



MIGHTY 190 NARFE

NATIONAL ACTIVE and RETIRED FEDERAL EMPLOYEES ASSOCIATION

Ventura County Chapter

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

November 2009

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NOMINATING COMMITTEE

THE BOARD

NOVEMBER LUNCHEON MEETING

Place: Elks Club,

801 South A Street, Oxnard

Date: Thursday, November 19-the *THIRD* Thursday

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

Cost: \$9.00

The reservation deadline for our next luncheon is **NOON**, Monday, November 16. Telephone **Marilou** at 382-8826 or e-mail her at **MARILOU653@aol.com** to make (or *cancel*) your reservation.

On **November 19**, we will begin with socializing at 11:30 and serve lunch at noon. The menu will be:

Turkey & Dressing

Mashed Potatoes & Gravy

Cranberry Sauce Green Salad

Rolls & Butter Pumpkin Pie

Tea & Coffee

NOVEMBER PROGRAM

As you know, NARFE continues to support the Alzheimer's organization. We of the Mighty 190 support both the national and local organizations, from the funds collected in the baskets on the tables at each luncheon. Ever wonder what happens as a result? Or what's happening in the battle against Alzheimer's? Come to the November luncheon for an update!

Norma Featherston, Ventura County Area Director, Alzheimer's Association, will be our speaker this month. In her presentation, she will provide us with information about activities on the state and local level. Norma's presentation will include Alzheimer's facts and figures specifically applicable to California.

DO WE HAVE YOUR E-MAIL ADDRESS?

Please share your email address with Chapter 190; email it to Carl Bailey at: **1mrbig1@verizon.net**. It will lucille dougan be used *only* for NARFE or Chapter 190 business!

You can receive "Action Alerts" and other urgent NARFE notifications only if you share your address!

FOOD SHARE DONATION TOTAL

As we donate to Food Share each month, we report the total here. This month, we donated 58 pounds of food. Our 2009 total to date: 335 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.

PRESIDENT's MESSAGE

Tony Pizza, President

At the November meeting we will again elect chapter officers. I would prefer to not run, but my board has persuaded, threatened, and bribed me to run again. I will, if they will. So the current candidates are the current board. (If you take a look at the list of officers on the front page, you'll notice that five board members hold twelve positions/offices ... and those same names have appeared now for a number of years.) Nominations from the floor will be accepted at the meeting for any office. Nominations will be accepted by phone or mail or email prior to the meeting. Nominations may be made from the lectern if you are observed not paying attention and I can sneak it past you. (Just kidding.) But we would like some of you to volunteer for a committee position, so you can get to know the chapter board and eventually run for an office.

The Rolled Sirloin Beef served at the October meeting was excellent. Come to the November meeting for a great turkey dinner. Don't forget - this month and next, our luncheons will be on the *third* Thursday of the month. In November it's the 19th and in December it'll be the 17th.

The Census Bureau is now recruiting for the 2010 U.S. Census. The Census Bureau estimates that it will hire up to 1.4 million individuals to help in this undertaking. If you are interested in applying, call the toll-free jobs line at 866-861-2010 and you will be routed to your local Census Bureau Office. You can also visit www.2010censusjobs.gov/. You can prepare by downloading the Census Practice test from the website.

A waiver has been granted that allows individuals who are receiving federal annuities to work in *certain* jobs without an offset to their salaries. This is not a blanket waiver for all Census positions, so when you contact the Census Bureau, be sure to find out whether the position you are applying for is covered under the waiver. (Information from NARFE Quarterly News Vol. 6, Number 4. Oct. 2009)

Here's an old one: A man receives a phone call from his doctor. The doctor says, "I have some good news and some bad news." The man says, "OK, give me the good news first."

The doctor says, "The good news is, you have 24 hours to live." The man replies, "Oh no! If that's the good news, then what's the bad news?" The doctor says, "The bad news is, I forgot to call you yesterday."

- Tony

SERVICE OFFICER'S CORNER

by Bob Willis, Service Officer

The Office of Personnel Management announced an extended deadline for Federal Long Term Care Insurance Program (FLTCIP) enrollees to make changes in their coverage to avoid or mitigate a 25% premium increase. Most who have the automatic compound inflation (ACI) option in their FLTCIP plan are subject to the rate hike. The deadline was extended from December 14, 2009, to February 15, 2010.

Federal employees, retirees and survivors have more time to consider their long-term care insurance coverage in light of the premium increase. However, choices that FLTCIP enrollees will have to make continue to go from bad to worse because they'll have to give up some coverage to avoid the rate hike.

H1N1 (swine) flu information

Fortunately for us, persons born before 1950 seem to be less susceptible to the H1N1 flu. We've probably developed some immunity from past flu exposures.

Symptoms of H1N1 swine flu are like regular flu symptoms and include fever, cough, sore throat, runny nose, body aches, headache, chills, and fatigue. Many people with swine flu have had diarrhea and vomiting. Nearly everyone with flu has at least two of these symptoms. But those symptoms can also be caused by many other conditions. That means that you and your doctor can't know, just based on your symptoms, whether you have swine flu. Only lab tests can definitively determine whether you have swine flu.

If you have flu symptoms, stay home. When you cough or sneeze, cover your mouth and nose with a tissue. Afterward, throw the tissue in the trash and wash your hands. That will help prevent your flu from spreading. If you can do so comfortably, wear a surgical mask if you must be around others.

If you just have mild flu symptoms, you do not need medical attention unless you get worse. But if you are in a group at high risk of severe disease, contact your doctor at the first sign of flu-like illness. In any case, it's recommended that you call or otherwise contact your doctor before rushing to an emergency room.

Adults should seek urgent medical attention if they have difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, and flu-like symptoms that improve, but then come back with worsening fever or cough.

A flu shot immunization for the annual seasonal flu will not prevent the H1N1 flu. There is a separate shot for H1N1. Consult your medical provider as to the advisability of getting flu shots.

NARFE and LEGISLATIVE PROGRESS

by George Ramirez, Legislative Vice President

NARFE President Margaret L. Baptiste commended President Obama for signing the FY 2010 Defense Authorization bill into law; it includes several civil service improvements long sought by NARFE.

“Enactment of this legislation to eliminate inequities, increase productivity and address the skills shortage in the civil service is a great victory for active and retired federal employees — and something that NARFE has worked for behind the scenes for a long time,” said NARFE President Baptiste. “We are happy the president has signed this important bill into law, and we are grateful to our friends in Congress who moved heaven and earth to include the civil service improvements in the final legislation.”

She also praised specific Representatives for the significant role they played in this victory on behalf of NARFE and the federal/postal community. In addition, she thanked those Representatives who served as the Defense bill conferees, for helping to persuade their colleagues, particularly Senate Armed Services Committee Chairman Carl Levin, D-MI, and House Armed Services Committee Chairman Ike Skelton, D-MO, to include the civil service provisions.

The new law allows federal agencies to re-employ federal retirees on a limited, part-time basis without offset of annuity; permits FERS workers to initially credit half, and in 2014 all, of their unused sick leave toward retirement; provides for retirement equity for federal employees in Hawaii, Alaska and the U.S. Territories; ends the Department of Defense’s pay-for-performance personnel system, the National Security Personnel System or NSPS, restoring employees to the federal General Schedule pay system; and includes other civil service provisions.

She noted that NARFE has played a leading role during the past several years, along with other federal and postal employee organizations, to overcome many obstacles and achieve passage of these civil service improvements. She said that without NARFE’s persistence, legislation (S. 629) to allow federal retirees to be re-employed by the Government would not have been included in the final Defense bill. Many

federal retirees continue to make critical contributions to our safety and well-being during this time of national need, when work force shortages have deprived some agencies of employees with critical and specialized skills.

Baptiste was particularly pleased that a compromise was reached on the FERS sick leave legislation by phasing in the allowance. “We recognize that the inequity in the treatment of accrued sick leave between FERS and CSRS has hurt productivity and increased agency costs,” Baptiste said. “For that reason, we have strongly supported the concept that all federal civilian retirement programs credit unused sick leave toward retirement.” President Baptiste specifically lauded Representative James P. Moran, D-VA for being a long-time champion of this issue.

ALZHEIMER’S RESEARCH

There’s a lot of Alzheimer’s research going on. This article discusses one area of that research.

A recent article in *Science News*, written by Tina Hesman Saey, reported on a new study (using mice) that suggested losing sleep could lead to losing brain cells.

Levels of a protein that forms the hallmark plaques of Alzheimer’s disease increase in the brains of mice and in the spinal fluid of people during wakefulness and fall during sleep, according to researchers. Mice that didn’t get enough sleep for three weeks also had more plaques in their brains than well-rested mice, the team found.

Scientists already associated Alzheimer’s disease with poor sleep, but they had thought that Alzheimer’s disease caused the sleep disruption.

Studies in people have not shown a link between Alzheimer’s disease and chronic sleep loss. Research leader David Holtzman, a neurologist and neuroscientist at Washington University in St. Louis speculates that lack of sleep, particularly in mid-life when plaques begin to form, could hasten onset of the disease in genetically susceptible individuals. Further study is needed to gain an understanding of the formation of the plaques and to possibly identify a means to prevent their formation.

MEMBERSHIP REPORT

	<u>Members</u>
End of last month	857
New members	6
Dropped/Transferred	<u>- 9</u>
GRAND TOTAL	854

TREASURER’S REPORT

End of the last month balance	\$4,174.08
Receipts	877.52
Disbursements	<u>(821.60)</u>
End of month balance	4,230.00
Petty cash	+ <u>25.00</u>
GRAND TOTAL	\$ 4,255.00

YOUR NAME IN PRINT?

If you find your name embedded somewhere in this newsletter, your lunch will be free at this month's luncheon meeting. Each month, we pick a member's name at random and that name appears in an article. Last month, charles white's name stayed hidden in the newsletter. Find your name, and your lunch is free!

Just make your reservation. At the luncheon check-in table, tell the check-in attendant that you found your name in the newsletter. Bingo! A free lunch!

OK - that's the offer. Start looking!

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 always has them at 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!

Remember, too, that See's gift certificates always make great stocking stuffers. And they can be readily mailed as well.

SEASONAL SEE'S CANDY STORY

During November and December, See's Candy will open a seasonal store at 1831 Ventura Blvd., Oxnard, in the Market Place Shopping Center (it also has Marshall's, Olive Garden, Fry's, and the 99 Cent Store). It's near Marshall's. The certificates from Marilou can be redeemed for a pound of candy at any See's store - including the seasonal store. By the way, a pound of See's candy sells for \$15.60 if you buy it in a See's store.

NEW MEMBERS THIS MONTH

We have 6 new or reinstated members this month. Please give a warm welcome to our new members **Bernadette Blixt, Rodney Blixt, Dorothy Gragg, Diallette Randall, Wayne Rascoti** and **Salvacion Vindua** when you see them.

DONATIONS FOR FOOD SHARE

The economy may be getting better, but slowly. Our monthly donations have helped during the year so far. The need is greater than ever this holiday season, so please consider giving extra this month if you can. Even an extra can or package of non-perishable food (or more if you'd like) helps. Shelves at Food Share food shelves continue to run low, so every donation counts and is appreciated!

If you'd rather donate money instead of food, you may write a check made out to FOOD SHARE.

Marilou collects our donated food and funds each month and delivers them to Food Share.

LOOKING AHEAD TWO MONTHS

WARNING!! December's luncheon will be on the **3rd Thursday**, December 17. The reservation deadline will be Monday, December 14.

January's luncheon goes back to the 4th Thursday, January 28. The reservation deadline for that luncheon will be Monday, January 25.

NOVEMBER FINAL LUNCHEON REMINDER

This month's luncheon will held be on the **3rd Thursday**, November 19. The cost will be \$9, as usual. Please be sure to make your reservations with Marilou by noon Monday, November 16.

RETURN SERVICE REQUESTED

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Federal Employees Association
235 East Olive Street
Oxnard CA 93033-4533

