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Hear Ye! Hear Ye! Ye! Hear Ye!

*Chattanooga Chapter
108 hereby requests the
honor of your presence
at the*

**NARFE Tennessee
Federation
57th Annual
Convention
April 15-16, 2013
Chattanooga
Choo-Choo Hotel
1400 Market St.
Chattanooga, TN
37402**

Please plan now to attend. Registration form can be found inside on page 4. For further information contact:
Mary Lynn Wilson
(423) 304-1535 or
Larry Minniear
(423) 875-5612
lminniear@myway.com



The light at the end of the tunnel may be another train

Spring is just around the corner, and you can look forward to the trees leafing out and the flowers blooming and the return of the birds singing. Also you can look forward to the new 113th Congress posturing to place blame of their failure on the other party and not getting much done. If the members of Congress were paid based on performance, it would save us a lot of tax dollars.

From 1984 until 2011, NARFE was lobbying to get Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) repealed. This is because we were unsuccessful in getting it stopped from being enacted and becoming the law of the land. During the 113th Congress, you can expect some additional losses to generate new acronyms for legislation that we will spend years trying to get repealed with similar results to WEP/GPO. The best solution is to lobby Congress via your emails and phone calls when requested by the NARFE Headquarters so the laws that impact our earned benefits do not get passed to start with.

The NARFE HQ sends out alerts to the GEMS list, and if your email address is not on the list, you will not get the notice unless someone at the Chapter level that is on the list forwards the email to you. As of January 2013, we only have 1,000 of 3,547 or **28.2%** of our Federation members with their email address on the GEMS list. Part of the solution for our members to be more proactive is to get more folks on the list. I know many of you don't want more email, so

you haven't signed up for the GEMS mailing. I understand that since I get about 200 new emails daily. But one way to help that is to have more than one email address. By doing that you can have just one email address that you use for NARFE, and it will not impact your primary email address. If you do not have internet access at home, most libraries have terminals that allow email access, and there are many email providers that offer free email. Become prepared to help preserve your earned benefits by getting an email address. Then you need to add it to your NARFE profile to get the GEMS messages, and then respond by using the Legislative Action Center to send an email to all of your members of Congress or give them a call to the toll free number that is listed in the Action Alerts when they come out.

Everything we gain, everything we lose, is by act of Congress, and we need to be in close contact with them every step of the way. NARFE Headquarters put out messages for NARFE National Call Congress Days using the GEMS and we can expect many more **Call Congress Days** as the deal making progresses throughout the 113th Congress. Be vigilant and when asked to call Congress or send them an email via the Legislative Action Center, please do so. If our Members of Congress do not hear from us, then they think we don't care.

Become part of the solution!

*John Wells, Federation President
104 Newton Nook, Brentwood, TN 37027
johnwells@narfetn.org
(615) 957-5585*

Delegate forms needed

We have 36 chapters in Tennessee. So far I have received Delegate forms from eight of these chapters, and the list of deceased members for the In Memoriam Book from eight chapters as well. I was made aware of the fact that some chapters have not yet met since the last newsletter so have yet to select their delegates. However, your priority attention to these pending issues would be greatly appreciated by both the convention planners and myself.

I look forward to seeing many of you again at the Chattanooga Convention and also to meeting many of you for the first time. My goal is to do the very best job I can for the Federation and for every NARFE member. If no one from your Chapter will be able to attend the Convention, be sure to assign someone as your proxy, which requires a Delegate Form as well. Make your wishes known and make your vote count by getting your Delegate Form in to me as soon as possible. Again, send your (cont'd on page 3) Delegate Form to me:

United States is becoming land of shortages and sacrifice

Well it's official, with only 219 bills passed compared to an average of 420 over the past five sessions, the last Congress was the least productive in history. It was also the least popular ever with an approval rating of 10 percent, which ranked lower in polls than communism. Although a deal was reached to avoid the fiscal cliff, little was done to reduce either short- or long-term budget challenges and the automatic spending cuts known as sequestration remain unresolved. Recently I read an article which suggested that paying our lawmakers based on performance would help to keep them focused on doing their jobs. For example, pay could be linked to economic benchmarks, a high labor participation rate and how well voters think legislators are working together. Many in Congress seem to favor reshaping government by reducing pay, pensions and benefits of federal workers and retirees while claiming it helps to bring compensation in line with private sector benefits. Since performance-linked pay has improved management practices in the private sector, it is puzzling that Congress has not embraced it with the same rationale and zeal for their own compensation. Based on their performance last year, it could result in federal budget savings of several hundred million dollars over a 10-year period.

While Congressional Pay for Performance may be just a fantasy, it does seem as though the United States is becoming a land of shortages and sacrifice with far too many of our leaders willing to settle for mediocre and average. Why isn't the goal to bring the federal workforce "in line" with the best companies in the nation? Why shouldn't government set the example for the private sector? What has happened to our vision of excellence, of being the best? Glassdoor recently unveiled its fifth annual Employees' Choice Awards and Facebook is ranked the number one place to work for 2013. Some of the benefits that Facebook employees in Atlanta, Ga., enjoy are listed for your information as follows: 21 vacation days, 11 company holidays and sick days when you need them; company payment of 100 percent of medical, dental and vision insurance

premiums, and around 80 percent for family coverage; paid parental leave, help with day-care and adoption fees, and \$4,000 "baby cash" for new family members; help to pay for a monthly gym membership; free meals, plus kitchens stocked with unlimited snacks; and reimbursement up to \$80 a month for laundry and dry cleaning bills. The average salary of a Facebook Customer Support Person is \$60,070 per year, which is approximately the same as a GS-11, step 3 on the 2012 General Schedule Pay Table for the "Rest of the United States."

I am not suggesting that average compensation for federal workers should be more than the average in the private sector, but I do believe that a well qualified, highly motivated and fairly compensated federal workforce must be one of the elements in the best foundation for ensuring our nation's continued prosperity. If the currently popular federal employee compensation cutting mentality prevails in Congress, the government simply will not be able to hire reasonably qualified workers while offering third world pay and benefits. A speaker at the National Convention said that NARFE is the best advocacy organization on Capitol Hill – BAR NONE! I am extremely grateful to have NARFE diligently working on behalf of the federal family for fair and equitable solutions to unparalleled economic challenges while protecting federal pay, pensions and benefits. Similar efforts are being perpetuated toward that same end by leaders and members through NARFE chapters all across our great nation and every additional NARFE membership bolsters our chances for sustained success. The more members we have, the more clout we have on Capital Hill and in the offices of every local Congressional District. I encourage you to support chapter recruiting and retention efforts, local district office visits and National initiatives to telephone (call in) or send emails and letters to members of your Congressional delegation. An excellent opportunity to hone your personal advocacy skills is by attending the Legislative Training Class at our annual Federation Convention April 15 – 16 at the

Continued on page 3

Shortages and sacrifice (continued)

Chattanooga Choo-Choo. The convention is just a few weeks away, and I am sure our gracious hosts of Chattanooga Chapter 108 will soon be completing plans for an extraordinarily memorable event. I look forward to sharing this special time with our exceptional federal family and hope to see you there.

Thinking about clout, March is NARFE-PAC month. and all NARFE members are encouraged to make a donation during the month. As we all know, money begets influence with most of our politicians and often opens windows of opportunity for advocacy that are rarely available by any other means.

I mentioned rankings earlier, but there are a few additional noteworthy items that I would like to share. Conde' Nast Traveler designated

Nashville as one of the top five cities in the world to visit in 2013, and it has also been picked as the next "IT" city in the United States according to the New York Times. Not surprisingly, a ranking by Forbes of the happiest cities to work in the United States listed Knoxville and Memphis second and fourth respectively. Tennessee is a good place to be!

Please do not forget our less able senior members; a card, telephone call or visit will warm their heart and yours too.

Larry Henderson

*Tennessee Federation 1st Vice-President
(731) 784-0675*

lhenderson@narfetn.org

NARFE reaches major Alzheimer's milestone

Fellow Tennessee NARFE members, when you get this newsletter, our cool weather will be past and our high winds and warmer spring weather will be arriving. I am sure you will welcome it as I will.

Since my last letter, a lot has taken place in our chapters to move forward. New officers have been installed, and they are all settling into place learning new tasks in some cases and assisting and supporting others in new positions. It is a joy to serve and support the NARFE program. At my own chapter, Norris Alderson replaced me as our new chapter president. He will be an excellent person to lead the chapter during the next two years or more. Also, we had other members who stepped up to serve in new positions.

As you probably know by now, NARFE reached a major milestone by December 31, 2012. We reached a new level in our national contributions to the Alzheimer's Foundation of \$10,109,429.78. We Tennesseans are very proud to be a valuable part of that program. Our contributions for 2012 were \$3,296.18. We encourage each chapter to continue to work with each chapter Alzheimer chairman and establish new levels of fund raising for such a worthy cause. At our chapter, we add an extra dollar to the cost of our meal for a monthly Alzheimer contribution. If you have

another or similar program or project for Alzheimer fund raising, please share them with us.

We are all busy along with our national officers taking efforts in guarding against erosion of our earned benefits as Congress goes about its deficit cutting process. One thing we can do to support NARFE's action in dealing with representatives on the Hill is participating in the PAC program in each chapter.

We believe PAC dollars well placed can help accomplished NARFE's mission...saving earned benefits.

We hope NARFE members from every chapter are preparing to attend our State Federation Convention in Chattanooga this year on April 15 & 16, 2013. Larry Minniear and the East Tennessee chapters have arranged for our convention to be housed at the Chattanooga Choo-Choo Hotel. The convention program is well planned, and it will be an excellent learning experience for every NARFE member who can attend.

Thank you for being a member of NARFE and for contributing to its program.

*Thomas (Tom) F. Duncan
3rd Vice President Middle TN
615-591-2528 ext 122
tduncan@narfetn.org*

Delegate forms needed (cont'd)

Merilyn Evans, 808 Sandburg Place, Nashville, TN 37214-4051.

For your convenience, your Chapter's list of deceased members can be either sent by mail or by e-mail:

mevans@narfetn.org. As an added incentive, there will be a Memorial Service held at the Convention where all the names of those members who have passed on during 2012 will be read aloud.

We want to honor all these members for their dedicated service and hard work to maintain NARFE as a respected and meaningful organization in the National scheme of things.

Thank you especially to those chapters who have responded so promptly to my request for Delegate Forms and list of deceased members. I was pleased to see that you all took the trouble to locate the birth dates of those members we will honor in our In Memoriam Book. Again, thank you for that extra effort.

*-Merilyn Evans
Federation Secretary*

**Tennessee Federation of Chapters
National Active and Retired Federal Employee Association**

2013 Convention Registration Form
57th Federation Convention
Hosted by Chattanooga Chapter 0108
Chattanooga, Tennessee
April 15-16, 2013

Each Delegate, Alternate or Member should use a separate registration form and print or type information for Self, Spouse and Guests. If additional space is needed for guests, please use the back of form.

Chapter No. _____ Chapter Name _____ Location _____

Name _____ ID# _____ Phone (____) _____

Address _____ City _____ State _____ Zip _____

CIRCLE ALL THAT APPLY: (Delegate) (Alternate) (Federation Officer) (National Officer) (Past Federation President) (Member)

Which agency retired or active from (Member) : _____ (Spouse) : _____

Indicate banquet meal choice by CIRCLING ONE: (Roast Sirloin of Beef) (Chicken Piccata) (Vegetable Plate)

+++++

Spouse or Guest name (If not a NARFE member) _____

Indicate banquet meal choice by CIRCLING ONE: (Roast Sirloin of Beef) (Chicken Piccata) (Vegetable Plate)

+++++

CONVENTION OPTIONS	SELF	SPOUSE/GUEST	FEE (each)	AMOUNT
Full Registration (Registration/Banquet)	()	()	\$ 55.00	_____
Conference Registration ONLY	()	()	\$ 25.00	_____
Banquet ONLY	()	()	\$ 30.00	_____
Late Fee (after March 1st)	()	()	\$ 5.00	_____
		TOTAL ENCLOSED		_____

Submit registration form by March 1, 2013. (Late or on-site registration is \$5.00 extra per person.)

+++++

Make Checks payable to NARFE and Mail to:

Mary Lynn Wilson, 6724 Dove Field Road, Hixson, Tennessee 37343-3390
(423) 304-1535; E-mail: marylynnwilson55@yahoo.com

LOCATION: Chattanooga Choo Choo, 1400 Market Street, Chattanooga, Tennessee 37402; 1-800-872-2529. Call the Hotel direct for reservations and mention NARFE to receive the convention rate of \$89.00 plus tax. **The cutoff date for reservations at this rate is March 1, 2013.**

DIRECTIONS: I-24 to Market Street exit, turn north or US 27 to Martin Luther King Blvd. Exit east to Market St. turn right (south)

For more information contact: Convention Chairman: Larry Minniear (423) 875-5612
Chapter 0108 President: Jim Cooke (423) 881-3152

DELEGATE FORM (Top Portion—mail to Federation Secretary)
2013 NARFE STATE CONVENTION - APRIL 15-16, 2013

Please print or type:

Chapter No: _____ Chapter Name: _____ Location: _____

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Delegate _____ Alternate _____ Proxy for Chapter _____

I wish to serve on the following committees:

Membership _____ Public Relations _____ Service _____ Resolutions _____ Constitution & Bylaws _____
Financial Ways & Means and Audit _____ PAC _____ Time & Place _____ Ballot & Teller _____

Would you like to attend officer training at the Convention? _____

Signature of Chapter President or Secretary _____

XXXXXXXXXXXX Cut delegate form in two separate pieces XXXXXXXXXXXX

DELEGATE FORM (Bottom Portion—bring to the Convention)
2013 NARFE STATE CONVENTION - APRIL 15-16, 2013

Please print or type:

Chapter No: _____ Chapter Name: _____ Location: _____

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Delegate _____ Alternate _____ Proxy for Chapter _____

INSTRUCTIONS

If you plan to attend the Convention as a delegate or alternate, fill out both the top and bottom portion; Chapter President or Secretary must sign. Leave blank the "Proxy For Chapter." Please return top half to the Federation Secretary, Marilyn Evans, at 808 Sandburg Place, Nashville, TN 37214-4051. The Delegate will carry bottom portion to the Convention and present to Credentials Committee.

If no one from your Chapter will attend, please find someone from another chapter who will serve as your proxy. The name, address of the person serving as proxy should appear above, and the "Proxy for Chapter" should have the Chapter number. The Chapter President or Secretary should still sign. The top half should be mailed as outlined above, and the bottom half will be carried by the proxy holder to the Convention. If there are any questions, please call John Wells at (615) 957-5585.

Alzheimer's Conversation Tips

Most days Mom just sat in her armchair in front of the TV with a glazed look in her eyes. I tried to perk her up by talking about what was on the news or what I was cooking for dinner, but she didn't seem interested. With her Alzheimer's, I'm not even sure she understood what I was saying.

One day, a commercial came on for engagement rings, and I casually asked her, "Mom, do you remember when Dad proposed to you?" Suddenly her eyes lit up, as if I had unlocked a long-forgotten memory that brought her great joy. She proceeded to tell me the proposal story in great detail, which was more than I had heard her talk in weeks. I discovered Mom retained many vivid recollections of her past, and she seemed delighted to tell me her stories. All I had to do was ask a good question.

Asking questions can spark a meaningful conversation full of special memories. Someone living with Alzheimer's disease or other dementias will particularly appreciate the opportunity to pass on personal history and wisdom before it's too late.

When you begin a conversation, prompt the person with dementia to elaborate by asking open-ended questions and then listen patiently. Here are some questions you might ask:

- What chores did you have to do when you were growing up?

Message from President Joseph A. Beaudoin

Federal employees, facing the increasing prospect of furloughs, are again the target of sacrifice for some members of Congress, who are now seeking to impose a third year of frozen pay. Stakes have been raised for postal employees too. The U.S. Postal Service announced plans to end most Saturday deliveries. I urge active and retired federal employees to stand with these current and future NARFE members. Whether you have recently sent our past messages, or especially if you never have, I plead with you to use the link below to send our just-revised Action Alert message to your congressional delegation. Concerted action could change the outcome of the upcoming House vote to extend the federal pay freeze.

1. Tell Congress: No Further Federal Pay Freeze

NARFE's Action Alert message is ready to be used. [CLICK HERE](#) (or use the URL below) to be heard in the halls of Congress. Silence will only signify approval of their actions. <http://capwiz.com/narfe/issues/alert/?alertid=62391501>

2. Postal Service Would End Most Saturday Deliveries

When the Postal Service released its plan to end Saturday delivery, NARFE President Joseph A. Beaudoin issued a statement, emphasizing that "the decision by the U.S. Postal Service to end Saturday delivery would undoubtedly affect the livelihoods of our postal employees, whose important work on every

street in the nation helps support a tradition as old as America itself. In addition, this decision disproportionately hurts our nation's small businesses, elderly, and those who live in rural communities who depend on the Postal Service." The entire statement is posted on our website, available here: www.narfe.org/legislation/articles.cfm?ID=3199.

3. Representatives and Senators on Recess During Week Of February 18

Both chambers of Congress will be visiting their constituents during the week of February 18, making this an ideal time to seek out your legislators and attend their public meetings. Meetings with district and state office staff could be the beginning a productive relationship with members of Congress.

Obtaining the Hotline: This weekly legislative message is available to telephone callers (703-838-7780 and toll-free at 877-217-8234); posted on the NARFE website, www.narfe.org; made available to NARFE-Net Leaders; and sent to over 76,000 GEMS email addresses. Each delivery channel is a service of NARFE, the National Active and Retired Federal Employees Association. Should you have any questions regarding the information provided in the Hotline, please email NARFE's Legislative Department at leg@narfe.org or call 703-838-7760.



Knoxville Chapter 204

Treasurer Joe Nash, Vice President Lorna Richardson, President A. Wayne Baker, Membership Mike Gates, Secretary Camellia Duncan and Vice President Bill Bolt.



Membership provides a stronger voice

I want to take this opportunity to thank each and every one of you for your continued support of NARFE. Our hard earned benefits have been and will probably continue to be threatened. NARFE is working diligently for us and continues to have a lot of success in protecting our benefits. Every one of you as a NARFE member is an important part of that success. Your membership in NARFE gives us a stronger voice on Capitol Hill; there really is strength in numbers. The more NARFE members that we have, the more clout we have with our elected officials.

I hope to see a lot of you at the State Convention in Chattanooga in April. It's always nice to visit with old friends and make new ones at these conventions. NARFE National President Joe Beaudoin will be attending our convention, and I'm sure he will have a lot of timely and interest-

ing information to share with us. I am looking forward to hearing from him.

In the January Federation newsletter, I asked everyone to make a resolution to recruit a new member this year. I hope that you have begun your recruiting efforts and that you will be successful. It's fine if you recruit more than one new member this year!! If I can be of assistance in any way, please contact me. My contact information is shown below.

Again I thank you for your support of NARFE, and I look forward to seeing you at the Convention in Chattanooga.

- Rhonda Mooney
Federation Membership Chair
rmooney@narfetn.org
731-267-2336

Sequestration Alternative?

Two recent articles, one in the National Journal and the other in the Federal Times, have voiced the opinion that the sequestration law passed by Congress will become a reality. The sequestration law, passed in 2011 and was to take effect January 2, calls for budget cuts of 8-10 percent divided equally between military and domestic spending, saving \$1.2 trillion over the next decade. It was brought into existence by both parties who thought the leaders in Congress would come to their senses and pass more reasonable legislation that would avoid the harsh cuts across the board contained in the bill. Now with all the sharp disagreements on spending priorities continuing, it seems like sequestration could happen, even if it is only for a short time.

I really thought we would have some alternative agreement by this time and was hoping we could keep our cuts to federal workers to a minimum. But it seems like every new proposal contains more reductions for us in the form of wage freeze, smaller COLAs, higher health premiums, increased retirement contributions, etc. Federal workers really appear to be "targeted" and "singled out" and would be paying more than

our fair share. Maybe sequestration would not be the worst scenario for us! If the reductions involved cuts across the board, the maybe we would fare better. I guess I don't really believe that and nobody knows how it would play out, but it is something to bring to the discussion.

The bottom line is we need to continue to watch the news, read all we can about what is happening, talk to our fellow NARFE members and take action whenever our national office requests we do. We do have a knowledgeable staff in Washington watching out for any proposed legislation that would adversely affect us. They are available for assistance and will answer any questions we have.

The other action we need to do is to recruit new members whenever possible. Be thinking about new members when you see that friend who is still working and that fellow retiree who has not joined NARFE yet. NARFE is the only organization that looks out just for us. It would benefit that person and also improve our bargaining power with our legislators. Win-Win situation as they say.

- Jim Glenn
Legislative Chairman

Alzheimer's Conversation Tips (Continued)

- When you were a teenager, what did you and your friends do for fun?
- What are some of the most valuable things you learned from your parents?
- What did your grandparents and great grandparents do for a living?
- When you were growing up, what did you dream you would do with your life?
- What accomplishments in your life are you most proud of?
- What are some of the things you are most grateful for?
- What was the happiest moment of your life?
- How would you like to be remembered?

You can use these questions as conversation starters at mealtimes, while completing daily activities together, or at a family gathering. Work up to the deeper questions like "How would you like to be remembered?" and follow up with related questions to keep the conversation going. If your family member with dementia gets confused, frustrated or upset by your questions, change the subject. You can always rephrase the question and try asking it again at another time.

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Alzheimer's Conversation Tips (Continued)

By asking good questions, you're inviting your family member with dementia to share important life experiences that you can continue to remember and cherish even when that person no longer can. You'll not only enrich your loved one's life during the moments those memories are shared, but you'll be able to preserve the memories until it's time to pass them along to the next generation.

You can find additional memory-evoking question ideas at StoryCorps.org and great conversation starters for mealtimes at Caregiver-stress.com. If we have labored long and hard.

- HELPFORALZHEIMERS-FAMILIES.COM

Tips for Maintaining a Normal Life

Living with Alzheimer's disease is a challenge for anyone. It's difficult to remember things, make decisions, and find your way around the way you used to. It can be frustrating a good deal of the time, but there are good days and bad days. Here are some helpful tips and things you can do to make things easier for yourself -- to make things feel a bit more normal again.

How Do I Cope With My Memory Problems?

To help cope with memory problems:

A better tomorrow in bizarre times

Newspaper columnist Calvin Trillin has written, "In modern America, anyone who attempts to write satirically about the events of the day finds it difficult to concoct a situation so bizarre that it may not actually come to pass while the article is still on the presses."

There are times, I believe, when the events of the day just can't get any more bizarre than they are. Then tomorrow arrives with its own set of bizarre!

So I want to ask you to do something bizarre in its own right, and that's to give your friends and co-workers a better day tomorrow. Because events around us are moving so swiftly, seemingly beyond our control, that we are often tempted to simply sit down, do nothing, and wait until the dust settles. But that just means we have to settle for what is left over when the "experts" get through.

We need a sense of fresh empowerment, a newness of spirit, a sense that somewhere, somehow, things are working in our favor. In a very real sense, most of us feel powerless. We are retired, we no longer have an impact on the workforce, and sometimes it feels like we have even less impact on our finances. What we need is an organized effort to influence those who make the rules and regulations that are governing our pathway through these difficult times that are now affecting our entire nation.

What we need is an organization like ... NARFE; the National Association of Active and Retired Federal Employees. We need someone dedicated to having the ear of our elected officials to get them to keep us in mind when they begin cutting budgets and doling out dollars.

Without seeming to state the obvious, let me affirm that the life of an elected official is not easy. Everyone wants something from you, and they will attest that their issue is THE most important. So we need people in Washington, D.C., who will identify with the federal retirees' issues, and be united with our need to survive rising medical costs, interest rates and

just the cost of milk and hamburger at our local grocery store.

What keeps them from doing this is their attention being drawn off to other issues. It isn't that they don't want to hear us, but they are just not devoted to our situations. We need someone who is committed to keeping those issues in front of them.

As much as we would like to think those we elect and send to Washington, D.C., are endowed with the altruistic attitude of "speak, your servant hears," their attention is directed to a plethora of issues, including their own reelection, from their first moments in office. They may, in fact, have the best of intentions to hear from us, but unless someone is right there in front of them, showcasing what we as federal retirees have earned and what we deserve to be protected, it becomes just more of the noise assaulting their already overloaded attention span.

That's why you and I have banded together with millions of others, to become that singular voice to them. As Aunt Eller affirmed in the movie *Oklahoma*, "I don't say I'm *better than anybody else*, but I'll be durned if I ain't just as good!"

So how do we give our friends in federal service a better tomorrow? We give them the hope of NARFE. We give them a sense that someone is working on their behalf for a better tomorrow. Our elected officials in D.C. are assaulted daily by everyone else's favorite charity, their desire to fund the determining of the sex of May flies, and a wide variety of entitlements. Our issues are not entitlements, or charities, or hobbies. We have earned what we are asking them to protect.

I have to confess that when I was working as a federal employee, these were not real issues to me. I just assumed my retirement would be there when I had earned it. Only after retiring did I see for myself the danger of it eroding out from under me, out from under my family. So we have to begin now, with word of mouth, person-

Continued on page 9

Bizarre times (continued)

al experiences, perhaps with that excellent NARFE magazine, demonstrating to the active workforce that we are, indeed, working on their behalf as well as our own. We need their voice as much as they need our support.

It is one thing for me, as a Federation officer, or as a Chapter President, to plead the cause of NARFE. People expect me to be positive about NARFE. But the words of the members themselves carry added weight. You, as a member of a NARFE Chapter, have enormous power in what you say about NARFE to those outside the organization.

"The world is too much with us; late and soon, getting and spending, we lay waste our powers..." wrote the poet William Words-

worth. No one ever wrote "our neighbors, our co-workers, or our friends are too much with us." NARFE has succeeded mainly, I believe, because we are doing what we do in Washington, D.C., for others, as much as ourselves. Share what we are doing for others, with others. Give them the hope for a better tomorrow as they enter their time of retirement. Thank you.

- Ed Evans, Federation PR Chair
808 Sandburg Place
Donelson, TN 37214
615-872-8978
615-429-0342
narfetime@gmail
Twitter: @narfetime

All aboard the NARFE train!

All aboard everyone! The NARFE train is about to depart at Track 29! You need to get your tickets right away to enjoy the fun and fellowship at the Chattanooga Choo-Choo, April 15-16, 2013, as we come together for the 57th Annual Convention of the Tennessee Federation of NARFE.

As a special treat, we will feature NARFE National President Joseph Beaudoin. It is not very often we get a national president at our convention. You will not want to miss the great speech he has prepared for us.

The city of Chattanooga and surrounding area offer abundant possibilities for pre- or post-convention activities; Rock City, Ruby Falls, Incline Railway, Southern Belle riverboat, numerous sidewalk cafes, and the most beautiful riverfront in the south. That is just a start. If you have never been to the "Scenic City," this provides a great opportunity take in its warmth and beauty. If you have been

here before, then welcome back. Either way, Chapter 108 would love to show you a good time.

As a reminder, chapters are requested to bring along the following: a door prize, snacks for the hospitality room, and most important of all YOU! Without a good attendance, the convention will be lacking. The federation leadership has planned

some very good training for Monday afternoon. This training is for all members and guests.

We hope to see you on board in April as the NARFE train departs the station!

Larry Minniear
2nd Vice President
TN Federation – NARFE
1401 Highcrest Ct., Hixson, TN 37343
(423) 875-5612
lminniear@myway.com



Tips for Maintaining a Normal Life (Cont'd)

- Always keep a book with you to record important information, phone numbers, names, ideas you have, appointments, your address, and directions to your home.
- Place sticky notes around the house when you need to remember things.
- Label cupboards and drawers with words or pictures that describe their contents.
- Place important phone numbers in large print next to the phone.
- Ask a friend or family member to call and remind you of important things that you need to do in the day, like meal times, medication times, and appointments.
- Use a calendar to keep track of time and to remember important dates.
- Use photos of people you see often labeled with their names.
- Keep track of phone messages by using an answering machine.

-WEBMD

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Tennessee Federation 57th Annual Convention

April 15-16, 2013
Chattanooga
Choo-Choo Hotel
1400 Market St.
Chattanooga, TN
37402

Cunningham thanks members for past support

As I write my last newsletter article as Federation Immediate Past President, I would like to personally thank all of our federation officers, chapter officers, and chapter members for your continued support of NARFE. We, along with most other professional organizations are suffering from a decline in membership and have been for several years. In order to carry out our "Mission Statement" to support legislation beneficial to current and potential annuitants and to oppose legislation contrary to their interest, we need a strong and active membership. As members we are all advocates for NARFE, and must even work harder with less to make sure that our legislators are aware of our needs in order to protect what we have earned throughout a career with the federal government. Remember that NARFE is the only organization that represents all

federal employees and annuitants.

As always, I will end my article by saying, stay active as you can, exercise to the extent possible, and always think positive.

*- Larry Cunningham
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