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President’s Message



B. J. Godwin

I represented the Tennessee Federation at the **FEDCon22 Conference** in Scottsdale, AZ, August 19 – 23. My comments and interpretation of events will be shared below:

Ken Thomas, Outgoing NARFE National President in his welcome stated that the lack of registration and participation in this current Conference could mean our last in-person Federation Presidents Meeting. Future meetings may be virtual in presentation.

Membership Renewal: The dropping of chapter membership and/or transfer to National-only due to members failing to/not checking the Chapter Membership block (on the NARFE MEMBERSHIP renewal form) is/has become very problematic! Headquarter thought this problem had been solved several years ago. However, it was NOT! It would appear the problem has escalated since the dues increase was approved in 2020. Since most of the M-112 reports don’t reflect the names of individuals transferring from chapter to National-only, the chapters have a difficult time staying on top of this issue. It was suggested that when a chapter member DOES NOT check the chapter box as they renew their membership, NARFE-HQ should contact the member to see if they intended to transfer to National-only or inadvertently failed to check the box!

NES (National Electronic System): The Federation Presidents are not happy with the NES because many federation members are not receiving messages. Martha Raup informed the group that NES email addresses have not been updated in almost a year. The **GOOD NEWS** is that the updating of emails is in process. According to KS Federation President, members in his federation with a “cox.net” email address are not receiving messages. A couple of years ago it was email addresses with “aol”.

Email via FEDHub: Very soon, emails will be via FedHub. Headquarters just completed the beta test with several chapters. Members will need to have a valid email address with Headquarters to receive messages. When questioned who is going to manage the FEDHub emails, the group was told that each Federation will be responsible for appointing an email manager.

CAB (Configuration Advisory Board): The CAB was formed to recommend a 21st century information technology strategic vision for NARFE by analyzing major
... (Continued on Page 2.)

NARFE Members:

Email pictures (with a short description and/or names) of your NARFE-related activities as a “jpeg” file; news articles as a “Word” file to the newsletter editor:

Linda Heaton at Lmheaton83@gmail.co

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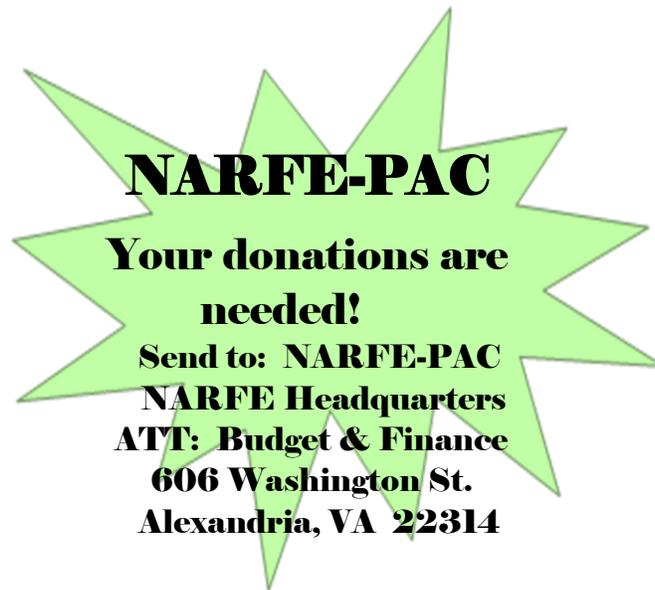
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... (Continued from Page 1.) **President's Message**

operational systems and reviewing policies and procedures. It is composed of an appointed member with information technology expertise from each of the ten Regions. Region X's rep is Peter Eckhoff. The CAB serves as a liaison between NARFE Headquarters and the Chapters, Federations, and membership to coordinate NARFE's overall information technology architecture in strategic and operational issues, while focusing on current operational policies and developing operational guidelines for the future. *[If you are interested in serving in this capacity to represent Region X in the future, get in touch with me!]*

Technology most likely will be the method of members on the move, and to the best of my knowledge a logical solution to encourage and support individuals who would like to remain in a Chapter. Members who fear online and other innovative methods of communication can choose the "Conference Call" by telephone which has been used for many years now. The Conference Call method will allow Chapter members to have a speaker—to hear what's going on in a meeting—but limits the ability to share visual information during a presentation.

~~ B. J. Godwin
President



Support Alzheimer's Research

Enclosed is my NARFE-Alzheimer's Contribution: \$ _____

Name: _____ ChapterNumber: _____

Address: _____

City: _____ State: _____ ZipCode: _____

Checks payable to: **NARFE Alzheimer's Research** (Write Chapter number in MEMO line)

Credit Card Information: ___ M/C ___ VISA ___ Discover ___ AMEX

Card Number: _____

Name: *(Please print)*: _____

Expiration Date: _____ (mm) _____ (yy) Security Code: _____

Signature: _____

SEND TO: Donna Shackelford, Region X Coordinator; 14429 Round Lick Lane, Centreville, VA.

Timely Words...

From Federation Secretary



Karen Kopp-Voshel

As we head into the fall, our Federation business turns to **Resolutions, Bylaws, and Federation Officer** nominations. Committees will be needed to review the Federation documents and solicit individuals for Federation officer nominations. The work of these committee must be completed by January 2nd. If you are interested in serving on a committee or serving in a Federation position, please notify President BJ or myself. The documents mentioned above can be found on the TN Federation's website under the "**Library**" tab (<http://www.narfetn.org/library.html>).

The Federation Officers were unsuccessful in putting together an in-person Board meeting in August with chapter presidents. Fear of rising COVID rates led to the cancelation of the meeting. Efforts are underway and may have already happened by the time you read this newsletter, to having another in-person Board meeting with chapter presidents.

National elections have taken place and our Region X Vice-President William Shackelford was elected incoming National President of NARFE. Bill has been an immense help to the TN Federation, and I think he will have some innovative ideas to increase membership and make NARFE a more robust organization for federal employees. Our new Region X Vice-President is Robert Allen from North Carolina. Robert has already participated in a Zoom meeting with the TN Federation Board and officers, and it looks like he will be a great replacement for Bill. Read more about these two individuals in articles they have prepared on page 7.

As I complete my second year of being Secretary, I look back and realize it has been a great learning experience in addition to meeting new people. I can see the Federation is struggling due to many positions being vacant and Federation Officers who have served multiple years. Without leadership and new blood in these positions, the business of the organization is not being executed, and it is certainly not as robust as it could be! As with our federal careers, I encourage you to look for ways to serve the organization and move upward in the organization.

The current vacant positions include: all three area **Vice Presidents (VP), Legislative Chair, Alzheimer's Chair, NARFE-PAC Chair, Service Officer, State Legislative Officer, and Public Relations Officer**. Several of these positions are opportunities to act on political issues I am sure many of you feel strongly about. The very important three VP positions help to bridge the gap between the chapters and the Federation. In addition, these positions lead to the higher position of Federation President. Many others have held these positions in the past and can help you. Not to mention there are great resources at the state (Federation) website and from National Headquarters.

Lastly, check out **FEDHub** at fedhub.narfe.org. This is a new discussion platform for NARFE members. The new online community is for active and retired federal employees to connect, to share advice, solve challenges, and develop new approaches. Under "Communities" there are several discussion threads you can review or sign up to follow. There is even a new **Tennessee Federation** community! Or create your own!

~~ Karen Kopp-Voshel
Secretary



Tennessee Federation NARFE 2022 Financial Report



~~ Norris Alderson
Treasurer

January 1, 2022 – September 30, 2022

Beginning Balance:	Checking account 1/1/2022		\$ 25,833.39
REVENUES	National Dues Rebate (10% fund)	\$ 5,833.20	
	Total Revenue:	\$ 5,833.20	
LESS EXPENSES:			
	Vouchers – Officers Expenses	\$ 3,398.80	
	Newsletters	\$ 1,331.74	
	Liability Insurance	\$ 100.00	
	Membership	\$ 75.00	
	Conference Promotion	\$ 300.00	
	Total Disbursed:	\$ 5,055.54	
9/30/22	Balance:		\$ 25,950.05
	Truist Bank Balance 9/30/2022		\$ 26,100.05
	(Check No. 1292 (\$150) outstanding		
	Truist Bank Money Market		\$ 10,041.91
	Truist Bank CDs		\$ 15,345.10
	Total Assets:		\$ 51,337.06



Rhonda Mooney

Membership Report

Membership Chair Report

Our total NARFE membership as of the end of September 2022 was 145,844. These are the most recent numbers available at the time this article was prepared. We can all help increase that number, and this is a good time to do it!

When you recruit a new member(s), it's a win-win situation -- you are helping NARFE to have a louder voice on Capitol Hill and, since we are currently in the middle of the NARFE 2022 **Annual Fall Membership Drive**, current members can earn \$10 for each new member they recruit through December 31, 2022. **Your Membership ID must** be written on the New Member Application Form for you to receive the \$10 incentive. Information regarding the membership drive is in the October issue of the *NARFE Magazine* on page 66.

NOW, How Do You Recruit a New Member?

The NARFE website has helpful recruiting tools at: www.narfe.org/membership-resources. It is a quick overview and is a good way to let folks know what NARFE is and what NARFE does as well as the benefits and value of NARFE membership.

The main benefit for me is advocacy. Advocacy is the reason I joined NARFE, and the reason I remain a member. I also take advantage of NARFE perks. I saved over \$38 recently on a two-night stay at a Choice Hotel. Since advocacy and the perks are the main reasons that I am a NARFE member, that is usually the "selling points" that I find myself using as I recruit a new member!

For those of you who do not have access to the website, I have listed a few items taken from the narfe.org website that you may find helpful in your recruiting efforts. This information was taken from the "**elevator speech**" and/or from a "**sample letter and email sent to a prospect**":

Taken from the "Sample Letter and Email to Prospective Members":

- ❖ The National Active & Retired Federal Employees association (NARFE) has been protecting the earned pay, retirement, and health care benefits of federal employees, retirees, and their survivors for over 100 years. As the only organization solely dedicated to the general welfare of all federal workers and retirees, our mission is to ensure a strong federal workforce and secure retirement for you and your federal colleagues. By joining NARFE, you help strengthen every message we send to Congress, and you fortify our national outreach.
- ❖ With 900 chapters across the country, NARFE is active locally as well as nationally. Our chapters provide support for the legislative agenda NARFE is pursuing in Washington, D.C., and they also get involved in community and local social activities. (*ADD INFO ABOUT YOUR CHAPTER ACTIVITIES HERE, IF YOU LIKE*).

Taken from the "NARFE Elevator Speech":

What is NARFE?

NARFE is the National Active and Retired Federal Employees Association. It is the **only** organization **solely dedicated** to protecting and preserving the pay and benefits of all federal workers and retirees.

. . . (Continued on Page 6)

NARFE has two primary roles:

- Your **Legislative Voice**. In-house, influential lobbyists representing NARFE advocate on Capitol Hill on behalf of the federal community.
- Your **Information Resource**. NARFE provides clear information and trusted guidance on complex federal benefits issues.

As a member of NARFE, you receive:

- NARFE Magazine and our weekly e-news brief, **NewsLine**—your best sources for the latest news and information on issues that affect federal employees and retirees.
- Access to a team of federal benefits specialists for answers to complex benefits questions.
- Exclusive access to webinars and online resources to help you take full advantage of your federal benefits.
- Legislative alerts on issues that impact the federal community. NARFE’s online Legislative Action Center gives you easy access to your members of Congress.
- Member-only discounts through our NARFE Perks program on many products and services that you use regularly.
- NARFE members are eligible for disaster relief grants, and family members may qualify to compete for college scholarships.

“Why Should I Join?”

As a NARFE member, you will have access to resources and information that can help you save money, maximize the return from your financial plans, and ultimately get the most out of all your federal benefits. NARFE experts answer your complex pay and benefit questions, NARFE Perks partners give you discounts on important services you need, and the association works tirelessly to protect your earned pay and benefits and to support the federal community.

I hope you will find this information helpful in your recruiting efforts. There is much more information on the NARFE website (www.narfe.org) so please check it out and **Happy Recruiting!!**

*~~ Rhonda Mooney
Membership Chair*



Region X Update

Farewell Message

As I leave the position of Regional Vice President, I would like to express my sincere thanks to all Region X members for 8-years of support. It has been my honor to serve NARFE members from Kentucky, North Carolina, Tennessee, Virginia, and West Virginia.

As I assume my duties, as NARFE National NARFE President on January 1, 2023, I want to assure all members that we will continue our history of success as an advocacy organization. Chapters have played an important role in NARFE's history by helping members connect and get involved in local and national activities. Organizations must build on such traditions to evolve, survive, and thrive.

If NARFE is going to attract more active Federal employees into the organization, a change in the way we do business is vital. After over 100 years, it is appropriate for NARFE to move to a new model. We can accomplish this task by adjusting its direction with emphasis on including Chapter members and National-only members in recruitment and legislative events.

I appreciate all members and their work for NARFE over the years. We must work together to address the challenges that OUR organization faces. I am confident that I am prepared to meet these challenges. Members require someone who will listen and address their concerns, and the lines of communication between myself and the membership will always be open for both suggestions and constructive criticism. I will look to you for your support so that "Together We Can Move NARFE Forward."

~~ William "Bill" Shackelford
Outgoing Region X Vice President



Robert Allen

Welcome, Incoming Region X VP

Tennessee NARFE, let me introduce myself. I'm Robert Allen, your newly elected NARFE Region X Vice President.

I'm humbled by the support you showed me in the recent election. I'm eager to represent you on the NARFE National Executive Board (NEB) because we have real opportunities ahead of us to advance our mission of protecting our earned pay and benefits.

However, just as there are opportunities, there are challenges that stand in our way. I'm confident, though, if we work together in a concerted way, we can overcome them so we can continue the great success we've had over the years. With your help, I plan to keep Region X at the forefront of leading NARFE in the years ahead.

I look forward to working for and with you. I'm excited about what Tennessee NARFE (and the rest of Region X) can do in 2023!

~~ Robert Allen
Regional X RVP Elect
retiredrobertallen@gmail.com

Alzheimer's Research Update

Donna Shackelford, Coordinator
Region X

At a Federation Board meeting recently, I was asked a question about research concerning Viagra® and the treatment of Alzheimer's disease. I reached out to the Alzheimer's Association for information about this subject, but as of this writing, I am waiting for a response. I did a little digging on my own, and have come up with some interesting information, which is set forth below.

Scientists may have discovered a new use for a drug commonly prescribed to treat erectile dysfunction. A study led by experts at the Cleveland Clinic found that taking sildenafil (brand name [Viagra®](#)) could dramatically reduce a person's risk of developing Alzheimer's disease, though more research is needed. Sildenafil, approved by the U.S. Food and Drug Administration (FDA) 23 years ago, is also used to help people with pulmonary hypertension exercise more comfortably.

In the study, [published](#) in the journal *Nature Aging*, researchers analyzed health insurance claims from over 7 million people and found that those who used sildenafil were 69 percent less likely to develop Alzheimer's disease after six-years of follow-up, compared to nonusers. Interestingly, the study found that the use of sildenafil reduced the likelihood of Alzheimer's in people with coronary artery disease, hypertension and [type 2 diabetes](#) — all of which are [associated with an increased risk](#) of Alzheimer's — as well as in those without these high-risk medical conditions.

Another area of interest is what we all know, but we are sometimes not willing to respond. This is about walking and reducing the risk of developing Alzheimer's disease. A group of people ages 40-79 was studied and it was found that those who did 9,826 steps per day decreased their risk by 50%. Those who did 6,315 steps per day decreased their risk by 57% when they walked more than 40 steps per minute. The latter is a brisk pace with a purpose. Even a gentle stride of 3,800 steps per day decreased their risk of having Alzheimer's by 25%. You might want to use these statistics as a guide to set your own personal goal. Of course, you should always consult your doctor when establishing such targets with your health.

So much research is being done and so much more needs to be done. Of course, all of this costs money. The Alzheimer's Association depends on contributions from all of you, and your Federation also encourages you to donate whatever you can. Here's how you do that:

Send/give your check to your Chapter Alzheimer's coordinator, **or** if you do not have one designated then send your check to the Federation Coordinator. If you do not have a Federation coordinator (**TN does not have a coordinator at this writing!**), then please send your check to me. My address is listed below!

I will be glad to forward all gifts to the proper people in the Chicago Alzheimer's office. Be sure to designate the name and number of your home chapter in the memo section of your check.

At this point, NARFE has donated in excess of \$14.6 million since we joined with the Alzheimer's Association in 1985. That is a lot of money and a lot of research. **According to September 30, NewLine, "NARFE Alzheimer's Fund Reaches \$15 Million Goal".**

NOTE: A form for Alzheimer's Research can be found on Page 2.

~~ Donna Shackelford
Coordinator Region X
14429 Round Lick Lane
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703-830-6590

This and That

Did You Know . . .

- For older adults at risk for dementia, regular exercise from light stretching to rigorous aerobic exercise can help slow memory and thinking decline.
USA Today 8/19/2022 via NARFE NewsLine, 8/23/2022.
- NARFE CAB has a tutorial to help Chapter Presidents and Secretaries (there is also one for Federations) to update their **Officer List** each year or whenever your Chapter (Federation) updates its officer list. [**Chapter Officer Training**, NARFE CAB Microsite Tutorials]
Taken from CAB FedHub Community thread via Martha Raup, CAB member.
- The **Tennessee (TN) Federation Community** is now on **FEDHub**! Thanks to Dave Bowman, members of the TN Federation have access to a dedicated community so you and I can stay up-to-date on everything happening with our Federation! You can join the conversation and connect with your fellow NARFE members in the state.

If you are new to this, the community is an online discussion forum where you can talk about various topics, ask questions, and share helpful information like interesting articles, events happening in your area, and so much more. To learn more and get started, visit the **FEDHub Quick Start Guide** by logging into narfe.org website.
Taken from email message to Linda Heaton from David Bowman, September 20, 2022.
- Office of Personnel Management (OPM) announced premium health insurance rates for 2023. Federal employees and retirees will see an average increase of 8.7 percent, the highest increase since 2011.
Taken from *NARFE NewsLine*, October 5, 2022.
- **ALL** Federal Employees Health Benefits (FEHB) Plans provide comprehensive health insurance coverage for you, your spouse, and your children under age 26, regardless of which plan or option you choose. Review and evaluate those plans in the October 2022 issue, page 31, of **NARFE Magazine**.
Taken from “Ensure Good Health With the Right Insurance”, page 28 – 32, **NARFE Magazine**.
- President Biden announced a decrease in Medicare Part B standard premium to \$164.90, a decrease of \$5.20.
Taken from *NARFE NewsLine*, October 5, 2022.
- As you plan for and conduct membership recruiting, contact NARFE Headquarters for membership flyers, application forms, and copies of **NARFE Magazine**, etc. You will find a link to the F-19 “Requisition for Printed Supplies” interactive online order form on the **OFFICERS RESOURCES** page which can be used to place your order online.
Taken from “NARFE 2022 Fall Membership Drive Is Underway”, page 66, October 2022, **NARFE Magazine**.

Open Season for Employees and Annuitants

November 7 to December 12

Tennessee Federation Election Information

The Federation elective offices of **President, East Tennessee Vice President, Middle Tennessee Vice President, West Tennessee Vice President, Secretary, Treasurer, Legislative Chair, and Membership Chair** are open for nomination.

- ✓ If you are interested in running for one of these offices or would like to recommend someone (with their consent), please contact any member of the Federation Board. Contact Information for Federation Officers is on page 2 in this newsletter. Nominations must be received by *December 21, 2022*.
- ✓ Any member of the Tennessee Federation can submit a resolution. All resolutions must be submitted to and received by Federation Secretary Karen Kopp by December 1, 2022. Her address is listed on page 2 of this newsletter.

Information regarding Federation elections and voting can be found in the Federation Bylaws and additional information is in our Policy Manual; both documents are posted on the **narfetn.org** website under the "Library" tab.

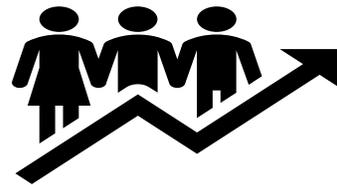


Calendar of Events

November 2022 to February 2023

- Sept – Dec 21:** NARFE Membership Drive. [See October 2022, *NARFE Magazine*, page 66.]
- Nov 7 – Dec 12:** Enrollment Open Season for benefit changes/elections.
- Nov 6:** **Daylight Savings Time Ends.**
- Dec 1:** TN Federation Annual Meeting **Resolutions** due date.
- Dec 21:** TN Federation **Officer Nominations** due date.
- Jan 1, 2023:** **Chapter Officer Roster** changes sent to National Headquarters, Federation President and Federation Secretary deadline.
- Jan 2** TN Federation Newsletter **February 2023** issue article submitting deadline.
- Feb 1 – 4:** TN Federation Newsletter **February 2023** issue sent to Chapter members.

Chapter News & Views



Each quarterly issue of the newsletter will feature news and events of various Chapters across the state. Help make this a success by participating at least once a year.

Chapter 227 (Nashville)

Mike Mellish, President
mmellish22@gmail.com

Members of Chapter 227 (Nashville) conducted a membership recruitment event at the TN Rural Letter Carriers' (TNRLCA) Annual Convention held at the Franklin Marriott, Cool Springs the weekend of June 25 - 26. In addition to providing a 15-minute presentation to the roughly 150 association members in attendance, Chapter 227 manned a recruitment table to distribute NARFE literature (including copies of *NARFE Magazine*), answered questions, and collected contact information. All-in-all, we felt the event went very well. Several attendees indicated they had never heard of NARFE, and were glad we had participated at their convention. Many thanks to Glenda Huff, NARFE Chapter 1678 (Sevier County), and Judy Berezansky, TNRLCA Secretary/Treasurer, for inviting us to participate.



TN Rural Letter Carriers' Convention, June 25, 2022, Franklin, TN
(L-R) Mike Mellish, Betty Waters, Carol Allen

Your Chapter -- next issue!

The following Chapters are invited to submit and share in the February 2023 issue:

1678 Sevier County

0108 Chattanooga

1956 Putnam County

1968 Germantown

2075 Giles County



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2022