

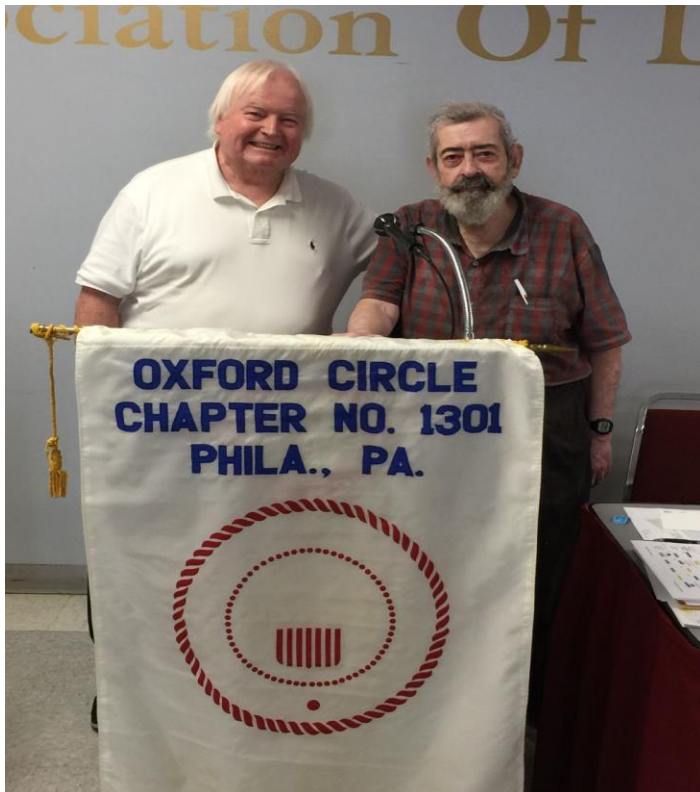


**National Active and Retired
Federal Employees Association**

Oxford Circle Chapter 1301 President, Steven Tengood

Our last Chapter meeting until September was held on June 19. Mr. Ted Hall, the District Vice President (DVP) for District 3, was our guest speaker, who discussed his experiences at the NARFE LEGCON 19 in Washington, DC in March, and at the NARFE PA General Membership Meeting in Grantsville, PA in early June. Mr. Hall took on the challenge of becoming a NARFE Advocate despite his reservations about the political climate in Washington, and how effective NARFE's efforts might be. As a result of his participation in this convention, he was reinvigorated in the belief that in our country, an individual can have a voice and be effective in political decision-making. He described in some detail the individuals who prepared him for the upcoming forum with the legislators....and he gave special thanks to Phil Goldstein's (from Camp Hill, PA) ability to distill the facts that needed to be presented to the legislative group, and exactly how best to formulate NARFE's position. Mr. Hall expressed admiration for the legislative individuals with whom he discussed NARFE's objectives for their willingness to listen and work with NARFE on matters such as the repeal of the

WEP/GPO, changing the method by which our COLA's are calculated so that it more accurately reflects the needs of seniors, and not forcing postal employees to buy into Medicare Part B to continue their FEHB coverage.

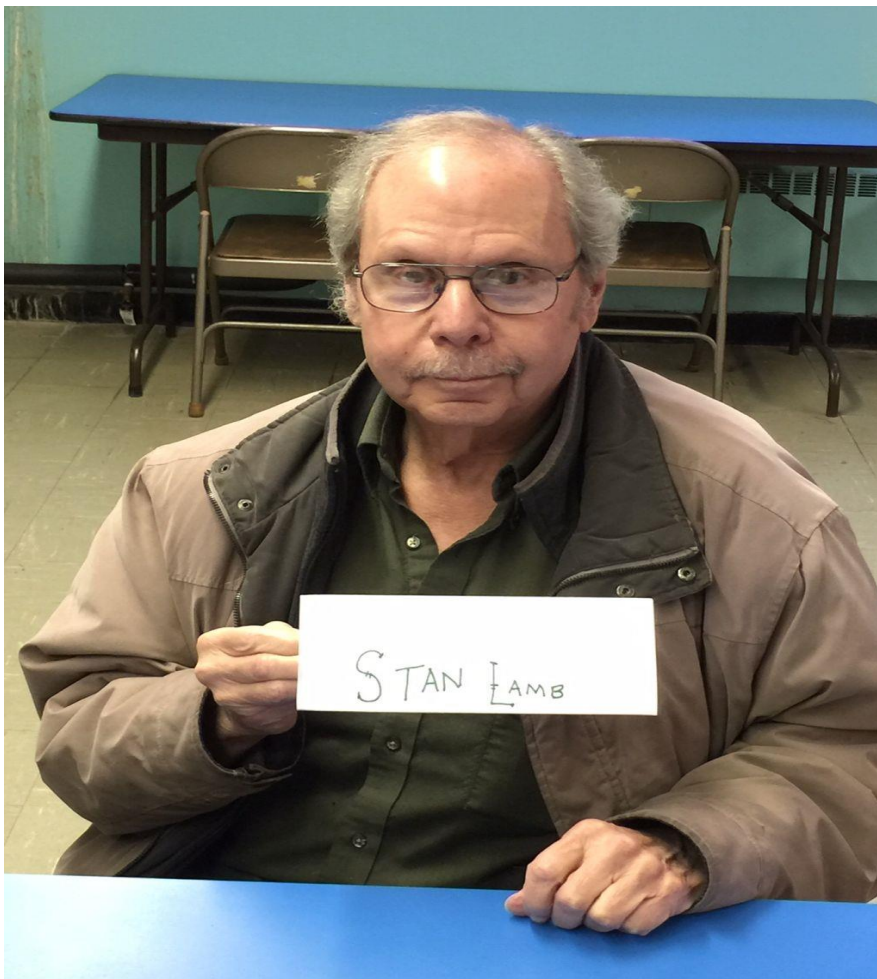


Ted Hall and Steve Tengood prepare for a lively meeting with Chapter 1301 members.

Summer is here! And, according to Charisse Jones in USA Today, 'if you're looking for a gig in your older years, you might want to check under the Golden Arches.' McDonalds is teaming up with AARP to hire older workers for its breakfast and lunchtime shifts, and plans to fill 250,000 jobs over the summer. This is McDonald's first national effort to connect with

seniors that want and need to continue working into what were traditionally considered the retirement years. McDonald's and AARP say that seniors possess skills like showing up for work on time, and being team players who can build connections. The jobs will include everything from cashier to shift manager.

Not interested in employment? How about a stint in senior volunteerism? The Pennsylvania Legislature has a few plans in work. House Bill 974 would create the Senior Citizen Tax Reduction Act to allow townships, municipalities, and boroughs to create programs that allow residents age 60 and older to receive property tax credit in exchange for volunteer service. House Bill 1076 would allow school districts to establish the Senior Tax Reduction Incentive Volunteer Exchange Program to allow seniors to volunteer in school districts in exchange for property tax relief. And Rep. Jared Solomon has sponsored House Bill 298 which will establish the Older Adult Mentor Volunteer Program, to create a certified list of retired volunteers who are willing to share their life lessons, experience and hobbies with junior and high school students. All three bills now go before the full House for consideration. (As reported in The Northeast Times).



Stan Lamb was our lucky winner in the 50-50 Raffle for Alzheimer's, and he graciously donated his winnings to the Alzheimer's fund. Way to go, Stan!

We collected \$35 for Alzheimer's as a result of the drawing.

A special thanks goes to Martha Mazeikas of Hatfield for her generous donation to the Alzheimer's Foundation! Your support is really appreciated, Martha!

Health Tip: No Need to Walk 10,000 Steps. If you rarely walk your daily step target, don't sweat it. New research has found that the 10,000 steps-a-day standard, a popular benchmark for adequate fitness and the default goal for many popular wearable activity trackers, is on the high side, reports *The Atlantic.com*. Harvard researchers gave fitness trackers to 16,000 women ages 62 to 101, recorded their step counts for seven days, and then monitored their health for a roughly four-year follow-up period. After adjusting for diet, lifestyle, and other factors, the researchers found that the women who walked about 4,400 steps a day had a 41% lower risk of premature death than the least active, who logged about 2,700 steps. Walking more than 4,400 steps further decreased the risk level only moderately, and the benefits plateaued at around 7,500. Lead author I-Min Lee says the 10,000 step goal should be lowered to encourage more people to get walking. She found that the 10,000 step target isn't actually based on research; it stems from a 1960s marketing campaign for a Japanese pedometer that played on the fact that the Japanese character for 10,000 resembles a man walking. (The Week, June 2019)

And for all of you cat lovers out there, here is some trivia on **Why Cats won't be called.** If your cat ignores you when you call its name, it's not because it doesn't recognize it...it's just because it doesn't feel like responding. That's the conclusion of a new Japanese study into the feline mind. The research involved 78 cats who were each played recordings of people reading out four random nouns and then the kitty's name. Scientists found that the feline subjects generally responded to their name by pricking up their ears or moving their heads, but unlike dogs, didn't show any major signs of excitement, such as moving their tails or jumping off the couch. Cats may not understand they're being personally addressed, reports *SmithsonianMag.com*. They simply associate the sound of their name with a reward, such as food or playtime. And while dogs want to please their owners, says Jennifer Vonk, an expert in animal cognition, cats 'are not really as motivated. They're better at manipulating our behavior than vice versa.' (The Week, April 2019)

For those of you who may not have read the article in The Northeast Times (June 19, 2019) about the new voting machines, here's a preview of what to expect come election day in November: The new voting machines are manufactured by Nebraska-based ES&S. Voters will use a stylus on a laptop when they check in at their polling place. The old binders will no longer be used. Next, they will receive a paper ballot that they will then insert into a feeder. A screen will pop up, and voters will touch the name of the candidates of their choice, in English or Spanish. The names of write-in candidates can be typed in. Voters can view the screen in regular or large type. The screen can be white with black type or vice versa. Next, voters will press 'Print Ballot' and will see their selections in a printout in a window. To complete the selections, they will press 'Vote' and the paper will be scanned, tabulated and stored in a secure container with all the other ballots. The change to the new machine was made because the state now requires a paper ballot. Like the old machines, these new models will include a curtain. Sound scary? It isn't. It's not unlike making a purchase at Boscov's using your Boscov's charge card. It may be unfamiliar, but I'm sure we'll all adapt. We need to vote to shape the country that we want to have.

Well, that's it until September. Whatever you do this summer, hope you stay cool and have fun! Hope to see you at our next NARFE meeting on the third Wednesday in September.