



### Chapter Chatter — The Monthly NARFE Chapter Newsletter

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 \* **NO CHAPTER MEETING IN MAY** \*  
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 \* **Because of the Memorial Day Holiday and unavailability of the meeting space on our regular meeting schedule the May meeting is canceled. See you on June 23 at the Dragon 2000 luncheon.** \*  
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#### NATIONAL LEGISLATION: Rolland Hamilton

After several months of falling Cost of Living reports, March recorded an increase of 0.2% for an annual total loss of 3.8% since your adjustment for the 2009 monthly retirement compensation. This means for most Federal civilian retirees, military and social security retirement remuneration, the national economy must show an increase of at least 4.0% by October 2009 or there will be NO Adjustment for 2010.

Reports of improvements in the national economy are based on minor factors and a lot of hopeful imagination. Unemployment numbers are still rising "rapidly" and now are above 10% in almost all geographic areas. Around 5% is normal, due to usual circumstances of workers changing jobs, employer adjustments, seasonal changes, etc. The automobile and financial industries and construction, particularly in housing starts, are far from overcoming their stresses. You should be prepared to live with this depressed economy through 2010, at least.

#### ALZHEIMER'S: June Duncan Remembering for Life

Are there people, places or things in your life you just can't remember? If yes, did these things just happen a month ago, a week ago, or possibly just yesterday? Memory is something people of all ages struggle with and the struggle only increases we climb the age ladder.

The good news is there are ways to slow down the effects of memory loss and increase memory skills. By understanding what you are dealing with you can better equip yourself with the tools needed to "remember for life." Ask yourself:

- About the primary kinds of memory and how they affect your life.
- About memory skills that will help you remember more for longer.
- What memory exercises will enhance your ability to remember?
- When is memory loss a problem and when is it "natural"?

If you are concerned, a good place to start is your regular doctor. Your Alzheimer's Coordinator can put you in touch with the Alzheimer's Association for further help.

#### ALZHEIMER'S DONATION FUND, 2009

Send to our Chapter Treasurer: 50 Picardy Ct, Walnut Creek, CA 94597-3110

Amount of Donation \_\_\_\_\_ (Please make check out to NARFE Chapter 531)

(optional) In Memory of \_\_\_\_\_

Name (please print) \_\_\_\_\_

( Please cut off this coupon and mail with your check for our records)

## **MEMBERSHIP: Paul Andrews**

### **Looking for a few Good Men and Women.**

While the State Convention has absorbed most of the Executive Board's attention so far this year it will be a mere memory by the time most of you read this newsletter. The Executive Board's next "big issue" is addressing the looming membership crisis resulting from decreased recruiting success and increased death and drop out rates you've been reading about for the last year.

On the horizon is a new membership plan and a revitalization of our recruiting and retention processes. While this effort is just beginning, one thing is readily apparent; we also need a new membership committee with some additional members with new ideas and a fresh perspective from those of us who have been involved in the past. We are looking for at least three membership coordinators for recruiting, retention and orientation. Strengthening our membership process is critical to our continued health as a Chapter. This is a great place to get involved in Chapter business if you have ever thought about doing so in the past. Just give me a call at 687-5162 and we will get you started.

Good news! Our recruitments (3) and reinstatements (1) equaled our deaths (2) and drops (2) for voting members, meaning it was the best month in some time. All the recruitments were by chapter members. Please welcome our new members and our reinstated member named below:

### **New Members**

Helen Essenwanger, Daniel Gautsch, and Elizabeth Kritikos

### **Reinstatements**

Arnold Markman

### **In Memory**

Barbara Clecak and Philip Ferman

## **PRESIDENT'S MESSAGE: Herb Roth**

When you receive this month's copy of the "Chatter" ( May 2009) our convention will have taken place. I am fully aware that you have been hearing a lot about the California State Convention in recent months. It was the greatest challenge for our Chapter since I have been an active member, thankfully a lot of members rose to the occasion to help make it a success. I am extremely proud of our Chapter and the

number of volunteers, plus the time and effort each volunteer has devoted in putting together what we consider a successful three-day event.

I would be remiss in not mentioning those members of the Vallejo Chapter that were as involved as our Chapter members. The leadership and the workers are all to be complimented.

This brings me to a point that I feel we need in today's world. The point is to be positive in whatever endeavor we take on, whether in NARFE or in our private lives. Unfortunately we are living in a world of negativism but as I sit here on my deck on this beautiful Spring day all I see is blue sky, new life in all the plants around me and warm sunshine.

I feel very positive about the remainder of this year for our Chapter. We have a number of exciting meetings planned (luncheon and others) throughout 2009, for example:

- A special outing planned for our July 27th meeting (look for details in the June Chatter).
- There is our popular barbecue/picnic in October.
- And of course our big event, the Holiday Luncheon in December.

As you all know we schedule speakers at each of our membership meetings to address specific interests to our membership. If you know of a Speaker or you wish to speak at a meeting contact our Program Chairperson listed in the Chatter, we welcome your input.

With a message of hope and confidence for our future, I wish each of you a Happy Springtime.

### **Mt. Diablo Chapter 531 Officers**

*President:* Herb Roth, 828-1299

*Secretary:* Rosemary Bondi, 828-4022

*Treasurer:* Werner Gumpert, 934-0288

*Immed. Past President and Membership Chair*

Paul Andrews, 687-5162

*1st Vice President:* Phil Bondi, 828-4022

*2nd Vice President, & Alzheimer's Coordinator:*

June Duncan, 228-5036

*Vice President for Service & NARFE-NET Coordinator:*

Duane Peterson, 825-2109, duane428@astound.net

*Parliamentarian, Federal Legislative Chair*

*& PAC Coordinator:* Rolland Hamilton, 935-0395

*Program Chair:* Carole Roth, 828-1299

*Ways and Means & Sunshine:*

June Zaloumis, 676-6759

*Community Relations & Chapter Historian:*

Joan Byrens, 944-0466

*Public Relations Chair:* Fred Mewes, 932-2626

*Chapter Chatter Editor:*

Betty & Duane Peterson, 825-2109

*Sgt at Arms/Set up:* Phil Waggoner, 228-6637

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National Active and Retired Federal Employees Association



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