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# NARFE

Durham, NC, Chapter 566

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Vol. 2006-4

July-August 2006

## Chapter Calendar

NARFE Chapter 566 meets on the 4<sup>th</sup> Tuesday of each month  
11:00 AM  
Shoney's on Hillandale Rd.  
Durham, NC  
Except in December when meeting is held on the 3<sup>rd</sup> Tuesday.

### Tuesday, July 25, 2006

Chapter Meeting  
Speaker: Cathy Anderson  
Founder-Exec Director  
"A Helping Hand"

### Tuesday, August 22, 2006

Chapter Meeting  
Speaker:  
From Salvation Army

### Tuesday, September 26, 2006

Chapter Meeting  
Speaker: Cornelia Poor  
Geriatrics Social Worker  
Duke Hospital

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## 2006 Conventions

**September 10-14, 2006**  
30<sup>th</sup> National Convention  
Albuquerque, NM



## Yes, We are moving again!

We have booked the Bennett Point Grill at 4625 Hillsborough Rd., for at least the next two meetings. (See map on page 4.) Shoney's unexpectedly closed without notice, leaving members who gathered for the June meeting standing bewildered in the Shoney parking lot. Vice President Fred Hawkins quickly came to the rescue and invited them into his home a few blocks from Shoney's. Because we usually eat before our meeting, he graciously assembled several trays of finger foods to assuage our hunger.

Bill Austin, Region X VP and candidate for National Vice President, was our speaker for the day. He appeared to enjoy the humor of the situation and declared it our best meeting ever. Chapter President Carolyn London handled the meeting with her usual poise, giving new meaning to the words "crisis control."

Should we change our chapter name to "The Nomads?"



## PRESIDENT'S MESSAGE

By Carolyn London  
*fclondon@verizon.net*

The 2006 National Convention will be held in Albuquerque, New Mexico 10-14 September. I am planning to attend and will vote on behalf of our chapter. We have five votes.

This gives us the opportunity to help to decide several major organizational questions and issues that will affect the future of NARFE. Issues and resolutions that will be on the ballot include: (1) mandatory chapter membership; (2) one member-one vote; (3) single dues; (4) spousal dues; (5) supplementing life membership by the general fund and the list goes on ... You have already heard about many of these issues and resolutions since they have been addressed in "Retirement Life."

At our July chapter meeting the issues will be addressed further and we as a chapter will decide at our August chapter meeting how we want to vote. There is a complete listing on the National NARFE website. If you are interested, you can download by going to [www.narfe.org](http://www.narfe.org) and clicking on the National Convention illustration and then click on Resolutions.

We will also vote on National Officers. These are also being featured in our NARFE magazine. Take a little time to think about who you think would best represent us and be ready to tell me how you want our chapter to vote.

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**See page 2 for July and August program notes**

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## Vice President's Program Notes

By Fred Hawkins  
F\_Hawk@att.net

Our speaker for July 25th is Cathy Ahrendsen, Founder and Executive Director of A Helping Hand, a nonprofit organization, founded 10 year ago in Chapel Hill. It provides escorted transportation and home care to senior citizens and persons temporarily or permanently disabled in Orange, Durham, Chatham and western Wake counties. Services for persons at all income levels are provided.

A Helping Hand is insured and bonded and has received local and State awards for excellence.

Debbie Avolin, Director of Social Services with The Salvation Army, will be our speaker on August 22nd. Debbie has been with The Salvation Army for eight years. She lives in Zebulon with her husband, daughter, and granddaughter. She also has two sons: one in Zebulon and another in the U. S. military.

As Director of Social Services, Debbie monitors Social Services programs, explores possible new programs, ensures the overall delivery of services under these programs, and represents the Salvation Army at community meetings. She also tracks Social Services trends and community needs for possible intervention by The Salvation Army.

### Welcome New Members

Dickerson, Martha  
Holley, Gene A  
Suitt, Michael T

### Members who did not renew

Bowden, Frances H  
Hamre, Marcella E  
King, Myrtle G

### In Memoriam

Nadine Vogel of Durham  
As reported in M-112 June report  
No further information available

### Current Chapter Membership

232

### Honorary Members Honored

Irma Whittington, William Greene, Mae McAllister and Edna Baker have been designated as "Honorary Members", having reached the age of 85 with 20 years or more of continual membership in NARFE. They were honored at the June meeting and are no longer required to pay National dues.

## Convention Pictures



Doris Tilley and Beulah Latta with  
George Hatcher of Chapter 276



Foye Isaacs and Helen Stopinski

### The delegates

Front row: Fred Hawkins, Foye Isaacs,  
Helen Stopinski.

Back row: Helen Hilderman, Marian Zang, Carolyn  
London, Beulah Latta and Doris Tilley



Have you considered Dues Withholding?  
No more worry about letting your membership lapse!

A quote from Bill Austin regarding the very small possibility of passage of the GPO and WEP bills in the foreseeable future:

Keep the pressure on Congress  
Never let them forget we are here!

### Know your chapter members



Marian Zang is the newsletter editor and e-mail coordinator for Chapter 566, and is the former Federation Editor. She is also the chapter legislative officer and past vice president.

Born and raised in Michigan, she spent most of her working career in Virginia, working with the US Public Health Service (USPHS) in Washington, DC, where she retired in 1981 as a property and supply management officer in the Bureau of Hospitals. Shortly before her retirement, she bought her first computer, an Apple II, and wrote a book on family history, published by Gateway Press of Baltimore in 1983. The work has been well received by her extensive family and much of it has been used in an award winning website that she co-authors.

In 1983 she and her husband Cosmo, also a USPHS retiree, moved to Alabama where they planned to spend their retirement years. Two years after his death in 1992, she moved to Durham to be nearer one her sons.

Although her brother-in-law had urged both of them to join NARFE since their retirement, it was a chance meeting with Lyle Storch at the Piccadilly restaurant at South Square that finally persuaded her to do so. His enthusiasm and belief in NARFE led to her continued activity since that time.

Marian is a member of the Immaculate Conception Catholic Church, and is active in the Daughters of The American Revolution, Daughters of the Confederacy, and the Sparger Springs Homeowners Association.

She has three sons by an earlier marriage, nine grandchildren and (soon) fourteen great-grandchildren. Two of her grandsons are in military service. One is a National Guard NCO recently deployed to Kosovo in the Balkans, his second tour of duty there. The other is in the US Navy aboard a nuclear aircraft carrier in the Pacific.

### Some Useful Numbers

Hon. Elizabeth Dole

120 Senate Russell Bldg. Washington, DC 20510  
202-224-6343 (DC); FAX 202-224-1100

Web: <http://dole.senate.gov/>

Hon. Richard Burr

US Senate, Washington, DC 20510  
202-224-3154

Web: <http://burr.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/>

### Planning to move? Notify NARFE

1-800-456-8410 or [memsrv@narfe.org](mailto:memsrv@narfe.org)  
(Also please notify this chapter at [mezang@aol.com](mailto:mezang@aol.com))



Marian Zang and Carolyn London enjoy the mountain air at the State Convention in Asheville



### Alzheimer's Report

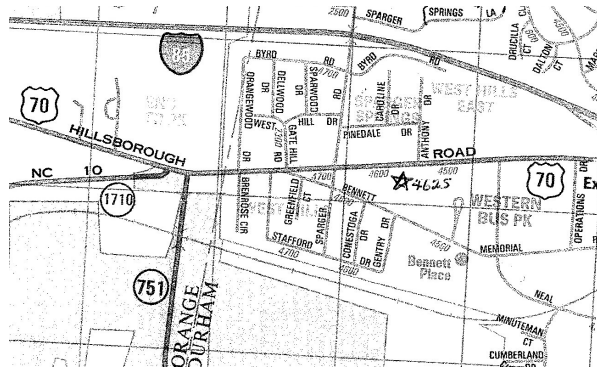
Helen Hilderman  
[HelenHild@aol.com](mailto:HelenHild@aol.com)

NIH has confirmed the studies that show life style preventive actions that may prevent or delay Alzheimer's.

- Reduce blood pressure and cholesterol levels
- Maintain a healthy weight
- Keep physically active
- Stay socially active
- Quit smoking

This newsletter is published bimonthly by Chapter 566 Durham and mailed to all chapter members. It is normally mailed about one week before the chapter meeting in the months of January, March, May, July, September and November)

**Meeting Place – as of July 25, 2006**  
**Bennett Pointe Grill**  
 4625 Hillsborough Rd., Durham, NC  
 Near corner of Hillsborough and Sparger Road – Next to Food Lion  
 Phone 919-382-9431



Luncheon prices start at \$5.95



**NARFE**

NATIONAL ASSOCIATION OF ACTIVE  
AND RETIRED FEDERAL EMPLOYEES

**Chapter 566 Durham**

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