



NARFE Sandhills Chapter 1895

“I am not retiring from our chapter, I intend to attend every meeting I can and ...”



George L. and Julina LeVander

I have served as President of Sandhills Chapter 1895 for 20 years and have met some of the finest people in the world that I would never know, if I had not joined NARFE. That would have been a tragedy for I value their friendship very much. I was blessed with a fine group of officers during this time and I thank them for their support and service to our chapter. I am convinced that active and retired federal employees get more for their dollar than they can get elsewhere.

Many of you retired and moved into this area from up north and I called you “Yankees” but it was done in fun and love. GOOD FOLKS live everywhere. I can’t help but reflect on those of our membership who have passed on and I miss them.

I am not retiring from our chapter, I intend to attend every meeting I can and I will support our new president, Vilma Geisert. I feel sure that she will lead us in the right direction and that our chapter will grow under her leadership.

I urge all to get more involved, attend our chapter meetings, support our officers, support Alzheimer’s Research, tell others about NARFE, and continue your membership. We have won some battles but the war still rages. As a great American said, many years ago: “Damn the torpedoes, full speed ahead!”

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Sandhills Chapter 1895 News

October 10th meeting highlights:

Twenty-one members were in attendance at this meeting. President LeVander welcomed Herb Fahy and other members and guests.

Vilma Geisert introduced the guest speaker, Barbara Ballard, retired federal employee from HUD and currently is secretary-treasurer of the Harnett County Chapter of NARFE. She has an accounting degree and currently works as a mortgage loan officer, specializing in "reverse mortgages." She's employed by Academy Mortgage Company, based in Baltimore, MD. Ms. Ballard provided material and information about the reverse mortgage process and answered questions.



Left to right: H. Seufert, B. Ballard, V. Geisert and G. LeVander

The treasurer's report by Henry Seufert indicate: \$119.84 received in dues; \$98 collected last time for Alzheimer's research; \$80 received from the Geisert's refund for training not attended; total balance on hand: \$3,225.63 from last month total remaining balance: \$3116.40. The balance sheet was attached for detail. Today, \$39 was collected for Alzheimer's Research.

Paul Sams provided his report on legislative issues. The State priority is Premium Conversion. He asked the members to make sure we stay abreast of the retirement issues presented in the NARFE publications. He stated that Congress is considering the use of retirement funds to cover the costs of Hurricane Katrina relief efforts in the Congressional budget being prepared. He attended a NARFE workshop in Macon, GA.

Louise Klabbatz reported on member Leatrice Beasley, who is convalescing from surgery. Julina LeVander broke her leg but was in attendance cheerful and helpful as usual!

Continued on page 6

November 14th Meeting Highlights: Nineteen members were in attendance. President LeVander welcomed Mr. Harley Bean and Mrs. Jo Bean; he retired from the US Census Bureau, and she retired from Andrews Air Force Base.

Pete Feeney introduced the guest speaker, Tom Sherwin, Registered Pharmacist, First-Health Moore Regional Hospital for the past fifteen years. Tom provided an informative health care presentation mentioning medicinal interactions, and cautioning that we monitor our medicines and inform our physicians about the various prescriptions and non-prescription supplements we may be taking, to prevent negative interactions and allergic reactions. Foods also can either increase or decrease the effects of some drugs, as well. He recom-



Tom Sherwin,
Registered
Pharmacist

mended a helpful website for additional information: MedicationAdvisor.com

Treasurer's Report: Henry Seufert submitted his balance sheet and summarized the following: \$19.84 received in dues; \$41.00 collected last month for Alzheimer's research; \$100 sent to the Alzheimer's Research Fund; \$100 donation to the church for the meeting space; \$100 to NARFE National Disaster Fund; with a total remaining balance: \$3116.40 Today, \$42 was collected for Alzheimer's Research. Records show we have 132 paid members—170 will be paid by the end of the year.

Legislation: Paul Sams provided material that was shared with the group. There is a free Medicare Part D workshop being held at the Holiday Inn on November 22. No changes in other legislative issues pending before Congress or the State.

Membership: Pete Feeney reported we have 170 Chapter members plus 27 with National status only.

Telephone Tree: Ed Klingenschmidt reported the telephone tree is used for communication purposes.

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Sandhills Chapter 1895 News

December 12th “Christmas eating meeting”



Above: Members and guests; Alzheimer's raffle table



The Sophisticated Ladies— Originated in 1992 under the direction of a former Radio City Music Hall Rockette. Their impressive careers included such fields as banking, education, medical, dental plus music, besides being wives, mothers and grandmothers.



Pictures above: December 12th 'eating meeting' members, guests and So-phisticated Ladies



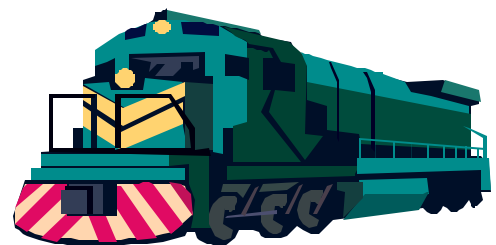
**Edgar Klingensmidt,
Telephone Tree
Chair**

HELP WANTED: Some one to take a list of only 6-8 names to contact in the event there is some news of importance or concerns that needs to be relayed to members between meetings or newsletters. This small task takes no more than 10-15 minutes, provides an opportunity to talk with a fellow retiree and make new friends. If you are willing to assist with this please call me at 910 692-2527 anytime between 6:00 PM—11:00 PM. Thank you.



**Darla Davis,
Public Relations**

Darla, thank you for a job well done! Darla and her husband, Hal, are planning to travel extensively. Darla will be unable to continue as Public Relations Chair!



December 12th Meeting Highlights: Twenty-eight NARFE members were in attendance at this special holiday luncheon meeting.

The Sophisticated Ladies, an area dance ensemble, provided holiday entertainment, which was enjoyed by all in attendance.

President LeVander welcomed North Carolina Federation of Chapters President Tom Hobgood and his wife Tommie, and NARFE Region X Executive Vice President Bill Austin and his wife Gwen. They provided welcoming remarks and encouraged the group to attract new members and to retain current members. Approximately 97 attended the recent leadership training in Georgia, which served to strengthen the organization.

Paul Sams motioned that the Chapter dispense with the reading of the minutes and committee reports, with the exception of the Nominating Committee. Lloyd Geisert, Chair of the Nominating Committee, read the roster of proposed officers and committee chairs. The President called for any additional nominations from the floor and there were none. Voting took place and all were elected. Tom Hobgood, Federation installed all the officers for 2006 as follows: President- Vilma Geisert; Vice President- George LeVander; Secretary- Darlind Davis; Treasurer- Henry Seufert; Chaplain- Rosetta Smothers; Chapter Service Officer- Clarence Martin; Editor- Vilma Geisert; Legislation- Paul Sams; Membership- Pete Feeney; Narfe Net Coordinator/Program Chair- Frank West; Telephone Tree- Edgar Klingenschmidt; Sunshine Chair- Louise Klabbatz; Alzheimer's Fund Chair- Julina LeVander

Vilma Geisert presented President George LeVander with a certificate of appreciation from the National NARFE office and a certificate of appreciation from the Sandhills Chapter 1895 for his dedication and leadership as a founder and Chapter President over the past twenty years. Julina LeVander was presented with a poinsettia for her support to George and for her efforts to raise funds for Alzheimer's Research.

Julina LeVander and her group of volunteers held the monthly raffle to benefit our Alzheimer's Research Fund.



**Henry Seufert,
Treasurer**

Treasure Chest: The duties of the Treasurer include the responsibility to try to obtain the least expense for the business items required by the officers and staff of Chapter 1895.

Upon being selected Treasurer of the Chapter it appeared the Chapter could reduce one of our main expenses: The mailing and distribution of the Chapter newsletter. The Chapter was mailing over 200 items to members each quarter, counting copies for NC Federation, several Chapters in our immediate area and Narfe members who were not chapter members but we consider potential members.

After six months of endeavor the V-President Vilma and myself, Treasurer, have succeeded in obtaining a "non-profit" "mailing permit" for Chapter 1895. Using this permit four times a year, to mail the newsletter, will potentially save the chapter about \$150 a year in postage costs. We will begin using this permit number to mail the newsletter in January 2006. Members should report address changes, immediately.

Other duties of the Treasurer are to insure that any member's contributions to recognized charities are recorded and sent on to those charities. Recently the chapter donated \$100 to NARFE-FEEA, an organization set up several years ago to help chapter members involved in hardship disasters such as Katrina and Rita Hurricanes. If any members wish to personally donate funds to this charity, you can write a check for any amount and the treasurer will forward it to FEEA for you or you can mail it personally to: FEEA, 8441 W. Bowleski Ave. Suite 200 Lillerton, CO. 80123. This is tax deductible if you itemize your deductions. NOTE: Under a new tax law passed by Congress since the hurricanes you can deduct these "cash" donations 100% instead of the previous 50% deduction under itemized deductions.

In 2005 Chapter 1895 has donated \$1,283 to the NARFE-Alzheimer's Fund; of this amount, \$731 has been donated at our

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Sandhills Chapter 1895 News

October 10th cont'd from page 2 A motion was passed to donate \$100 to the Church for our meeting space.

President LeVander discussed the need to revise our bylaws. A committee was named to include: Vilma Geisert, Darlind Davis, and Hank Seufert. George stated that he thought term limits would be a good idea. Hank said that he recommends that we say two years limit, but not to exclude the ability to be re-elected for a second term.

A Nominating Committee was named to provide a slate of officers for the 2006 program year. The committee will consist of: Ed Klingschmidt, Lloyd Geisert, Hank Seufert, Louise Klabbatz, and Frank West.

Vilma Geisert, Vice President reported that she has a speaker committed for November, a pharmacist from First Health will speak. In December, we will hold our eating meeting at the Holiday Inn, and the group discussed inviting the dance group the Sophisticated Ladies. A motion was passed to provide a donation of \$75 for their entertainment costs for this special holiday luncheon.

Frank West circulated an email list for corrections and additions. A discussion ensued regarding the need to continue our good publicity efforts. We should stress that we are not a political group but dedicated to the goals of NARFE (National Active and Retired Federal Employees).

Julina LeVander and her group of volunteers held the monthly raffle to benefit our Alzheimer's Research Fund.

The Newsletter deadline is December 20. The next meeting will be held on November 14, 2005, at the Community Congregational Church in Southern Pines.

The price of greatness is responsibility.

Winston Churchill



**Paul Sams,
Legislative
Officer**

Chapter Management Symposium Macon GA Update:

President Fallis told us at the outset of the meeting that our membership is dropping at a rapid rate. We recruited 26,000 new members and reinstated 10,000 members in 2004 but we lost a whopping 49,000. About

12,000 due to death and about 5,000 going into nursing homes. If my math is correct that means we lost 32,000 because they didn't renew their membership. That is something we really need to work on. We had seminars on a variety of subjects: Leadership Development, Effective Communications, Chapter Meetings and Activities, and Recruiting and Retention.

We have to find new ways to keep our people on the rolls, one way is get all members on dues withholding and they want forget to send their money in at the start of the new year, another is contact, contact, and contact again all members that don't send in the dues after the first notice. One suggestion was made that since the dues are collected at Headquarters that we are getting a little complacent at the local level and that might be very true. I think we do well with communicating our efforts to the community around us but we probably need to take a look at our chapter meetings to see what we can do different so we can attract more members, which leads to Leadership Development, if we have the same people at our meetings all the time it will be hard to do any developing at all because we will not have new people to share our experiences with. We had over 160 people in attend from all over the two regions scheduled for the conference; there was a very positive attitude, very upbeat presenters and a lot of good discussion in all the seminars that I attended. I will update you folks a little more at our next meeting. (We had seven people from NC attend).

Our primary focus for the rest of this year will be on Premium Conversion, so call your Congressman and Senators and let them know how you are concerned about this program.

Sandhills Chapter 1895 News



**Darie Davis,
Secretary**

A Trip Down Memory Lane--The archives of the NARFE Sandhills Chapter #1895 are an interesting set of boxes that contain the minutes of all meetings dating back twenty years. Some things never change. Here is a sample from the bound record book from 1985: June 10, 1985: The meeting was held at the Howard Johnson's Restaurant adjacent to the Town and Country Shopping Center in Aberdeen. President Fuller introduced the speaker, Vernelle Jones, Consultant for the Federal Employees Program of Blue Cross and Blue Shield of North Carolina. Excerpts: The standard deductible is \$250 for an individual and \$500 for families.

Minutes continue: President Fuller summarized the chapter attendance at the recent 1985 NC NARFE State Convention. George LeVander attended, accompanied by his wife, Julina. President Fuller noted that one North Carolina Chapter was given a special honorable mention for having signed up 209 new members during the past twelve months. George LeVander won a prize at the State Convention (no surprize there!). NARFE is celebrating its 65 birthday this year (ie 1985) and asked that Chapters suggest ways to express this occasion. George LeVander was elected President at the December, 1985 meeting and presided over his first meeting on January 13, 1985 with an invocation and the Pledge of Allegiance to the Flag.



**Louise Klabbatz,
Sunshine Chair**

Sunshine Notes: I haven't been overworked lately. Hope everyone is healthy and has a Merry Christmas and a Happy New Year.

I have only sent three cards outs. Two get well and one sympathy.



**Peter Feeney,
Membership
Chair**

Membership News: National's Monthly Chapter Activity Report records the periodic changes in Chapter membership. The section "Members Dropped for Non-Renewal" is my principal domain. In most cases I rarely reach the person I call. If the answer machine responds, I leave a little squib and my phone number, but people seldom return my call, even though I give assurances I'm legit. If they do call back I encourage their rejoining NARFE and offer to send a membership application. Return calls which bother me are from a surviving spouse, not the annuitant. I've had two of these lately. Other than that, I recall a couple of calls; two in which women members said they decided not to rejoin owing to duplication costs because their husbands are members. Five ex-members responded more favorably and I mailed them applications.

Also, during the past reporting period three of my calls to ex-members were unsuccessful because their telephones were disconnected.

It's always a joy to see the reinstatement listing in the monthly report and wonder if one of my phone calls inspired a member to rejoin.



**Vilma Geisert,
Vice Presi-
dent/Editor**

Reflecting on 2005, we all worked together preparing for and hosting the very successful 2005 State Convention. The physical demands of hosting a convention are behind us and our members can be proud of their phenomenal achievement.

I see 2006 as the year in which Chapter 1895 members will again work together, this time planning creative recruitment and retention strategies/solutions. Their ideas and team work will be instrumental in our Chapter's growth. The members receiving this newsletter, who are unable to attend a meeting, please mail us your suggestions and ideas about recruitment.



**Julina LeVander,
Chair, Alzheimer's
Fund**

Fund Progress: In 2005 our Sandhills Chapter 1895 has contributed a total of \$1283.00 to Alzheimer's Research. We are closing in on \$9,000 since we started supporting the effort to find a cure for this dreadful affliction. Nationally NARFE will soon surpass our goal of \$7 million.

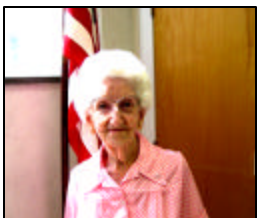
The latest news is that progress is being made and I am certain that a cure will be found, maybe not in our lifetime, but I'm convinced it will happen.

Thanks to everyone who has brought items to be raffled, thanks to all who buy tickets, and please keep it up in 2006. We have not gone outside our chapter membership to reach this tidy sum and we have lots of fun with the raffle. Stick out your chest, brag on yourself, you deserve a pat on the back!

October—gift donations for the raffle table were by: Darla Davis, Geisert's, Klabbatz's, Ed Klingenschmidt, LeVander's, Bob Maddrey, Margaret McLeod, and Winnie's.

November—gift donations were by: Leatrice Beasley, Darlind Davis, Geisert's, LeVander's, Martin's, Henry Seufert, and Dale Streicker.

December-gift donations were by: Leatrice Beasley, Norman Eppell, Geisert's, Klabbatz's, LeVander's, Maddrey's, Rose MacDougall, Martin's, Sams', Henry Seufert, Rosetta Smothers, Dale Streicker, and Winnie's.



**Rosetta Smothers,
Chapter Chaplin**

Chaplin's Note: We continue to encourage all members to come to our monthly meetings. You will receive important information for your benefit and you will enjoy the fellowship. We will look forward to seeing you.

November 14th Meeting Highlights continued from page 2: Nominating Committee: Lloyd Geisert reported on his committee, which includes Ed Klingensmith, Lloyd Geisert, Hank Seufert, Louise Klabbatz, and Frank West.

The proposed slate of officers for 2006 includes: President-Vilma Geisert; Vice President-George LeVander; Secretary- Darlind Davis; Treasurer-Henry Seufert. The floor was opened for additional nominations. Elections will be held in December.

Bylaws: Vilma Geisert reported on the status of the bylaw revision committee, composed of Vilma Geisert, Darlind Davis, and Hank Seufert. The group discussed potential changes including a need to specify a number for a quorum. It was suggested to include 10% of the membership or 15 members, whichever is less. The name must be changed to be consistent with National Active and Retired Federal Employees (NARFE). The constitution must also be changed to be in alignment. A draft copy of the latest revision was provided to President LeVander.

The Newsletter deadline is December 20. The next meeting will be the eating meeting at the Holiday The meeting will be held promptly at 11:00 with entertainment provided by the Sophisticated Ladies.

Julina LeVander and her group of volunteers held the monthly raffle to benefit our Alzheimer's Research Fund.

Treasure Chest cont'd from page 5: meetings; \$552 has been donated from the Chapter Treasury (Note: This includes a \$183 donated in memory of Phil Delozier, deceased Treasurer). The \$552 less \$183 means that \$369 was donated by members attending chapter meetings a dollar or two at a time. Some chapter members have made extra donations with their checks that are included in members donations. Perhaps members who do not attend meetings for several good reasons, may want to participate by sending checks by mail to the Treasurer to forward to NARFE-Alzheimer's Fund. Henry P. Seufert, Chapter Treasurer.



**Frank West-
Program
Chair/ Narfe
Net Coordina-
tor**

Program News: February 13th, Henry Seufert, Treasurer will present the program "Income Taxes and You". Prior to his retirement Henry was a civil servant with the IRS for many years, including serving as Director in the northeast. He brings his expertise for your benefit. **NARFE Net Coordinator News: Why Send Your e-mail Address to the Chapter**

Net Coordinator? Your e-mail addresses are valuable to the Chapter when members are to be notified of the following: • Death or other catastrophe pertaining to a fellow member. • Need to contact political representatives when current or proposed member benefits are in jeopardy. • Chapter, area, state or national meetings time and agenda.

It is desirable to use e-mail when possible because it provides quick response and eliminates mailings and/or Telephone Tree phone calls. Hence, less cost and fewer members and time are required to send notices. Chapter e-mails will be sent by "blind copy" to assure members of minimal distribution of their e-mail addresses.

To make our NARFE Chapter more effective, please send your e-mail addresses to Frank West, Chapter Net Coordinator, at fewest@charter.net.



**Clarence Martin,
Chapter Service
Officer**

How I entered my career in civil service work. I was employed by U.S.P. & F. O. in Brooklyn, N.Y., assigned to an AJAX guided missile site, as a Crewman, performing duties as a computer operator, at the Firing Control Center, Spring Valley, N.Y. I was transferred, after eighteen months, to a Hercules guided missile site on Grand Island, Niagara Falls, N.Y. Working as a Missile Crewman I worked my way up to a Firing Panel Operator. The site was closed in 1970 and I was transferred, along with my family, to a Combined Support Maintenance Shop, back to Peekskill, N.Y. I started out as a Heavy Truck Mechanic, and then landed a desk job, as Production Control Clerk. I then went on to serve in the Supply room as a Clerk, and last as a Purchasing Agent.

I met many fine people throughout my career. My immediate supervisor, a Major, was my closest friend. Through him I acquired many skills, which, without him, I would not have today. I retired after twenty two years, and immediately joined NARFE and have loved it. I have now served as Chapter Service Officer for several years and receive great satisfaction from meeting and assisting those who need help.

Paul Sams, Legislative News: What is front and center is the Medicare Prescription Drug Program and everything I hear and all that I read tells me that most all retirees who have FEHBP plans have better prescription drug coverage with their programs than the Medicare Plan, read everything you can, the National Magazine has some good answers to questions about the program that might help you decide, I am going to stay with my Blue Cross Blue Shield Plan and not go with Medicare. We also received a 4.1% increase in our retirement checks in Jan, and I think we should make plans to protect our COLA's and our health benefits for the coming year. Hope ya'll had a Merry Christmas

*Individual commitment to a group effort
—that is what makes a team work, a
company work, a society work,
a civilization work.*

Vince Lombardi

Member's Page

Protocol for Writing to Your Government Representative

Please Note: Heightened security measures have dramatically increased the time it takes for a letter sent by post to reach the offices of federal or state legislators. More and more, citizens are using emails and faxes to communicate their concerns and increasingly elected officials' offices prefer electronic communications for constituent contact. As a general rule, Members of Congress are far more likely to heed your message if you are one of their constituents. The following tips aim to improve the effectiveness of your correspondence, regardless of the means you choose to deliver your message.

Tips for Writing Congress

State your purpose for writing in the first sentence of the letter. For example: As your constituent, I am writing to urge your support for increased funding for health care.

If your letter pertains to a specific piece of legislation, identify it. And make sure that you are referencing the correct legislation to the correct body of Congress. House bills are H.R. ____; Senate bills are designated as S. _____. It is also important to know the status of the bill.

Be courteous.

If appropriate, include personal information about why the issue matters to you to make your point. Address only one issue in each email.

Close your letter with a restatement of your purpose and indicate the response that you expect.

Weekly legislative message is posted for NARFE members

A weekly legislative message is available to telephone callers (703) 838-7780 and toll free at 1-877-217-8234), posted for members on NARFE's Internet site, www.narfe.org, and broadcast to GEMS e-mail addresses (now over 50,000). This policy allows each registered e-mail addressee to choose to read each message, delete each or pick and choose. Each delivery device is a service of the NARFE, the National Active and Retired Federal Employees Association.

Letters to the Sandhills Chapter 1895 Newsletter

We welcome your letters: Letters must be original, by the person who signs the letter, and exclusive to this newspaper. Please list your name, street address and daytime phone. Only your name and hometown will be published. No "open" or anonymous letters. Write to: Editor, NARFE Sandhills Chapter 1895, PO Box 2393 Southern Pines, NC 28388 or e-mail to: vilmag@pinehurst.net

Telephone Protocol

Tips For Phoning Congress

Telephone calls are usually taken by a staff member, not the member of Congress. Ask to speak with the aide who handles the issue about which you wish to comment. (See our guide to Congressional staff [here](#).)

After identifying yourself as a constituent, tell the aide you would like to leave a brief message, such as: "Please tell Senator/ Representative [Name] that I support/oppose [S.___/H.R.___]."

State your reasons for your support or opposition to the bill. Ask for your senators' or representative's position on the bill. You may also request a written response to your telephone call.

Hail and Farewell

Members Transferred In:

Pam Anderson-Taplett, Pinehurst, NC
 Rober A. DeSanto, Carthage, NC
 Sandra T. Newman, West End, NC
 Robert E. Neill, Pinehurst, NC

Dropped for Non-Renewal:

Pearly S. King, Aberdeen, NC
 Mary Jo A. Littlefield, Southern Pines, NC
 Florence M. Thomas, Pinehurst, NC

IMPORTANT NOTE: We ask those who have not renewed to please reconsider, and contact George LeVander (910) 895-9657 or Peter Feeney (910) 695-1554.

2005 NARFE Sandhills Chapter 1895 Officers

President	George LeVander	(910) 895-9657
Vice President	Vilma Geisert	(910) 215-5898
Secretary	Darlind Davis	(910) 215-0515
Treasurer	Henry Seufert	(910) 692-6466
Legislative Officer	Paul Sams	(910) 949-3357
Editor	Vilma Geisert	(910) 215-5898
Membership	Peter Feeney	(910) 695-1554
Service Officer	Clarence Martin	(910) 582-4310
Public Relations	Vacant	(910) 295-7385
Programs	Frank West	(910) 949-3968
Alzheimer's Fund	Julina LeVander	(910) 895-9657
Chaplin	Rosetta Smothers	(910) 692-1124
Telephone Tree	Edgar Klingenschmidt	(910) 692-2527
Sunshine Program	Louise Klabbatz	(910) 944-7900
NARFE Net Coordinator	Frank West	(910) 949-3968

National Active and Retired Federal Employees (NARFE)



Sandhills Chapter 1895
V. Geisert, Editor/Publisher
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Southern Pines, NC 28388

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2006 New Year's Resolution:

I will attend more NARFE Chapter meetings this year!

Meeting: 2nd Monday of each month

Jan. 9th, 2006 10:30-Noon, Community Congregational Church, 141 N. Bennett St., So. Pines

Feb. 13th, 2006 10:30-Noon Community Congregational Church 141 N. Bennett St. So. Pines

Mar 13th, 2006 11:00-12:30 PM DAYS Inn (Holiday Inn) Morganton Rd & Hwy 1, So. Pines

NARFE—Your future—Our focus!