoyed a trip through the Panama Canal. They RV when they can and try to go fishing occasionally. They still attend as many chapter meetings as time allows and occasionally join the NARFE →



Julie Smith
May 2009

Julie Smith is shown wearing the Honorary Medal she recently received from the Las Cruces City Council for her WWII service in the Army Nurse Corps from 1945-47.

If you would like to know more about this wonderful program which honors WWII veterans, please contact your City Council representative.



NARFE Chapter 182 members Mary Ellen McKay and Marlene Mayfield participated in the Keep Las Cruces Beautiful, the *Great American Cleanup*, on April 25, 2009. Our median on Picacho Avenue by the Lions Club Tennis Courts was cleaned (recent winds helped and not much trash was found)

Member Spotlight (continued)
group at the mall for coffee on Thursday mornings.

Thanks, John, for the many years of service you have given our chapter and for the good humor you have shown us along the way.
(Sarah McAdoo, Secretary)

Sunshine Report

Diane Clark

A sympathy card was sent to Dorothy Figgins on the loss of her husband, Walter Figgins.

Get well cards were sent to local members Ann Carlson and Marie Galos as well as to Ms. Madeline Jennings, NM Federation NW District Vice President.

A *Thinking of You* card was sent to Norma Garcia whose daughter was in a serious ATV accident.

* * * * *

If you know a member who is ill or going through a rough time, please contact **Diane**, 532-1334 or www.redorgreenchile@zianet.com.

For the Record.

We **need** phone numbers for Joe Anzivion, Ann Comstock, Ramiro Garcia, Floyd Greery, Marilyn Koukol, Gary Prusik, A.H. Rede, and Darrel Shepack.

If you know any of these numbers, please notify our Records Officer, Nadine Boor (382-7478 or jnboor@aol.com).

**Treasurer's Report
(April 30, 2009)**

Balance (3/31/2009)	\$1,797.24
Receipts	\$318.94
Disbursements	(\$765.63)
Balance (02/27/2009)	\$1,350.55
Obligations*	(\$323.98)
Available Balance	\$1,026.57

*Federation per capita assessment

*Outstanding checks

- Nadine Boor

46
People Attended
May Meeting
1316.5
Volunteer Hours
Were Reported

National Association of Active and Retired
Federal Employees

NARFE

Las Cruces Chapter 182

A "BAKELESS" BAKE SALE

A bit of news we have today,
A food-less bake sale is on the way!
In these busy days, now, who would bake
Pies, Cookies or even Cake?
You'd be surprised if you counted the cost
Of materials, heat, and the time you've lost!
Cooking for a sale is extra work,
Yet, nobody really wishes to shirk.
So, we've thought of a plan that's truly grand,
And we feel quite sure that you'll understand.
Decide what you will "bake": maybe a pie or cake,
Count the cost of ingredients, plus the time to make.
Place the "dough" in an envelope, no fuss,
Label it "Pie" or "Cake" and mail it to us.

**Make checks payable to
Las Cruces Chapter 182**

Without much ado or bother, you've done your part
We're sure you'll give with a loving heart.

Mail donations to:

**Nadine Boor, Treasurer
Las Cruces Chapter 182
PO Box 16424
Las Cruces NM 88004-6424**

**Contacting Congressional
Representatives**
Legislative Report
– **Elwood Baas**

At the last Chapter meeting, I outlined how you can best contact your senators and representatives. I am repeating the information in the newsletter in more detail for all Chapter members.

If a bill is being debated in a committee or on the floor, you need to use phone or fax message since these messages are generally read and tabulated in a timelier manner than web mail or USPS mail. Phone and fax numbers are listed in newspapers and on congressional web sites. If you wish to address an issue, which will not be acted on imminently, e.g., NARFE bills, energy, health care, etc., it is convenient to use the congressional web page. When you bring up Senator Udall's and Representative Teague's web pages, you will see a "Contact Tom" and "Contact Harry" respectively. On Senator Bingaman's page, you click the "Contact" icon and then select the "E-form" option on the next web page. When you click on these icons, you will see a fill-in palate for your personal information along with a message box. As of May 2009, after using these web messages, it took about 1-2 weeks before I receive an e-mail response from the congressional office. (Note: House and Senate members receive from 10-20,000 messages per month.) I do not recommend USPS letter mail since all such correspondence is still being security-screened. Consequently, it takes a long time to get to respective offices.

Legislative Action

NARFE-concerned bills as listed in your NARFE magazine are winding their way through Congress gaining co-sponsors. They will eventually go to Committee for action. Hopefully, the House and Senate will then incorporate them into appropriate category legislation that will be voted on. →

Take Care of Yourself!
Alzheimer's Report
– **Allaire Dunn**

Summer is here and caring for your body helps care for your mind. Being physically active, getting enough sleep, limiting alcohol, and managing stress all contribute to keeping your brain at its optimum function.

Stay physically active. Even if it's just a short walk, physical activity improves blood flow and increases the supply of oxygen to the brain. Being active also reduces your risk of heart disease and stroke, which may reduce your risk of mental illness. It's possible that physical activity helps the brain by decreasing the harmful effects of certain hormones that affect your response to stress. Some research even suggests that physical activity may promote the regeneration of brain cells or the development of new ones.

One study, based on data from nearly 19,000 women between the ages of 70 and 81, showed that regular physical activity was associated with a higher level of mental functioning, an effect similar to being three years younger. The activity didn't have to be strenuous to have an effect: walking at least 1½ hour each week at a leisurely pace provided discernable mental benefits. →

Legislative Report (continued)

The good news so far is that no amendments have been offered and voted on to cut retiree wages or benefits. The bad news is that cuts or tax increases will have to be made to pay for the huge spending increases and deficits resulting from our slowing economy. For example, the Administration predicted a 2009 deficit of \$1.75 trillion, which is now predicted to reach the Congressional Budget Office predicted at \$1.85 trillion. With the slowing economy, yours truly, is predicting a 2009 deficit of \$2.1 trillion, which is more than four times the deficit of 2008. (Recall how President Bush was excoriated for the 2008 deficit?)

FOR IMMEDIATE RELEASE
May 20, 2009

NARFE Calls on the Senate Governmental Affairs Committee to Approve Re-Employed Annuitant Bill, but Troubled with Legislation that Leaves Retirees Out of Annuity Computation Fix National Active and Retired Federal Employees Association (NARFE) President Margaret L. Baptiste today called on the Senate Committee on Homeland Security and Governmental Affairs to approve S. 629, a bill which would allow federal agencies to re-employ federal retirees on a limited, part-time basis without offset of annuity from salary.

* * * * *

NARFE, one of America's oldest and largest associations, was founded in 1921 with the mission of protecting the earned rights and benefits of America's active and retired federal workers. The largest federal employee/ retiree organization, NARFE represents the retirement interests of nearly 5 million current and future federal annuitants, spouses, and survivors.

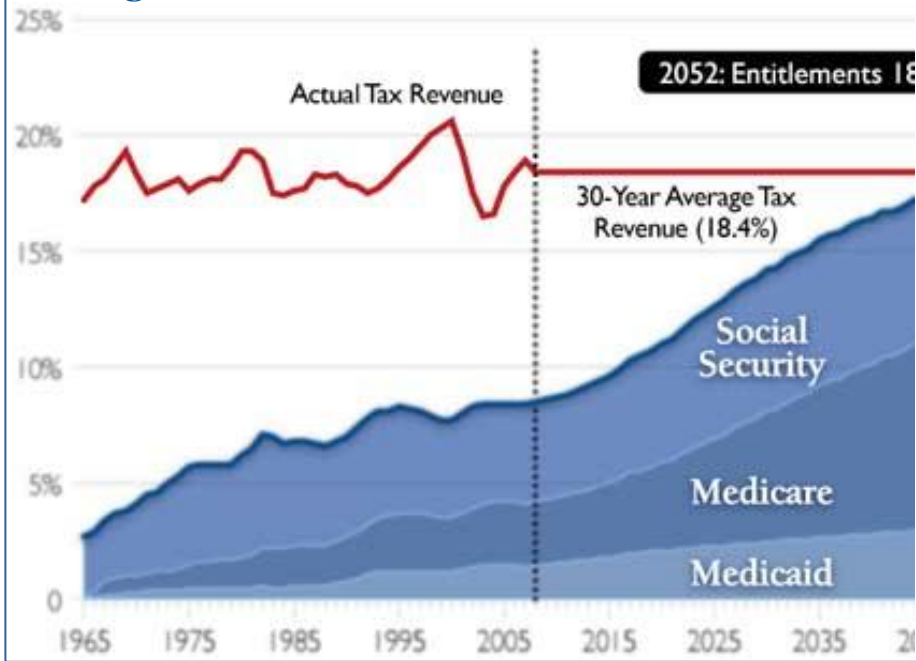
Alzheimer's Report (continued)

The same study appears to be true for men. One study showed that older men who walked regularly were less likely to develop dementia. Another study found that participants who maintained or increased their physical activity over a period of 10 years had less mental decline. (*Mayo Clinic Guide to Alzheimer's Disease*)

Raffle Winner – Doris Channell (mother of newsletter editor, Ruth French) was the winner of the beautiful painting that was raffled off for Alzheimer's.

Members who were not at the last meeting missed out on "TWEETY BIRD", Mike McMullen's latest whirligig. Thanks to everyone's support to the cash – for cash raffle and the book sales our chapter contributed \$91.00 to Alzheimer's in May.

Heritage Foundation Chart



Make Your Voice Heard!

Lobbying for the retention of our earned benefits and addressing some of the injustices of denied benefits, is not a difficult task. We can all write a letter or post card, go on the NARFE web site and send messages to our lawmakers, make a phone call, or send an e-mail. It only takes a few minutes of your time.

When you recruit a current federal employee (CFE), you will not only receive a "recruiter's pin", but you will receive an \$8 "finder's fee".

NARFE
Region VII Conference
October 1-3, 2009
Cheyenne, Wyoming

May Meeting: 3 Motions Made, Seconded, and Approved.

(1) To approve the 2009-2010 budget as presented by Nadine Boor, Treasurer.

(2) All chapter members will be given the opportunity to cast their vote in the upcoming NARFE Dues Referendum.

(3) Based on the tabulated results of the member vote in the upcoming NARFE Dues Referendum, the chapter will cast its entire number of authorized votes either "for" or "against" the issue. To cast all chapter votes for the issue shall require at least two-thirds of members casting votes to be "for". Anything less than two-thirds vote "for" shall require casting all authorized chapter votes as being "against" the issue in question.

(Note: Every 50 members equals 1 vote. Our chapter will have 10 votes.)

Books! Books! Books!

The Alzheimer's committee runs the used book sale at our monthly meetings. Donations and purchases are both appreciated!

Adopt-a-Median

– *Marlene Mayfield*

We have a sign! Check it out on Picacho by the handball courts.

Cans! Cans! Cans! Reminder: Bring your aluminum cans to our monthly meetings. Jack Dage, very graciously, volunteers to collect the cans for recycling. Monies generated are applied to newsletter expenses. Thanks to everyone for their continued donations and to Jack for his services!

Every Thursday Morning

Coffee at the Mall

Hey, don't forget the Thursday **10:00a.m.** coffee at the Food Court in the Mall. Russ and Nadine Boor have been coming to these for years, and many others have stopped by for a visit. It doesn't matter if you have 10 minutes or an hour to spare – it's fun to get together for even a little while. At times we have had ten or more members stop by for coffee and a chat. Please join us – there's always something to talk about, and the company is great!

MOVED? We need your current address and email address if you want to receive your newsletter and NARFE magazine. Please notify our Records Officer, Nadine Boor (phone 382-7478, or email jnboor@aol.com).

The Reporter

The "Chapter 182 Reporter" is published monthly, except in January and July. Comments about the newsletter should be directed to Ruth E. French.

Items for the next issue of the Reporter are due **Wed, July 22nd**, (ziaref@comcast.net), 382-0480, PO Box 70, Organ, NM 88052-0070

To update your address, phone, and/or email records, please contact Nadine Boor: 382-7478, jnboor@aol.com

E-Newsletter. Members who have email addresses on file are now receiving this newsletter by email. If you would like to change back to USPS mail, please contact Nadine Boor, jnboor@aol.com or 382-7478). You should also contact Nadine if you would like to help the chapter save printing and postage money by receiving your newsletter by e-mail.



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Federal Employees Association
Chapter 182
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You Need NARFE – And NARFE Needs You!

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senator_bingaman@bingaman.senate.gov
<http://bingaman.senate.gov/contact/types/email-issue.cfm>

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<http://tomudall.senate.gov/contact/contact.cfm>

U.S. Representative Harry Teague

135 Griggs Ave., Las Cruces, NM 88001
(575) 522-3908
http://forms.house.gov/teague/webforms/issue_subscribe.htm

NARFE Monthly Meetings

The Las Cruces Chapter of the National Active and Retired Federal Employees Association holds a breakfast meeting on the 2nd Saturday of each month except in June, July, & August. The meeting is held at the *Columbus Conference Center of the Days Inn Suites & Mesilla Valley Conference Center*; doors open at 8:30am (breakfast at 8:45am), and the cost is \$12. All members, those that might be interested in joining, and guests are most welcome. Membership is open to all federal civilian employees, retirees, their spouses, and surviving spouses.
For reservations, please call Linda Roberts at 382-0174 or Julie Smith at 521-3583.