



National Active and Retired Federal Employees
Association
**Northern Prince George's County Maryland
Chapter 1122**

*Beltsville, Berwyn Heights, College Park, Cheverly, Glenarden,
Glenn Dale, Greenbelt, Hyattsville, Landover Hills, Lanham,
New Carrollton and Seabrook*

Website: www.mdnarfe.org/chapter1122

**NARFE Chapter 1122
3142 Gracefield Road #103
Silver Spring MD 20904-5854**

May 2011

Volume 5, Number 5

NARFE'S CAMPAIGN TO FIGHT DRASTIC CUTS IN PAY AND BENEFITS

Dr. Howard Waterworth, 1st Vice President & Legislative Chair

We don't give second thoughts to our heartbeat. It pumps silently and life goes on. We take it for granted. In the same way most Americans take for granted the smooth functioning of their federal government with no fanfare. Feds do their jobs every day, predicting weather, delivering mail, insuring food safety, performing research to improve our health and literally thousands of other activities that are critical to the well being of the American people. In a way we are **America's Heartbeat**. Former Sen. Ted Kaufman profiled 100 federal employees in speeches on the Senate floor describing us as the "silent sentinels of our nation's wellbeing."

Unfortunately we are thought of by many Americans as unnecessary, over paid, and with excessive benefits for retirees. This image is part of the reason Congress is now debating ways to reduce the federal budget. We are among those on the 'hot seat.' So NARFE has developed a plan to counteract these negative images of us and the importance of our work for the public good.

NARFE is increasing its profile in the media, contacting reporters around the country to refute false reports about Feds and to talk about the value of our public service throughout the country. The campaign will use all communications tools available including email messages, the NARFE website and social media. It also will place ads in targeted locations around the country especially in certain states and congressional districts. Campaign direction is coming from our Public Affairs and Legislative Offices and from an outside group, M+R Strategic Services, which has helped NARFE in the past. There will be TV, media, congressional, editorial board and think tank outreach efforts to dispel negative views about us.

While seeking to protect our pay, benefits and annuities we must be mindful of not appearing to be greedy. We must agree that we are willing to make fair sacrifices as the country responds to what must be done to curb our soaring deficit. However, it is not out of order to inform politicians and the public with specific examples of what we as individuals are doing now or have done in the past.

To help in this campaign everyone is asked to tell about yourself and your federal service by providing this information:

1. Your name and hometown
2. What is/was your position in the Federal Government?
3. How many years did you serve?
4. How would America be different if there weren't people serving in your position?
5. What's your proudest contribution to your country during your service?
6. Are you still active in giving back to your community if you're retired, how?
7. What federal employee benefits are you most concerned about?

This is not a contest, but a candid telling in your own words of the value of your work. These questions were specifically developed for the **Heartbeat** Campaign. We hope all NARFE members will tell their story. Long answers are not needed. You can provide your name but are not required to do so. All hand written responses will be relayed to NARFE Headquarters or the M+R group for transcription and entry into the data collection base and used as deemed appropriate.

Federation President Ted Jensen has committed Maryland to do all it can to help the **Heartbeat** Campaign succeed. So everyone's input is important to make this program successful and influential to politicians.

Please send your information by email to: www.ProtectAmericasHeartbeat.org, or by regular mail to: NARFE, Attn: Julie Tagen, 606 N. Washington St, Alexandria, VA 22314. You can read the stories of other Feds at this website, some are fascinating.

EVERY MEMBER GET A MEMBER TO JOIN NARFE TODAY! HELP SAVE OUR BENEFITS.



WELCOME

APRIL

NEW MEMBERS

Eric Awanga

Richard Bennof

Joan M. Comproni

James K. Lynch

Lydia V. Forjoe

REINSTATED MEMBERS

Camilla S. Lange

William Skok

Doris B. Watkins

New, Transferred or Reinstated members please come to the meetings. Get involved. Join a committee or suggest new ways the Chapter can become a more active and productive organization.



John Lydon,
Newsletter Distributor
Via Email Notification

Our Chapter is encouraging all members to receive the electronic version of the newsletter on line in pdf format and full color. It typically arrives earlier than the one delivered by mail. To receive a monthly notice by e-mail that our Chapter newsletter is available, send a message to:

lydon.j@verizon.net

Please include your full name and address with a request to receive the notification that the newsletter is on the web site at:

<http://www.mdnarfe.org/chapter1122/>

Meeting Agenda

Wednesday, May 11, 2011 at 1:30 pm

Speaker

Jacquelyn Hair, Regional Director

Human Resources

Mid Atlantic Arthritis Association

“Arthritis 101”



LUPUS

OSTEO

GOUT

Greenbriar Community Building
Terrace Room
7600 Hanover Parkway, Greenbelt MD
Call the Office for directions
301-441-1096 Dial “0”

Spring Luncheon Meeting

June 8, 2011 at 12:00 Noon

Teppanyaki Grill & Buffet

9345 Annapolis Road

Lanham, MD 20706 Phone: 301-459-5555

(Enterprise Plaza next to Aldi on the right)

Cost: \$12 per person includes Tax & Gratuity

(Alcoholic Beverages Not Included)

Menu

Open Buffet offers Italian, American, Japanese and Mexican food alongside traditional Chinese fare.

Reservations by: **June 3, 2011**

Spring Luncheon Meeting

Name: _____

Address: _____

No: _____

Amount: _____

Check payable to:

NARFE Chapter 1122

Send to:

Warren Wilcox, Treasurer

8141 Mandan Terrace

Greenbelt, MD 20770

301-345-7437

Our thoughts and prayers are with all Sick and Shut-In Chapter Members. We wish you a speedy recovery.



To all May Birthday members a big and glorious Happy Birthday to You From all of us!



April 50/50 Winner

Barbara Smith

Donated her winnings to the Chapter Treasury

Thank You To

Our April Speaker

Robert Haas, Past Chapter President

“Investing for Dummies”

Bob’s presentation on how to invest was informative as well as entertaining. His humorous stories on his investment experiences over the years was a delight to hear and he gave us some sound advice on ways to invest.



A Big Thank You to **Edna Poe** for donating the refreshments at the April meeting.



ADVANCEMENTS ON ALZHEIMER'S RESEARCH

Creavery Lloyd, Chapter Alzheimer's Chair

Researchers from various organizations, including NARFE, have been encouraged by the recent results in determining early detection of Alzheimer's (ALZ) and related dementias, and how ALZ affects the brain. They are constantly seeking new ways to treat Alzheimer's by developing testing and clinical trials that can help identify and predict the disease. Although, at present, there is no way to cure Alzheimer's disease or stop its progression, researchers are making encouraging advances in Alzheimer's treatment, with medications and non-drug approaches. And as importantly, we as a society need to continue to finance these advances that have been made by researchers. There are several promising drugs in development and testing, but more financial support from individuals, as well as increased federal funding, is needed for research to continue. Financing from folks like you is extremely important to getting us closer to a cure. Therefore, I would like to encourage **ALL** members of Chapter 1122 to consider sending in a donation of at least \$10.00 (more if you can afford it) to assist researchers and scientists in forging ahead and making new strides in combating this severely debilitating and deadly disease. To all who have already made 2011 donations -- **THANK YOU.**

Please send your donation to:

Creavery Lloyd, Alzheimer's Chair

6725 Lamont Drive, Lanham, MD 20706

Check Payable to: **NARFE Alzheimer's Research**

**Treasurer's Report for
March 2011**

Balance as of 2/28/2011	\$2,197.74
Income:	
50/50 Raffle	9.00
Donation	9.00
NARFE Dues (Feb)	<u>372.39</u>
Total Income	390.39
Expenses:	
H. Gribben (2/14 Bowie MD Federation)	20.00
L. Shields (2/14 Bowie MD Federation)	20.00
U.S. Postal Service (Mailing Apr Newsletter)	<u>60.49</u>
Total Expense	100.49
Balance as of 3/31/2011	\$2,487.64
Submitted: Warren C. Wilcox, Treasurer	

**HOW YOU CAN INFLUENCE YOUR
STATE LEGISLATORS**

Dr. Howard Waterworth, 1st Vice President & Legislative Chair

Call him/her.

Write or email a letter (--letters are more effective).

Meet with him/her.

Send him/her information about your issue.

Write an editorial or letter to your local newspaper.

Ask reporters to write on your issue.

Attend the events they attend: town meetings, etc.

YOU CAN REACH YOUR STATE LEGISLATORS by email at: <http://mlis.state.md.us/> or by phone: **301-970-5000**

WHEN TELEPHONING HIM/HER:

- Ask to speak to him, identifying yourself by name, stating that you are a constituent. If not available, ask to speak to a staff member.
- Don't be surprised if you cannot reach him by phone.
- Leave a message and state your position on the bill.
- Make a note of the name of the person with whom you speak.
- Explain your viewpoint clearly and positively.
- Stick to one issue. Don't ramble.
- Ask your legislator's position. Try to obtain a commitment.
- Timing: anytime, but best when decision is near.

WHAT TO KNOW WHEN WRITING YOUR LEGISLATOR:

- Keep your letter short.
- Write in your own words.
- Cover only one issue.
- Clearly identify your issue. Use the bill number if you have one.
- State your reasons for writing. Use personal experiences to illustrate your viewpoint.
- Be factual and support your position with information about how legislation is likely to affect you and others
- Describe who you are as an individual. This means more to him/her than your membership in NARFE.
- If you believe legislation is wrong and should be opposed, say so.
- Ask him for a commitment on your issue.
- Thank your elected official when you are pleased with their response.

YOU CAN MAKE A DIFFERENCE WITH YOUR ACTIONS

(Revised with permission from Chesapeake Bay Foundation newsletter)



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TIME SENSITIVE MAIL
DO NOT DELAY DELIVERY

NON-PROFIT ORG.
US Postage Paid
College Park
Permit # 3772

Chapter 1122 Website
www.mdnarfe.org/chapter1122

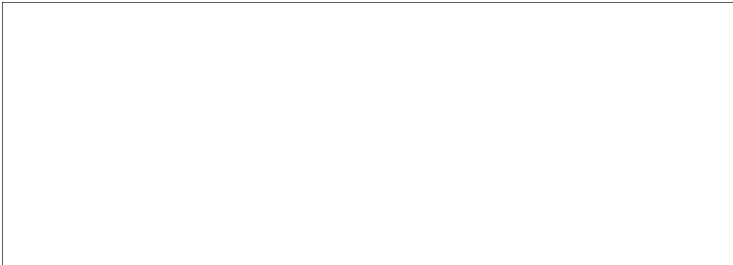
MD Federation Website
www.mdnarfe.org

NARFE National Website
www.narfe.org

RETURN SERVICE REQUESTED



Salute our Troops
Armed Forces Day - May 21



Next Meeting See Page 2

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lynbob20770@yahoo.com

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Vacant

PAST CHAPTER PRESIDENTS

Chapter 1122
Robert F. Haas

Chapter 2146
Irwin Neveleff
Emma E. Barnett

Executive Board Meeting
 Wednesday, May 4, 2011 at 12 Noon
 Siri's Chef's Secret
 5810 Greenbelt Rd, Greenbelt, MD (301) 345-6101

Important Telephone Numbers

NARFE National Headquarters (Direct Line) 1-703-838-7760
 NARFE Sponsored Line to Congress 1-866-220-0044

To contact Maryland Delegates and Representatives
 Call 301-858-3000 or visit the NARFE Web Site
www.mdnarfe.org

To reach the Governor call
 1-800-811-8336 or visit the Web Site www.gov.state.md.us/mail

MARYLAND OFFICIALS & MORE

Martin J. O'Malley, Governor	1-800-811-8336
Anthony G. Brown, Lieutenant Governor	410-767-3125
Thomas Mike Miller, Jr., Pres./Senate	301-858-3700
Michael E. Busch, Speaker of the House	301-858-3800
Senator Barbara Mikulski (D-MD)	202-224-4654
Senator Benjamin L. Cardin (D-MD)	202-224-4524
Congressman Steny Hoyer (D-5th Dist.)	202-225-4131
Congresswoman Donna F. Edwards (D-4th Dist.)	202-225-8699
President Barack H. Obama	202-456-1111
White House Web Site:	http://www.whitehouse.gov/

Inclement Weather Notice! When Prince George's County Schools are closed or opening late, the NARFE Chapter 1122 meeting will not be held.