



Protecting the Future for

ACTIVE AND RETIRED FEDERAL EMPLOYEES

NARFE ENGLEWOOD - VENICE CHAPTER 0717

CELEBRATING OVER 55 YEARS - FOUNDED 1959

NEWSLETTER

September 2018

Published Monthly (Except July & August)

Safeguarding and improving your earned rights and benefits.

FROM THE PRESIDENT'S DESK

President Steve Shoub



Upcoming Event Reminders:

September 20, 2018 Regular Chapter Meeting

September 30, 2018 National Internet and Mail
Voting Ends for National President

October 4, 2018 Executive Committee Meeting at
11:00am at Jacaranda Library

October 17, 2018 Regular Chapter Meeting

November 15, 2018 Regular Chapter Meeting

December 13, 2018 Regular Chapter Meeting and
Holiday Party

We return from Summer Break with our first meeting of the season on September 20 at Pelican Pointe Golf and Country Club (G&CC) clubhouse in Venice. The September luncheon menu is on the back page of this Newsletter. Meal price has increased to \$20.00 per person. That includes the actual meal cost, tax, and tip: the clubhouse does not charge us separately for use of the room, room setup, cloth napkins and tablecloths, equipment, etc. Note that all upcoming regular chapter meetings listed above will also be at the Pelican Pointe G&CC Clubhouse. Please plan to attend this important meeting.

September Meeting Presentation. In this Newsletter, you will get a good overview of the presentation by the Suncoast Humane Society scheduled for our September 20 meeting (page 7). We are asking you to bring to the meeting items to donate to the Suncoast Humane Society. A list of the items needed is included in this edition (page 8).

NARFE Presidential Election. It is very important that you vote in the NARFE Presidential election this month. If you are voting online, access the voting website login page on the NARFE HQ website. Follow the online voting instructions. To vote, you will need your unique voting PIN number and member ID number which NARFE will send to you electronically in a few days or which can be found on the top of your paper ballot insert in the September 2018 NARFE magazine. Please remember you have a limited amount of time to submit your vote this month. Cast your vote online or use the printed ballot. Choose the voting format most convenient for you. **You must vote for the three candidates in preferential order, or your ballot may not be counted.** The Florida Federation Executive Board and I endorse Ken Thomas for President. Further, I am suggesting the following ballot order of preference: Ken Thomas = 1, Ted Van Hintum = 2, Steve Lenkart = 3.

Help Wanted. The chapter has the following vacant positions: Vice President and Legislative Officer. Call me if you want more information about these positions. Also, in February, the chapter will celebrate its 60th Anniversary. The 60th Anniversary Committee needs a few more members. Interested? Call Programs Chair Linda Braswell to volunteer or for more information.

From the President's Desk...continued from Page 1

Legislative Action Center. Our fight to maintain our earned benefits is the reason for NARFE and your membership. Now you must again take action and contact your Representatives and Senators concerning the FY2019 proposed cuts in retiree earned benefits and current employees pay. A pay freeze for 2019 is on the horizon. The NARFE Legislative Action Center has prepared several letters which can be easily sent via email to our Representatives and Senators. You must join the fight to save our benefits. Without Congressional intervention, pay freezes and benefit cuts will be operative policies in 2019. Your voices must be heard. Please do it.

Address Corrections Cost Money. The U.S. Postal Service charges the chapter for every misaddressed Newsletter it cannot deliver every month your address of record is wrong. Please make sure you have your current and correct address in the NARFE HQ data base. You may notify us if a change or correction needs to be made, or you can go on the NARFE HQ website to review and make any necessary update to your information. SnowBirds must do this, too! Please remember to go into the NARFE HQ web site and change your address so you can keep getting our Chapter Newsletter and the *narfe* magazine!

I'll see you at the next meeting!

Please continue to support NARFE and this Chapter. You need NARFE and NARFE needs you!

“Thanks!” to members who have submitted their \$14 annual chapter dues!

Local Contacts for Your Senators and Representatives

Senator Bill Nelson

Landmark Two

225 East Robinson Street, Suite 410

Orlando, FL 32801

407-872-7161

1-888-671-4091

<http://billnelson.senate.gov>

Alternate Contact for Bill Nelson

2000 Main Street, Suite 801, Ft. Myers, FL 33901

239-334-7760

Honorable Thomas Rooney

U.S. House of Representatives

17th Congressional District

226 Taylor Street, Suite 230

Punta Gorda, FL 33950

941-575-9101

<http://rooney.house.gov>

Alternate Contact for Thomas Rooney

11354 Big Bend Road, Riverview, FL 33579-7134

813-677-8646

Senator Marco Rubio

201 S. Orange Ave, Suite 350

Orlando, FL 32801

407-254-2573

<http://Rubio.senate.gov>

Honorable Vern Buchanan

U.S. House of Representatives

16th Congressional District

111 South Orange Avenue, Suite 202W

Sarasota, FL 34236

941-951-6643

<http://buchanan.house.gov>

**Steven Shoub, President
NARFE Chapter 717
Englewood-Venice,
Florida**

A SPECIAL NOTE FROM THE PRESIDENT

It is going to take a renewed commitment from each of you to keep the chapter strong and functioning well into the future. Please plan to attend as many meetings as you can during this year. We need your support to maintain our chapter and our commitment to the Pelican Pointe Clubhouse. We need several members to come forward and volunteer to fill several vacant positions, including Vice President and Legislative Officer. Additionally, we need a few members to come to the Executive Committee meetings at 11:00am on the first Thursday of each month to help fold and label Newsletters for mailing. This task goes quickly when we have several additional helpers.

CHAPTER OFFICERS:**Chapter Elected Officers**

President, Steve Shoub	473-7395	Email: slshoub@verizon.net
1st Vice-President, VACANT		
Secretary, Ruth Ann Worden	864-710-0502	Email: lvsnails@gmail.com
Treasurer, Jon Cantor	497-7972	Email: jon.cantor@comcast.net

Appointed Officers

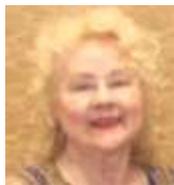
Alzheimer's Fund, Linda Braswell	473-7395	Email: wentheangelsask@gmail.com
Chaplain, Linda Braswell	473-7395	Email: wentheangelsask@gmail.com
Programs Chair, Linda Braswell	473-7395	Email: wentheangelsask@gmail.com
Legislative Officer, VACANT		
Membership, Donald Gray	918-1516	Email: dandcgray@live.com
Service Officer, Sheila Nichols	301-788-3464	Email: hr4u2@comcast.net
Sunshine, Jean Marie Burton	412-8543	Email: johnburton140@gmail.com
Calling Coordinator, VACANT		
Newsletter Editor, Barry Bye	412-9181	Email: barryvbye@gmail.com
Public Relations, Jean Marie Burton	412-8543	Email: johnburton140@gmail.com
Webmaster, John Burton	412-8543	Email: johnburton140@gmail.com
Facebook Manager, Will Lopez		Email: wlopez5193@aol.com

Senior Advisors:

Roy Reichelt	408-8822	Email: reichelt348@aol.com
Terry Greenwood	492-6916	Email: tmg@gte.net
Nancy Marik	416-1560	Email: nancymarik@comcast.net

WEB ADDRESSES:

Chapter – www.narfe717.org
Florida Federation – www.narfeffl.net
National – www.narfe.org



IT IS NEVER TOO LATE TO FUEL THE BRAIN WITH NUTRIENTS FOR COGNITIVE HEALTH

Billions of neurons (nerve cells) in the brain are in a constant state of giving and receiving messages to and from each other. The brain uses more energy than any other body organ, using up to 20 percent of our caloric intake to power its complex workings. Brain cells rely on a supply of nutrients of vitamins and minerals such as magnesium which conducts messages between neurons so that we can learn and create memories.

Research trials have not yet delivered a medication that prevents or lessens Alzheimer's disease, but some studies and trials have led to statements such as in the Journal Annals of Neurology that a nutritious basic Mediterranean diet containing fresh fruits and vegetables, olive oil, berries, nuts and fish can make the brain sharper, help stave off depression and dementia, and even reduce the amount your brain shrinks as a natural part of aging.

Even more encouraging, it's never too late to begin. Researchers in epidemiology and nutrition have stressed that studies on adults who began eating a Mediterranean diet around age 65 showed that brain white matter was preserved, including protective sheaths around brain cells. A diet of highly processed food and excess sugars has been shown to do just the opposite, and has been linked to a smaller hippocampus—the area of the brain involved in memory and regulating emotions.

What is on your plate directly correlates to how you feel, think and age. Among the top ways that nutrition can help your noodle is by warding off two of its enemies; chronic inflammation and vascular disease. Both conditions can lead to depression, dementia, and stroke.

While you are eating spinach, tomatoes, oranges, cantaloupe, olive oil, almonds, and becoming sharper, consider donating to the official NARFE charity—Alzheimer's Disease Research where 100% of your donations goes to research. Chapter 717 members continue to be generous supporters of the fund and are helping NARFE reach the \$13Million goal by December 2018. Mail or bring your check to a meeting made out to Chapter 717 and indicate in the memo section Alzheimer's Research Fund. Your donation is tax deductible to the extent permitted by law.

Linda Braswell, Alzheimer's Fund Coordinator

*Research references provided upon request.



Membership Officer
Donald Gray
 918-1516
 dandcgray@live.com

Membership Report by Donald Gray
Membership Chair

Welcome back for start of another great year for Chapter 0717. Some things have changed such as my picking up the membership chair position from Nancy Cornnell. Others remain the same such as the Administration and Congress continuing to consider ways to reduce or eliminate our earned benefits to balance (?) the national budget. Hope you have been active in telling your congressional representatives to forget about it!

Another trend is loss of a number of NARFE members. Membership must remain strong for NARFE to be effective. Chapter 0717 membership now stands at 165. This is a loss of 11 since January 1st. The Chapter should have at least 200 members for efficient operation. The effort of every current member is needed to obtain the 35 new members. NARFE National will help by awarding \$10 to you for each new recruit by the end of 2018. Remember to pick up a few Chapter calling cards and application forms to aid recruiting. Tell the new recruit to be sure to list your name as the recruiter on their application.

Finally, if you changed your address, phone or e-mail over the summer, be sure to check your NARFE National record to make needed changes. If you are unsure of how to do this, give me a call (941) 918-1516 or send an e-mail (DANDCGRAY@LIVE.COM) and I will make the required changes.

Donald Gray
 Membership Chair

CHANGE OF ADDRESS FORM

Effective date of change: _____

Name: _____

Member ID (if known): _____

Check here if you change your local address/phone during the year. If so you will need to send in your new address/phone each new season.

Englewood-Venice Chapter Area Address

Street/Apt: _____

City, State, Zip: _____

Phone Number: _____

Alternate (Away) Address

From: Month _____ Day _____

To: Month _____ Day _____

Street/Apt: _____

City, State, Zip: _____

Phone Number: _____

Cut out this completed form and mail it to:
Membership, NARFE Chapter 717
P.O. Box 2203
Venice, FL 34284-2203

You may also update your address by calling any one of the Chapter Officers listed on page 2.



Service Officer's Corner

by Sheila Nichols, Chapter 717 and Florida State Federation Service Officer

As all of you know here in Florida, the month of September can still be a really hot and humid month, even though it is Fall! Since that is the case, why not stay inside with the air conditioning and take a look at OPM's new and improved Retirement Services Online System for retirees? It can be found at: <https://www.servicessonline.opm.gov/>.

As always, you will need your CSA number and your password. If for some reason you do not remember your password, the system gives you the option to Reset Your Password. You can reset your password online (as long as you have a valid email address on file). If you do not have an email established and on file with OPM, you will need to contact OPM directly at 1-888-767-6738 (this process will take longer because OPM will need to mail you a temporary password instead).

I decided to go through the "reset password" process myself in order to test it out. The system asks you for your CSA number and your last name and the city you live in. You then click on Request Security Code. OPM will then send you an email with a security code. Once you receive the email, you will need to click the button within the email to reset your password and then type in your CSA number again. The security code is actually already typed in the block for you (and is hidden). You will need to answer a security question. Hopefully you will remember the answer to the security question you created when you originally established yourself as a user of this system. (Note: If you do not remember the answer to your security question or have any other issues, you will need to contact OPM at 1-888-767-6738). If you get through this step, the system asks you to type in a new password. It does not tell you the criteria for this password until you start typing, other than it can't be a password that was used in your last 24 passwords! Yikes! Computers definitely have better memories than us! The password criteria (once you start typing) states that it must be **8-30 characters with a combination of letters and numbers and must contain at least one Upper Case letter, Lower case letter, and at least one number and may include one of the following special characters @\$%&*+=?** (good luck with that!). It took me numerous times for the system to accept my new password.

Continued on Page 6— Service Officer's Corner

Continued from page 5— Service Officer's Corner

The look of system has improved. There are lots of choices under the MENU heading. For instance, do you have your current OPM ID card and know where it is? If not, one of the options readily available is to PRINT a new OPM ID card. This was in the older version also, but it is more easily found with this new version. I highly recommend that you print yourself a new card if you do not have one or know where it is. It is a good idea for your designated survivor to have this information as well. On the back of this card is the information on how to contact OPM directly if you (or your designated survivor) need to do this.

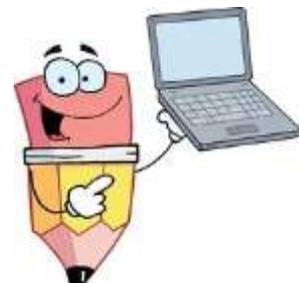
Make sure that you look under your PROFILE. In doing so, I realized that OPM did not have my phone number listed for some reason. This surprised me, considering that they ask for this phone number when you complete your retirement application. Regardless, I made sure that they now have my current phone number.

There is another option entitled “On Demand Docs.” Do you know where your OPM retirement booklet is that you received when OPM processed your retirement case? If not, this is a great opportunity for you to ask OPM to mail you another one. I have done this several times in the past to test it out and it works. They do not limit the amount that you can request so I have accumulated a couple of them over the years and, again, it is a good idea for your designated survivor to have this as well.

OPM has established a QUICK LINKS drop down menu where you can click on FORMS or SURVIVOR BENEFITS or numerous other options you might want to do. They also have a SEARCH OPM block right there in the system to enable us to search for any topic desired.

This might also be a good time for you to consider having your NARFE dues taken out of your annuity (you save 15% off of your annual NARFE dues!). This can be done by completing this form <https://www.narfe.org/pdf/dw-2.pdf> and mailing it to: NARFE, ATTN: Member Records, 606 N. Washington St., Alexandria, VA 22314-1914.

Hopefully you have taken the time in your air conditioned environment to navigate the new and improved Retirement Services Online System. Above all, stay cool!





Linda L. Braswell, Programs Chair

WHO NEEDS YOU?—THEY DO!

AND YOU NEED THEM, TOO!

They provide comfort, companionship and happiness. They are the only ones in the world who give unconditional love and never judge you. They are the pets who become like family.

Some of them no longer have a family and home and have been left behind when an owner moves or goes into a nursing home. Some can't tolerate other pets in the household. Some have been picked up as strays. All have ended up at Suncoast Humane Society where no animal is turned away. These furry, cuddly friends are waiting for a new family at San Casa Drive in Englewood where Liz Banta, Chapter 717 former Alzheimer's Research Chair, has volunteered for years.

This well-run, clean facility has received the coveted top rating of 4 stars from Charity Navigator for the past two years for making the best use of funds and donations. They receive no local, state or federal funds, receive no animal shelter organization funds and depend solely on community support. You can donate money or bring items (except for dog and cat food and treats which they have plenty of right now) on the Suncoast Humane Society Wish List to the September 20, 2018 Chapter 717 Luncheon Meeting at Pelican Pointe Golf and Country Club as part of our Chapter Community Outreach Opportunity.

Director of Community Relations and Volunteer Services Jackie Elliott will tell us about the Suncoast Humane Society's mission to reduce the number of homeless animals and improve their quality of life. She will be accompanied by Gay Haines of the Pet Therapy Team who visits places like Loveland, children's sections of libraries, medical facilities, and assisted living facilities with the star of the presentation, Oliver, the Australian Labradoodle, who is affectionate, gregarious and loves to visit, schmooze and be petted by Chapter 717 members.

Bring your donated items to support the homeless animals in our Chapter Community Outreach Opportunity and enjoy the thanks and affection of Oliver who loves all the attention you can give him and returns it tenfold.

Continued on Page 8— Programs Chair



Jean Marie Burton, Sunshine Chair, (941) 525-4263



Get well cards and thinking of you cards were sent to Marian Kelly, Lois Paul and to Sol Eaton.

Phone calls were made to other members.

Please let me know of news of any of our members who need a Sunshine card or call.

Summer went by quickly—Happy Fall!

Continued from page 7— Programs Chair

Oliver, the Australian
Labradoodle



Our Wish List

Donations of these items allow us to direct monetary donations to more critical needs.

GREATEST NEED

↑ Wee Wee Pads

Cleaning Products Including: Bleach, Windex, Dish Soap, Hand Soap, Air Fresheners *Although we use specialized cleaning products for sanitizing the animal areas, a variety of cleaning products are needed for general use.*

Rabbit, Ferret and Guinea Pig Food and Bedding *For the small pets surrendered to our animal care center.*

Mops, Brooms, and Squeegees

Paper Towels, Toilet Paper, & Trash Bags

Postage Stamps

Office Supplies *All types of office supplies can be used!*

Kong Toys

Nylabones

Toys *A variety of toys are needed to keep the animals entertained. Please keep in mind that toys made of solid substances can be sanitized and reused.*

Treats donated will be given to our rescue partners. *We are unable to feed most treats to the dogs being sheltered at Suncoast Humane Society. Being in an animal shelter environment can be very stressful for many animals. The feeding of certain treats, in addition to their well balanced meals can lead to digestive issues. This can be challenging for the medical team trying to maintain the health of our shelter animals.*

Towels & Blankets *Towels & blankets are needed to provide comfort for the animals. They are used as bedding for dogs & cats and can be sanitized and reused. We are unable to accept comforters or pillows.*

Dog and Cat Food *We accept donated pet food for our pet pantry. Dog and Cat food is used to feed pets belonging to families in need. This program helps to keep pets in their homes. Opened bags of food are used to help local wildlife rescues.*

We appreciate your consideration!



Contact Us
6781 San Casa Drive
Englewood, FL 34224
941.474.7884
Humane.org

From the June 2018 meeting

David Ross, District 8 V.P. Florida Federation, installed the Officers for 2018—2019.

L-R David Ross, Steve Shoub, President; Jon Cantor, Treasurer; Ruth Ann Worden, Secretary; Sheila Nichols, Service Officer.



President Steve Shoub is presented a plaque marking 14 and one-half years of service as Chapter President by 2nd Vice President Linda Braswell (her last official act as 2nd VP).

Photos by Helen Cantor.

And from the 2017 Holiday Party

Jean Marie Burton (seated), Karen Bosley and Liz Banta (standing) at the Holiday Party meeting, December 2017. Next Holiday Party on **Dec. 13, 2018!**

Photo by Jon Cantor.



Englewood-Venice
NARFE Chapter 717
P. O. Box 2203
Venice, FL 34284-2203

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CHANGE SERVICE REQUESTED

ADDRESS LABEL

The meeting of the Englewood-Venice Chapter 717 will be held on **Thursday, September 20, 2018** at the Pelican Pointe Golf & Country Club. See inside for program details. Social Hour begins at 11:30 a.m. followed by a sit-down luncheon. **Reservations are required.** Contact Steven Shoub for reservations at 941 473-7395 if you have not been called. A cash bar is available. All current and retired Federal employees and spouses and guests are welcome.

**Cost, including tax and tip is \$20.00.
Make checks payable to:
NARFE Chapter 717**

**Pelican Pointe
Golf & Country Club
625 Center Road, Venice, FL**

MENU

Warm Rolls and Butter

Choice of Entrée:

1. Grilled Skirt Steak with Bourbon Demi Glaze
2. Baked Salmon with Mango Salsa
3. Normandy Salad with Grilled Chicken Breast and a Cup of Soup du jour

Included with Entrees 1. and 2. —
House Salad with Choice of Dressings,
New Potatoes with Parsley and Butter, and
Green Beans Almandine

Dessert: Vanilla and Strawberry Parfait with Strawberry Sauce

Coffee, Decaf, Hot or Iced Tea.

From I-75: Take exit 193. At the traffic light off exit, turn South onto Jacaranda Blvd. Continue to 3rd traffic light and turn right on to Center Road. Go approximately 1 1/2 miles and turn right into the entrance to Pelican Pointe (Horse and Chaise Blvd.)

Alt1: From Highway 41 (Tamiami Trail), turn east on Center Road. Proceed approximately 1 1/2 miles and turn left into the entrance to Pelican Pointe (Horse and Chaise Blvd)

If using GPS or a map service, use 625 Center Rd, Venice, Florida

Tell the guard at the gate that you are attending the NARFE luncheon. Park in the lot to the right.