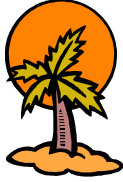




**MAY CHAPTER MEETING**  
**WILL START AT 11 AM**  
**WEDNESDAY, MAY 2, 2012 AT IHOP**

**Palm Springs Chapter**  
**0587**

Newsletter Date  
**MAY, 2012**



**May Program**

Our speaker will be **Mr. Jose Luis Aguiar** from the UC Cooperative Extension for Agriculture and Natural Resources, who will speak to us on "Agriculture in the Coachella Valley."

Do you know what grows in the Coachella Valley? What's growing now? Do you know where it goes? How important is agriculture to our economy?

Be in the know. Find out the answers to these and many other questions at our May 2<sup>nd</sup> chapter meeting, you'll get much food for thought.

**President's Message**

This month, I am not going to talk about politics, as I imagine you are getting your fill of it from the public media. You don't want to hear more news about federal employee and retiree bashing by our politicians, and wannabe politicians. Rather, I would like to draw your attention to a rare positive occurrence that happens only when civility and level headedness takes hold.

I am referring to the letter on page seven of this newsletter, from a member of the US House of Representatives, showing his appreciation and recognition of the Congressional testimony of David Snell of our NARFE Headquarters Staff.

This is another example of the high quality of our NARFE Headquarters Staff, pulling for all of us in NARFE, and we should be proud that our top management as been able to find and hire such great talent to represent us to Congress.

You may have noticed by now that your chapter has the best Secretary we have ever had, bar none. Unfortunately, due to her uncanny ability to capture nearly everything that is transacted, our newsletter has become more lengthy, at the expense of placing other articles of interest.

To ameliorate this situation, your Board decided to publish our chapter meeting minutes in our newsletter, and place our Board meeting minutes in our chapter website, and provide hard copies upon request by members who are not on line. We will see how this works, and hope we don't receive too many howls of disapproval. You can read more about this on page 5.

An important NARFE Federation event will take place on May 10th at our 2011 convention site — the Ontario Airport Hilton Hotel. Details are on page eight of this newsletter. You can learn things about NARFE that you never knew existed by being there. We usually have a crowd of around 70 NARFE members from the five Southern California Districts. Our own Ellen Rafferty will be talking about what's coming down the pike this election year, and who our friends are and are not, in a broad sense. Give me a call by April 27 to let me know you will be coming. ~ Andy

Area Code 760 applies except where noted.

**District III VP:**

Lenore (Lee) Manak  
 (909) 864-3378  
 LeeManak@aol.com

**Officers**

**President**

Andrew Morgen  
 360-3413

Acmorgen@aol.com

**Vice President:**

Thom Bettinger

717-364-7043

Tbettinger@aol.com

**Secretary**

Faye Chow

341-5706

Jaimeandfaye@verizon.net

**Treasurer**

Jaime Chow

341-5706

jaimeandfaye@verizon.net

**Committee Chairs**

**Alzheimer's & Drawings:**  
 Dolly Morgen 360-3413

**Hotel Liaison & Programs**  
 Ann O'Keefe

324-2005

aokeefe01935@aol.com

**Legislation:** Ellen Rafferty

365-4216—heyel@wildblue.net

**Membership:** Carol Tiffin

760.832.8377

Caroltiffin@yahoo.com

**NARFE PAC:** Jay Lippmann  
 323.4170

Jaylippmann@yahoo.com

**Newsletter/Public Relations:**  
 Andy Morgen 360-3413

Acmorgen@aol.com

**Service:** Faye Chow 341-5706

**Telephone: Elsie Pena**

327-9853

**Yucca Valley Rep.:**

Ellen Rafferty

365-4216

HeyEL@wildblue.net

Sunshine: Your Name Here

Ways & Means: Your Name Here

**Chapter Meeting Minutes, April 4, 2012:** *Secretary, Faye Chow*

**THE MEETING OF CHAPTER 0587 on April 7, 2012,** was opened at 11:10 AM by President Andy Morgen at the IHOP Restaurant in Palm Springs, CA. Fifteen members and guests were present. Ellen Rafferty led the Pledge of Allegiance to the Flag, followed by a moment of silent reflection. Andy introduced Ms. Linda Cooke, a NARFE member who recently moved from Peoria, IL, and is transferring to our Chapter. He thanked Ann for making the arrangements for the speaker and the restaurant, Elsie for making the reminder phone calls, for conducting the 50/50 drawing on behalf of Dolly Morgen who is ill, and also distributing the temporary name labels, Jay Lippmann for bringing the podium and Jaime Chow for bringing the flag.

#### **BUSINESS MEETING:**

**Vice-President, Thom Bettinger:** Absent due to travel in Pennsylvania.

**Secretary/Service Officer, Faye Chow:** The Chapter's newly-revised Bylaws have been sent to National HQ for their review. Beginning with the June newsletter, the Executive Board meeting minutes will no longer be published in the newsletter, as they are usually quite lengthy. Those minutes will be available on the chapter's website, and other feature articles will fill in any space available in the newsletter. Faye requested that members update their phone numbers and addresses with our Membership Chair, Carol Tiffin. **Service Officer:** Provided Linda Cooke with a copy of "Be Prepared for Life's Events."

**Treasurer, Jaime Chow:** Current bank account balance is \$4100.94.

**Legislation Chair, Ellen Rafferty:** Congress is on Easter/Passover recess. Redistricting is in the works for California voters and will play a role in the upcoming primary and national elections this year. The Surface Transportation Act was given a 90-day extension, delaying the proposed changes for federal workers' retirement and health insurance benefits. **Andy:** A list of all senators' and representatives' voting records in support of or opposition to

NARFE-supported legislation has been published and will appear in future issues of the *NARFE Magazine*; in the fall, 10 new health plans will be made available for federal employees and annuitants. **Jay:** Congresswoman Mary Bono Mack's office is now requiring that a form be filled out to request a meeting with her; he will obtain it to request a meeting in May or June.

**Membership Chair, Carol Tiffin:** Welcomed Linda Cooke to the chapter; Lost member Peter Anthony who transferred to Red Bluff; Attended the District III membership meeting in San Bernardino, along with Ellen Rafferty, Thom Bettinger, Faye Chow and Jaime Chow, where many ideas were offered to obtain and retain new members; **March**

**Chapter Membership Report:** **Thom** is developing a You-Tube video for the chapter; **Faye** will be contacting the Red Hat Ladies' Society for information on obtaining speakers; **Ann** has placed an ad in the weekly *Tidbits* free newspaper which was published in March, and will have two more ads in May (at her own cost). [Note: Linda Cooke mentioned that she saw the ad in March and saw the phone number to contact Carol to let her know she will be coming to the meeting.] If results merit it, a larger ad will be developed to publish in *Tidbits*, with NARFE matching funds applied to the cost. **Dolly** is taking orders for permanent name badges; **Andy** has prepared temporary labels with the NARFE logo for name badges at meetings; "Sales kits" containing NARFE posters, membership application forms and other NARFE materials are being prepared for distribution at the Coachella Valley and Joshua Tree Post Offices.

**Public Relations, Andy Morgen:** **Ann** has written and placed ads in *Tidbits* magazine.

**NARFE-PAC Chair, Jay Lippmann:** Received a \$20 contribution today; In addition to the pin for \$20 donations, National is offering silver pins for \$50 and gold pins plus an umbrella for \$100 donations. **Andy:** NARFE-PAC funds won't be distributed until after the primary elections.

*(Continued on next page)*

*(Continued from page 2)*

**Alzheimer's Chair, Dolly Morgen:** (absent, due to illness). **Andy** receives information from Laura Wilcox, Alzheimer's Director at HQ, which he publishes in the newsletter; latest is a promising new drug which so far shows effects in mice.

**Program Chair, Ann O'Keefe:** Today, in addition to the guest speaker, member **Gene Walker** will be giving a summary of his talk which was previously given under difficult circumstances at the February meeting, due to an unexpected change of venue; **Faye** has made arrangements for the May speaker, Mr. Jose Luis Aguiar, from the UC Cooperative Extension for Agriculture and Natural Resources, who will speak on Agriculture in the Coachella Valley; for June, **Carol** has invited a speaker from the USO.

#### **OLD BUSINESS:**

**Badges:** **Andy** is taking orders for the Permanent Membership name badges (\$8.64 each), while Dolly recovers; he has prepared stick-on labels with the NARFE logo which Elsie hands out as members check in.

#### **NEW BUSINESS:**

**CSFC TRAINING MEETING, MAY 10:** Hilton Ontario Airport Hotel; meals provided, no charge; **Andy** recommends carpooling for those attending.

**NARFE National Convention: August 26-30, 2012,** Sparks, NV (near Reno). Our Chapter may have 5 delegates who are authorized to vote; alternate delegates may also attend, but not vote. Forms for authorized delegates will be arriving this month. **50/50 Drawing:** Won by Katrina \$7.00; the remaining \$7.00 was contributed to the Alzheimer's fund. Katrina also donated her winnings to the fund.

**NEXT EXECUTIVE BOARD MEETING: THURSDAY, APRIL 19, 11:00 AM, CATHEDRAL CITY LIBRARY; ALL ARE WELCOME.**

**NEXT CHAPTER MEETING: WEDNESDAY, MAY 2, 2012, 11:00 AM, IHOP Restaurant, Palm Springs, CA.**

**PROGRAMS:** Member Gene Walker has served the underprivileged throughout his career as a government employee and now, as a volunteer, serving as President of the Board of Directors for the Foundation for Economic Stability. This non-profit organization provides technical and financial support for the Community Action Partnership (CAP) of Riverside County, the officially designated anti-poverty agency for the county.

Latest statistics show that over 16% of Riverside residents live in poverty, including 1 out of every 5 children under the age of 18 and 1 out of every 14 seniors.

CAP provides assistance for payment of utilities, income tax preparation, court mediation, and other programs, as well as helping individuals and families learn how to save, become self-reliant and eventually even homeowners.

Unfortunately, federal funds for these programs are threatened to be cut by 50%, which would drastically affect the neediest in the community.

After Gene's presentation, Ann introduced guest speaker, Mr. Jeff Bell, Instructor with the Weight Watchers organization, who provided a very entertaining and informative talk on good health practices.

He gave examples of the healthful properties of walnuts, avocados, grapefruit, raw mushrooms, figs and red wine, as well as the need for aerobic and weight resistance exercise for heart health, muscle strength and bone density.

Good eye protection is also essential, as the risk of macular degeneration increases dramatically with increasing age and sun exposure.

And when trying to lose weight, it is important to drink more water, since one's metabolic rate slows down with inadequate hydration.

The members appreciated Mr. Bell's humorous slant to his information as well as the valuable suggestions on improving health by using simple techniques that everyone can do.



## BOARD MEETING MINUTES, March 13, 2012 ~ Faye Chow, Sec- retary

Chapter 0587 Executive Board meeting on March 13, 2012, was opened at 11:00 AM by President Andy Morgen at the Cathedral City Public Library. Present were Andy Morgen, Thom Bettinger, Carol Tiffin, Ann O'Keefe, Jay Lippmann and Jaime and Faye Chow.

### REPORTS:

**Vice-President Thom Bettinger:** Nothing new to report.

**Secretary/ Service Officer, Faye Chow ACTION:** Will send the revised Chapter By-laws, which were approved by the membership at the March 7<sup>th</sup> Chapter meeting, to the National Office for review.

**Treasurer Jaime Chow** reported all income and expenses since February; current bank balance is \$4135.94; Alzheimer's fund balance is \$36.00. Jaime has filed the chapter's Federal and State income tax returns. **Andy** gave Jaime the annual chapter liability insurance renewal form, received from HQ, for payment of @ \$70.00; also the receipt from the National Convention Committee for our Chapter's 1/2 page program book ad. Our income from membership dues is approximately \$2100/yr (216 voting members, minus honorary members who don't pay chapter dues).

**Membership Chair Carol Tiffin** sent the Chapter's Membership Report for February to Region VIII and Federation Officers. **Andy** discussed the NARFE website's chapter activity modules for membership; the February M-112 listed 5 chapter members dropped for non-renewal. **ACTION:** **Andy** will send newsletters to both addresses of Joan Avila to verify which is the correct one. Member J. Janda notified that she is moving, and dropping her chapter membership. **Post Office Project: ACTION:** **Carol** and **Andy** will take their materials to an upcoming Board meeting to begin the Post Office outreach project.

**Legislation Chair Ellen Rafferty:** absent due to illness.

**Programs Chair Ann O'Keefe;** Future programs: **April:** Jeff Bell from Weight Watchers: *Healthy Lifestyle*; **May:** *Agriculture in the Coachella Valley*; **June:** the *USO*. In the fall, Gene Walker will give a summary of his talk which he gave in February when some members missed the meeting and others couldn't hear, due to the last-minute change of meeting place. Ann thanked the board for providing her with program ideas and speaker information. **Andy** mentioned that the Red Hat Ladies have weekly meetings with speakers at each meeting; Chapter member Laverne Rathbun is Treasurer for the local group. **ACTION STEPS: Faye:** contact Laverne to get information on their speakers and also to invite them to speak at a meeting in the fall. **Ann and Faye:** Provide Thom with the names of the upcoming program speakers for publication in the Chapter website.

### Public Relations Chair/Newsletter Editor

**Andy Morgen:** *The Desert Sun* does not publish meeting announcements of organizations; **ACTION: Ann:** Investigate possibilities of publication of announcement or article in the *Desert Sun*.

**NARFE-PAC CHAIR Jay Lippmann:** Received \$25 for NARFE-PAC at the March chapter meeting and another \$25 at today's meeting, which he will send to HQ.

**Alzheimer's Chair Dolly Morgen:** (absent due to illness). Member Elsie Pena graciously volunteered to conduct the 50/50 drawing while Dolly is away.

### OLD BUSINESS

### Action Steps from the Last (February) Meeting:

**MEMBERSHIP: Andy** and **Ann** obtained information on ads in the *Tidbits* and *PennySaver* weekly free papers; the discount rate in *Tidbits* for non-profits is \$48 for a black & white, business size ad.

(Continued from page 3)

The *PennySaver* charges \$145 for an ad (undetermined size). NARFE HQ offers matching funds for ads that meet their criteria of a ¼ page ad run 3 x; Andy will consider an ad in the *Pennysaver* sometime in the future.

**NEW ACTION:** Ann volunteered to purchase an ad in *Tidbits* as a donation to the chapter; she will design and submit it to appear in an issue before our April meeting; both Carol's and her phone number will appear as contacts. She will also inquire what a ¼ page ad rate is, and investigate the *Mobile Home* paper for their rates.

**SERVICE:** Faye wrote an article on FEGLI which was published in the April newsletter.

**PROGRAMS:** Ann provided Andy with a write-up on the speaker for the March chapter meeting for Andy to send by e-mail to chapter members in advance of the meeting. Carol contacted the USO to provide a speaker for the June chapter meeting. Thom has included the chapter's program information on the Chapter website and on Facebook.

**NEWSLETTER EDITOR:** Andy has included the street address and telephone number of the IHOP restaurant in the newsletter.

**MEMBER BADGES:** Andy provided the information on purchasing the permanent member badges at the March chapter meeting; Thom has also included it on the Chapter website.

**MEMBERSHIP PLAN:** Carol prepared and sent the Chapter's February Membership plan to Region VIII and Federation officers. Andy e-mailed a copy of the Membership Plan to Chapter members.

**FINANCIAL AUDIT:** Faye notified Gene Walker that the Board appointed him to do the financial audit this year.

**Member Badges:** Dolly is taking orders for the permanent name badges by phone. Andy will continue to run the announcement for a couple of months. Andy offered to prepare temporary stick-on badges for members who don't have permanent badges, by downloading the NARFE logo from the HQ website and printing the labels on his computer. These would be made available at the table used for the 50/50 drawing in the restaurant.

**National Convention: Booster List:** The Booster

List will be passed around for donations at the May and June meetings. It is due June 15<sup>th</sup>. **Delegates:** Andy will be receiving the notification from HQ on the number of delegates authorized to represent the chapter; he will bring it to the May meeting and announce who will be our chapter's official delegates at that time.

**Other: IHOP Restaurant:** Ann inquired of the manager at the IHOP if they would allow a small sign saying that NARFE MEETS HERE..." to be posted in the restaurant; he needs to check company policy. Andy determined that the restaurant offers a 10% discount for those with Military I.D.

## NEW BUSINESS

**Region VIII Membership Plan: March Report:**

**ACTION: Carol:** Include information on membership badges and chapter ads in various publications; review the list provided in the Membership Plan and include all that we are exploring.

**ACTION: Thom:** Develop a script and scenario for the chapter, to record and place on *You-Tube*.

**Chapter and Board Meeting Minutes:**

Due to space restrictions in the Chapter newsletter, duplication of information, and delayed reporting of the Executive Board Meeting minutes, the Board agreed to eliminate the publication of these minutes from future newsletters. They will be archived on the Chapter website, with a box to check if a member wishes to receive a copy. In place of these minutes, articles such as "Member of the Month," Officers' and Committee Chairs' reports, reports on programs, the letter from the Federal employee defending Federal workers, members' contributions, etc.. **ACTIONS:** Faye: Interview new member David Ponsar for a "Member of the Month" article. Carol: take a photograph of David to include with the article.

Since the Chapter's Bylaws state that we will follow Robert's Rules of Order, the Chapter minutes which appear in the newsletter will need to be approved by the membership at the meeting following their publication.

**MEETING ADJOURNED 12:30 PM**



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Call 760.360.3413 to report your change of temporary or permanent address or Email address

### Alzheimer's Corner

~ Dolly Morgen/Laura Wilcox

The total contribution to Alzheimer's Research in 2011 for the California State Federation of Chapters was \$26,891.86.

A certificate of recognition has been sent to **Chapter #531 Mount Diablo-Concord** for the largest contribution for the year \$1950.00. A second certificate of recognition was sent to **Chapter #456 Encinitas** for the largest per capita donation \$1785. The chapter has 128 voting members which leaves the **per capita donation at \$13.94**. Congratulations to both chapters for your accomplishment, and thanks to all chapters for their generous contributions.

A drug called **bexarotene** may present a breakthrough in Alzheimer's treatment. In a paper published 2/10/2012 in the Journal of Science, a team of researchers led by Gary Landreth at Case Western University and his graduate student, Paige Cramer, found that bexarotene has a remarkable affect on mice afflicted with a condition similar to Alzheimer's in humans. The mice have similar plaques in their brains consisting of beta-amyloid proteins and similar behavioral and cognitive impairment as humans with Alzheimer's. Within hours of administration of bexarotene, the plaques started to clear and in a

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few days cognitive abilities which had been lost were being recovered. In particular, the mice regained the ability to make nests, a behavior that normal mice have and that the Alzheimer's mice had lost. They also regained at least some of their sense of smell.

Bexarotene (Targretin™) is an orphan drug that is approved for use in humans to treat cutaneous T-cell lymphoma, a rare skin cancer. It works by inhibiting a gene, RXR, that is involved in the production of beta-amyloid proteins. The researchers hypothesized that because bexarotene can cross the blood-brain barrier, it might just help to clear out the plaques associated with Alzheimer's. Many promising drugs seem to work in mice but fail when used in humans. This drug is different, at least in the sense that it is already approved for human use. No one has tested it on Alzheimer's patients.

Studies are likely to begin very, very soon, but it will take time-possibly years-before we know if it can slow the progress of Alzheimer's.

For a disease that effects such a huge number of people, with no current treatment, this could be a huge breakthrough.

Laura Wilcox  
 CSFC Alzheimer's Coordinator

STEPHEN F. LYNCH  
Rep. District, Massachusetts

COMMITTEE ON OVERSIGHT AND GOVERNANCE  
Subcommittee on Federal Workforce, U.S. Postal Service, and Government Service Employees  
Subcommittee on Financial Institutions and Consumer Credit  
Subcommittee on Consumer and Information

COMMITTEE ON OVERSIGHT AND GOVERNMENT REFORM  
Revenue Matters, Subcommittee on Federal Workforce, U.S. Postal Service, and Labor Policy  
Subcommittee on National Security, Homeland Defense and Foreign Operations  
Subcommittee on Technology, Information Policy, Intergovernmental Relations and Procurement Reform

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Congress of the United States  
House of Representatives  
Washington, DC 20515-2109

2848 Rayburn House Office Building  
Washington, DC 20515  
2021-225-6111  
(202) 225-2024 Fax

888 Capitol Mall, Suite 400  
Savannah, GA 31401  
678-428-2000  
678-428-2011 Fax

EDMUND G. BRIS, Attorney at Law  
705 West Elm Street  
Suite 200  
Baltimore, VA 22301  
508-502-8888  
508-502-4992 Fax

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January 27, 2012

Mr. David B. Snell  
Director of Retirement Benefits Services  
National Active and Retired  
Federal Employees Association  
606 N. Washington St.  
Alexandria, VA 22314

Mr. Bruce Moyer  
Chair  
Federal-Postal Coalition  
1727 King Street, Suite 400  
Alexandria, VA 22314-2753

Dear Mr. Snell and Mr. Moyer:

I write to thank the Federal-Postal Coalition and the National Active and Retired Federal Employees Association for the Coalition's testimony during the January 25<sup>th</sup> hearing entitled "Retirement Readiness: Strengthening the Federal Pension System."

Your testimony provided invaluable insight from the perspective of our federal workers of the potential negative impact of changes to the federal retirement system as proposed by H.R. 3630 and H.R. 3813.

As you know, we are fully supportive of our dedicated public servants. On the same day of this hearing, we sent a letter to the House and Senate conferees considering H.R. 3630 urging them to reject the provisions in the House-passed version of the bill that would extend the pay freeze for another year, increase employee retirement contributions, and eliminate the FERS supplemental annuity. In light of previous sacrifices, be assured that we will continue to defend our dedicated federal workforce against further efforts to freeze or cut their pay or to reduce their benefits. We appreciated your time and expertise and thank you again for your testimony.

Sincerely,



Stephen F. Lynch  
Ranking Member  
Subcommittee on Federal Workforce, U.S. Postal  
Service and Labor Policy  
Committee on Oversight and Government Reform  
Government Reform

11/11/12

NARFE Palm Springs Chapter 0587  
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## RETURN SERVICE REQUESTED

**NARFE -  
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IN CONGRESS**

### **California Federation Training**

The California State Federation of Chapters (CSFC) will hold a training session for **Districts I, II, III, VIII and IX on Thursday, May 10, 2012, at the Hilton Ontario Airport, 700 North Haven Ave., Ontario, CA 91764.**

The training will provide up-to-date information on membership, legislative issues, and NARFE Net/F-7/OAM Modules. Participants will have an opportunity to discuss some of the problems faced by the chapters especially with respect to recruiting and maintaining membership across the state. We need to hear about the innovative and positive actions by the chapters in their efforts to recruit new members and especially to retain the members that we do have. All chapter members are invited to attend this training opportunity.

**There is no charge for the training or the food. Morning coffee and lunch will be provided at no charge. Hotel parking is complimentary.**

Chapter members need to RSVP to your Chapter President, Andy Morgen @ **760.360.3413 no later than April 26, 2012**, so that we may advise the hotel of the number attending.

All chapter members are encouraged to attend. Our goals are to have participants leave the training with fresh ideas and enthusiasm to carry back to their chapters, and for them to meet other NARFE mem-

bers committed to strengthening the membership that we do have.

~

### **NARFE BADGES ~ Dolly Morgen**

It's time to start thinking about NARFE Chapter Badges to wear at our chapter meetings, so others can see you are a chapter member, and not someone who just came through the door. I've scouted around and found a place that will do them for \$8.64, which includes tax and the usual senior discount. We can get a 20% discount if we order 20 or more badges, which brings the individual price down to \$6.91, including tax.

The plastic badges have a blue background with white lettering of our Chapter name and number and your name, plus the NARFE logo on a metal button. They can be attached to your clothing by either a pin or a spring loaded clip.

Please call me at **760.360.3413** to order a pin.

~

### **Food For Thought**

Whereas, NARFE being a *global* organization, having members in Panama, Guam, the Philippines, etc., shouldn't the real name be Global Active and Retired Federal Employees (GARFE), if we want to honestly portray the fullest extent of our membership? We changed our name in Reno in 2004 to include active employees, then why do we continue to ignore our fellow members around the world? What do you think? ~ Ed.