



# Chapter News

## From the President

With all the rumors floating around the internet about Congressional retirement, NARFE has an article titled “RUMORS REFUTED: SETTING THE RECORD STRAIGHT ON CONGRESSIONAL RETIREMENT. “

Essentially these urban legends distort the retirement benefits of congressional members. Among other thing the legend claims that they do not contribute to Social Security and retire with full pay and benefits for life. Public Law 98-21 required Social Security coverage for all public employees, including members of Congress who entered service after 1983. When members of Congress retire, resign or are not re-elected, they may receive a retirement benefit like other Federal Employees.

Another misconception is that members of Congress pay nothing into any kind of retirement system. This again is false; in fact members of Congress pay into the CSRS at a higher rate than other Federal employees.

For those of you on the internet the link explaining this in detail is [www.narfe.org/departments/guest/articles.cfm?ID=408](http://www.narfe.org/departments/guest/articles.cfm?ID=408) . This is an excellent source of information on this matter and I encourage you to read it. If you are not hooked to the internet I have copies of the article you can have.

Our Chapter had a booth at the Seniors Expo held at the Kirkwood Adams Center on April 8. While we had no immediate signers, we were exposed to over 400 seniors in the valley. We did hear people discuss that they had nephews, nieces etc. that were Government employees so maybe we can get a few interested. Thanks to Kent, Barbara, Tim and Cindy for their help in setting up and manning the booth. It was interesting. I would like to see us have a booth at other functions in the valley. If you know of anything that looks promising let me know.

This meeting will get us onto our new schedule. I hope it works out.

Don't forget the primaries are scheduled for May 4. Make sure you get out and vote in the primary of your choice. This is particularly important this time as we have all of the House and one third of the Senate up for election.

It would appear that the recently enacted Health reform bill should have no adverse impact on FEHB in the immediate future. I am not sure I understand all the future ramifications of it so will

## Upcoming Events

### Chapter meetings

Tuesday, April 27<sup>th</sup>, 2010  
Noon  
Ryans Family Steak House

Tuesday, June 22<sup>nd</sup>, 2010  
Noon  
Ryans Family Steak House

### 2010 Federation Convention

Wednesday, May 5<sup>th</sup> through  
Friday, May 7<sup>th</sup>, 2010

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have to depend on our friends in Washington to keep us posted and try to keep the impact as small as possible.

See you at Ryan's on Tuesday the 27<sup>th</sup>.

Mike

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## April Meeting

The guest speaker at our April meeting will be Brian Brooks from Dominion Power. He will talk on the topic of renewable power.

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## NARFE Booth at the Senior Expo



Mike manning the NARFE booth at the Senior Expo.

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## COLA Watch

The Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) increased 0.5 percent during March. Released by the Bureau of Labor Statistics ([www.bls.gov/cpi](http://www.bls.gov/cpi) or 202/691-6994) on April 14, the CPI-W for March is 213.525. For purposes of calculating the next COLA (cost-of-living adjustment), the index is still **0.9 percent below** the 2008 third quarter average (due

to price deflation, in the past measurement year, the 2008 third quarter average is still the point of comparison) base index of 215.5.

Source: <http://www.narfe.org/departments/home/articles.cfm?ID=942>

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## **Best of the Web**

Congressional Quarterly and Roll Call have formed the CQ-Roll Call Group. Much of the policy and politics content they sell to deep-pocketed organizations around Washington is available for free on their web site, [www.CQpolitics.com](http://www.CQpolitics.com). (To get daily updates from CQ-Roll Call by e-mail, sign up or view a sample at <http://corporate.cq.com/wmspage.cfm?parm1=237> )

Source: NARFE Hotline message April 23<sup>rd</sup>, 2010

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## **Minutes of the March 23<sup>rd</sup>, 2010 Chapter Meeting**

President Mike McCoid called the business meeting to order at 12:35 PM, March 23<sup>rd</sup>, 2010 at Ryans Family Steak House in Roanoke Rapids. He led the Chapter members and guests in the Pledge of Allegiance.

### *Approval of Minutes*

There were no corrections to the minutes of the minutes of the March meeting as distributed in the April newsletter.

### *Treasurer's Report*

Treasurer Jim Smalfelt reported the check book balance is \$1,036.00. However, because of the holdback for the Federation, the Chapter has about \$700.00 available.

### *Guest Speaker*

Ms. Brandi Ross, of the Halifax Regional Medical Center, discussed "Growing Old Gracefully." She emphasized steps to keep from falling.

### *Old Business*

None

### *President Mike's Comments*

- Reminded the chapter members of the upcoming Federation convention.
- Said that March is NARFE PAC month
- Noted that the Senate had not passed the bill that would have provided Federal retirees a one-time payment of \$250 similar to that Social Security recipients received.
- The Chapter will have a booth at the Senior Expo on April 8<sup>th</sup>. Volunteers are needed to man it.

### *New Business*

Since the revised by-laws had been distributed less than 60 days prior to this meeting, Jim Howell moved that the 60-day requirement be waived. Barbara Dow seconded the motion which passed on a voice vote. Jim Howell then moved that the revised by-laws be approved. Jim Smalfelt seconded the motion which passed on a voice vote.

Tim Stone won the 50/50.

There being no other business, the meeting adjourned.

Respectfully submitted

Tim Stone  
Secretary

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## Congressional Contacts

Congressional contact information is listed below. Note that Congressman Butterfield's Weldon office is only open on Tuesdays and Thursdays.

*Capitol Toll-free number:* 1-866-220-0044 Dial the number and ask the operator to be connected to the Congressional office you wish to reach.

### *Congressional Delegation Contacts*

	<u>Washington, DC office</u>	<u>Local office</u>	<u>Web site</u>
<i>House of Representatives</i>			
G.K. Butterfield	413 Cannon House Office Building Washington, DC 20515 Phone: (202) 225-3101 Fax: (202) 225-3354	311 West 2 <sup>nd</sup> St Weldon, NC 27890 Phone: (252) 538-4123 Fax: 252-823-0236	<a href="http://www.house.gov/butterfield">http://www.house.gov/butterfield</a>
<i>US Senate</i>			
Richard Burr	217 Russell Senate Office Building Washington, DC 20510 Phone: (202) 224-3154 Fax: (202) 228-2981	100 Coast Line Street, Room 210 Rocky Mount, NC 27804 Phone: (252) 977-9522 Fax: (252) 977-7902	<a href="http://burr.senate.gov">http://burr.senate.gov</a>
Kay R. Hagan	521 Dirksen Senate Office Building Washington Dc 20510 Phone:( 202) 24-6342 Fax: (202) 228-2563	3310 New Bern Avenue Suite 122 Raleigh, NC 27601 Ph: (919) .856-4630	<a href="http://hagan.senate.gov">http://hagan.senate.gov</a>

Note: Each web site has a form for e-mailing the respective Senator/Congressman. That form can generally be accessed by clicking "Contacts" on the Home Page.

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## Updating the Chapter Directory

If you got this newsletter through the regular mail even though you have a valid e-mail address, there are a couple of possible explanations—the membership directory lists an incorrect e-mail address or your spam blocker is keeping the e-mail with the newsletter from being delivered into your mail box. To fix the problem:

1. Forward your correct e-mail address to me (Tim Stone) at [tfdnstoneagain1@embarqmail.com](mailto:tfdnstoneagain1@embarqmail.com)
2. Set your spam blocker so e-mails from that address get through to your mail box.

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## Chapter 2297 Officers

The following individuals are serving as the chapter officers for 2010

Office	Incumbent	Telephone	E-mail
President	Micheal McCoid	(252) 537-2096	<a href="mailto:mmccoid@embarqmail.com">mmccoid@embarqmail.com</a>
Vice President	Kent Trueblood	(252) 535-4934	None
Secretary/Newsletter	Tim Stone	(252) 586-4864	<a href="mailto:tfdnstoneagain1@embarqmail.com">tfdnstoneagain1@embarqmail.com</a>
Treasurer	Jim Smalfelt	(252) 586-5135	<a href="mailto:pdsjls@embarqmail.com">pdsjls@embarqmail.com</a>
Membership Chair	Barbara Dow	(252) 537-8627	<a href="mailto:dowhome@peoplepc.com">dowhome@peoplepc.com</a>
Service Officer	Cindy McCoid	(252) 537-2096	<a href="mailto:cmccoid@embarqmail.com">cmccoid@embarqmail.com</a>