



MIGHTY 190 NARFE

NATIONAL ACTIVE and RETIRED FEDERAL EMPLOYEES ASSOCIATION

Ventura County Chapter

<http://mysite.verizon.net/narfe190>

May 2009

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NOMINATING COMMITTEE

THE BOARD

FOOD SHARE DONATION TOTAL

As we donate to Food Share each month, we'll show the total in this space. This month, we donated 50 pounds. The total this year: 79 pounds. Thank you!

NARFE CHAPTER 190 NEWSLETTER PUBLISHING INFO

This newsletter is published monthly by Chapter 190 of the National Active and Retired Federal Employees Association. The above box lists chapter officers and committee chairpersons.

MAY LUNCHEON MEETING

Place: Elks Club,

801 South A Street, Oxnard

Date: Thursday, May 28

Time: 11:30 to socialize, 12:00 to dine

Cost: \$9.00

The reservation deadline for our next luncheon is **NOON**, Monday, May 25. Telephone **Marilou** at 382-8826 or e-mail her at **MARILOU653@aol.com** to make (or *cancel*) your reservation.

On **May 28**, we will begin with socializing at 11:30 and serve lunch at noon. The menu will be:

Lasagna

Green Salad Garlic Bread

Sherbet Tea & Coffee

MAY PROGRAM

Chances are that you have some old 8mm movies, some VHS video tapes or similar records of personal or family events. You'd really like to show them to friends or family, but the old projector doesn't work anymore, so the films are useless...or are they?

On May 28th, we will hear from **Jeff Johnson**, owner of the Home Video Studio in Moorpark. He will discuss some of the technology that he uses in his work for individuals and businesses. That work includes transferring home movies to DVDs, but it isn't limited just to transferring home movies.

Jeff's presentation won't make us all into "video engineers," but it will give us an insight toward saving our "family treasures" rather than merely watching them disintegrate. Better yet, he'll also show us how we can make copies and share them with our families - a sort of personal sharing of memories.

NEW MEMBERS THIS MONTH

We have 4 new or reinstated members this month. Please give a warm welcome to **Jerry Berger, Greg Raisner, Robert Wachniuk** and **Harold Wilson** when you see them.

PRESIDENT'S MESSAGE

Tony Pizza, President

Again this month, Service Office Bob Willis reports that you can get a NARFE Form F-100 from him. You should. Though we may have kept meticulous records in our professions and still do so, too many of us leave inadequate and incomplete records of our economic and personal affairs when we die. When and how your benefits will be paid and how your estate will be settled are many questions that must be answered.

Form F-100 can help. Just complete the F-100 and store it in a safe place so it will be available for possible revisions by you and later use by your family. But do **not** keep the F-100 in your safety deposit box; most safety deposit boxes are sealed after death.

At the April meeting, we didn't have a presenter. If you take notice of the list of officers on page one, you'll notice that VP George Ramirez still has his old job as Programs chair. He also inherited the PR job. He's spread thin. We really need someone to take the Programs chair. The job is primarily done from home with a telephone. If you have an interest, call George and he'll give you more details. Also, when you're at other meetings and see a presentation that you think would be of interest to our members, please get the contact info and pass it on to George.

On the lighter side, I recently heard that for parents and grandparents of a Little Leaguer, a baseball game is simply a nervous breakdown divided into innings.

And did you ever wonder: If Dracula can't see his reflection in a mirror, how come his hair is always so neatly combed? And why would you join a dangerous cult when you can have safe sects?

- Tony

FREE LUNCH FOR ONE

We recently learned of an offering made by another NARFE chapter each month. We've decided to try it in the *Mighty 190*. Here's how it goes:

We'll pick a member's name at random. Somewhere in the newsletter, that name will appear in some article. If the member finds his or her name, there will be a free lunch at the next monthly meeting.

The member will need to make a reservation (just like always). At the check-in table at the luncheon, the lucky member will just albert einstein tell the check-in attendant that they'd found their name in the newsletter. Bingo! A free lunch!

Come the next month's newsletter, we'll note the previous month's name. By way of this article's example, for instance, next month's newsletter would say that "Albert Einstein" was the name last month.

OK - that's the offer. The rest is up to one member of the *Mighty 190*. Ready? Start looking!

ALZHEIMER'S RESEARCH EFFORT

By the year 2050, over 86 million people - 21% of the total U.S. population - will be 65 or older. Over that same period, people living with Alzheimer's disease (AD) is expected to increase almost threefold, from 4.5 million to 13.2 million.

In the March issue of this newsletter, there was an article on research against Alzheimer's. As noted then, evidence suggests that AD is caused by amyloid plaque deposits and tangles in the brain. Amyloid, one of the main components of plaques in AD, binds to Receptors for Advanced Glycated Endproducts (or RAGE, for short) on the surface of cells and at the blood-brain barrier. This binding may trigger inflammation and damage to nerve cells. By blocking Amyloid-RAGE binding, researchers have found that plaque formation was reduced in animal models.

An experimental drug was developed as a RAGE Inhibitor (RI) to treat AD. The drug has already been tested in animals, in small Phase I safety studies in healthy volunteers, and in a preliminary short safety study in AD patients. It is now being investigated in a larger Phase II clinical study to determine its efficacy (e.g. if it will slow the progressive decline associated with Alzheimer's disease).

The Alzheimer's Disease Cooperative Study (ACDS) at UC San Diego is coordinating the RI Study to test this experimental drug. The study will take place in over 40 U.S. cities and will include about 399 volunteers age 50 or older with mild to moderate AD to test this approach to treating AD.

According to the ACDS website, you may learn more by contacting the National Institute on Aging's Alzheimer's Disease Education and Referral (ADEAR) Center at (800) 438-4380 or going to the ACDS website, <http://adcs.org/studies/RI.aspx>.

STAMP OUT HUNGER FOOD DRIVE

The Stamp Out Hunger Food Drive is the nation's largest single-day food drive and is sponsored by the National Association of Letter Carriers and supported by NARFE.

On SATURDAY, May 9, the National Association of Letter Carriers (www.nalc.org) and allied postal crafts will conduct their 17th annual Stamp Out Hunger Food Drive. The 2008 NARFE-supported drive delivered 73.1 million pounds of non-perishable items donated by patrons to local food organizations.

NARFE members nationwide are urged to collect and bag non-perishable food items. Place the bag by your mailbox for pick-up by your letter carrier on Saturday, May 9. The Food Drive results will be reported to NARFE members.

SERVICE OFFICER'S CORNER

by Bob Willis, Service Officer

Last month, I offered NARFE Form F-100, *Be prepared for Life Events*, to our members. The offer still stands. The form includes spaces to list who might need to be notified in the event of a retiree's death. It also lists many helpful Internet sites. (If you don't use a computer, try the library, or ask a friend for help.)

A retiree's survivor can start by contacting the U.S. Office of Personnel Management (OPM), by email at retire@opm.gov, by phone 888-767-6738, or by TTY: 800-878-5705. To learn how to report the death of an annuitant (federal retiree) or a surviving spouse, go to <http://www.opm.gov/retire/post/survivor/index.asp>.

One item that will be helpful, if it can be found, is a copy of any fairly recent Notice of Annuity Adjustment that has a return address of the U.S. Office of Personnel Management, Retirement Operations Center, PO Box 45, Boyers PA 16017-0045. On this document, you will find the annuitant's Claim Number, usually starting with "CSA" or "CSF" followed by some numbers. This number is important, but by no means necessary as long as you also have the social security number.

Most, but not all, federal retirees do have life insurance under the Federal Employees Group Life Insurance (FEGLI) program. This program is operated by OPM; however, the Office of Federal Employees' Group Life Insurance (OFEGLI), which is a privately held entity, is contracted by the federal government to actually process and pay claims.

The next step is to file the claim with the OFEGLI. You can get form FE-6, Claim for Death Benefits at http://www.opm.gov/Forms/pdf_fill/fe6.pdf. This form contains instructions for filling it out and for filing the claim. Generally, the claim must be on file with OFEGLI for thirty (30) days before you can do any telephone follow up.

As a federal/postal retiree, the deceased may have also had an account with the federal Thrift Savings Program (TSP). TSP is the federal government's version of a 401(k). By no means do all federal retirees have such an account, but many do. Learn more; get a

copy of the TSP Death Benefits information booklet at <http://www.tsp.gov/forms/tspbk31w.pdf>. You can get form TSP-U-17, Information Relating to Deceased Participant, at <http://www.tsp.gov/uniserv/forms/tsp-u-17.pdf>.

Generally speaking, Social Security should be notified as soon as possible when a person dies. In most cases, the Funeral Director will take on the responsibility of notifying the Social Security Administration (SSA). Otherwise promptly notify the SSA of the beneficiary's death by calling them toll-free at 1-800-772-1213 (TTY 1-800-325-0778). You can get more information at <http://www.ssa.gov/pubs/deathbenefits.htm>.

Here are other links which may be helpful to some.

- Department of Veterans Affairs: <http://www.va.gov>
- How to report the death of a military retiree: <http://www.dfas.mil/retiredpay/reportingdeathofmilitaryretireeorannuitant.html>
- Public Safety Officers' Benefits (PSOB): http://www.ojp.usdoj.gov/BJA/grant/psob/psob_main.html

NEWSLETTER ARRIVE LATE?

For the last two months, many members got their newsletters late. So you'll know, here's the schedule.

The newsletter is assembled, edited and proofread by about 2 to 2½ weeks before the monthly meeting. It's then put into an electronic file and transmitted to our printer (and to Carl for posting on our website).

The newsletter is printed within a day or two. Someone goes to the printer to get the printed copies and then delivers them to our mailing service.

Our mailing service prints the address on each newsletter, folds it and puts the tab on it to keep it closed in the mail.

The mailing service brings addressed newsletters to the "bulk mail" section of the Post Office the next business day. This is usually not later than the Wednesday in the week before our luncheon.

As "bulk mail," it doesn't get priority processing by the Post Office. But it's usually received not later than the Saturday before each luncheon.

MEMBERSHIP REPORT

	<u>Members</u>
End of last month	862
New members	4
Dropped/Transferred	<u>- 5</u>
GRAND TOTAL	861

TREASURER'S REPORT

End of the last month balance	\$3,739.38
Receipts	870.64
Disbursements	<u>(800.44)</u>
End of month balance	3,809.58
Petty cash	<u>+ 25.00</u>
GRAND TOTAL	\$ 3,834.58

NATIONAL MOMENT OF REMEMBRANCE

On Memorial Day, Americans pause to remember service members from wars past and present who have given the ultimate sacrifice while defending the nation.

The traditional observance of Memorial Day has diminished over the years. Many Americans seem to have forgotten its meaning and traditions. Graves of the fallen are increasingly neglected or just plain ignored in many cemeteries. Most people no longer remember the proper flag etiquette for the day. Though towns and cities can hold Memorial Day parades, many haven't done so for decades. Some people erroneously think the day is for honoring any and all dead, not just those fallen in service to our country.

The need to re-emphasize Memorial Day's purpose became clear in May 1996, when children touring the nation's capital were asked what Memorial Day meant to them. "That's the day the pool opens," they said.

That sparked an effort that resulted in adoption of the National Moment of Remembrance. Observation of the Moment is to take place for one minute on each Memorial Day, starting at 3 p.m., local time.

A news release at the time said, "3 p.m. was chosen because most Americans are enjoying their freedoms at that time on the national holiday. The Moment does not replace Memorial Day events; rather, it is an act of national unity for all Americans, alone or with family and friends, to honor all who died for our freedom."

The Moment can be as simple as ringing a bell three times or pausing for a moment of silence, the news release said. Americans are encouraged to ask others to remember, including family, friends and co-workers.

Please take time to observe this year's National Moment of Remembrance at 3 p.m. on May 25th.

GIFT CERTIFICATES FOR SEE'S CANDIES

Marilou Balangue now has gift certificates for a one-pound package of See's Candies for \$13, compared to an in-store price of \$15.60 per pound. She has them at Ann Howard our luncheons (or you may call her). At \$13, it's a good deal.

The sales serve as a fundraiser for our chapter, and the certificates are good throughout the year!

DONATIONS FOR FOOD SHARE

While some signs suggest the economy is getting better, it will happen slowly. Meanwhile, let's continue to help locally by supporting Food Share. Bring even just one can or package of non-perishable food to each month's luncheon (or more if you'd like); your donated foods will be delivered to Food Share.

If you'd rather donate money instead of food, you may write a check made out to FOOD SHARE. Marilou Balangue will deliver our donated food and funds to Food Share following each luncheon meeting.

LOOKING AHEAD TWO MONTHS

June's luncheon will be on the 25th. The entrée will be enchiladas. The June reservation deadline will be noon on Monday, June 22.

Our "Indoor BBQ" on July 23rd, will feature a double entrée of chicken and tri-tip for \$10. The reservation deadline for that luncheon will be noon, July 20th.

FINAL LUNCHEON REMINDER FOR MAY

This month's luncheon will be on Thursday, May 28. Please be sure to make your reservations with Marilou by noon Monday, May 25.

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG
U.S. POSTAGE
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Permit No. 1839

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