



## CHAPTER 1621 NEWSLETTER

Eastern Oklahoma County

Issue 19, Number 1-3

January – March 2012

# NARFE

*National Active and Retired Federal Employees*

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President	Laquinnia Lawson	771-4196	NARFE NET	Gordon Weiss	641-6830
1 <sup>st</sup> Vice President	Larry Barnett	769-4608	Alzheimer Coordinator	Charlene Lawson	771-4196
2 <sup>nd</sup> V-P	Bill Branscum	386-7471	NARFE-PAC	Bill Branscum	386-7471
Asst 2 <sup>nd</sup> VP	Bill Cottrell	259-9212	Chaplain	Charles Schoenecke	964-2569
Secretary	Ruth Schoenecke	964-2569	Ways and Means Chair	Charles Schoenecke	964-2569
Treasurer	Sammie Moser	391-5509	Sunshine Chairperson	Gordon Weiss	641-6830
Historian	Norma Krahl	399-5431	Public Relation	Gordon Weiss	391-6524
Newsletter Editor	Levonne Higdon	630-6530	Service Officer	Billy Branscum	386-7471

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**The National Active and Retired Federal Employees Association (NARFE) membership is open for membership to all federal civilians who are current employees, retirees, former employees, spouses, surviving spouses of those eligible to join NARFE and a former spouse who is eligible for a federal or survivor annuity.**

Our **NEXT** Membership Meeting will be on Tuesday, January 17<sup>th</sup> 2012 in the **Foundation Room** at the Eastern Oklahoma County Technical Center, 4601 N. Choctaw Road. The meeting will begin at **NOON**. The Snack Bar should be open if you would like to purchase a snack prior to the meeting. Coffee will be available in the meeting room.

### PROGRAM

*“Introduction to Computers and Internet”*

**Presented by Mr. Tom Buntin, Classroom Instructor  
Eastern Oklahoma County Technical Training Center**

**GUESTS ARE ALWAYS WELCOME!!**

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**PRESIDENT'S MESSAGE:** One of our major goals for the year of 2012 is to get more active and retired federal employees and other qualified people to join NARFE in our fight to save our pay and benefits. Congress is using federal employees, retirees and annuitants as scapegoats to lower the federal deficit. Congress needs to know that we did not cause the deficit our country is facing. There are many factors that have contributed to the problem so we shouldn't have to suffer the brunt of the budget reconciliation. If you know someone who is an active or retired federal employee or a qualified annuitant, please have them contact me at (405) 771-4196 or send an e-mail to me at Laquinnia @sbcglobal.net.

We accomplished a great deal of things last year and we have a lot of things on our agenda to do this coming year. I hope you'll plan to be present and participate at each of our meetings in 2012. We'll keep you informed on the NARFEOK.ORG sight each month about special programs to be presented each month. Be sure to read the information given on the NARFEOK sight.

Last years NARFE Oklahoma Federation Convention was held at the Reed Center in Midwest City, Oklahoma and was well attended by many of our members. We are looking for the same kind of attendance and participation at the 2012 Oklahoma Federation Convention. The 2012 Oklahoma Federation Convention will be on May 4<sup>th</sup> and May 5<sup>th</sup>. It will be held at the Redlands Community College at 1300 South Country Club Road in El Reno, Oklahoma.

Our 34<sup>th</sup> National Convention will be at Reno-Sparks, Nevada on August 26-30, 2012. Our chapter is planning to send delegates to represent our chapter at the Convention.

Our 2011 Memorial Program was the best one that we have ever had with Bill Branscum and Levonne Higdon leading that special program memorializing our deceased members. On March 20<sup>th</sup>, 2012, they're planning to memorialize our chapter members who passed away in 2011.

Our January Membership Meeting will be presented by Mr. Tom Buntin, a classroom instructor at the Eastern Oklahoma County Technical Training Center. His presentation is designed to help those of us who wish to know more about the value of computers in this day and time. He will speak to our members about what's available for us in the world of computers and give us some basic information about how to find information we would like to know more about through the use of a computer. You'll also find out how to use your NARFE Membership Number to access information about legislation that applies to your well-being.

The speaker for our February Membership Meeting will be Ms. Karan Johnson of A-1 Accounting and Tax Service. She will inform us of the tax law changes that affect your state and federal Income Tax Returns for 2011.

*Buck*

**NOTE TO CHAPTER MEMBERS:** If you have something that you'd like to have printed in one of our future NARFE newsletters, let your Newsletter Editor know. As time and space allows, submitted articles will be included in the newsletter. See **“Cell Phone Emergency”** in this newsletter.

**IMPORTANT!!!** Because of the increased expense of mailing a newsletter to chapter members, chapter members voted to mail the newsletter to members of our chapter quarterly. Newsletters will be mailed to chapter members in January, April, July and October 2011. Newsletters will also be posted on the [WWW.NARFEOK.ORG](http://WWW.NARFEOK.ORG) website so others may read about our chapter. Monthly updates will be posted on the NARFEOK site prior to each meeting and will tell about the program for the monthly membership meeting.

**TOLL FREE TELEPHONE NUMBERS:**

FEGLI ... 1-800-633-4542

GEMS NEWS ... 1-877-217-8234

NARFE Membership Records ... 1-800-456-8410

Recruitment/Retention ... 1-800-627-3394

Legislative Hotline ... 1-877-217-8234

NARFE Service Officers ... 1-800-456-8410

U.S. Representatives ... 1-866-220-0044

U.S. Senators ... 1-866-220-0044

**Be sure to keep these toll-free phone numbers handy.**

**GOOD NEWS!!** You, our friends, your family and others should be able to read our Chapter Newsletter as well as monthly updated chapter news on [www.narfeok.org](http://www.narfeok.org). Once you've found the site, click on 'Chapter 1621' or 'Chapter 1621 Monthly Update'. The site is full of valuable information designed for active and retired federal employees and their families. Our Federation Secretary, Nancy Stanphill, keeps the website updated.

**MEMBERSHIP REPORT:** (Larry Barnett) Are YOU one of the thirteen chapter members who didn't get a call from our **Automated Calling System** because the phone number we have listed for you is incorrect? I need a good working telephone number for you. The following is a list of members whose telephone number is evidently not working so messages are not being delivered as planned:

Susan Bivens  
George E. Doull  
Allen Grissam  
Virginia K. Gavel  
Samuel K. George  
Robert Judkins  
Edward Kilgore  
Lou Knowles  
Joy Owens  
Mary A. Shiff  
Sandra E. Skinner  
Carole J. Wanish  
Benita Wilson  
Dorothy L. Wood  
Charles R. Young  
John A. Zezinka

Your phone number is needed for our calling post list so we can send out telephone messages about our membership activities. If your name is listed above, PLEASE call one of your chapter officers and provide them with a good telephone number. I also request that **all** chapter members update your postal address, telephone number and e-mail address by calling toll free Member Services Records at **1-800-456-8410**. If we don't have your correct phone number, we will not be able to contact you on the **Automated Calling System** and if all of your contact information is not correct in the national office, you may not receive your copy of the quarterly chapter newsletter.

NARFE NEEDS you to help protect our earned benefits. Check out our Oklahoma Federation Rewards Program 2011-2012 Incentives. Sign up for Dues Withholding. It is the best deal in town!

NARFE MEMBERSHIP RECORDS has a toll free phone number of (800) 456-8410. That number has been set aside so that you can report address changes, notification of death, chapter transfers, roster updates and billing inquiries. NARFE Membership Record's e-mail address is [memberrecords@narfe.org](mailto:memberrecords@narfe.org).

**NARFE Membership Record's mailing address is:**

NARFE Headquarters  
606 North Washington Street  
Alexandria, VA 22314-1914

NARFE is the best insurance premium we can buy to insure our annuity and other benefits have the best chance for survival throughout the cost cutting measures Congress faces in dealing with this unprecedented national budget deficit. NARFE is the only association that lobbies for the benefit of active and retired federal employees. There is simply no one else! NARFE does not claim to be perfect. NARFE works on behalf of all of its members but with limited resources. NARFE is the ONLY special advocate you have in Congress and in our state legislature. James Crowder, our Oklahoma Federation Legislative Representative, was instrumental in getting our state income tax completely tax-free. Remember, our benefits can be changed at the whim of Congress so we need a strong voice to represent us. Not renewing your membership or dropping out only serves to weaken NARFE's advocacy. You cannot assume that the remaining NARFE members will be able to protect the benefits you were promised. Lend your support in strengthening the organization. If you need more information to help you enlist and/or retain members, call me at (405) 769-4608. **NARFE needs you and you need NARFE.**

**SERVICE OFFICER NEWS:** (Bill Branscum) NARFE Service Officers can answer many of your questions and assist you and/or your survivors with a variety of benefit matters. NARFE's toll-free Service Officer can be reached at 1-800-456-8410. Keep a copy of the NARFE '**Important Papers**' booklet handy for your survivors. If you have questions about your survivor annuity or any number of benefit matters, call me at (405) 386-7471. If you need a copy of the '**Important Papers**' booklet, call me at (405) 386-7471.

**NARFE-PAC:** (Bill Branscum) Our Current U.S. legislators are Senator **James Inhofe** (405) 608-4381, Senator **Tom Coburn** (405) 231-4941, Representatives **John Sullivan** (1<sup>st</sup> District) (918) 749-0014, **Dan Boren** (2<sup>nd</sup> District) (918) 798-2533, **Frank Lucas** (3<sup>rd</sup> District) (405) 373-1958, **Tom Cole** (4<sup>th</sup> District) (405) 329-6500 and newly elected **James Lankford** (5<sup>th</sup> District) 234-9900. You can also reach the office of any member of Congress by calling toll free **1-866-220-0044**. Keep these numbers handy so you can call your U.S. Senators and your Representative.

**LEGISLATIVE NEWS** (Billy Branscum) Please continue writing or calling your legislators. Let them know the things you need their help on. You can write or call your Congressional Representatives using the following handy list and once you have access to legislative activities through NARFE, you can send a message directly to them. The following list is provided to you so you can contact any Congressional legislator.

President Barak Obama  
The White House  
Washington, DC 20500  
Capitol Switchboard Number: (866-220-0044)

U.S. Senator Tom Coburn  
U.S. Senate SR-172  
Washington, DC 205210  
Local Phone Number: (405) 231-4941

U.S. Senator Jim Inhofe  
205 Russell Senate Office Bldg  
Washington, DC 20510-3603  
Local Phone Number: (405) 608-4381

U.S. Representative John Sullivan  
5727 South West Avenue, Room 520  
Tulsa, OK 74105  
Local Phone Number: (918) 749-0014

U.S. Representative Dan Boren  
431 W. Broadway  
Muskogee, OK 74401  
Local Phone Number: (918) 687-2533

U.S. Representative Frank Lucas  
10952 Northwest Expressway  
Yukon, OK 73099  
Local Phone Number: (405) 373-1958

U.S. Representative Tom Cole  
2424 Springer Drive, Ste 201  
Norman, OK 73069  
Local Phone Number: (405) 329-6500

U.S.D. Representative James Lankford  
1015 N. Broadway, Ste 310  
Oklahoma City, OK 73102  
Local Phone Number: (405) 234-9900

You can also contact your elected officials by calling toll free phone number (866) 220-0044.

**CELL PHONE EMERGENCY:** (This article was submitted by our chapter President, Buck Lawson.) Four things you might not have known about your Cell Phone. (This should be printed and kept in your car, purse and wallet. It's good information to have with you.)

For all the folks with Cell Phones: There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with your Cell Phone:

**FIRST:** (Emergency) The Emergency Number worldwide for Mobile Phone Users is 112. If you find yourself out of the coverage area of your mobile phone network and there is an Emergency, dial 112 and the mobile phone will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

**SECOND:** (Hidden Battery Power) Imagine your cell phone battery is very low. To activate, press the keys \*3370#, Your Cell Phone will restart with this reserve power and the instrument will show a 50% increase in

battery power. This reserve power will get charged when you charge your Cell Phone the next time.

**THIRD** (How to disable a STOLEN Mobile Phone) To check your Mobile Phone's serial number, key in the following DIGITS on your Cell Phone: \*#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your Cell Phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so that even if the thief changes the SIM card, your Cell Phone will be totally useless. You probably won't get your Cell Phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing Mobile Phones.

**AND FINALLY:**

**FOURTH** (Free Directory Service for Cell Phones.) Cell Phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial: (800) FREE or (800) 373-3411 without incurring any charge at all. Program this into your Cell Phone now.

The above information is sponsored by McDonalds. This is the kind of information that people don't mind receiving, so pass it on to your family and friends.

**PUBLICITY:** (Gordon Weiss) Remember, if you're retired and continuing to work in a specialized trade or skill, you're welcome to let our members know about your service so they can contact you.

Plan now to attend our 2012 <b>ANNUAL JUNE JUBILEE PICNIC</b> on the 19 <sup>th</sup> of June 2012. Watch for more news of the event as the date nears.
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**CHAPLAIN/SUNSHINE:** (Gordon Weiss) *"When you cry, God cries with you. However, He can't wipe your tears unless you let Him."* (Adapted from When Angels Speak by Martha Williamson). Take time to remember those who have recently lost loved ones. Remember their needs in an appropriate way and you will be blessed.

**EXPRESSIONS OF SYMPATHY:** If you know of a NARFE member or survivor who is sick or needs help, please let us know. We want to do what we can do to help our fellow members and their family.

Our condolences are extended to our NARFE members who have suffered a recent loss of a family member. Our prayers continue to be for you and your loved ones!

**GET WELL WISHES** to each member who has not been feeling good. We pray that you will have a swift and full recovery. I recently accepted the appointed position of Chaplain/Sunshine Chairperson. Please call me at (405) 641-6830 when you're ill, hospitalized, bereaved or when you know of a member or survivor who needs special care. Chapter members want to be available to help. Thank you for allowing us to show of needs for visits and/or prayers!

If you have a spouse that is sick or injured at home or in the hospital, and would like to mention their name in the chapter

newsletter, please contact me at (405) 641-6830. This also applies to those members or their spouses that have passed on. The chapter would like to give the appropriate care in any event. Remember, NARFE is a Family Oriented Organization.

**ALZHEIMER'S REPORT** (Charlene Lawson.) My name is Charlene Lawson. A few weeks ago, I accepted the position of Alzheimer's Coordinator for our chapter. With your help, Chapter 1621 will continue to do an admirable job with our Alzheimer's program. The Alzheimer's Association has an abundance of information on the internet ([www.Alz.org/njapa](http://www.Alz.org/njapa)) and by toll free telephone at 1-800-272-3900. I will do my best to keep up with what is new concerning Alzheimer's research and keep all of you posted on new development relating to Alzheimer's Disease.

Our chapter takes up donations for Alzheimer's' Disease at each meeting. All of the donations go directly to benefit research for Alzheimer's' Disease. If you have an anniversary or birthday, you may want to donate some money to Alzheimer's' Disease. If you have a death in the family, you may want to donate the amount you would be using for memorial flowers to Alzheimer's' Disease. NARFE is involved in several Alzheimer's' Disease research projects and has been recognized as a major donor.

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The following organizations sponsor activities for retirees. **NOTE:** If you know of any other organization that sponsors activities for NARFE members or retirees, call us. Let our NARFE members know!

**FURTHER YOUR EDUCATION!**

The Eastern Oklahoma County Technology Center is eager to point people in the right direction! For Senior Citizens who are 60 or older and live in the Eastern Oklahoma County Technology Center School District, the center gives a 50% tuition discount on MOST short-term adult classes. Look over their catalog of classes and see if there's a class you'd like to take. Remember, education will help move your 'green matter' around so you can stay young and excited! Some of us really need that! Enroll Today! Call (405) 390-9591.

**FIRST BAPTIST CHURCH of JONES** has lunches for Senior Adults at 11:00 a.m. on the **first** Tuesday of each month. They ask for a donation of \$1.00 to cover some of the expenses. **Everyone is welcome!** For further information contact the church office at 399-5173 or Marie Parsons at 396-2484.

**CHOCTAW SENIOR CITIZEN ACTIVITIES:** For more information about activities designed for Senior Citizens of Choctaw, call the Senior Citizen Center at 390-8040.

**HARRAH SENIOR CITIZENS CENTER** The Harrah Senior Citizens Center provides live music beginning at 7:00 p.m. on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Tuesday of each month. Doors open at 6:00 p.m. each week. The **Over the Hill Band** performs on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday and the **Ann Davis Band** performs on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday. Cost for attending any of the dances is only \$3-4 per person and includes lots of food, fun and fellowship. If you don't know how to dance, come watch. If you want to learn how to dance, come and learn. **EVERYONE IS WELCOME!** The Harrah Citizen Center also has a beauty shop and lots of group activities for seniors including dominos, bingo, card games, quilting, Bible Study and exercise classes. Harrah Senior Center serves lunch Monday through Friday at 11:30 a.m. to those 60 and older for a suggested donation of \$1.50. Reservations should be called in before noon the day before you plan to have lunch there. Activities are planned for senior adults, 60 and over. For more information or to apply for membership, call **(405) 454-3586**.

**CALENDAR OF EVENTS**

- EXEC BOARD MEETING – 1st Tuesday (10:00 A.M.)
- NEWSLETTER MAILING – 2nd Tuesday (9:00 A.M.)
- REGULAR MEETING – 3rd Tuesday (12:00 Noon)
- January Membership Meeting – January 17, 2012
- February Membership Meeting – February 21, 2012
- March Membership Meeting – March 20, 2012

***NARFE WORKS FOR YOU!!***  
***WE'RE HELPING YOU KEEP THE***  
***BENEFITS THAT YOU WERE PROMISED***

Chapter 1621 Newsletter is published monthly (except August) by the Eastern Oklahoma County Chapter, National Active and Retired Federal Employees (NARFE), P.O. Box 487, Jones, OK 73049, Newsletter Editor, Levonne Higdon, P.O. Box 487, Jones, OK 73049.

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
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