

## **NARFE Chapter 1192**

### **March 4, 2009, Chapter Meeting Minutes**

**CALL TO ORDER** President Nancy Crosby called the Chapter's regular monthly meeting to order, 12:02 p.m., Red Lion Hotel, Kennewick, Wash. She called for a moment of silence then welcomed 31 – 28 members and 3 guests, including the program speaker, Dr. Madhu Sahai and 2 staff members; introduced the head table; and, led the Pledge of Allegiance. The Chapter has two new members: Pam Griffin and Gwen Howell.

**MEETING MINUTES** Secretary Mary Binder highlighted the February Chapter minutes. There were no questions or comments. The minutes were approved. Mary said copies of the Chapter and Executive Board February meeting minutes, the March/April Chapter newsletter and a handout, "Items of Interest," from the Service Officers were available at the meeting and are posted on the Chapter's Web site.

**TREASURER'S REPORT** Treasurer Philip LaMont reported the balance on hand as of February 28 was \$7,682.60. For February, receipts were \$608.72 and disbursements, \$401, leaving a balance on hand of \$7,890.32. Obligations are projected at \$2,580, leaving an unobligated balance of \$5,310.32.

**Monies collected at the March meeting** Luncheon, \$336; Alzheimer's Fund, \$28; NARFE-PAC, \$60; Newsletter Fund, \$11; and 50/50 Raffle, \$31 collected/\$15.50 awarded.

#### **DISTRICT/OFFICER/COMMITTEE REPORTS**

**District VP** For Carl Gallion, 1<sup>st</sup> Vice President Gary reminded members about the April 3 District Workshop at the Red Lion Hotel in Wenatchee. This is a full-day workshop with an interesting and informative agenda. Registration begins at 8:45 a.m.; workshop is scheduled to end at 3 p.m. There is no charge for Chapter 1192 members to attend. Carl needs to know by March 23 who is planning to attend. President Nancy said she will be driving, leaving early Friday morning; she has room to take others. Contact Nancy to coordinate transportation.

**1<sup>st</sup> Vice President** Gary Hagedorn reminded members about the May 14-15 Federation Convention and encouraged those planning to attend to get their applications in as soon as possible, including the meal selections.

**2<sup>nd</sup> Vice President** President Nancy read a card from Carl Gallion thanking all members who sent him cards, visited, called or just had him in their thoughts and prayers. He wrote that his recent hip surgery was successful and his rehab on schedule. This is only the second Chapter meeting he has missed in his 10 years as a NARFE member.

**Alzheimer's** Chairman Bill Darke thanked all who have contributed to NARFE this reporting year. To date the Chapter has collected and turned in \$933 from the recent white elephant auction and donations; and, there is an additional \$339 in the Chapter's Alzheimer checking account. Money in this account is traditionally donated for Alzheimer's at the Federation's annual convention.

**Hospitality** For Chairman Carl Gallion, President Nancy asked members to "please let us know as soon as possible" if they have to cancel a reservation. The Chapter has to pay for those lunches unless they are used by someone coming without a reservation or purchased after a meeting.

**Legislative** Mary Binder reported Legislative Co-Chair Don Binder is back in DC and she'll be heading there Friday for the 2009 NARFE Legislative Training Conference. There is much happening and/or under discussion on several issues. Mary said she and Don will have a recap of the issues and conference at the April meeting.

**Membership** For Chairman Johanna Caylor, President Nancy reported that there will be a new NARFE membership drive contest involving several cash awards. Watch for details in coming months, but preliminary information is in the Chapter's March-April newsletter under the "Membership" entry.

**NARFE-PAC** For Chairman Don Binder, Mary Binder reported that March is NARFE-PAC month. She received \$60 in contributions today and gave the contributors their 2009-2010 Legislative NARFE-PAC pins. Pins are available for contributions of at least \$20. NARFE National uses PAC contributions to support our elected officials who support NARFE initiatives. More information is available in the March *NARFE* magazine.

**Newsletter** For Johanna, President Nancy reported that the Chapter's March-April newsletter was mailed Monday and is on the Web site. She also reported that HAPO stopped paying for the printing at the end of December. Per Nancy, when Johanna is back in town, she will contact HAPO about again paying. But, the Chapter currently has 2 printing bills for about \$80/each that need to be paid. Nancy said she is exploring other printing options at less cost.

**Public Relations** 1<sup>st</sup> Vice President Gary reported that the announcement for the Chapter meeting was in the past Sunday's *Tri-City Herald*.

**Service Officers** Mary Goldie reported that the recent luncheon with the callers was enjoyable and a good sharing of ideas. President Nancy reiterated that it was "delightful" and that she got to meet long-time caller Marilyn McNeill for the first time.

Mary also brought copies of NARFE's *Be Prepared For Life's Events* pamphlet – a good resource for members and their families.

**Sunshine** No report.

**Website** A reminder to members to check the Chapter Web site for updates and other information.

### **NEW BUSINESS**

**B-Reactor Tours** NARFE member Maynard Plahuta announced that B-Reactor is scheduled to be open on Saturdays this summer for tours. Details are still being worked, but Maynard said these tours are expected to be longer than the standard public tours to the Hanford site. Watch for further announcements on the B-Reactor tours as details are finalized. And, Maynard said there will also be 60 public tours to the Hanford site this year.

### **OLD BUSINESS**

**Food Drive Results** President Nancy said the Chapter's food donations at last month's meeting resulted in almost \$100 cash and

3 grocery carts of food. As shelves were looking bare at the food bank, the donations were most welcome. February is a good month for the drive and will be looked at for another such drive next year.

**WSFC Convention** President Nancy said she has registration forms for anyone needing them. She reminded members that the convention is May 14-15 in Wenatchee. Registrants need to provide Secretary Mary Binder a copy for her records and the delegate certification she is required to do. And, those planning to attend also need to complete the meal form.

### **PROGRAM**

**The Rod Coler Center for Senior Health** Dr. Madhu Sahai, from The Rod Coler Center, provided an overview of the Center, including its namesake, services and goals. Saying Dr. Coler was an inspiration to the elderly as he was both physically and mentally active, Dr. Sahai encouraged NARFE members to remain mentally and physically active so they can gracefully age and age with dignity. While the Center is still in the learning, taking baby steps and organizing phases, Dr. Sahai said the goal is to provide comprehensive health care for those over 65. Besides the medical staff, the Center provides some internal lab services, and can do stress testing, lung-function testing and peripheral vascular disease testing. Dr. Sahai also highlighted some of the changes aging brings and stressed the importance of everything from watching diet, to exercising to continuing with regular health checks. In answer to a question, Dr. Sahai said the Center currently does not have an exercise program, but is looking at this possibility. Vice President Gary said the Columbia Basin College exercise lab has good equipment and is available to seniors; cost is \$14 for 3 months. Larry Williams said he also uses the CBC facility and it is very nice. There was a discussion on where swimming pools are located in the area: Kennewick Court Club; Racquet Club, Richland; and YMCAs. President Nancy asked Dr. Sahai to let her know as programs come on line at the Center.

### **ANNOUNCEMENTS**

**Birthdays/Anniversaries** At the meeting: Joanne Shadel, birthday; no anniversaries.

**Drawings** President Nancy won \$15.50, 50/50 raffle; Bob Lindsey won the free lunch.

**Executive Board Meeting** The meeting will follow the Chapter meeting; all members are invited to attend.

**Next Chapter Meeting** Wednesday, April 1, Red Lion Hotel, Kennewick.

**April Meeting Program** Terry/Kathy Maurer, antique appraisers; bring a small item for appraisal. Also, NARFE Legislative Workshop recap from Don/Mary Binder.

### **ADJOURNMENT**

**Deacon Al Rizzo** Discipline – physical and spiritual. Lent – a time of reflecting, praying and fasting for many. Mercy – doing good things; it is like rainwater for the seed you put in the ground. This is a good time for reflecting. Some thoughts Deacon Rizzo shared with members.

**Meeting adjourned** 12:58 p.m.

*Mary Alice Binder*  
*Secretary*