



**NARFE**

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

## *South Carolina Federation of Chapters*

Esther L. Crandall - Federation President

Volume 44 Issue 1

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### **Message From The President**



Thanks to all of the Columbia Chapter members for their hard work in making our 2007 Federation Convention so nice. It was really a first-class affair. The speakers were very informative. The choir that performed for our Memorial Service was outstanding, and the young singers and dancers who performed made me feel very old. Once again, we had a successful Alzheimers raffle led by Laura Wilcox. Thanks to the chapters who provided gifts and the delegates who bought chances on them.

Thanks to all of the delegates who confirmed their faith in me by electing me to my first full term as your President. I've learned a lot since November and will continue to learn with your help. I look forward to serving you in the coming year.

We welcome our new Chaplain, Nellie Bodenhamer, new District #2 Field Officer Albert (Buck) Mizzell, District #4 Field Officer Joe McCarty, and District #5 Field Officer Moses Moultrie to the Executive Board. Congratulations to Judy Kemp, Dan Love, John Neely, and Mamie Clarke on their re-election as District Field Officers.

I will be attending a Federation Presidents meeting in Louisville, KY on July 24 and 25. The purpose of this meeting is for us to advise the NEB of the direction we consider they should be taking in the years ahead and our thoughts on the future direction of our Association. I will be happy to take any of your ideas that you would like for me to offer at this meeting. Please call or e-mail me with your suggestions as to what you want from our NEB.

### **NIH Diet and Health Study: Overweight, Obesity, and Mortality**

Excess body fat has long been recognized as a harbinger of disease and early death, and much has been written about the medical consequences of the rise in obesity among baby boomers and Americans in general. Although there is little, if any, dispute about obesity contributing to an increased risk of death, questions have been raised about the likelihood of the risk of death being increased by 'overweight', that is, moderate elevations in a person's body-mass index (BMI).

In order to determine BMI, one's weight is divided by his or her height squared (that is, multiplied by itself). A person with a BMI of 30.0 or more is obese while someone having a BMI of 25.0 to 29.9 is considered merely overweight which is the category in question.

The NIH Diet and Health Study examined BMI in relation to the risk of death from any cause in 527,265 male and female whose BMI was calculated from self-reported weight and height measurements. The participants were between ages 50 to 71 in 1995-96, and resided in California, Florida, Pennsylvania, New Jersey, North Carolina, Louisiana, and metropolitan Atlanta and Detroit.

During a maximum follow-up of 10 years, 61,317 participants (42,173 men and 19,144 women) died, and analysis found an increased risk of death for both men and women at all ages in the highest and lowest BMI categories in all racial or ethnic groups. The study concluded that midlife individuals with excess body weight face an increased risk of death whether they're obese or simply overweight.

# FEEA/NARFE Disaster Relief & Scholarship Fund



In 1997, FEEA and the National Active and Retired Federal Employees Association established the FEEA/NARFE Disaster Relief Fund to provide emergency financial assistance to NARFE members who are victims of floods, hurricanes, earthquakes and other disasters. The fund was established so NARFE members can contribute quickly and directly to aid fellow NARFE members in times of disaster and so those who have been injured, lost property, or have other needs as a result of a natural disaster can be quickly helped.

In 1998, FEEA and NARFE launched the FEEA/NARFE Scholarship Fund to provide scholarships to the children and grandchildren of NARFE members. Since then, federal retirees, NARFE members and many other contributors have helped to open the doors of educational opportunity for the next generation.

Tax-deductible contributions, payable to the FEEA/NARFE Scholarship Fund or the FEEA/NARFE Disaster Relief Fund, may be sent to: FEEA/NARFE Programs, 8441 W. Bowles Ave., Suite 200, Littleton, CO 80123-9501. Contributions may be charged to Visa, Mastercard or American Express online (<http://www.feea.org/>) by choosing the desired program from our drop-down list of programs, or by calling FEEA toll-free at (800) 323-4140.

To request an application for a grant, call FEEA's toll-free number, 1 800 338-0755, or send an e-mail to [feeahq@aol.com](mailto:feeahq@aol.com). You may also mail your request for an application to FEEA at the address in the above paragraph.

The NARFE-FEEA Natural Disaster Fund, which is supported by NARFE members and administered by the Federal Employee Education and Assistance Fund, can pay out grants up to \$500 per NARFE household to reimburse NARFE members for losses stemming from declared natural disasters.

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## Retrieving Chapter Reports From The Net

Paul Donahue SC NARFEFED  
Website Coordinator

On July 4, 2007 our South Carolina NARFE Federation's Website will be celebrating its' third anniversary. For those of you who do employ the internet in their daily lives and who haven't visited our Federation Website at [www.scnarfe.org](http://www.scnarfe.org) or our National office's Website at [www.narfe.org](http://www.narfe.org) then you're missing a good bet.

Since it's inception in 2004 through the end of April this year our Federation website has amassed over 27,000 "hits" and recorded over 6,000 "visits". That particular information doesn't include all of the 21 Chapter Webpage's that are also available for review. By definition a hit meant somebody accessed the Website by mere curiosity. A visit means that someone spent some time viewing the contents of the Website. Further analysis of a hit counter's "visit" actually reveals which of the Websites' pages had been accessed, as well as for what information and for how long and also that tells us what posted NARFE information is important to retain.

We attempt to maintain timely information such as current Federation and Chapter Newsletters, as well as monthly

meeting notices and important links to Government Officials, Headquarters, Chapter's and their Officers, including email contact capability. Presently we have eight different Chapter's whose members who have stepped forward and offered to maintain their Chapters' Webpage by making routine monthly changes of meeting times and places, as well as posting their current Chapter newsletter. In this way many Chapters have actually saved considerable postage fees by not mailing their newsletter to someone having email capabilities. Likewise, in this manner, anybody from any Chapter can access another Chapter's Webpage, or the Federations' and even Nationals' Website to obtain helpful information to assist them in their official NARFE position, as a chapter officer or for just idle curiosity. The NARFE National website has abundant current helpful information. If you haven't registered your email address with NARFE headquarters then you are really missing important weekly Global Email Messaging System (usually on Friday's) GEMS messages originating from them on timely subjects of interest to all NARFE members. If you aren't receiving these GEMS messages and are interested in registering your email address with headquarters for this purpose but don't know how to specifically do that, please contact me at: [paddona@scnarfe.org](mailto:paddona@scnarfe.org). As a Federation or Chapter Officer you may wish to retrieve routine monthly, quarterly or semi-annual reports from NARFE Headquarters. On the NARFE National Website's top tool bar, click on **Member Sign In**. Enter your last name, your membership ID# and click on **Sign**

In. Go to the top tool bar and click on **Special Section**, then scroll down to **NARFE Online Reports**.

You have a choice of selecting either Chapter or State Reports. If a Chapter Officer, your current Chapter President can provide you with the necessary *Username* and *Password* combination. As a Federation Officer, President Esther Crandall will supply you with the current *Username/Password*. Once entered, you will gain access to the Membership M-110, M-111, M-112, M-112S, M-114 M-260 Reports, also Financial Reports A-220, M-130, M-131C, W-101 and State L-103, L-104 Reports, plus Ten Percent Fund and current Members E-Mail Addresses in either EXCEL or TEXT format.

**Hint:** Use the "landscape" feature when printing.

**REMEMBER:** When finished, scroll down and click on **LOG OFF** to terminate your session.

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## Alzheimer's Report

We had a very successful year April 1, 2006-March 31, 2007 with a total donation by the SC Federation of \$12,793.27 to Alzheimer's Research. Of that amount \$280.50 was donated to local Alzheimer's chapters. Sixteen chapters contributed.

The following chapters were awarded certificates:

**Charleston Ch. #1013** - First Place with a total donation of \$3,850.00

**Myrtle Beach Ch.#1015** - Second Place with a total donation of \$2715.11

**Rock Hill Ch.#1180** - Largest per capita donation (chapters with less than 100 members) with a total donation of \$643.00. Their membership stands at 80.

The Alzheimer's raffle at the convention was a great success. The following chapters participated and the amount raised for their item is listed.

Aiken Ch. #934	\$ 74.00
Beaufort Ch. #1021	406.00
Charleston Ch. #1013	49.00
Clemson Ch. # 1079	25.00
Columbia Ch. #087	212.00
Florence Ch. #960	105.00
Greenville Ch.#121	104.00
Hilton Head Ch. #2258	51.00
Myrtle Beach Ch. #1015	99.00
No. Charleston Ch. 072	68.00
Spartanburg Ch. #560	134.00
Summerville Ch. #1082	244.00
<b>TOTAL</b>	<b>\$1,571.00</b>

I wish to thank the Columbia chapter Alzheimer's Committee for assisting the Myrtle Beach chapter with the raffle. We had great help and wonderful attendee participation. **THANKS TO ALL!**

GEHA insurance donated \$5,000.00 to NARFE/Alzheimer's Research this past year. We are very grateful for their support.

The year has started out with a big blitz. From April 1 to May 15 the donations have been very impressive with a total of \$5,444.69. Laura Wilcox  
SC Federation Alzheimer's  
Committee Chair

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## East Cooper Hearing Centers:

Chapter 1958 Pawleys Island had Audiologist, Dr Joseph E. Gillespie and his Program Director, LaMond E Riley, give a presentaton of his assistance to Federal Workers with work-related hearing loss for over twelve years.

His office provides the necessary administrative, medical, audiological and legal assistance that federal workers usually need to obtain hearing aid authorization from the Department of Labor.

Any federal, civil service worker with work-related hearing loss can be assisted on this matter, regardless of the agency.

East Cooper Hearing Centers had a information table at the 2007 SC Federation Convention. For further information you may contact LaMond E. Riley at local number 843-881-8621 and toll free number 866-880-8666 or Fax: 843-216-7700.

Donald G. Loper  
SC Fed Service Officer

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## Chapter Anniversary Certificates

Chapters receive award certificates after being chartered for 25 years and every 5 years thereafter.

In order to avoid confusion and to have a standard time frame covered for awarding anniversary certificates, chapters whose anniversary dates fall between June 1 and May 31 of the succeeding year will be awarded at the annual Federation convention in the succeeding year.

J. Carl Young,  
Federation Historian

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## Deceased Members

At the convention in April the following deceased members were not included in the Program for the Charleston Chapter 1013.

Viola H. Melton  
S. Brown Sanders  
Donald Kendric  
Charles Scheppe  
Mary A. Adams  
M. R. Godfrey  
Sara B. Calas  
Retherford Zipperer  
Selma Gunter  
James A. Beckett  
M. J. Bartholomew  
Susan H. Magette  
Arthur Schoene  
Edward Mellich  
Ethel K Kellahan  
Gertrude Clark



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### CONTENTS

President's Message  
NIH Diet and Health Study  
FEEA/NARFE Disaster Relief & Scholarship Fund  
Retrieving Chapter Reports From The Net  
Alzheimer's Report  
East Cooper Hearing Centers  
Chapter Anniversary Certificates  
Deceased Members

Check the Newsletter at our  
website address [www.scnarfe.org](http://www.scnarfe.org)

PLEASE READ THIS NEWSLETTER – THERE IS EXCELLENT INFO IN EVERY REPORT.  
WHEN YOU HAVE FINISHED – PLEASE GIVE IT TO A PROSPECTIVE MEMBER TO READ.

## NARFE South Carolina Federation of Chapters

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DEADLINES: May 20, July 20, September 20, November 20, January 20 & March 20

SC FEDERATION CONVENTION: TBD

NATIONAL CONVENTION: Louisville, Kentucky in 2008