



NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

South Carolina Federation of Chapters

Esther L. Crandall - Federation President

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Message from the President



Since assuming the Presidency on November 1, I have had the privilege of attending meetings and installing officers at Chapters 1786 (Sumter), 1021 (Beaufort), and 87 (Columbia). I thoroughly enjoyed each of these meetings. They gave me an opportunity to meet many of the chapter members and also to learn how each chapter functions. While we all serve the same purpose, each group is distinctly different. In all cases, the members made me and other guests feel very welcome. I would like to visit every chapter. All I need is an invitation!

My thanks to Doug Wilcox for accepting the position of Resolutions Chair. Our former Chair, Jack Means, has moved to Colorado. He is planning to be back in Columbia for the Federation Convention in April.

I regret to report that Chapter 997 (Mt. Pleasant) has folded. Members of that chapter have been reassigned to other chapters in the Charleston area.

Executive Board Meeting

The Federation Executive Board met on January 22 in Columbia. As in the past, all Board Members, Committee Chairs, and Chapter Presidents were invited to this meeting. We had 39 in attendance, a number of which are new Presidents attending their first Board meeting. I believe that each participant came away with a new bit of knowledge. This is an opportunity for us to hear what the chapters are doing and for the chapters to have input into what the Board is doing.

Convention packets were distributed to each chapter represented. District Field Officers will send the packets to the few chapters who were not represented. This is the first year of a three-year trial of holding the convention in Columbia, allowing for shorter travel time and less hotel expense. I would like for all chapters to be well represented at this convention. My challenge is for each chapter to bring at least one first-time delegate.

National Region III Field Vice President Bob Harrell announced that a Region III Symposium is scheduled for October 2-4, 2007 in Columbus, GA. All chapters are urged to participate in this symposium. More information will be provided later.

The Board voted to send one or two representatives to the Legislative Training Conference March 3-6. We had budgeted \$1500 for participation in this conference, which includes a Day on the Hill.

NARFE Scholarships

NARFE will award 60 \$1,000 scholarships to college-bound high school seniors who are the children, grandchildren, great-grandchildren and stepchildren of NARFE members. The application is on pages 55-56 of the February issue of NARFE Retirement Life. Deadline for submission is April 30, 2007.

Update on NARFE SC Federation 2007 Convention

Mark your calendar for Monday, April 16 through Wednesday, April 18, 2007 at the Raddison Hotel Columbia and Convention Center, 2100 Bush River Road, Columbia for the 43rd SC NARFE Federation Convention. Each chapter has a limited number of actual delegates to the convention but others are welcome. Only delegates are allowed to discuss and vote on Federation business. Otherwise, everyone is entitled to participate. The registration forms and other information about the hotel and convention will be posted to the SC Federation Web Site (<http://www.scnarfe.org/>). The registration fee is \$65 per person before March 16th and \$75 afterwards. That fee also gets you two breakfasts, one luncheon, the President's Reception (heavy hors d'oeuvres) and the Convention Banquet.

The Program Committee continues to work on an exciting program. Our convention will open with a reception on Monday evening, April 16, after an afternoon devoted to a training session conducted by NARFE national headquarters for chapter officers and others who may be interested.

Attorney Jan L. Warner of Columbia has been confirmed as the keynote speaker for a luncheon on Tuesday, April 17, on the topic "*What You Need To Know*".

Jan L. Warner received his A.B. and J.D. degrees from the University of South Carolina and earned a Master of Legal Letters (L.L.M.) in Taxation from the Emory University School of Law in Atlanta, Georgia.

A frequent lecturer at both legal education and public information programs, his articles have been published in national and state legal



Jan L. Warner

publications. His articles have been published in national and state legal publications. He has been quoted in articles that have appeared in "Kiplinger's", "The Wall Street Journal", "Modern Maturity", and many other national publications. He has also been featured on radio in many major metropolitan areas.

He is a Certified Fellow of the American Academy of Matrimonial Lawyers and a member of the national Academy of Elder Law Attorneys, and the National Health Care Lawyers Association. He belongs to the American Bar Association, the South Carolina Bar Association, The American Judicature Society, and many other legal organizations. He conceived and is one of the founders of ElderLaw Services of South Carolina, P.A., the only statewide law practice in South Carolina geared toward the special needs of the elderly.

He has been a speaker at the Columbia Chapter meeting several times and has been very well received. He will make a presentation on a number of legal issues our members will find interesting. Time will be allotted for questions.

Thomas Lloyd, Speaker of the South Carolina Silver Haired Legislature, has been invited to speak to the banquet on Tuesday evening. He will explain the objectives of the Silver Haired Legislature and some of the issues that affect seniors that they are addressing.

The South Carolina Silver Haired Legislature was created in 1999 to specifically to advise the General Assembly on issues of importance to older South

Carolinians. Participants are elected by districts in coordination with the state's 10 Regional Area Agencies on Aging. Lloyd is the current Speaker, and the Immediate Past Speaker is Roy Mathis of Charleston.

Silver Haired Legislators from all 46 counties in the state were represented at the meeting in the Solomon Blatt building in the state house complex, where members of the House of Representatives have their offices. After listening to the opening remarks by Lloyd and Gibbons, the group split into committees to develop policy proposals in five specific subject areas: consumer protection, healthcare, long term care and economic security, as well as a general committee tasked with looking at broader issues such as affordable housing and senior services.

The Silver Haired Legislature was formed to help Elders advocate with Elected Officials on Legislation that impacts Seniors. SHL'S are Seniors, that are elected by their peers and in some cases supported by the Local Area Agency on Aging. SHL'S work closely with area elected Legislators and others to advocate for changes in Legislation to improve conditions for the aged.

We will also hear from other NARFE speakers as we conduct the business of the South Carolina Federation.

On Wednesday morning, April 18, we will elect Federation officers for 2007-08. Also included in the registration package will be breakfast on Tuesday and Wednesday mornings.

More information will be made available in future newsletters. The Convention Chair, Kathy Hensley, is available to answer any questions. Kathy can be reached at 803-957-7750 or kathrynhensley@hotmail.com.



Speaker of the South Carolina Silver Haired Legislature Tom Lloyd of West Columbia addresses the group during their annual legislative committee meeting at the Solomon Blatt State Office Building in Columbia

Available Services for Senior Citizens

There are a variety of state and local government rights, privileges, benefits and other programs available to NARFE members who are senior citizens. Some are administered directly by state or local governments, while community groups under financial grants from a government or private organization provide others. These services are described in publications readily obtainable from government and civic sources.

Chapter service officers should get on mailing lists of service organizations to learn of the available programs and arrange for NARFE members participation when it will be beneficial. Booklets and directories describing county and municipal services are generally available without charge from sources, such as consumer services committees, county departments of adult services, health and welfare councils and senior citizens councils. Donald G. Loper, SC Federation Service Officer

Alzheimer's Report For S.C. Federation

The total donation for the SC Federation Alzheimer's Fund is \$10,223.40 for the period of time April 1, 2006-January 20, 2007. Fourteen chapters have contributed. VERY IMPRESSIVE!

Several chapters have indicated that they would like to have an Alzheimer's raffle at the upcoming state convention in Columbia in April. I hope others will also choose to participate with a raffle item. It is all for a very worthy cause and it is also fun. Buy a ticket and MAYBE YOU

NOTE

All chapters your Chapter Officer Roster (F-7) are due to National, Secretary Joan Geteke and President Crandall. The form is available on line at: <http://www.narfe.org/departments/e-form/member/F-7.cfm>

WILL BE A WINNER! The proceeds for each race item will be credited to the donor chapter for the year beginning April 1, 2007. Those who wish to participate, please let me know and follow the instructions which will be included with this report.

Alzheimer's Alarm Over Anesthetics (Source: New Scientist) According to a report from Praval Mandal of the University of Pennsylvania School of Medicine, certain general anesthetics given to the elderly could increase their risk of developing Alzheimer's Disease (AD) and other memory problems. Animal studies reveal that certain anesthetics reduce the rate at which brain cells are born and develop a factor that is important to normal memory function. They may also seect the rate at which beta inlaid proteins bind together. This could be worrying as the formation of clumps or "plaques" of these proteins is characteristic of AD and may contribute to brain cell death. For full story: eurekaalert.org
Respectfully Submitted;
Laura Wilcox SC Federation
Alzheimer's Committee Chair

COLA Update

December CPI-W Increases 0.2 Percent

On January 18th, the Labor Department's Bureau of Labor Statistics (www.bls.gov/cpi) reported that the Consumer Price Index for Urban Wage Earners and Clerical Workers, the CPI-W, for December 2006 is 197.2, up 0.2 percent from the November index of 196.8. The CPI-W for December is 1.0 percent lower than the new 2006 third quarter average base index of 199.1. For purposes of calculating the next COLA (cost-of-living adjustment) the index has fallen 1.0 percent.

Exploring the NARFE National and SC Federation WebSites

Paul Donahue, WebSite Coordinator

It has been two and one-half years since South Carolina's NARFE Federation inaugurated its website along with its' companion 21 chapter websites or webpages. In my capacity as the federation website coordinator, I routinely tweak each of these as new information is provided to update the various sites. It could be something as mundane as announcing a new chapter meeting location to the election of new officers, or posting of a monthly newsletter. I regularly receive webpage updates, on average of once a month, from half a dozen self-appointed chapter webmasters. A few chapters have adopted a policy of not mailing their newsletter to members with internet capability, thus realizing a considerable savings in postal rates. Many new members may not be familiar with contacting their own chapter's webpage and may wish to do so simply by typing the following URL (address), substituting their chapter's number for the "x's", <http://www.xxxx.scnarfe.org> . As for any interest in browsing our Federation's website, just use, <http://www.scnarfe.org> Anyone who is interested in maintaining their respective Chapter's WebPage please contact me at paddona@scnarfe.org For the record, this is a voluntary service.

The current Federation website makes some forms available, in PDF format. For the upcoming Federation Convention, to be held April 16-18, 2007 in Columbia, you are able to access

both forms, fill in the information, print-out and mail them to the Radisson Hotel and our Convention Treasurer, addresses noted thereon. Just click on the page labeled RELATED LINKS. Alzheimer donation's and Travel Expense forms are also posted for your convenience, as are other interesting links.

Those Federation and Chapter Officers with such responsibilities that require use of a NARFE headquarters generated monthly report form (e.g., membership, financial) such as an A-220, L-103, L-104, M-110, M-111, M-112, M-112S, M-114, M-130, M-131C and W-101 should access <http://www.narfe.org> and click on Membership Sign-In, fill in your last name and membership number. Forgot it? This can be found on the address label of your monthly NARFE magazine, then click on the Special Section toolbar and scroll down and click on NARFE Online Reports, then click on CHAPTER or STATE (now you'll be required to insert a "username and password", as provided by the Federation President or your Chapter President). A current listing of all SC NARFE member's email addresses is also available. Remember to scroll down and "LOG OFF" when you've finished with your search.

Sadly, many email addresses are not routinely updated or properly maintained. Any member not currently receiving those important weekly NARFE GEMS messages, delivered directly via e-mail should consider updating their record by accessing <http://www.narfe.org> and scroll down to Membership Tools and then update their present email address and other pertinent information.

GUIDELINES FOR ALZHEIMER'S RAFFLE SC. FEDERATION CONVENTION COLUMBIA SC. APRIL 16, 17, & 18, 2007

1. All chapters are invited to participate by bringing a raffle item, big or small.
2. Each participating chapter needs to supply a marked container with chapter name and number for tickets.
3. Participants, please sell tickets at home, putting Name & Phone # on back of ticket you keep for the drawing. Sell for \$1 .00 each or \$5.00 for 6 tickets. Bring sold tickets with Name & Phone number pn back to the convention keeping separate from convention sale tickets. Also bring the money for the sold tickets.
4. Tickets will be sold for \$1.00 each at the convention. Upon completion of sale at the convention, tickets sold at home chapter will be added to those sold at convention-then the drawing will take place.
5. I will supply tickets at the convention, help with sales, and ask for volunteers to help.
6. All monies collected by each chapter will be credited to that chapter's Alzheimer's account.

Laura Wilcox
Alzheimer's SC Fed. Chair

Proposed Amendment to the NARFE SC Federation Bylaws for Convention Profits and Losses

This proposed amendment will be voted upon at the Federation Convention on 16-18 April 2007 and is now being distributed to all chapters at least 45 days prior to the convention as required by the bylaws.

The proposed amendment has been approved by the Executive Board.

This amendment will be a new Section 5 of Article IV on page 11 and the current Section 5 will be changed to Section 6 and the current Section 6 will be changed to Section 7.

Section 5. Conventions Profits and Losses

A. If the host chapter(s) collects more money for the convention than is required to pay expenses, the chapter(s) may retain 75 percent of these profits with the remainder to be transferred to the Federation treasury.

B. Should there be a shortfall of funds to pay convention expenses, the host chapter(s) may submit a request to the Executive Board for reimbursement of the loss. The request will include a detailed explanation of the circumstances resulting in the loss. The Executive Board will decide the amount of the shortfall that will be paid to the host chapter(s).

The Healthier Feds Physical Activity Challenge

Get moving for health!

It's Easy

Starting January 22, 2007, participants register at <http://healthierfeds.presidentschallenge.org> and get moving! The final day to log activity is March 18, 2007, but the physical activity doesn't stop then.

It's Fun

Participate in over 100 activities (walking, swimming, canoeing, cross country skiing) for at least 30 minutes a day (60 minutes for children ages 6-17), 5 days a week for a period of 6 weeks and log that activity on-line.

It's for You

Current employees and retirees of the Executive, Legislative, and Judicial branches and their family members are all invited to sign up.

It's Important

By establishing a regular habit of physical activity among participants, The Challenge will help create a foundation for long-term behavior change. The facts show that increasing physical activity can improve health and overall well-being.

Improvements in employee health help lower health care costs and insurance premiums and improve productivity, which is why the agency or department with the highest percentage of employees completing The Challenge will be recognized for its efforts.



Executive Meeting in Columbia, January 22, 2007

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CONTENTS

President's Message
Convention Update
Alzheimer's Report for SC Federation
Service Officer Report
Exploring the NARFE National and
SC Federation WebSites
Proposed Amendment to the NARFE SC
Federation Bylaws

Check the Newsletter at our
website address 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.

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DEADLINES: May 20, July 20, September 20, November 20, January 20 & March 20
SC FEDERATION CONVENTION: Columbia, SC April 16 thru 18, 2007
NATIONAL CONVENTION: Louisville, Kentucky in 2008