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Fire Safety in the Kitchen

Americans over the age of 65 have a fire death rate nearly twice the national average. For those over 75, this jumps to three times the national average. Whether living independently or in a care facility, there are steps seniors can take to remain safe from fire.

- Don't leave food unattended on the stove.
- If you must leave the kitchen, take a wooden spoon or potholder as a reminder.
- Wear short or close-fitting sleeves and an apron to avoid catching clothes on fire.
- When cooking, keep a pot lid close by. In case of a pan fire, use the lid to smother the fire.
- Clean the stove and toaster regularly to avoid grease and crumb buildup.
- Use potholders, not towels, to handle hot pans and dishes.
- Don't use the oven to heat your home.

-SEATTLE.ORG/FIRE

2012 ends as a cliffhanger and 2013 starts with raising the debt ceiling

I hope everyone enjoyed their Christmas and New Year's celebrations.

The year 2013 will be a very important one for NARFE as Congress ends a lame duck session and starts with the 113th Congress. Based on the results since the election we can expect a lot of business as usual. It will be critical for us individually and as chapters and the Federation to get involved with contacting our members of Congress and let them know our feelings on each of the new issues that come up. As Congress tries to get a deal done, they are not really focused on the impact, and that is the part that will hit both active employees and retirees the hardest.

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 a message

making December 6 & 7 NARFE National Call Congress Days using the GEMS system and only 80 of members of our Federation responded. That is not a very good showing, and we must do better. You can expect many more **Call Congress Days** as the deal making progresses. Since Congress likes to kick the can down the road and avoid making any real decisions or compromise, I expect that this could last all of the 113th Congress, if not longer, or we may have another Fiscal Cliff down the road. Be vigilant and when asked to Call Congress or send them an e-mail 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.

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

HEAR YE! HEAR YE! HEAR YE! Come one! Come all!

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

Improve sleep habits to overcome sleep problems

Poor sleep habits, including a poor sleep environment and poor daytime habits, can be the main causes of sleep problems and low-quality sleep in seniors. In many cases, older adults develop these poor sleep habits over a lifetime but find they create more and more problems as they age. Fortunately, these habits are easy to improve.

Be engaged. Social activities, family, and work can keep your activity level up and prepare your body for a good night's sleep. Try volunteering, joining a seniors' group, or taking an adult education class.

Improve your mood. A more positive mood and outlook can reduce sleep problems. Find someone you can talk to, preferably face-to-face, about your problems and worries.

Exercise regularly. Exercise releases endorphins that can boost mood and reduce stress, depression, and anxiety.

Expose yourself to sunlight. Bright sunlight helps regulate melatonin and your sleep-wake cycles. Try to get at least two hours of sunlight a day. Keep curtains and shades open during the day, move your favorite chair to a sunny spot, or consider using a light therapy box to simulate daylight.

Limit caffeine, alcohol, and nicotine. All are stimulants and interfere with the quality of your sleep.

- HELPGUIDE.ORG

Henderson pays tribute to special members

I hope that everyone had a good holiday season. I am beginning my first article for this new year by paying tribute to our distinguished senior members who have supported NARFE for many, many years with loyalty and dedication. I have several in my home chapter, and I suspect every chapter throughout the great state of Tennessee has a few. Even though their enthusiasm for the goals of NARFE and their conviction of its value to the federal community are as great as ever, a high percentage of these distinguished members are physically unable to remain as active as they would like to be. I am sure there are many examples in the Tennessee Federation but, thanks to information provided by our former federation newsletter editor Diane Taylor of the Shiloh Chapter and Dickson Chapter President Gail Jones, one exceptional member that I would like bring to your attention is Weida White Tolley of Dickson Chapter 727. She joined NARFE on May 1, 1973, and distinguished herself as a fiercely competitive fundraiser in the early years of the NARFE Alzheimer's research support effort. She served as the National NARFE Alzheimer's Chair for 14 years and the Tennessee Alzheimer's Chair for many additional years. "Miss" Weida currently relies on a wheelchair to "get about," but she is mentally sharp and thoroughly enjoys reading. Although I may get in trouble for telling her age, on February 17, 2013, she will celebrate her 99th birthday. If you would like to send her a card, address it to Mrs. Weida White Tolley, c/o NHC Health Care, 812 N Charlotte St., Dickson, TN 37055. To "Miss" Weida and all of our distinguished senior Tennessee members who faithfully maintain your membership in NARFE, thank you for your outstanding service and your unwavering support.

Most chapters have recently elected or reelected officers for new terms. Congratulations to all! If you were reelected, thank you for all that you have done and continue to do to serve the members of your chapter. And thank you newly elected officers for your commitment to make a difference. I firmly believe that our officers are the heart of our chapters. It is your contribution of time and talent that serve as the catalyst to maintain the health, energy, and strength of our chapters.

The Federation has three openings in west Tennessee for highly motivated members who would like to make a difference. Three of our

four district officer positions in our three Congressional districts are vacant, and these positions are far too important to ignore. I believe that one of NARFE's greatest organizational strengths is the capability to put "boots on the floor" in every Congressional district local field office in a matter of hours. Unfortunately it would be difficult for the Tennessee Federation to support such an effort because too many of our district officer positions are currently vacant. I can assure you that your representative does not want to hear from any national or federation officer from outside the district as much as he or she wants to hear from a constituent who is representing a group of hundreds or thousands of fellow citizens. If you reside in district 7, 8E or 8W and would like an opportunity to influence the direction and future of this country, please give serious consideration to volunteering for an appointment in one of these highly influential positions. If you are interested, please call me at the telephone number listed at the end of this article.

The third "National Call Congress Day" of the year was concluded just a few weeks ago. It was announced in the November edition of the NARFE Magazine that most of us received in late October, and a detailed script which was suggested for our use was sent via GEMS on November 9. When I placed my first call on November 15, I looked at the clock and it was 3:22 p.m. After completing calls to the office of Representative Fincher, Senator Corker and Senator Alexander, I looked at the clock again as I lay the NARFE script back on the table by my recliner. It was 3:31 p.m. – only nine minutes for all three calls and using the NARFE toll-free hotline did not cost one cent. I had plenty of notice about this event, the cost was right, and I certainly believe it was well worth my time to make the effort; I hope that you did too.

The "2013 NARFE Legislative Training Conference" is March 9-12 in Arlington, Va. It is open to all NARFE members and the Legislative Department staff will help schedule meetings with members of Congress for conference participants. Registration may be completed online on the NARFE Website, or a registration form can be printed and sent via the USPS. The form was also on page 16 of the November issue of the NARFE Magazine. It must be completed online or returned to

Henderson (continued)

“NARFE Conference, Budget & Finance” by February 5, 2013.

Approximately five weeks later, our 57th Annual State Convention will be held April 15-16, 2013, at the Chattanooga Choo Choo Hotel, in Chattanooga, Tenn. I have been eagerly awaiting this convention since first learning where it is being held. Any time my wife and I were in the area, the Chattanooga Choo Choo was always a favorite stop. I know Larry Minniear and the good folks of Chapter 108 are doing an excellent job of planning this event, and I look forward to seeing everyone there.

I am sure you noticed the nicely redesigned NARFE Magazine that debuted with the January 2013 issue. I was, however, very disappointed to learn that the “Out and About With the Chapters” section was being eliminated, and all of the submitted chapter photos were being moved to an online gallery. To date this has been done very quietly without an announcement and apparently one factor influencing the decision was that no “backlash” was received during a few weeks between October 1 and November 16 after submitters were informed via email of the decision. Rhonda Mooney, JC Whitney, and I have registered complaints about this decision, and I have requested that our comments be elevated to National Headquarters, but a response was not received before the deadline for submitting this article to our newsletter editor.

Thankfully, federal retirees did not lose any of their benefits during the last year, primarily due to

Congressional gridlock. The pay freeze hurt active federal workers in this period of highly inflated gasoline, milk, beef, coffee, peanut butter and other prices, but it could have been much worse. The Presidential election year is now history and little has changed. Democrats gained seats in the House and Senate but with just one race still unsettled, Republicans held an advantage by a margin of 234-200 in the House. With the same president in the White House, Democrats controlling the Senate, and Republicans controlling the House, this seems certain to be a recipe for continued gridlock.

I'll close with two quotes for you to think about. The first is from a line in a recent episode of NCIS: Los Angeles, “You cannot escape politics. You either play or get played.” And the second is by Theodore Roosevelt, “In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.” Let us all begin the new year with a resolution to be players and to always strive to do the right thing. As Congress makes decisions in the months ahead, the stakes are high for every citizen; doing nothing should not be an option.

Larry Henderson
Tennessee Federation 1st Vice-President
(731) 784-0675
jhenderson@narfetn.org

Can napping help with sleep problems?

People are biologically programmed to sleep not only for a long period in the middle of the night but also for a short period in the middle of the day. Naps can enhance visual, motor, and spatial skills, and have even been shown to decrease the risk of coronary heart disease. So, if you don't feel fully alert during the day, a nap may be just what you need. For many people, taking a brief nap can provide the needed energy to perform fully for the rest of the day. Experiment with napping to see if it helps you.

Some tips for good napping:

Short – Naps as short as five minutes can improve alertness and certain memory processes. Most people benefit from limiting naps to 15-45 minutes. You may feel groggy and unable to concentrate after a longer nap.

Early – Nap early in the afternoon. Napping too late in the day may disrupt your nighttime sleep.

Comfortable – Try to nap in a comfortable environment preferably with limited light and noise.

- HELPGUIDE.ORG



Cleveland Chapter 0860

L-R: Larry Minniear, TN Federation 2nd Vice President; Don Rollens, President; Dan Herron, Vice President; Danny Britt, Secretary/Treasurer.

Toys for Tots with Chattanooga Chapter 108

L-R: Jim Moats; Jim Cooke, Chapter President; & Larry Minniear, TN Federation 2nd Vice President.



**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. (or use another sheet of paper)

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.)

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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

Duncan plans visits to Middle Tennessee chapters

Fellow Tennessee NARFE members, when you get this letter, our hot summer will be past and our cool fall will be over. Our re-elected NARFE headquarters officers will be settled back into their positions. Also, we will have reelected our president for the next four years.

For personal reasons, I did not get to attend the national convention in Reno as planned. I was quite disappointed. However, the proxy forms that I was carrying for other chapters were transferred to another Tennessee person, and the votes were executed appropriately at the conference. I hope to attend the next national convention in Orlando, Fla., in 2014. Then in 2016 our national convention will be held again in Reno, Nev.

With new elected and re-elected legislators about to be seated in Washington, NARFE is going to be very busy watching and guarding against possible changes and cuts that might adversely affect active and retired federal employees.

In 2014, the Nashville Chapter 227 will be the lead host for our Tennessee State NARFE Convention. The initial planning has started. We want to engage other Middle Tennessee Chapters to assist with the operations of the

conference.

By now you have established a nominating committee for the election or re-election of chapter officers for 2013. Sometimes it is difficult finding individuals who will step up and commit to serve as an officer. I hope that is not the case in your chapters. We should engage as many members as possible to serve in some position in each chapter. Also, when new members arrive at the chapter, they should be asked to serve in some way to make them feel needed and have a sense of belonging. If you are elected to an officer position, you should find your replacement as soon as possible and help prepare and train that person to replace you.

I am in the process of scheduling visits to all Middle Tennessee chapters. I plan to visit every Middle Tennessee chapter at least one time each year. Please contact me about scheduling a visit to your chapter. I welcome the opportunity to serve you.

I want to wish you many blessings in the new year.

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

Evans to compile new memoriam book

It is my pleasure to thank everyone who assisted, guided, and supported me this past year as I learned (and am still learning) what is required of a Federation Secretary.

One of my duties coming in this new year is to compile an "In Memoriam" book of those members who have passed away in 2012. To do this, I need the assistance of the secretaries and/or presidents of each Tennessee chapter. Please send your list of members who became deceased between January 1 through December 31, 2012, to me at my personal e-mail address (Merilyn9716@aol.com), to my home address: 808 Sandburg Place, Nashville, TN 37214-4051 or to the Federation Website at www.narfetn.org (mevans@narfetn.org), where it will be forwarded to me. The dates of their birth and death would also be helpful since I

would like to include those dates with their name as an added tribute to their life.

This project needs to be done by Convention time, so the sooner you send this information to me, the sooner it will be completed for your viewing.

If you have any questions, I will try to answer them or find someone who knows the answer. My phone number is (615) 872-8978.

Again, thank you for your help in the past and in the future. You have made my job a pleasure. I send a special thank you to Marie Anglin, Federation Treasurer, for having taken me under her wing and steering me in the right direction. I look forward to continuing to serve Tennessee's NARFE membership.

*- Merilyn Evans
Federation Secretary*

Bedtime Diet Tips to Improve Sleep

1. **Limit caffeine late in the day.** Avoid caffeine (from coffee, tea, soft drinks, and chocolate) late in the day.
2. **Avoid alcohol before bedtime.** Don't use alcohol as a sleeping aid. It might seem to make you sleepy, but it will disrupt your sleep.
3. **Satisfy your hunger prior to bed.** Have a light snack such as crackers, cereal and milk, or yogurt or warm milk.
4. **Avoid big meals or spicy foods just before bedtime.** Large or spicy meals may lead to indigestion or discomfort. Try to eat a modest-size dinner at least three hours before bedtime.

5. **Minimize liquid intake before sleep.** Limit what you drink within the hour and a half before bedtime.

- HELPGUIDE.ORG

So what exactly is PR?

Should you have a spare moment to breathe during this busy holiday season, and if in boredom you should Google "what is PR?", you'll find the prestigious Public Relations Society of America explains, "Public relations is a strategic communication process that builds mutually beneficial relationships between organizations and their publics."

I think most of us would agree that good PR simply focuses on promoting the image of a company or individual, enhancing that reputation. In government service, we probably noticed the job of the PR Office, or Public Affairs Office, was to keep the public informed about the activity of government agencies, explain policy, and keep the public aware of what was being done with the tax payers' dollar.

PR for NARFE is two-fold. First, we want to keep our members informed regarding the issues, aware of what part they can play in dealing with those issues, as well as keeping them abreast of chapter activities and news of other members. Secondly, we need to do everything we can to share with other federal employees the economic actions being taken that threaten the stability of their retirement plans.

NARFE needs them, and they need the expertise, the experience, and the Capitol Hill contacts NARFE is working hard to influence in ways that will protect that for which all

Making and breaking New Year's resolutions

New Year's resolutions are very easy to make and also very easy to break. Should we decide to exercise or be more active to the extent possible, eat responsibly, be a better neighbor, try to give more than we receive, or just be a content and happy person? These few things seem simple and should be with the right mindset. At retirement were you fortunate to have unused annual or sick leave still on the books? If so, you were probably not involved in any serious accidents or experienced any serious health issues. There were probably several times during your work career that on certain days, for one reason or another that you just did not feel like going to work, but you went on anyway, and at the end of the day, you were glad that you did and that was because you had, what I call, good mindset. Reasonable resolutions should be achievable with a little commitment.

This issue of the newsletter contains information on the upcoming Tennessee Federation State Convention, at the Chattanooga Choo Choo Hotel in April. Hopefully we will have a record-breaking attendance by the membership and guests. Convention costs have increased over the years, and the Federation has continued to try to find ways to keep

the cost for attending down. Last year we sold business card ad space in the convention program, and it was very successful. I would ask of those who bought an ad last year to commit to that again and also ask that other chapter members to do the same.

Knoxville Chapter 204 volunteered again this year to spend a Saturday ringing the bell for the Salvation Army, and I had the opportunity to participate (what a good feeling). There are several organizations in our communities that need volunteers and some actually offer a little compensation. Along with several NARFE members and retired federal workers, I work for the Knox County Election Commission during the election, and although we are paid workers, most say that the money is not the main reason that we are there. I enjoy getting to see folks that I haven't seen in several years, and that is the main reason that I work there (but I still take the pay).

Whether you made a New Year's resolution or not, stay as active as you can, and you will find retirement more enjoyable.

*Larry Cunningham
Tennessee Federation
Immediate Past President
lcunningham@narfetn.org*

Alzheimer's News - 4th Quarter 2012

The national total contributions have reached \$9,905,437 as of August 2012. The funds collected at the National Convention, now totaling \$6,203, will be included in the September reports. It was voted at the National Conventions to increase our total national contributions to \$11 million to the Alzheimer's Association for research.

The breakdown by state Federation for Region X is: Kentucky \$891; North Carolina \$2,306, Tennessee \$1,381; Virginia \$6,825; and West Virginia \$967.

At the National Convention, Jane Rogers listed some of the costs associated with the care and research at the national level for the United States. According to the Alzheimer's Association, annual cost in the U.S. for caring for those with Alzheimer's is estimated at \$200 billion, mostly in costs to the government health insurance programs Medicare and Medicaid. That figure is expected to increase to \$2.2 trillion by 2050.

On the local level, Clarksville Chapter 870 took part in the Walk for Alzheimer's and Lora Whitney raised \$1,100 and received a trophy for her great efforts. JC Whitney and two others also participated, thereby raising the total to \$1,400.

The Dickson Chapter 727 has been asking the grieving friends and family of their deceased members to donate to Alzheimer's instead of sending flowers. Their total donations for the year are \$2,049.

Alzheimer's, the most common form of dementia, affects a person's memory, thinking, behavior, and ability to perform everyday tasks. There is no cure. Drugs currently on the market address only the symptoms, not the underlying cause, and none has been shown to slow progression of the disease.

*Joan Gates
Alzheimer's Coordinator
TN NARFE*



Membership Report

I hope everyone had a great Thanksgiving and Christmas and that you are enjoying the new year. By the time you receive this newsletter, you will have already made your New Year's resolutions and are hopefully succeeding in keeping them! Please add one more resolution to your list -- resolve to recruit a new NARFE member this year.

There is a lot going on now that can and likely will affect our earned benefits. The larger our number of NARFE members, the more clout we have on Capitol Hill. Unfortunately, NARFE membership continued to decline in 2012, so please take action now to help stop the losses and support NARFE in the fight to protect our benefits.

We all know someone who is a potential NARFE member, so please start recruiting a new member today. Talk to them about what NARFE is and the important role it continues to play in pro-

tecting what we've worked so hard to earn. Invite them to a meeting, explain all the benefits and perks of being a member, and pass your NARFE magazine on to them. If at first you don't succeed, try, try again! Sometimes folks just need to be asked more than once. Start now and you may recruit more than one new member this year!

Good luck in your recruiting endeavors. I look forward to seeing a lot of new members in 2013. If I can be of assistance in any way, please contact me.

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

Annual parade honors veterans

The Officers of NARFE Chapter 870, Clarksville, Tenn., participated in the Annual Veterans Day Parade traveling through the streets of Clarksville on November 10, 2012. Our entry was a very patriotic decorated trailer pulled by an equally decorated pickup truck. There were three chapter members in the truck with five people riding in the trailer while giving out small American flags to the spectators along the parade route. The parade theme was



L-R: Wanda Ferrell, Chapter Chaplin; Dale Simms, Alzheimer's Chair; Lora Whitney, Treasurer/Phone Committee/Newsletter; JoAnn Gilbert, Sunshine Chair; JC Whitney, Membership/Service Officer; Sandy Simms, President; Bob Rosa, Legislative Chair; and Ronni Reid, Secretary/Newsletter.

"Honoring All Who Served" with special commemoration of the 50th anniversary of the Vietnam War. We had a Vietnam banner displayed over the top of the truck as well as a special NARFE banner we had made. In addition to these two banners, we also had our Chapter 870 banner displayed on the tailgate of the

truck. In the manner that we had NARFE displayed, there is no way to estimate the amount of recognition that we received.

The streets were lined with thousands of spectators along the parade route and the TV coverage was played on the local TV Channel for days following. We submitted a request to NARFE Headquarters for matching funds and received a check for \$75 in just a couple weeks.

We provide pictures of our endeavor along with a write up as to what we accomplished and it was approved almost immediately.

JC Whitney
Chapter 870, Membership Chair
jcwhitney@cdelightband.net
(931) 358-4855

So what exactly is PR? (continued)

of us have labored long and hard.

One of our very best PR tools is also one of the members' best assets, and that is the monthly NARFE magazine. If you know of potential members, those who may not understand what NARFE can do for them, we can provide you with extra copies of past magazines and the wealth of information every federal employee needs. Contact me by email at eevans@narfetn.org, or by phone at 615-872-8978, tell me how many copies you need and I'll get them to you. They won't be this month's copies, but much of the information in those excellent magazine is timeless.

You made an informed and profitable decision when you joined NARFE, so do your friends a good turn, share NARFE with them.

Best wishes for a very happy New Year!

Ed Evans
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The importance of regular exercise in overcoming sleep problems

Exercise releases chemicals in your body that promote more restful sleep. There are four main types of exercise:

Endurance activities, such as walking, swimming, or riding a bike, increase your heart rate and breathing to improve the health of your heart and circulatory system.

Strength exercises build muscle tissue and reduce age-related muscle loss.

Stretching exercises keep your body limber and flexible, allowing a greater range of motion in your senior years.

Balance exercises build leg muscles to reduce the chances of a fall.

While seniors need some of each type of exercise, studies have shown that participating in moderate endurance (aerobic) activity can have the greatest impact on improving sleep.

Adding exercise to your life does not necessarily mean signing up for a gym membership. There are countless activities you can do to increase strength, improve aerobic capacity, burn calories, and prepare yourself for a good night's sleep at the end of the day. Always consult your doctor before embarking on any new fitness program.

Swim/Water Exercises – Swimming laps is a gentle way to build up fitness and is great for sore joints or weak muscles. Many community and YMCA pools have swim

Hear ye, here ye from the East!

By the time you read this, we will be entering into a new year, 2013. How strange does that sound? It was not that long ago when those in the federal government were petrified of moving to 2000, the new millennium. The IT whiz kids were saying doomsday would be upon us because our old outdated computers may not function when the date turns over. I recall having to go into my office on New Year's Day and call the post offices that I was responsible that had any computerized equipment and make sure the world had not come to an end in their small community. Guess what? Life went on as if nothing had happened.

Well, the doomsday folks are predicting a travesty if Congress does not clean up the mess they created with our fiscal issues. You will have the answer by the time you read this. And yes, Congress will continue to create fiscal messes because they are more concerned about keeping their jobs than they are about helping the American citizens who put them in that job. What a shame. I had a boss tell me once that if you keep dealing from the same deck, you will get pretty much the same hand. So we keep electing the same spineless folks to go to Washington and expect them to take any action besides finger pointing, much less bold action to actually solve a problem.

That is why you need NARFE. NARFE is there to try as we can, to talk some sense into these people on Capitol Hill, if only for a little while. You need to do the same while they are home in their districts. Don't let up until something starts to sink in.

For the life of me, I do not understand how they can continue to think taxing people into oblivion is a responsible strategy to take. The insane spending in all parts of government must come to a halt if we are ever to make any headway on our debt. It is simple Economics 101, a class many in Congress and certainly the administration must have skipped. If in your personal budget you continue to spend grossly more than you take in in earnings, what happens? Bankruptcy! It is not rocket science.

Enough on the political malaise, let's move on. By now the chapters should have elected and are in the process of installing

the new officers for 2013. It is my sincere hope that at least a little new blood has been incorporated in your new executive boards. Every organization needs a shot of adrenaline from time to time. New ideas are a good thing.

Finally, I want to talk briefly about the upcoming Federation convention. As you know Chapter 108, Chattanooga is hosting. The convention will be held April 15-16, 2013, at the Choo Choo Hotel at 1400 Market St. in downtown Chattanooga. We have secured a very reasonable rate of \$88 plus tax. It is our sincere hope that ALL chapters are planning on sending as large of a delegation as possible to this annual event. There are a number of important issues involving federal retirees and active employees that could prove detrimental if enacted. This is not the time to sit it out and let someone else do all the work.

We have an opportunity for everyone to be involved, but not overwhelmed. If you have a special interest, we have a committee for you to help on. Please let me know your intentions. The convention registration form can be found on page 4 of publication.

You can contact myself or Mary Lynn Wilson, Secretary of Chapter 108. Her address is on the form. My contact information is listed in this newsletter as well. We are going to continue this year with the addition of paid ads by members/officers/chapters at \$25 for a business card size ad. This went over very well last year. You may submit that along with your early registration and committee preference to Mary Lynn. President John Wells will be contacting some of you to work on his standing committees. These are separate from convention committees.

We are looking for a record attendance this year. But that can only happen if you make an effort yourself to respond in a timely manner.

May each of you have a very blessed new year!

Larry Minniear
2nd Vice President

TN Federation – NARFE
1401 Highcrest Ct., Hixson, TN 37343
(423) 875-5612
lminniear@myway.com

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 legislative training at the Convention? _____

Signature of Chapter President or Secretary _____

XXXXXXXXXX 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 _____

Signature of Chapter President or Secretary _____

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.

The importance of regular exercise (continued)

programs just for older adults, as well as water-based exercise classes such as water aerobics.

Dance – If you love to move to music, go dancing or take a dance class. Dance classes are also a great way to extend your social network.

Take up lawn bowling, bocce, or pétanque – Variations on throwing a ball on an earthen or grassy court are gentle ways to exercise. The more you walk, and the brisker the pace, the more aerobic benefit you'll experience.

Golf – Golf is a form of exercise that requires precise, strong movement of particular parts of your body, but which doesn't require vigorous movement. Walking can be an added aerobic bonus to your game.

Cycle or run – If you are in good shape, you can run and bicycle until late in life. Both can be done outdoors or on a stationary bike or treadmill.

If you have mobility issues, you can exercise from one position, either standing, sitting, or lying down.

-HELPGUIDE.ORG



Tennessee Federation 57th Annual Convention

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

Fiscal cliff is actually a term for national runaway debt

The election is over and all everyone is talking about is the “fiscal cliff.” I guess I am just getting old or having more “senior moments,” but I thought the problem we were facing as a nation was the runaway debt and that was the “fiscal cliff.” But the term refers to the sequestration that was passed last year to provide for across-the-board cuts to all parts of the federal government if nothing was done. A Washington Post article called it an “inept metaphor” and a bad decision by Congress because it was much too much and much too quickly. Taxes were to be raised through expiring Bush tax cuts, payroll tax, 2009 stimulus, AMT, and other extenders. Spending cuts were to come from Medicare cuts to doctors, the “doc” fix, budget cuts, and unemployment insurance.

What we have now is everyone scrambling to come up with a substitute plan that will accomplish the goal of reducing the deficit without causing a downturn or another recession. In our last newsletter, I mentioned that our Tennessee delegation was leading the

way to cut federal spending. (Jim Cooper introduced legislation that would stop pay for lawmakers until the budget was passed and most of our legislators signed on with him). Now Senator Bob Corker from Tennessee has submitted his proposal for avoiding the fiscal cliff. It includes a lot of the features from the Simpson-Bowles super committee and the Gang of Six (Gang of Eight at last count). Including various federal agencies across the board, his proposal does spread the effect over a broad spectrum. But it also includes cuts for federal employees and retirees previously mentioned such as continuing the pay freeze, reducing the work force, cutting travel by 20 percent, reducing pensions for new employees, going to the chained CPI, and reducing the government portion of the FEHB. No one knows exactly what the final version will contain, but with the short time frame and all parties wanting a workable plan, in my opinion many of the proposals will be seriously considered.

*Jim Glenn
Legislative Chairman*

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