



COLORADO FEDERATION
OF CHAPTERS



SEPTEMBER - OCTOBER 2011

www.narfe-colorado.com



**PRESIDENT'S
MESSAGE**

August was NARFE 'Grassroots Advocacy Month' and I hope you took advantage of contacting your Senator

and Representative on the issues NARFE has been sending to you in email, the NARFE magazine, and through other correspondence. But it doesn't end there! There is still time to do so while congress is on summer recess. This is the only way we can defend the attacks on our health and retirement benefits. To take further advantage, go to "Protect America's Heartbeat" on the NARFE website home page, www.narfe.org. It is your membership and your response to NARFE's legislative action alerts that will help protect your health care and annuity benefits. Whenever or however you contact your representative, all you have to tell them is *"I am a federal worker (or retiree). Don't single us out by making more cuts to the retirement and health benefits we earned through years of serving the public. Federal workers and retirees have already sacrificed pay and benefits"*.

October is Chapter Meeting Month and I'm sure after the long hot summer everyone is looking forward to getting back in the swing of things and seeing your NARFE friends.

In order to keep our organization vital in its efforts to protect and preserve our benefits, we all need to market NARFE. How, by spreading the word on our accomplishments and asking anyone and

everyone who is a federal worker or retiree to join our association. Without a continuing growth of membership we are less strong on Capitol Hill when contacting representatives. As NARFE members, we need to respond to Congress as that is the way we can make a difference.

Also, through our NARFE web site we can make that difference by using the NARFE Legislative Action Center or going to www.protectamericasheartbeat.org. You can also contact by phone, make a personal visit, or send a handwritten letter to express your concerns.

A last concern is that the Colorado Federation will not be having a state convention next year during May as planned. The cancellation was necessitated by the resignation of the District V Vice President and Convention Coordinator. The District's three chapters felt they were unable to generate the needed involvement for hosting the 2012 50th State Convention. District III, scheduled to host in 2013, declined to host in 2012. Metro area chapters were invited to host the convention, however the response was negligible.

FEDERATION MEMBERSHIP

Eva Heller, 1st VP – Membership



I trust your summer has been enjoyable and you found a way to stay relatively cool in August. I scheduled Decompressive spinal surgery for early August and had planned activities to start and some to finish while 'taking it easy' for a couple of weeks.

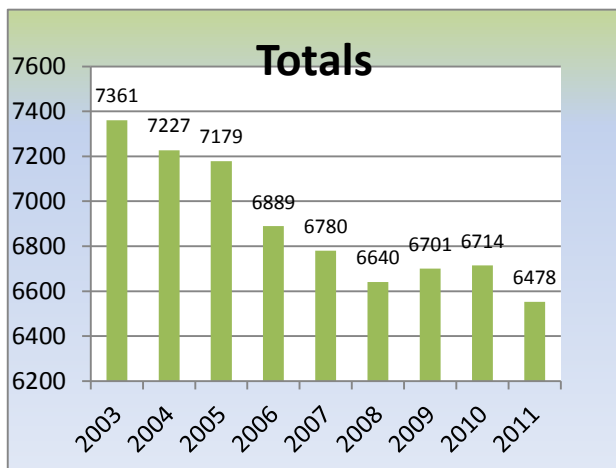
One planned activity was sorting 10 boxes of records and photos and getting them delivered to the Denver Public Library archives. Another activity I finished was 100 cloth bags that I sell at fall Bazaars and Alternative Gift Markets with the Sand Art Brownie project for Alzheimer's fund raising.

All chapters should be meeting this month and have your fall activities planned. Two items that should be on fall agendas is thinking about the election of officers and preparing for the upcoming Health Fair season, which is November 14 – December 12, 2011. Officers and members attending the Membership Training this past spring, received ideas and technics to improve their recruiting methods. Those that attended should share ideas and do some role-playing with members who will be attending their first Health Fair. You might even consider recruiter role-playing as an added agenda item at a meeting as all members are recruiters at one time or another. NARFE has some new posters that you may want to print out and have available for the Health Fair table. Each District has a NARFE table cover to be shared by the chapters within the District.

Jane Fluekiger, Senior Field Service Account Manager, Blue Cross & Blue Shield, should be sending me the Health Fair locations in October. Please be assured that I will promptly assign the locations to chapters and forward to the chapter presidents. If chapters wish the Membership Chair to also receive a copy, please forward that name and email address to me.

COLORADO

Total membership total to date



Recruiters

JUNE – JULY RECRUITERS

Thanks to our members for recruiting nine new members:

JUNE: Recruiting one new member each was: Carolyn Clark #1085; Alex Lunsford #1085; Zdenka Smith #293; Phyllis Corl #241; Larry Lightfoot #241; Linda Wright #241; and Darlene Donner #1072.

JULY: Recruiting one new member each was: Eva Heller #1119 and Richard Humphrey #351.

LEGISLATIVE REPORT

Bill Belz, 2nd V.P. Legislation



Pick your poison, federal employees: Would you rather leave the fate of your pay and benefits up to 12 lawmakers, or to a little-known process called sequestration that dates back to the mid-1980s?

It's a crapshoot, really, under the debt ceiling deal signed into law by President Obama last week and the complicated budget rules outlined in the 1985 Gramm-Rudman-Hollings Balanced Budget Act. Federal pay, benefits and jobs are at risk under either scenario during the second phase of the debt ceiling negotiations. Most observers agree that government employees will have to sacrifice beyond the current two-year pay freeze, either in the form of increased pension contributions, an extended pay freeze, a hiring freeze, or some other cut to salaries and benefits -- and those sacrifices could very well come out of the congressional super committee, which is tasked with devising a deficit reduction plan. If lawmakers fail to enact legislation that achieves \$1.2 trillion in savings, it will trigger automatic spending cuts across government, which means federal workers' jobs and pay could be on the line.

The 2011 Budget Control Act would save at least \$2.1 trillion between 2012 and 2021 through a series of caps on discretionary spending worth about \$1 trillion and a comprehensive deficit reduction package devised by a joint congressional committee of 12 lawmakers. Automatic, across-the-board spending cuts totaling as much as \$1.2 trillion beginning in 2013 will be triggered if the committee cannot agree on a deficit reduction plan and

Congress does not approve legislation by Dec. 23. Those cuts would be spread evenly from fiscal 2013 through 2021, and would be divided equally among defense and nondefense spending. The automatic triggering of spending cuts is known as sequestration, a process outlined in the 1985 Gramm-Rudman-Hollings Balanced Budget Act. Under the super committee framework, everything - - as lawmakers are so fond of saying -- is on the table. If the super committee cannot agree on a deficit reduction plan and/or Congress doesn't approve it, then automatic spending cuts across government could take effect in January 2013. Sequestration offers some protection to federal benefits, but it also could result in layoffs or furloughs at some agencies. For example, federal employees' pensions and health care are both protected under sequestration, but if a worker is fired as a result of cuts stemming from sequestration, then the government's contributions to retirement and health care would cease. [Social Security](#), Medicare, most of Medicaid, some low-income programs and certain veterans' benefits also are [exempt](#) from sequestration.

"While the recently appointed super committee will reportedly have everything on the table, including items of great interest to the federal workforce, sequestration is not an ideal option for federal employees as deep, broad cuts to agencies' budgets could result in furloughs or even reductions in force," said National Treasury Employees Union President Colleen Kelley.

"This debt deal does nothing to get the 14 million unemployed Americans back to work," said American Federation of Government Employees President John Gage. "This is a bad deal for everyone, whether the outcome is decided by this so-called super committee or the sequestration default option. Either way, there will be oppressive and arbitrary cuts that will hurt the economy and make it harder for out-of-work Americans to get back on their feet."

Automatic spending cuts would adversely affect government contractors as well. "Under this scenario government contractors providing goods and services across a wide spectrum could face even steeper cuts than anticipated," said a [briefing paper](#) from the law firm Patton Boggs.

Most observers believe the super committee will agree to a plan that makes \$1.2 trillion in cuts, avoiding sequestration. But that plan likely will include provisions that require federal employees to

contribute more to their pensions and/or their health care, especially since those issues have been at the forefront of ongoing deficit reduction discussions. During debt ceiling negotiations, the White House and lawmakers considered making workers contribute more to their retirement plans as part of a deal to avoid a government default. The House-passed version of the fiscal 2012 budget resolution included a recommendation that would require federal employees to pay for half the defined benefit they receive with their pensions at retirement. Most employees currently contribute 0.8 percent of their salaries and agencies pay 11.7 percent, with agencies' contribution [set to increase](#) to 11.9 percent in October.

Those who seek major cuts in the military compensation package while mouthing words of praise for that community's sacrifices are curiously insensitive to how hollow their praise rings. We need to join forces to fight back at those that want to cut our benefit packages. Don't get me started on immigration. Thanks, Bill Go to www.protectamericasheartbeat.com NOW!

Colorado Senior Lobby Meeting

The Colorado Senior Lobby 2011 Annual Membership Meeting was held August 20th at the Scheitler Recreation Center, Denver, CO. Bob Epstein, District I Vice President and Arapahoe Chapter 1089 member, was re-elected President. Other NARFE members in attendance were Eileen Bond, Aurora Chapter 1072, Lobby Member-at-Large; Dwight Roinestad, Arapahoe Chapter #1089, Lobby Member-at-Large; Herb Homan, Capitol City Chapter 1119, past Senior Lobby officer; Frank Impinna, Federation President; and Eva Heller, Capitol City Chapter 1119, Federation 1st Vice President.

The two presentations, "One Away" presented by John Zabawa, President/CEO, Seniors Resource Center, and "Money Follows the Person" presented by Tim Cortez, Colorado Department of Health Care Policy and Financing, were thought provoking and interesting.

NARFE-PAC 2011-2012 CYCLE		
2nd QUARTER REPORT OF CONTRIBUTIONS		
REGION VII		
STATE	CONTRIBUTORS	AMOUNT
AZ	178	\$5,167.00
CO	81	\$3,261.00
AZ	72	\$1,930.00
UT	14	\$665.00
WY	2	\$45.00
TOTAL	347	\$11,068.00

NARFE-PAC

NARFE-PAC		2009 to 2010 CYCLE AMOUNT	2011 to 2012 CYCLE* AMOUNT
81	Denver	\$1,057.00	\$265.00
118	Pueblo	\$1,298.00	\$105.00
132	Las Animas	\$152.00	\$25.00
241	Colorado Springs	\$2,695.00	\$60.00
256	Fort Collins	\$1,791.00	\$150.00
293	Boulder	\$2,160.00	\$160.00
351	Grand Junction	\$1,697.00	\$85.00
355	Greeley	\$705.00	\$65.00
820	Longmont	\$240.00	\$00.00
821	Loveland	\$1,345.00	\$270.00
1038	Estes Valley Area	\$320.00	\$25.00
1039	Uncompahgre_Montrose/Delta	\$930.00	\$90.00
1040	Arvada	\$1,285.00	110.00
1054	La Junta	\$273.00	\$40.00
1072	Aurora	\$855.00	\$50.00
1076	Adams County_Denver	\$920.00	145.00
1085	Mory Lewis - Lakewood	\$6,029.00	\$660.00
1089	Arapahoe	\$1,415.00	\$215.00
1119	Capitol City	\$1,525.00	\$140.00
1638	Wheat Ridge	\$250.00	\$71.00
1769	Southeast_Aurora	\$1,405.00	\$70.00
1773	Montelores	\$265.00	\$75.00
2277	Alamosa-Monte Vista	\$265.00	\$40.00
2286	Upper Arkansas Valley	\$265.00	\$75.00
2339	Columbine (CO St-wide Chapter)	\$1,945.00	\$270.00
For all Chapters of Colorado		\$31,087.25	\$3,261.00

*This is for the period of 01/01/11 to 6/30/11

COLORADO AND NARFE-PAC

We now start a **NEW CYCLE** for 2011-2012.

Please donate to NARFE-PAC now – with your chapter or the NARFE magazine coupon.

All NARFE-PAC coordinators must be diligent in soliciting donations to NARFE-PAC.

If you haven't donated during this cycle, it is time to make a donation as we continue to receive requests from candidates. NARFE, with Chapter input, continues to provide funds to candidates who have supported NARFE issues or potential candidates who will be supportive.

For more information or PAC pins, contact Ken Melcher, Federation NARFE-PAC Coordinator at email: kcmelcher@comcast.net

(NOTE! A new NARFE-PAC pin is available for the 2011-2012 Congress Cycle.)



(SEE CHART TO THE LEFT ON DATA TO NARFE-PAC)

REGION VII VICE PRESIDENT

Betty Lucero-Turner, Region VII Vice President,
(719) 583-0910, e-mail: blturner2311@aol.com

FEDERATION OFFICERS

Frank Impinna, President

303-482-1747, e-mail: Impinna@gmail.com (also Newsletter Editor)

Eva Heller, 1st Vice President/Membership

303-756-4551, e-mail: evaheller@juno.com
(Also NARFE/FEEA Coordinator)

Bill Belz 2nd Vice President/Legislation

303-338-5594, e-mail: ewbii@msn.com

Hazel Birtle, Secretary

Phone: 303-307-4732 Email: hbbirtle@aol.com

Larry Schluntz, Treasurer

303-772-6419, e-mail: lschluntz@msn.com

NOTE!

**This newsletter and past issues can be found on the Federation web site at:
www.narfe-colorado.com**

Alzheimer's

2011 GOAL is \$10,000

ALZHEIMER'S FUND CONTRIBUTIONS

Chapter	2010	2011*
81 Denver	\$310.00	\$217.10
118 Pueblo	\$187.75	\$166.00
132 Las Animas	\$61.70	\$73.78
241 Colorado Springs	\$119.50	\$59.00
256 Fort Collins	\$610.45	\$20.00
293 Boulder	396.04	\$212.63
351 Grand Junction	\$247.31	\$86.97
355 Greeley	\$117.00	\$50.00
820 Longmont	\$200.00	\$0.00
821 Loveland	\$31.00	\$45.00
1038 Estes Valley Area	\$0.00	\$0.00
1039 Uncompaghe	\$411.50	\$133.50
1040 Arvada	\$87.00	\$112.00
1054 La Junta	\$199.25	\$99.65
1072 Aurora	\$229.30	\$99.00
1076 Adams County	\$34.45	\$0.00
1085 Mory Lewis	\$1,535.76	\$1,625.00
1089 Arapahoe	\$944.33	\$426.70
1119 Capitol City	\$1,910.61	\$336.00
1638 Wheat Ridge	\$0.00	\$0.00
1769 Southeast	\$259.00	\$51.00
1773 Montelores	\$0.00	\$0.00
2277 Alamosa-Monte V.	\$0.00	\$0.00
2286 Upper Arkansas V.	\$555.00	\$125.00
2339 Columbine	\$2.00	\$350.00
Federation Convention	\$592.00	\$673.00
Total	\$9,040.95	\$4,996.23

*Amounts are up to end of August

Barb Pretzer, National Alzheimer's Chair, represented NARFE at the Alzheimer's Association Public Policy Meeting for Alzheimer's Zenith Society in Washington, DC in March 2011. As an Alzheimer's Association Zenith Fellows Program partner, NARFE is committed to raising millions of dollars for research. Having reached the \$9M goal in February 2011, we are now working to reach the \$10 M goal by the National Convention in 2012. Following are excerpts:

NARFE is doing its part in funding Alzheimer's research by funding a total of 49 researchers with some very significant advances made by the scientists we selected. A very noteworthy example would be one scientist we selected in 1999 used our grant and became heavily involved in a discovery that led to the development of Memantine (Namenda), one of the four widely

used Alzheimer's drugs. It works by protecting brain cells against excess glutamate, which can speed up cell damage. We can be proud that we're playing a very important part in funding some very important research.

There are more than 75 drugs in clinical trials now that are designed to help slow or stop this disease. While there is no proven way to prevent AD, they still say brain health is definitely linked to heart health. Where as each of your heartbeats carries about 20 percent of your body's blood to the brain where billions of cells use the oxygen and fuel, makes it so important that you manage your numbers: your blood pressure, cholesterol, blood sugar, body weight, and eat a healthy diet.

NARFE Alzheimer's National Totals to date!

I am pleased to report that as of 7/31/11, the NARFE fundraising total is \$9,323,606.15. During the month of July, you and your members raised a total of \$30,095.99!

-----CHAPTER NOTES-----

Capitol City Chapter 1119

The Annual Picnic was held July 17th at Windsor Garden's gazebo with 45 in attendance. Guests were Dolores and Frank Impinna, Federation President; Eileen Bond, State Legislative Chair; and Terry Brown, Deputy District Director, for Representative Diana DeGette, Congressional District I.



Irma Simpson

Irma was a faithful telephone caller for over 25 years. At age 91, Irma still enjoys attending the Annual Chapter Picnic.

Region VII Conference

FEDERATION PRESIDENT'S MEETING

By Eva C. Heller, Federation 1st Vice President

My attendance to the national Federation's Presidents Meeting began in January when I was asked as 1st VP to attend and participate in place of the President as he was the Chair of the Retention Committee and had to participate as such.

I started receiving email material to be printed and taken to the meeting. The NIAC Report was 49 pages. The Bylaws Committee sent out proposed Version A and Version B, plus Standing Rules Version A and Version B, a total of 116 pages with the intent that we should read all and be prepared to discuss them. The Membership Recruitment Advisory Committee Recommendations and the Membership Retention Advisory Committee Recommendations slides were another 14 pages. Once we arrived, we were given the new Version C from the Bylaws committee and there was no group discussion.

Tuesday began at 8:00 a.m. for all attendees with an introduction speech by Elaine Hughes, National Secretary. Dan Adcock and Julie Tagen, Assistant Legislative Director, spoke to the group. The NEB, Bylaws Committee, NIAC, Recruitment, and Retention Committees were in meetings from 10 am to 5 p.m. The Federation Presidents and representatives were assigned to one of three groups. Group III focused on the challenges NARFE chapters and federations face in getting members involved and motivated to perform as effective leaders and legislative activists.

Wednesday began again at 8:00 a.m. with presentations from the appointed committees and ending with dinner and entertainment, underwritten by Life Line Screening. Thursday was a wrap-up morning with the NEB meeting with us. There was time for questions and answers of the committee chairs and of the NEB and National Officers.

It was a very informative meeting and I am looking forward to ideas that were discussed being implemented in the near future. It was like 'old-home week' with all the Region VII Presidents in attendance and visiting and working with them. Life Line Screening, GEICO and Alamo provided generous donations in underwriting the meeting.

The Region VII Biennial Conference is scheduled for October 2, 3, 4, 2011 at the Sheraton Albuquerque Uptown Hotel. The Region VII Conference is held biennially to bring together NARFE Members to inform, motivate and improve communications and performance via group discussions. This year's theme, "Reaching New Heights Together" will focus on collaborative efforts to identify ways to improve chapter operations with the end result leading to recruiting new members. The National Guest speaker will be National Vice President Paul Carew. Registration for the Conference is due in by September 14, 2011. Further information is available at www.narfe-colorado.com.

Colorado Federal Executive Board

The Executive Director, Gay Page, has invited the Colorado Federation to make presentations to their managers at both a monthly and a quarterly Board meeting in June and in August. Frank Impinna presented a 15-minute slide presentation to both groups. NARFE literature packets were given to all attendees.

Federation Treasurer's Report

June 30, 2011 (2nd Quarter)

Checking Account:

Balance on Hand June 1, 2011	\$6,320.30
Receipts	\$1,219.63
Disbursements	\$1,028.89
Balance on Hand June 30, 2011	\$6,511.04

Savings Account:

Balance on Hand June 1, 2011	\$13,195.91
Receipts	\$ 1.63
Balance on Hand June 30, 2011	\$13,197.54

Certificate of Deposit	\$ 5,000.00
------------------------	-------------

Total Accounted for June 30, 2011	\$24,708.58
-----------------------------------	-------------

2011 NARFE SCHOLARSHIP WINNERS

REGION	RECIPIENT	NARFE SPONSOR
VII	Emily Daugherty 1147 H St. Salida, CO 81201 Univ. of Colorado at Boulder	Paul Cuplin, grandfather Chapter 2339 - CO
VII	James Garland 11707 N. Onika Ln. Flagstaff, AZ 86004 University of Arizona	Diane Swatzell, grandmother Chapter 1699 - AZ
VII	Emily Glende 1317 N. 3100 E. Layton, UT 84040 University of Utah	Craig Glende, father Chapter 829 - UT
VII	Benaiah Miles 16061 68.30 Rd. Montrose, CO 81401 Grace College	Judith Miles, grandmother Chapter 1119 - CO
VII	Margaret Mochel 5631 S. Rome St. Aurora, CO 80015 Southern Methodist Univ.	James Deal, grandfather Chapter 80 - NM
VII	Ann Thorpe 4532 E. Thistle Landing Dr. Phoenix, AZ 85044 Brigham Young University	David Winn, grandfather Chapter 735 - UT

A list of winners (minus the addresses) and their sponsors has been posted on the Member web page under the Scholarship Program link, and will appear in the December 2011 issue of NARFE magazine. According to the wishes of the Scholarship Committee, each Regional Coordinator has submitted one essay which they felt was the best of the six winners. From the ten essays submitted, one will be chosen by the Editorial Board to be published in the December NARFE magazine. Therefore, the NARFE Editorial Board voted not to include photos this year because of space considerations.