

# NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
Chapter 566 Durham, NC

VOL 2010-3

Jul-Sep 2010

## Chapter Calendar

NARFE Chapter 566 meets on  
the 4th Tuesday of the month at  
**11:00 AM** at  
**The Pomodoro Kitchen & Pizzeria**  
1811 Hillandale Rd, Durham

### Tuesday, Jul 27, 2010

Chapter Meeting  
Place: The Pomodoro  
Speaker: Jim Bjurstrom  
Durham Police Department  
"Your Safety Matters"

### Tuesday, Aug 24, 2010

Chapter Meeting  
Place: The Pomodoro  
Speaker: TBA

### Tuesday, Sep 28, 2010

Chapter Meeting  
Place: The Pomodoro  
Speaker: Robin Winfree  
Personal Experience:  
"Taking Care of an  
Alzheimer's Patient"

**Active Membership -- 235**

### Aug 20 – Sep 2, 2010

The NARFE 2010 National Convention  
Grand Rapids, Michigan.



## New Federation officers elected

Former Executive Vice President Paul Sams was elected Federation President at the recent state Convention. Vilma Geisert, former Region V Vice President, was elected Executive Vice President. Gracie Couch will continue as Secretary and Samuel Crain will remain as Treasurer.



## President's Message

By Carolyn London,  
[fclondon@verizon.net](mailto:fclondon@verizon.net)

Frank and I will be attending the 31<sup>st</sup> National Convention in Grand Rapids, MI August 29 thru September 2, 2010, representing the Durham Chapter.

There will be many proposed changes and recommendations that we will be expected to vote on, both on the floor of the convention, as well as elections for National Officers. Please keep up with the National Officer profiles in NARFE Magazine so that you can tell us who you think make the best candidates list. We will discuss these issues at our August meeting.

I will be working on the Rules Committee to establish the rules for the convention, and will go to Grand Rapids two days before the convention begins. Our committee will meet on both the 28<sup>th</sup> and the 29<sup>th</sup>. Approving the Rules for the Convention will be the first order of business.

## Distinguished Members

NARFE has set up a category for those members who have displayed continued support and service to NARFE and their fellow members over a period of twenty years or more. They will be recognized as "Distinguished Members" because through the years, NARFE has thrived economically, politically, and socially due to the consistent support of these dedicated members.

**Membership criteria:** To qualify for Distinguished Membership, a member must meet the following criteria: Must be at least 85 years of age and must have been a NARFE member for a total of 20 years. Recipients will receive a Distinguished Member pin, a special Distinguished Membership Card, and a congratulatory certificate from NARFE's National Officers.

**Chapter 566 candidates:** As president of the Durham Chapter, I have certified that the following individuals deserve a special "Thank You" for their support to NARFE and are truly Distinguished Members. Certificates and pins will be presented as soon as National provides them.

Louis E. Cozart

Helen L. Hilderman

Frances C. Hinnant

Foye S. Isaacs

Beulah M. Latta

Doris B. Tilley

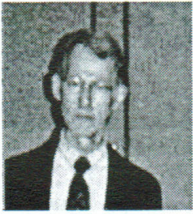
William P. Green

Ronald E. Ware

Congratulations to all of you:

**Future Recognitions:** If you are 85 years old and have been a member of NARFE for at least 20 years, please give me a call at (919) 489-4228 so that we can formally recognize you for your years of dedicated support to NARFE.

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## Vice President's Program Notes

By Fred Hawkins  
F\_Hawk@att.net

**July 27<sup>th</sup> meeting:** Our speaker for July is Jim Bjurstrom, Deputy Chief of the Operations Support Bureau in the Durham Police Department. He has

worked in all divisions within the Durham Police Department. Before being promoted to his present position Deputy Chief Bjurstrom served as Assistant Chief of North Side Operations. He also served as Commander of the Professional Standards Division and as a Patrol District Commander.

Deputy Chief Bjurstrom received a BS Degree in criminal justice from Shaw University and a diploma from the FBI National Academy. In addition to his current duties, he serves on the Religious Coalition for a Non-Violent Durham Board of Directors and is also co-director of the North Carolina Child Response Initiative, a community program that involves police officers and mental health clinicians working together to reduce the effects of violence and trauma for children and their families in Durham

**August 24<sup>th</sup> meeting:** Speakers for August not confirmed  
As of this printing

**September 28<sup>th</sup> meeting:** Robin Winfree, from Durham, will be our speaker for September. Robin will share with us her experiences while living with someone with Alzheimer's. Her husband was diagnosed with the disease in 1997.

After her husband finished graduate school at the University of Iowa in 1971 Robin, her husband and two children, moved to Durham. Her husband worked in administration at the Duke Medical Center until his early retirement in 1998. For some time Robin did volunteer work at Historic Stagville in Durham where she found that earlier studies in history at Duke were especially useful in her job at Stagville.

Robin's husband lived at home until 2003. For some time he resided in a dementia unit at a local home and later at Butner psychiatric hospital. He is currently a patient at Carolina House. In remembering the period 1997 to 2003, when her husband lived at home with the disease, Robin describes it as a time of "laughter, fun, and innovation.

Never too late to donate or send a memorial to  
**Alzheimer's / NARFE**  
Send check to Helen Hilderman  
23 Sparger Springs Ln., Durham 27705

## Chapter 566 Officers

President	Carolyn London	919-489-4228
	<a href="mailto:fc london@verizon.net">fc london@verizon.net</a>	
1st Vice Pres.	Fred Hawkins	919-471-9305
	<a href="mailto:F_Hawk@att.net">F_Hawk@att.net</a>	
2nd Vice Pres.	Marie Kinney	919-286-1580
	<a href="mailto:Mkinney2@nc.rr.com">Mkinney2@nc.rr.com</a>	
Secretary	Helen Stopinski	919 383-5782
Treasurer	Arneta Wicker	919-544-2720
	<a href="mailto:eaglesncu@aol.com">eaglesncu@aol.com</a>	
Legislative & Editor	Marian Zang	919-309-0377
	<a href="mailto:mezang@aol.com">mezang@aol.com</a>	
State Legislative	Annie H Daye	919-686-0006
	<a href="mailto:ahd115@juno.com">ahd115@juno.com</a>	
Membership	Mary Vickers	919-471-2837
	<a href="mailto:Mvickers9@nc.rr.com">Mvickers9@nc.rr.com</a>	
Pub. Relations Service Officer	Doris Tilley	919-477-3795
NARFE-PAC	Beulah Latta	919-383-1784
	W Gary Schrum	919-544-9272
	<a href="mailto:Gary1559@verizon.net">Gary1559@verizon.net</a>	
Alzheimer's	Helen Hilderman	919-382-0682
	<a href="mailto:HelenHild@aol.com">HelenHild@aol.com</a>	
Calling	Phyllis Andrews	919-596-2936
Programs	Fred Hawkins	919-471-9305
Sunshine	Kay Murray	919-220-5480

## Let your Congressman know of your concerns

### Hon. Richard Burr

US Senate, Washington, DC 20510  
202-224-3154  
Web: <http://burr.senate.gov/>

### Hon Kay Hagan

B40A Dirksen Senate Office Bldg  
Washington, DC 20510  
202-224-6342  
E-mail: [Senator\\_Hagan@hagan.senate.gov](mailto:Senator_Hagan@hagan.senate.gov)  
Web: <http://hagan.senate.gov/>

### Hon. David Price

411 W Chapel Hill Blvd., Durham, NC 27701  
919-688-3004 (Durham) 202-225-1784 (DC)  
Web: <http://price.house.gov/>

## Some Useful Numbers

### PHONE

NARFE Legislative Hotline 247-877-8234  
US Capitol Switchboard: 866-220-0044  
White House Comment Line: 888-220-0044

### WEB

NARFE: [www.narfe.org](http://www.narfe.org)  
NARFE Legislative Action Center: [www.capwiz.com/](http://www.capwiz.com/)  
US House of Representatives: [www.house.gov](http://www.house.gov)  
US Senate: [www.senate.gov](http://www.senate.gov)  
White House: [www.whitehouse.gov](http://www.whitehouse.gov)

### EMAIL:

NARFE HQ: [hq@narfe.org](mailto:hq@narfe.org)

### Welcome New Members

Bradshaw, Larry, Rougemont  
Johnson, Katrina, Durham  
Lang, Linda, Durham  
Li-Yuan, Mary Lo, Durham  
Lowe, Donnie D, Timberlake  
Lowe, Leola B, Timberlake  
McLean, Howard W, Rougemont  
Nebold, Retha, Durham  
Rizzo, Nancy E, Durham  
Vareen, James, Durham

### Members who passed away

Collier, Robert R, Durham  
McAllister, Mae, Durham

### Members who did not renew yet

Collins, Cathie, Durham  
Cooper, Charles, Durham  
Hopper, Richard C, Bahama  
Hux, Doris S, Durham  
Kind, James, Durham  
RheW, Nancy L, Hillsborough  
Richmond, James A, Durham  
Rust, Gary A, Durham  
Shaw, Robert, Durham

### Current Chapter Membership – 235

### Know Your Chapter Members

**Mary Upperman Vickers** was recently appointed as the Membership Chair for Chapter 566 Durham.

Mary was born in Raleigh, North Carolina and received her elementary and high school education in the Raleigh Public School System. She graduated from Shaw University with a Bachelor of Science degree in Biology, then attended Duke University's School of Medical Technology and became an ASCP Registered Medical Technologist.

She worked in several medical laboratories as a staff medical technologist and became a lab supervisor. In 1993, she was accepted their Upward Mobility Program. She went to Nursing School at UNC and graduated in 1995 with the BS degree in Nursing. She became a registered nurse and spent the remainder of her career at the Durham VA Medical Center.

Mary's specialty was in Radiation Oncology where she worked with cancer patients who were receiving radiation therapy. She received Oncology Nursing Certification and an award from The Institute for Nursing Excellence (INE). At the Trinity Conference Center in Salter Path, NC, she was recognized for her excellent direct care given by registered nurses. Mary retired from the Durham VA Medical Center in May 2007, after thirty years of service.

Mary is the mother of two: a son, Todd, and a daughter, Stephanie, as well as six grandchildren who affectionately call her "Mimi." Since retirement, she has become more involved in First Calvary Baptist Church's Christian Education Ministry and writing articles for the Calvary Chronicle Newsletter and other publications. She is a member of the Old Farm Neighborhood Association and has been a member of NARFE since 2007.

### Legislative Watch

#### NARFE NATIONAL ELECTION CANDIDATES

There are several candidates who are of interest in the upcoming National convention elections.

Paul Carew, former Federation President and current area VP, is a candidate for National Vice President.

Bill Austin, former Federation President is a candidate for the Region X vice presidency.

Elaine Hughes, immediate past Federation President is a candidate for National Secretary.

Joseph A Beaudoin, current Region X Vice President, is a candidate for National President.

#### President's Message (continued)

#### NARFE Alzheimer's Research Fund

Since 1985, NARFE Members have played a major role in seeking a cure for Alzheimer's disease. Through its partnership with the Alzheimer's Association, NARFE supports research into the cause, prevention and treatment of Alzheimer's disease as well as a cure for Alzheimer's disease and related disorders.

#### September is Chapter Kick-off Month.

In September you will receive a request from your Durham Chapter's Alzheimer's Coordinator, Helen L. Hilderman, to make a tax deductible contribution to support Alzheimer's Research. Checks should be made payable to NARFE Alzheimer's Research and sent to Helen at the address she will provide.

**How the money is channeled:** Helen will record your donation and forward it to the federation Alzheimer's coordinator. The federation coordinator sends the checks along with a special form, to the Alzheimer's Association in Chicago for deposit to our fund. This ensures that both the Durham chapter and the federation will have accurate records of donations and enables the Alzheimer's Association to process the donations quickly and efficiently.

**NARFE Goals:** NARFE has set a goal of 9 Million Dollars in donations by the time it celebrates its 90<sup>th</sup> birthday later in 2010. Current reports indicate that if we all donate as generously as we have in the past the goal will become a reality. The Durham Chapter has always excelled in our contributions, and I am sure that this year will not be an exception. We are always very close to making the largest contribution in North Carolina, but the Cape Fear Chapter in Fayetteville usually receives the recognition for the Federation because they contribute a little bit more than we do.. Thank you for all your contributions.

---Carolyn London

#### Planning to move? Notify NARFE

Telephone: 1-800-456-8410

Or e-mail [memsrv@narfeorg](mailto:memsrv@narfeorg)

(Also don't forget to notify Carolyn London or Marian Zang)

This newsletter is published tri-monthly by Chapter 566 Durham and mailed to all chapter members It is sent out about one week before the chapter meeting in the months of January, April, July, and October