



**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
TENNESSEE FEDERATION OF CHAPTERS  
CHAPTER 1956 COOKEVILLE TENNESSEE**

June 1, 2006

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Presidents Corner

The picnic June 17 constitutes our next meeting. It will be held at Standing Stone State Park Shelter 4 rain or shine. Guests are welcome. Since we have the shelter all day you may want to lounge around, and we suggest that lawn chairs are more comfortable than benches. For the more adventurous there is hiking, boating, fishing, swimming, tennis etc. We plan to eat about 11:30 am, and five volunteers have agreed to bring deserts. The meals will include pork and beef barbeque, rolls, beans, slaw, tea (sweet and unsweetened) condiments, plates and utensils. Cost of the meal is \$6.00 per person, which includes the cost of reserving the shelter. A map with directions is on the back side of this newsletter.

A Bingo session is planned for after lunch and each family is requested to bring one prize.

The actions of the telephone committee are very important. Committee members are asked to contact every member on their list and determine who will attend the picnic. Please **record** the name of the expected attendees and their guests and give the information to Lou Richards 931-528-1164. Cut off date is June 14<sup>th</sup>. Members registering attendance and not canceling by that date will be expected to pay for the reservation.

If you have not received a call from you telephone committee by June 11 and wish to attend, call Lou directly.

The speaker for our May meeting Oplis Walker was both informative and entertaining. The body is a chemical machine and nutrition as well as drugs play an important part in keeping it healthy. The nutrition part is preventative and often over looked in light of the drugs which are responses to existing problems. Some tidbits from the meeting: garlic and onions are the two most effective veggies in promoting good health; an onion with your burger reduces the risk of bacterial infection. Celery is anti-(carcinogenic, arthritic, anxiety, hypertensive, and hysteria), a stick a day is good, juice is better. Pineapple juice taken after an antibiotic enhances the action of the drug, fresh is better than canned. Pork is the meat most associated with cancer. We have copies of the handout available for any one who wants one.

We had two members of the Crossville chapter visit our meeting, we welcome them.

Treasurer's balance at the end of April was \$532.54

Legislative – Sixty one Senators now support the Premium Conversion bill, unfortunately our Senators are not among them. We need to continue to urge their support. Note, the cost of implementing Premium Conversion would be 12 billion dollars over a 10 year period. The cost of GPO/WEP is estimated as 61.9 billion over a ten year period.

The chapter voted to elect Chuck and Jan MacKenzie as delegates to the National Convention. We are allowed one more. If interested let me know. Final data for submission of delegate data to HQ is July 10.

Sunshine - Cards were sent to Sue Haskins, Louise Loftis, Roy Byrd, and Sam Bacon

### Membership

The HQ reports for April show four members have renewed their membership. Thank you!!!! No members were dropped. Again, thank you. Three members were sent second notices (naughty, naughty). For those of you receiving notices to renew dues, please consider dues withholding, we have the forms. Those who have switched are happy with the change.

Thank you to Tom Banker who recruited one new member.

