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# NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES

## FIRST FLIGHT QUARTERLY



*If we each do a little bit, together we can do a lot.*

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Volume 10 Issue 1

Membership 135

February 2006

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**February is Heart Month. “Life is not merely being alive, but being well.”** Martial, *Epigrams*  
Heart disease is the No. 1 killer of men and women

### MESSAGE FROM THE NEW PRESIDENT TOM ROGERS

Beginning a new year as president of First Flight Chapter 2206 is exciting. My goal for this year is to review our commitment to give you, the chapter members, informative programs, sound and fiscal leadership, and information relevant to our chapter, N.C. State Federation and NARFE national office.

The chapter continues to have an excellent and dedicated group of officers and committee chairpersons to help support the president. I am grateful for their continued willingness to serve our chapter time after time. Edie Baker has consented to help me in my duties. As a long time member and past president, she will continue to guide me with matters that concern the chapter.

I would like our chapter to continue to support the PAC. Their endeavors help National’s efforts to protect our earned retired benefits, especially now with the uncertain budgetary deficits facing our government. These deficits may effect future policy regarding our current health and monetary benefits.

The chapter has been generous this past year making contributions to help the disadvantaged in the Dare County community. I would like us to consider giving a monetary donation once a year to worthwhile organizations, such as the Community Health Care Clinic of Dare County. In December 2005 the chapter gave a monetary gift of \$500.00.

Our chapter will have an excellent representation of delegates attending the NC State Federation. Convention and the celebration of its 50th anniversary. The convention will be held in Asheville on May 3-5. Thank you Don Dailey, Howard Kimble, Glenda McRary, Edie Baker, and Charles Votaw for agreeing to serve as delegates on behalf of First Flight Chapter 2206.

Again this summer we plan to have a summer picnic in July similar to last year’s event.

Please continue to attend and support our monthly meetings. Consider bringing a friend or fellow federal retiree. I’m positive they will leave with excellent knowledge on our chapter and NARFE. Our monthly programs provide interesting information on local issues and matters that are pertinent to you and our Dare County community.

### MEETINGS REPORT

**January 10th** The program speaker was Mr. Bill Pitt. The meeting was superb with information to consider regarding the upcoming referendum on the sales tax which will provide funds for beach

#### **FIRST FLIGHT OFFICERS**

President	Tom Rogers	441-2857
Vice President	Don Dailey	255-1771
Secretary	Margie Hardman	480-1431
Treasurer	Charles Votaw	995-4656

#### **COMMITTEE LEADERS**

Membership	Glenda McRary	441-8607
Public Relations		
Legislative	Howard Kimble	441-0542
Newsletter	Glenda McRary	441-8607
Service	Howard Kimble	441-0542
Alzheimer’s	Ruth Rigor	441-4581
PAC		

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nourishment. On February 7 the issue will be voted on. Mr. Pitt's last remarks encouraged everyone to get out and vote.

**February 14**—The speaker will be Andrea Scott of Medical Cardiac Services of America providing information on how to keep a healthy heart.

**March 14**—Walt Smith, Area VI Vice President, will make his first visit to the chapter. He will provide the latest news of the State Federation and National.

**April 11**—Gail Sonneso, founder of GEMS, the only adult day care center in Dare County, will update their progress.

**May 9**—Holly Parker, Spinnacker Realty, will speak about the market and economy on the Outer Banks.

### MEMBERSHIP STATUS

How did we do on membership in 2005?

18-new members

36-dropped or transferred

9- reinstated

3-passed away

Our current membership is 135.

You can see that we are losing more members than we are gaining. Membership is the responsibility of every member. Please encourage all retired friends or acquaintances to join our chapter. Remember, people who are still working are also eligible to become NARFE members.



### LEGISLATIVE ISSUES

For those who are not on the GEMS e-mail network, the latest NARFE Legislative Update urges member action on an upcoming vote in the House on spending reconciliation. The House approved the bill but it was rejected by the Senate. The House will be voting again anytime after January 31st. To date, very few NARFE members have sent a traceable e-mail. You still have time to join other senior and health care organization members in contacting your own Representative and urging a NO vote. Provisions in the bill would make it harder to qualify and receive Medicaid long-term benefits. Our representative is Walter Jones whose contact

information is in the following column. Please e-mail him or use the NARFE toll free number (1-866-220-0044) to reach the Capital switchboard and ask for our representative.

Additionally, if you haven't already done so, you are encouraged to read the February issue of *Retirement Life* as it contains several items everyone should read. See pages 12, 14, 16, 20 and 22.

### IMPORTANT ADDRESSES

#### US Senators

The Honorable Elizabeth Dole

Senate Office Bldg

Washington, DC 20510

Tel 202-224-3121 or [dole.senate.gov](mailto:dole.senate.gov) (Contact Me)

The Honorable Richard Burr

217 Russell Senate Office Bldg.

Washington, DC 20510

Tel 202-224-3154

#### US Representative

The Honorable Walter Jones, Jr.

422 Cannon HOB

Washington, DC 20515

Tel 202-225-3415 or e-mail:

[CONGJONES@mail.house.gov](mailto:CONGJONES@mail.house.gov)

#### State Legislators

NC Senator Marc Basnight

PO Box 1025, Manteo 27954

473-2223; 919-733-6854 (Raleigh)

NC Representative Tim Spear will complete the term of Bill Culpepper. No contact info at this time.

### DUES WITHHOLDING

Which amount would you rather pay for National annual dues: \$24.67 every year, \$29.00 (1 year), \$52.00 (2 years), \$74.00 (3 years)? Consider that your chapter dues are added to these amounts.

I chose \$24.67, the least expensive, by signing up for the Dues Withholding Program. Only \$3.30 per month is withheld from my annuity—how cheap is

that! I couldn't even buy a Starbucks coffee with that amount.

What if I change my mind? Am I obligated to remain in the program? No. You may discontinue the allotment at any time by notifying National Headquarters in writing your intention to cancel.

#### Advantages:

I'm paying the cheapest amount.

I never have to remember where my dues renewal notice is.

I will never have to send dues to National.

I am helping National save hundred of dollars in mailing fees; these funds can be used for other NARFE initiatives.

#### **Are you asking yourself—why am I not doing this?**

#### **How do I sign up for Dues Withholding?**

Fill out both sides of the dues Withholding Application and send it to any chapter officer or bring it to a meeting. An application is in every issue of *Retirement Life*. If you can't find your magazine, call me and I'll send you one—Glenda, 441-8607. If you have other questions, call me.

More good news for **you!** As an incentive to get members to take advantage of dues withholding, the chapter will reimburse you for your chapter dues for one year when you sign up. What a deal!

#### **If you decide to do this:**

1. If you do not know your dues expiration date, please call me at 441-8607 and I can give you that information.

2. If you cannot find your membership number, call me; I have that, too.

3. When you have filled in both sides of the form, mail it to Glenda McRary, 1406 Captain's Circle, Kill Devil Hills 27948 or bring it to a chapter meeting. The chapter will forward it to Headquarters. You just saved \$.39!

4. When the chapter receives your signed application form, the treasurer will send you a check for \$15.00.

You should send in your application 60-90 days before your dues expiration date.

#### **CHANGE OF INFORMATION**

If your telephone number or address changes, please call the Membership Leader, Glenda McRary, 441-8607. Don't forget to notify National, e-mail [memsrvcs@narfe.org](mailto:memsrvcs@narfe.org) or 1-800-456-8410.

#### **DO YOU KNOW WHAT THE SERVICE OFFICER DOES?**

The Service Officer plays a vital role in meeting the needs of chapter members and their families by:

Helping members, their families and survivors take proper actions to obtain and retain their annuities and survivor, health and federal life insurance benefits;

Providing emotional support to members having serious problems

Making his services and assistance known to chapter members.

He is knowledgeable about the following:

- Procedures governing delivery of annuitant checks
- Life insurance and health benefits
- Survivor benefits
- Change of beneficiary procedures
- Death benefits
- State and federal income taxes
- Social security requirements

The Service Officer is available to talk with you about any or all the procedures at any time. Be prepared before this information is actually needed. Call and talk with the chapter Service Officer, Howard Kimble, 441-0542 if you have questions or concerns.

A man's dying is more the survivors' affair than his own. Thomas Mann, *The Magic Mountain*

**NARFE  
NEEDS  
YOU!!**

**For info  
CALL  
441-2857**

**NARFE Chapter 2206  
1406 Captain's Circle  
Kill Devil Hills NC 27948**