



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 02 – August 2009

National Web Site: www.narfe.org

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

HEADS UP! Please read the referendum article on page 2.

President's Message

– Meriam McMullen

If you have any issues that you would like to share with the board, please come to our board meeting on August 5th and/or September 9th. Meetings are held at 9:00A.M. at the Memorial Healthplex.

We have two new members-at-large: Judy James and Marilyn Koukol. They replaced Mike McMullen who accepted the logistics position and Jim Kielty who accepted the Service Officer Position after the death of Bob Starman. John Smith has graciously agreed to replace Norma Garcia who recently resigned as 1st Vice President of Membership. Welcome back to the board John.

We are still seeking volunteers to be coordinators for our chapter's calling committee. Both Julie Smith and Linda Roberts want to be replaced so that they can "really retire". Hopefully, some of you will volunteer. However, I have some persons in mind that I will be calling and I am expecting "yes" to be your answer.

We have completed the "Call to all Members" project. The final report will be presented at our NARFE September 19th general meeting. The September meeting is our annual legislative program and our 2nd V.P. of Legislation; Elwood Baas, will be the heading that. I also want to remind our members that the cost of our breakfast buffet will be \$12.00 per person beginning with the September meeting. →

"Bakeless" Bake Sale

– Nadine Boor, Treasurer

The income from our chapter "bakeless" bake sale certainly was not the success we expected. I guess we didn't put enough baking powders in our "recipe" flyer in the June newsletter. So, we are trying again this month (see flyer on page 3).

Of our 543 members, we only had 15 members (6 couples and 3 individuals) who donated their "baked goodies". These people donated a total of \$185.00 for an average of only \$.34 cents per member. We want to thank those who generously gave. THANK YOU, THANK YOU !!!

I know we can do better than this, but we are going to need help of the whole membership of the chapter. We thought that by having this "bakeless bake sale", we wouldn't have to consider raising chapter dues this coming year. It's not too late! Please consider "baking" for us.

President's Message (continued)

The NARFE Region VII Conference will be in Cheyenne, WY October 1–3, 2009. If you would like to attend, please contact Sarah McAdoo who will make sure that you have the proper documents to send in your reservations, etc.

If you haven't done so, please make your donations to Nadine Boor for the "Bakeless Bake Sale" that we have been advertising over the summer (while you have been on vacation from NARFE Chapter Meetings).

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, **September 19th**, not the usual 2nd Saturday (moved due to conflicts with the Days Inn Suites & Mesilla Valley Conference Center).

Executive Board meetings are held at 9am at the Memorial Healthplex.

Upcoming Exec. Board Meetings: **Aug. 5th & Sept. 9th** (Wednesdays)

Welcome New Members

Nadine Boor

Welcome to our chapter Thomas Banks, Charlotte Field, Carol Main, Brett Parr, Dorothy Rachele, Mary Clark, Susan Stevens, Patrick Sullivan. We would like to see you at our September meeting! Come meet your fellow chapter members.

Reinstatements: Welcome back David Black and James Searls. We hope to see you at the September meeting.

Treasurer's Report

(May & June, 2009)

Balance (4/30/2009)	\$1,350.55
Receipts	\$949.70
Disbursements	(\$501.30)
Balance (6/30/2009)	\$1,798.95
Obligations*	(\$475.13)
Available Balance	\$1,323.82

*Federation per capita assessment

– Nadine Boor

NARFE Dues Referendum

– Russ Boor

On page 36 of the August issue of the NARFE magazine, the NARFE National Secretary included a “Special Voter’s Coupon”. The Las Cruces Chapter of NARFE recommends that you **DO NOT** use this Coupon to cast your vote on the Dues Referendum. Instead, the chapter will be providing you with a ballot in the September issue of the Reporter as described below. The August issue of the NARFE magazine also includes the SAMPLE ballot located on pages 42–43. The ballot will be mailed to every *chapter secretary* early in September.

At the May chapter meeting, the members unanimously approved a motion directing that all chapter members be given the opportunity to cast their vote in the upcoming “NARFE Dues Referendum.” In accordance with this motion, the next (September) issue of this newsletter will contain the chapter’s official ballot for you to complete. You may either bring your completed ballot to the September, October or November chapter meeting or mail it in to the chapter’s post office box. Every member will receive an email or postal mailed copy of the September issue of the newsletter. That same newsletter will contain a copy of the referendum and how adoption of the referendum would change present national bylaws and rules. It will describe the impact those changes may have on you as a member, on your chapter, on the New Mexico Federation of Chapters and at National. It will also contain a recommendation by the chapter’s executive board on whether adoption of this referendum would be in the best interest of the chapter. The chapter plans on having an open discussion on this issue at its October and also possibly at the November chapter meetings if there is significant interest to do so.

Before casting your vote, it is highly recommended you hear the full →

Legislative Report

– Elwood Baas

Congressional legislation relative to NARFE issues has made considerable headway in the 111th Congress.

Government Pension Offset and Windfall Elimination Provision:

In January - February, HR 235 and S 484 were introduced with 268 cosponsors in the House and 22 cosponsors in the Senate. These bills are now held in committees of jurisdiction because of cost concerns associated with enactment.

Premium Conversion: This legislation would allow Retired Federal Employees to pay for their medical insurance with pre-tax earnings. (Active Federal Employees have had this benefit for over a decade.) House bill HR1203 and Senate bill S491 were introduced in February. Both bills have gained considerable support from across both aisles, but each bill remains under committee consideration.

The good news is that we are early in the 111th Congress, so legislation has progressed nicely for this early in the two-year term. The bad news is that the ever-increasing deficit is impacting legislation. With Congress talking about, “pay-as-you-go” legislation, the situation could get even more problematic for finding funds to support such legislation.

The House has narrowly passed a Cap and Trade Energy bill. Like most bills these days, this one has not been explained to the American people (because it is too difficult to explain?) CBO estimates that cap and trade energy would cost \$175 per household per annum, while higher-income households would incur a cost of \$245. (*cont. on page 4*)

NARFE Dues Referendum (continued) debate on this important change to national bylaws which, if adopted would take away the present authority every chapter now has to individually set the amount of their chapter dues.

Membership Report

– John Smith

Nice to be back with you all. Ms. Norma Garcia has reluctantly given notice that other demands for her time preclude her continuing with 1st VP, Membership, duties.

I have no enticements for recruiting to offer at this time, but I would be very interested to hear of any ‘membership’ difficulties that any of you may have or may be experiencing. Contact me at 521-3201 or email American1776@msn.com.

Alzheimer’s Report

– Allaire Dunn

Scientists don’t yet fully understand what causes Alzheimer’s disease (AD). However, the more they learn about AD, the more they realize that **genes** play an important role in the development of Alzheimer’s disease (AD). Research conducted and funded by the National Institute on Aging (NIA) and others is advancing the field of AD genetics.

The Genetics of Disease. Some diseases are caused by a genetic **mutation**, or permanent change in one specific gene. If a person inherits a genetic mutation that is linked to a certain disease from a parent, then he or she will usually get the disease. Cystic fibrosis, muscular dystrophy, and Huntington’s disease are examples of single-gene disorders.

In other diseases, a genetic **variant**, or a change in a gene, may occur, but it doesn’t necessarily cause the person to develop the disease. More than one gene variant may be necessary to cause the disease, or the variant may increase a person’s risk of developing the disease. When this happens, the changed gene is called a **genetic risk factor**.

The Genetics of Alzheimer’s Disease. AD is an irreversible, progressive brain disease characterized by the development of amyloid plaques and neurofibrillary tangles, the loss of connections (*continued on page 5*)

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**

Legislative Report (continued)

However, loss of GDP due to company penalties and loss of jobs could be as high as \$1,500 per household. The Senate is working on a companion bill.

Right now, the “elephant in the room” is health care reform that will require another trillion dollars over ten years. It is doubtful that retirees will be directly taxed for such, but the proposed reductions in Medicare funding (for so-called cost savings) certainly could impact the cost of retiree health care. The Administration is also asking that Medicare payments be taken out of Congress and put under the Administration control. If this happens, a “czar” could determine how much help you get under Medicare. The other threat to retirees is the “limitation of service” language, which has already been cited in the stimulus bill, and in the current House bill, which requires mandatory counseling for seniors. On the other hand, the bill currently allows for 12 million illegal aliens to obtain care under the bill. I call this, “sharing the healthcare”: Seniors get health care restrictions while illegal aliens get healthcare service. Also, because the Hyde Amendment (which restricts Government funding for abortion) will not apply to this bill, the bill will include abortion as a basic health care benefit.

The deficit for this year has already exceeded a trillion dollars, headed for a projected 1.85 trillion by the end of the fiscal year. Because of the job losses and increased Government costs related to job losses, yours truly, is predicting a deficit of at least 2.1 trillion dollars. This would be three times last fiscal year’s deficit. As I have mentioned at our meetings, this is the greatest threat to everyone, but especially retirees. Every dollar the Government borrows is a dollar that is not available for private investment, and →

Member Contact – Results

– Mike McMullen

Back in February, the chapter’s executive board directed that a committee be appointed and a survey plan developed to personally contact each member of Chapter 182. Those with phone numbers listed were contacted by phone; those with known email addresses were contacted by email; and those with no phone or email were contacted by letter.

Mike McMullen was appointed as committee chair with the following members being on the committee: Meriam McMullen, Roy Willoughby, Sharon Willoughby, Sarah McAdoo, John Smith, Nadine Boor, Russ Boor, Allaire Dunn, Jim Kielty, Ruth French, Franklin McKay, Mary Ellen McKay, and Marlene Mayfield.

Committee members completed the long process of contacting all 539 chapter members. A total of 486 (90% of members) responded to the survey with the following results:

No change - 294 (60% of responding)

Changes - 203 (*Note: many had more than one change*)

- Email address - 133 (27%)
- Phone number - 54 (11%)
- Postal address - 19 (4%)
- From email to postal mail - 7 (1%)
- Change name - 3 (1%)

53 members (10% of total members) chose not to respond in spite of three attempts by committee members to contact them.

One question asked of all members contacted was, “Would you like to be notified by phone prior to a chapter meeting?” A total of 308 (63% of total members responding) chose to reply to this question with 201 (65% of those replying) answering **NO** and 107 (35% of those replying) answering **YES**.

The initiative to contact every member was very worthwhile, but ↗

Legislative Report (continued)

every dollar the Government prints, shrinks the dollar you have.

Member Contact Results (continued)

very time consuming and labor intensive. Members of the committee remarked they were amazed by the number of chapter members who requested changes to their personal information as contained in the master NARFE membership database such as name, mailing address, phone number and/or Email address. Members when contacted were for the most part very courteous and seemed very happy to share information with the caller. We thank all those members from the bottom of our heart for assisting in this important project.

All the survey information collected has been compiled and changes to the data stored in national’s membership database will be updated with the current information. The executive board will analyze the answers to other questions asked during the survey for possibly instituting changes in our chapter meeting that may help the chapter better serve its membership.

The chapter newsletter costs approximately \$4.00 per member per year to print and mail. The survey resulted in ~100 additional members willing to share their email addresses. The chapter is projected to save ~\$400 per year in the cost of printing and mailing the newsletter. Our chapter now has a little over 60% of its membership who receive their newsletter by email.

Sunshine Report

Diane Clark

A get well card was sent to Placido Trujillo who is undergoing radiation treatment.

A card was also sent to Sarah Wilborn who is celebrating her 99th birthday. Happy Birthday!

* * * * *

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

Alzheimer's Report (continued)

between nerve cells in the brain, and the death of these nerve cells. AD has two types: early-onset and late-onset. Both types have genetic links.

Early-onset AD is rare, affecting only about only 5% of all people with AD. It develops in people ages 30-60, and involves mutations of chromosomes 21,14,&1 resulting in abnormal proteins to be formed.

Even if only one of these mutated genes is inherited from a parent, the person will almost always develop early-onset AD. This inheritance pattern is referred to as "autosomal dominant" inheritance. In other words, offspring in the same generation have a 50/50 chance of developing the disease if one of their parents had it.

Late-onset AD develops after age 60. Most cases of Alzheimer's disease are of the late-onset form. Scientists studying the genetics of AD have found that the mutations seen in early-onset AD are not involved in this form of the disease.

Although a specific gene has not been identified as the cause of late-onset AD, one predisposing genetic risk factor does appear to increase a person's risk of developing the disease. This increased risk is related to the apolipoprotein E (APOE) gene found on chromosome 19. APOE contains the instructions needed to make a protein that helps carry cholesterol in the bloodstream.

Understanding more about the genetic underpinnings of the disease will help researchers find answers about causes, and allow the focus to shift to new prevention and treatment approaches.

NIH Publication No. 08-6424
Alzheimer's Disease Education &
Referral (ADEAR) Center
A Service of the
National Institute on Aging.
National Institutes of Health
U.S. Department of
Health and Human Services

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

Books! Books! Books!

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

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!

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).

**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!

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.

Recruiting

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".

Adopt-a-Median

– *Marlene Mayfield*

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

The Reporter

The "Chapter 182 Reporter" is published monthly, except in January and July. Direct comments about the newsletter to Ruth E. French.

Items for the next issue: Wed, Aug 26nd, ziaref@comcast.net, 382-0480, PO Box 70, Organ, NM 88052-0070

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

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 email.



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

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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.