



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
PUTNAM COUNTY—COOKEVILLE TENNESSEE**
Protecting Our Future

Chapter 1956 Newsletter

October 2015

Notes from last meeting

I was not able to be at the last meeting due to a couple of conflicts. I want to thank our Vice President, Larry Harkleroad who moderated the meeting and our Treasurer, Myrna Estes who filled in for the Secretary in taking the minutes. This was the first meeting that we have had in 8 years as president that I have missed. I plan to be back this month.

Attendance dropped off this past month, I know several had other obligations and could not be there. I hope that we have a larger crowd for this month.

The speaker who was called away and not able to be with us in August did make it for the September meeting. He was Dr. Donald Grisham who is currently with the Upper Cumberland Regional Health Department.

According to the notes that I received, he gave a very interesting presentation concerning our diets. In years gone by, fat was to be avoided. Now, a diet higher in fat and lower in carbohydrates is encouraged. We should keep carbs at 120 grams or less a day. He went on to say that good carbs included broccoli, kale and brussel sprouts. We should avoid whites, such as sugar, flour, potatoes, bagels and doughnuts.

Dr. Grisham mentioned a website that is a good source of information, that is CalorieKing.com. Those of you with computers may want to check that out. Finally, I was informed that our cholesterol count is due in large part to genetics, not what we eat.

In other news from the last meeting, there was a lot of news from our national office over the past month that Larry shared with those in attendance. Some had to do with the current membership drive, a call for a 2016 pay raise for current employees, Medicare Part B premiums increasing greatly for next year and how that might impact retirees, and some other topics.

There was also a lot of news regarding legislation issues that we received from our national office. Larry and Dan Hilton discussed most of this. Much of which I included in the last newsletter. Congress is back in session now after the August recess.

Covered also were the normal reports on membership, sunshine, and others. You really miss a lot by not attending our meetings. Hope to see you soon.

Please share these newsletters with your spouse

Next meeting

Our chapter meeting for October will be on the 20th. Keep in mind that our meetings fall on the 3rd Tuesday of the month and the location is Shoney's Restaurant in Cookeville. Start time is 6:00pm. Our scheduled speaker will be Clare Farless who is the Family Caregiver Coordinator with the Upper Cumberland Development District. I know this topic will be of great interest to many of you and I hope you will come out this month to be in our meeting.

Member death

I learned last month after I had already prepared the newsletter that one of our long time members had passed away. Charles Edward Savage of Celina died on June 25th of this year. He was 82 and retired from the US Army Corps of Engineers. He worked at Dale Hollow Powerhouse. I remember him well as I worked with him there. He went by the name of Edward and is survived by his wife, Robbie, and a son and daughter.

Membership drive contest

Don't forget the contest to bring in new NARFE members. The contest runs till December 31st and is a way to enlist new members, both retired and current federal employees. As an incentive, the national office is offering several valuable prizes to you as a current member to get new members for NARFE.

Complete details are on the NARFE website by [going here](#). If for some reason, you are not able to find that, just let me know I can print it out for you.

Everyone can help with this. Just get a membership form at any meeting, or get the one from any NARFE magazine. Remember to fill in your recruiter name, membership ID number and our chapter number for tracking information and chapter credit.

Chapter Officers

President	Ronnie Collins
Vice-President	Larry Harkleroad
Secretary	Reba Collins
Treasurer	Myrna Estes

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NARFE magazine

I have noticed by looking at the reports that NARFE has online for our chapter that some of you are not receiving the NARFE magazine in the mail. The magazine comes out each month and has lots of good news and information.

Some of those not receiving the magazine are spousal members and the other member in the household does get the magazine, and that is fine. But I see there are some who are members and no magazine is being mailed to your house. If that is you, I believe that you can get the magazines started back by calling and telling them that you would like to restore this. The number to call is 1-800-456-8410. Why not do that. Remember that NARFE receives advertising revenue based on the total number of magazines that are sent out each month.

Open season

It is not too early to start thinking about any changes you may want (or need) to make regarding any of the insurance plans during the upcoming Open Season which this year will be November 9 thru December 14. Those of us who are retired can change plans for the health insurance plans and the dental and vision plans. Those still employed can also make changes to the health savings accounts.

In the October issue of the NARFE magazine, you will find the first article on this subject, typically they include articles on the Open Season in the October, November and December issues. The closer we get to the open season, the more information will be available. As of this writing, the 2016 plan information is not available, but the 2016 rates are. OPM has announced enrollee's share of the new rates will increase an average of 7.4 percent.

All plans this year must offer the Self Plus One type plans and while the total premium must be less than the Self plus family, I see that that does not hold true for the enrollee portion of the costs for some of the plans. I will have the new rates at the upcoming meetings. Or you can find them [online here](#).

December meeting

I am still looking for input from you, our members about what to do about our December meeting. When asked at a recent meeting, those in attendance wanted to have a social type meeting like we normally do at some location. Last year we had to arrange something on short notice and we met at the Golden Corral in Cookeville. I have called some other locations; the Clarion Inn, Nick's Restaurant, Logan's Restaurant to inquire about available dates and prices, etc. Bring your thoughts, next meeting.

**Thanks to those who have signed up
for Dues Withholding**

Legislative news

There continues to be many bills that are active in Congress that has some affect on federal employees and/or retirees. Our national office is active in following these bills and does a great job in lobbying on our behalf. NARFE provides several way to keep us informed on these; such as email alerts, the Legislation Action Center online, and there is a section in the monthly magazines called the NARFE Bill Tracker. I hope you take advantage of each of these and stay informed. If you don't get the weekly Hotline email messages, you can call and hear it read by recording. That number is 877-217-8234.

The NARFE national office also wants us to call or send messages to our members of Congress to urge them to support NARFE's position on these bills. You are reminded that the phone number that NARFE has set up to call your Representative and your Senators is 866-220-0044.

The best way to send a message to your member of Congress is to use NARFE's online Legislation Action Center. Go to the national website and follow the links to get to the Legislation Action Center. When you get there, you can select from many areas at the top of the page such as Contact Congress, Key Issues, Bills and Votes and more. Again, if you select Contact Congress, you will see a whole list of topics which you can choose from to send a message about. Choosing either of these, it will ask for your name of address, that way it will know who your members of Congress are and give you sample wording for the message, you are able to edit the wording as you desire.

For the latest news, attend our monthly meeting.

Kroger fundraising program

This has nothing to do with NARFE, but it relates to another organization that I work with. The Kroger Company donates to non-profit groups through its fundraising program.

Another group that I am a part of is the Smith County Right to Life and it is part of Kroger's fundraising program. If any of you shop at the Kroger store for groceries, prescriptions, flowers, gift cards, etc. then you could help. All you need to do is link your Kroger Shoppers Card to our group.

I would be glad to give you the instructions on how you can do that. Hope that you can help us by taking part in this, it is easy and does not cost you anything. Let me know if you want the instructions, I can mail them or give them to you at the meetings.

NARFE IS ON THE WEB

Chapter 1956:	www.narfecookevilletn.org
Tennessee Federation:	www.narfetn.org
NARFE Headquarters:	www.narfe.org