



TIRED OR TIRED TWICE

6 April 2006

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NATIONAL WEB PAGE

<http://www.narfe.org>

NARFE NM Federation

<http://www.narfe-nm.net>

ELECTED REPRESENTATIVES

President Geo. W. Bush
1600 Pennsylvania Ave., N.W.
Washington, D.C. 20500
(202) 456-1414
president@whitehouse.gov

Gov. Bil Richardson
State Capitol, Room 400
Santa Fe, NM 87501
(505) 476-2200

Sen. Vernon Asbill
1502 Mountain Shadow, Carlsbad
(505) 887-1485
Rep. John Heaton
1008 Riverside Dr., Carlsbad
(505) 887-5983
jheaton@caverns.com

Sen. Pete Domenici

HELP

Please help us keep our cost of this news letter reasonable. If you have an E-Mail address send it to whoughto@nmsu.edu so that we do not have to send a surface news letter to you.

NEXT MEETING

8April 2006, at 8:00 in the cafeteria of Carlsbad Medical Center. Woods Houghton will be giving and receiving information on the Vision Eddy County for retirees.

6 May 2006, at 8:00am (08:00) in the cafeteria of the Carlsbad Medical Center. Please Attend as there are a number of issues that need to be discussed. Jamie Kingsbury, Guadalupe District Ranger will present information on the Forest Service Retirement Preparation. Also will be information on the Vision Eddy County for retirees.

Meeting of March 11, 2006

Marc Italiano introduced the speaker, Lila King, a retiree from DOE and now a member of the Mayor's Retirement committee and a spin-off committee called the Retirement Initiative, a fund raising branch. The hospital, doctors, and real estate will benefit the most from retirees relocating in Carlsbad. In Carlsbad 26 % of the population are seniors and account for 43% of the aggregate household income. Retired couples spend 80% of their income in their county of residence.

Margaret introduced Gary Adams, a first time visitor.

John Clay reported that \$363.79 is currently in the treasury.

A pre-retirement seminar is scheduled for June 1-2, 20006, at the Eddy County Extension Office. There is a cost of \$75 per participant with a minimum of 20 persons enrolled. Richard made motion and Marc seconded that we provide this

328 Hart Senate Office Bldg.
Washington, D.C. 20510
(202) 224-6621
senator@domenici@domenici.senate.gov
Sen. Jeff Bingaman
703 Hart Senate Office Bldg.
Washington, D.C. 20510
(202) 224-5521
senator_bingaman@bingaman.senate

Rep. Steve Pearce
1607 Longworth
Washington, D.C. 20515
(202) 225-2365
ricardo.bernal@mall.house.gov

Contact Us :

President Hal Waters
1606 Landsun Circle, Carlsbad
(505) 200-5599
hmwaters@escapees.com

First V.P. Margaret Waters
(505) 885-0130

Second V.P. Richard Farrell
1403 W. Riverside Dr.,
(505) 706-0153
richard.farrell@wipp.ws

Secretary Bobbie Young
(505) 885-1416.

Treasurer John Clay
312 Cimmaron Trail, Carlsbad
(505) 885-2775

Past President Pat Mack
929 N. Halagueno, Carlsbad
(505) 628-0315
peppermack4@yahoo.com

Committee Chairpersons:

Service Officer Emilio Ramos
1706 Sandy Lane
(505) 628-8147

Chaplin Jim Goodbar
3027 E. Derrick Rd. Carlsbad

seminar.

Jim Damon reported on legislative roles of NARFE.

Marc reported on Alzheimer's research and noted that exercise can help prevent Alzheimer's.

A motion was made by Richard Farrell and seconded by Marc to elect Hal and Margaret as delegates to the Federation Meeting.

Richard made the motion that a National Convention ad costing \$50 be approved. Seconded by Jim. Motion carried.

The Chapter 796 needs to have a fundraiser. We need a long range plan for the Chapter for the next 5 years. The Chapter would have more members attending out-of-town meetings if some funding could be provided.

Recipe

Braised Sirloin Tips

Preparation time: 15 min.

Cooking time: 30 min.

Ideal condiment: glazed carrots

Shopping List

sirloin tips, beef broth, red wine, soy sauce oil, onion, garlic, cornstarch, cooked rice

Ingredients

- 2 tablespoons vegetable oil
- 2 pounds sirloin tips, cut into 1-inch cubes
- 1/2 small onion, minced
- 1 (10-ounce) can beef broth
- 1/3 cup red wine or cranberry juice cocktail
- 2 tablespoons soy sauce
- 1 clove garlic, chopped
- 2 tablespoons cornstarch
- 1/4 cup water
- 6 cups hot cooked rice
- Serves 6

(505) 236-1016
sorrel_3@hotmail.com

Legislative/NARFE PAC Committee
Chair

Jim Damon
806 Preston Trail Ct. Carlsbad
(505) 581-5779

Alzheimer's Committee Chair

Sharron Italiano
730 W. Cherry Lane
(505) 837-7354
italiano@plateautel.net

Editor:

Woods Houghton whoughto@nmsu.edu

Step 1

Heat oil in a large skillet over medium-high heat. Add beef and onion. Cook, stirring occasionally, until browned, about 10 minutes.

Step 2

Add broth, wine, soy sauce and garlic to skillet. Bring to a boil.

Step 3

Reduce heat to low. Cover; simmer until beef is tender, about 15 minutes.

Step 4

Combine cornstarch and water in a measuring cup. Stir into skillet. Cook, stirring, until mixture boils and thickens, about 1 minute. Serve over rice.

Money Savers

Use the leftover beef and rice to make a thrifty hearty soup. Combine the meat, any leftover sauce, 1 1/2 to 2 cups beef broth and up to one cup cooked rice. Cook over low heat until hot.

National Convention

Our [Albuquerque](#) chapter is hosting the national convention. Please take advantage of this rare opportunity, and join us in Albuquerque on September 9—14, 2006.

Electing a Post-Retirement Survivor Annuity? Read the COLA Small Print

Each year in December, the Office of Personnel Management issues a notice of the cost-of-living adjustment (COLA) that will be applied to retirees' annuity checks in the new year. On the back of this COLA information sheet is the annual notice of survivor annuity election rights. The notice may be of importance to you. It explains your right to elect a survivor annuity benefit for a spouse you marry after retirement or a former spouse from whom you are divorced.

Retirees are generally entitled to elect a reduced annuity to provide a survivor annuity for a spouse they marry after retirement if they send a survivor annuity election letter that is received in the Office of Personnel Management (OPM):

1. Within two years after the date of marriage or
2. Within two years after the date a former spouse loses entitlement to a survivor annuity.

New Election Required

You should note that a new survivor annuity election is required to provide a survivor annuity in both situations, even if you elected to provide a survivor annuity for a spouse at retirement, and later the marriage ended, but the reduction erroneously continued. There is no provision in the law that permits the continuation of that survivor reduction without a new election (or re-election), or a court ordered award of a survivor annuity.

The continued reduction does not by itself demonstrate an unmistakable intent to elect or re-elect a survivor annuity for a spouse you marry after retirement. This is true whether the continued reduction after divorce or death of a spouse is caused by mistake, error or inadvertence on your part or by the Office of Personnel Management.

Do It Sooner, Rather Than Later

It is important to note that if you choose to elect a post-retirement survivor annuity, you must submit your election in writing so that the election is received by the Office of Personnel Management before you have been married two years.

HOME REPAIR TIPS

When you need to put a screw in to wood it is a lot easier if you apply some soap to the thread before you start. You can also spray it with cooking oil or WD-40 to lubricate it. It is much easier on you or your cordless screwdriver.

Chaplain's Corner

Chaplain, Leland Leak:

A COVENANT PRAYER IN THE WESLEYAN TRADITION

I am no longer my own but thine
Put me to what thou wilt, rank me with whom thou wilt
Put me to doing, put me to suffering
Let me be employed by thee or laid aside for thee.
Let me be full, let me be empty.
Let me have all things let me have nothing.
I freely and heartily yield all things
To thy pleasure and disposal.
And now, O glorious and blessed God,
Father Son and Holy Spirit,
Thou art mine, and I am thine. So be it.
And the covenant which I have made on earth,
Let it be ratified in heaven.
Amen