



From the President

This is my last message to you as your president. I regret to say that we still do not have a slate of officers for next year with the exception of Vice President and Treasurer. I sincerely hope that one of you steps forward on the 15th.

We are at a critical time for Federal employees and Federal retirees. The current task force headed by Mr. Bowles and Mr. Simpson is recommending many things that are detrimental to the Federal workforce. I urge you to call your Congressman and Senators and express your opposition to these measures. There will be more on this later in the newsletter. We must be particularly alert to what our congress is doing. We are the only group of people that they have absolute control over and they will have no compunction in reducing our benefits or in fact reducing our annuities. Keep a sharp eye on them and do not hesitate to write, e-mail or call to express your feelings.

Mike McCoid
Chapter President

Upcoming Events

Chapter meeting

Wednesday, December 15th,
Noon
Ryan's Steak House

This is not our normal meeting date

Next Scheduled Meeting

Tuesday, February 22nd, 2011
Noon, Location TBD

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Merry Christmas—Come Celebrate

This is just another reminder that the Chapter's Christmas Party is less than a week away. Since our normal meeting day is only four days before Christmas Day, our Christmas Party and December meeting will be Wednesday, December 15th at Ryan's Steak House. We'll gather at Noon. So mark your calendar for that date.

We will follow the normal meeting routine, except that you will not pay when you identify yourself as a NARFE member at the cashier. The Chapter is picking up the cost.

See you there!

NOTE: This is a change from our normal meeting date.

“If You Snooze—You Lose”

That's another way—all too true—of rephrasing Mike's comments about the challenges we Federal retirees are going to face maintaining our benefits. An essential part of “not snoozing” is staying informed of what is currently going on in Washington, DC and acting on that information.

The NARFE Hotline—a weekly legislative message from NARFE headquarters—is an excellent source of information that directly affects us. The message is (1) available to telephone callers at (703-838-7780 and toll free at 1-877-217-8234), (2) posted on NARFE's Internet site, www.narfe.org, (3) made available to NARFE-Net Coordinators; and (4) sent to 56,000 GEMS e-mail addresses. If you have web access and e-mail, signup for GEMS at https://www.narfe.org/departments/isi/join_gems.asp

Congressional Quarterly (CQ) is another good source. CQ has modified its free daily e-mail covering Washington. To replace CQpolitics.com, CQ launched CQ ROLL CALL DAILY BRIEFING. This e-mail

brings you the latest news from around Washington, delivered every day at noon. To subscribe use the following address: <http://corporate.cqrollcall.com/wmspage.cfm?parm1=237>

So now that you know what's happening, what do you do? Call, e-mail, or write Congressman Butterfield and Senators Burr and Hagen (listed below) and give them your informed opinion. They can also be contacted then through the NARFE Legislative Action Center at <http://capwiz.com/narfe/home/> You also might want to remind Congressman Butterfield that he received NARFE PAC money this past election cycle.

Minutes of the October 2010 Chapter Meeting

President Micheal McCoid called the meeting to order at 12:30 PM, October 26th, 2010 at Ryan's Family Steak House in Roanoke Rapids. He led the Chapter members in the Pledge of Allegiance.

Approval of Minutes

There were no corrections to the minutes of the September meeting as distributed in the October newsletter.

Guest Speaker

Scott Wallace, Blue Cross/Blue Shield, discussed upcoming changes in the Federal Employee Health Benefit Program.

President Mike's Comments

- Under the new NARFE dues structure, our Chapter's dues will be \$49 per year.
- Again, no one has volunteered to be President next year. Without a President, the Chapter will cease to exist.
- Those members with web access should sign up for the GEMS weekly updates from NARFE headquarters. The updates are a good source of information.
- The Christmas Party will be at Ryan's on December 15th. The Chapter will cover the cost of the meals.
- November 2nd is Election Day. Vote.

Old Business

None

New Business

None

Kent Trueblood won the 50/50—\$14.50.

There being no other business, the meeting adjourned.

Respectfully submitted

Tim Stone
Secretary

Congressional Contacts

Congressional contact information is listed below.

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> |
|---------------------------------|--|---|---|
| House of Representatives | | | |
| G.K. Butterfield | 413 Cannon House Office Building Washington, DC 20515 Phone: (202) 225-3101 Fax: (202) 225-3354 | 311 West 2 nd St Weldon, NC 27890 Phone: (252) 538-4123 Fax: 252-823-0236 | http://www.house.gov/butterfield |
| US Senate | | | |
| 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 | http://burr.senate.gov |
| 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 Phone: (919) .856-4630 | http://hagan.senate.gov |

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.

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 | mmccoid@embarqmail.com |
| Vice President | Kent Trueblood | (252) 535-4934 | None |
| Secretary/Newsletter | Tim Stone | (252) 586-4864 | tfdnstoneagain1@embarqmail.com |
| Treasurer | Jim Smalfelt | (252) 586-5135 | pdsjls@embarqmail.com |
| Membership Chair | Barbara Dow | (252) 537-8627 | dowhome@peoplepc.com |
| Service Officer | Cindy McCoid | (252) 537-2096 | cmccoid@embarqmail.com |