



# Nashville AIM-IRS

Quarterly  
Newsletter

September 2008

## From the Desk of 2nd Vice President, Felicia Thompkins

The Nashville Chapter was pleased to host the Spring Regional Conference. It was a thrill to see the overwhelming response from the members who assisted with the planning, decorations, securing presenters, catering and everything else that was needed to make the conference a success. George Shores, National President and Joycelyn Williams, National Sr Vice President were so impressed that they took several of our ideas back to the National office for consideration for the ABMTS. In addition, they invited Eric Robinson to attend the ABMTS to present the National AIM-IRS history at the opening session. I thank Lizette Wilson, the previous Director of Program and Development for getting Mr. Robinson on our Spring Regional Conference program. I challenge us as members to learn the history and the mission of this fine organization. I thank all the members and non members who worked diligently on this conference to ensure its success. Enjoy this special edition.

*Felicia Thompkins*

## Southeast Regional Conference by Sharone Woodruff

The conference and planning program planned the Southeast Regional Conference June 5, 2008 thru June 8, 2008. The conference net a projected \$300.00 in profit for the chapter per the unofficial accounting report.

In planning this function, the conference and planning program had help from Artie London, Janet Miller, Lizette Wilson, Jackie London, Felicia Thompkins, Henry Wilson, Sarah Wilson, Sam Anderson, Armechie Pugh, Linnie Yarbrough, Marcia Holt, Nina Moore, Elysia Wilcox and Fannett Blackmon. We would also like to thank the



Mississippi Chapter for their donations of name badges.

The conference had over 40 attendees from various charters including the presence of our National President, George Shores and Vice President, Joycelyn Williams. The conference had great workshops presented by Donna Vaughn, Pastor Kenneth Dupree, and Jim Harbin. Our luncheon was inspira-

tional to all starting with our MC Leland Statom and with the moving mission speech by Eric Robinson.

In closing, this conference was a resounding success with the full support of all our executive directors, directors and members.

### Inside this issue:

<i>Southeast Regional Conference</i>	1
<i>Make sure You Got It!</i>	3
<i>Money Matters from a Biblical Perspective</i>	3
<i>History of Nashville AIM-IRS</i>	4
<i>21st Century Shacklers</i>	4
<i>Message from Nesbit Parker, New National Sr. VP</i>	5
<i>FERS Credit Unused Sick Leave</i>	5
<i>Workshop—Mock Interviews</i>	6



## AIM-IRS 2008 Spring Conference by Jackie London

Music City and the Nashville Chapter opened their arms and welcomed approximately 50 members of the Southeast Region Chapters to the AIM-IRS 2008 Spring Conference.

The Conference kicked off the afternoon of June 6, with Regional Vice-President, **Nesbit Parker** opening the Regional Business Meeting, which was attended by Presidents and representatives of the Chapters in the Southeast Region. After the meeting, everyone took a short break to get out into the city and do their thing. That included shopping for many attendees.

That evening, everyone socialized in the Hospitality Room, with plenty of food (catered by **Henry Wilson**) and music provided by **Linnie Yarbrough**. In addition to the food, and the opportunity to network with each other and our National President, **George Shores** and National Vice President, **Joycelyn Williams**, the highlight of the evening was our Chapter President, **Artie London**, doing the Soulja Boy with the niece of one of the Memphis members.

The workshops started the morning of June 7, with **Donna Vaughn** as the first presenter. Her workshop, "Make Sure You Got It", focused on the affect that stress has on our health and our bodies. She also discussed methods of dealing with stress and how to help alleviate medical complications resulting from stress.

The second workshop presented by **Bishop Kenneth Dupree** discussed being prepared financially from a biblical perspective. He shared information from a book he has found to be very beneficial to those interested in financial planning.

The keynote speaker for the luncheon was **Pastor Jim Harbin**, Director of the Memphis Urban Ministry. His topic was "21<sup>st</sup> Century Shackles" in which he focused on engaging the attendees to think about how the troubles and issues that face individuals today, especially the poor and youth, are linked to our past....slavery. Prior to **Pastor Harbin's** presentation, we were witness to a very positive, focused young man named **Eric Robinson**, who presented an enlightened and animated history of AIM-IRS and the Nashville Chapter. National Officers, **George Shores** and **Joycelyn Williams** were present and congratulated the Nashville Chapter on our contribution to AIM-IRS and for hosting the Spring Conference. Southeast Region Vice President, **Nesbit Parker**, congratulated us on a successful conference and presented an award to our long-standing, outgoing President, **Artie London**.

Again, the Nashville Chapter hosted a successful Conference, with a delicious luncheon catered by **Henry Wilson** and dished out our usual southern hospitality.

*"...especially the poor and youth, are linked to our past....slavery. "*



## Make Sure You Got It!

Donna Vaughn, RN, of Hindsight Services, presented a workshop at the AIM-IRS Southeast Regional Spring Conference on Stress Management. Donna informed us that research has shown that 80 percent of all illnesses are related to stress. The best method for dealing with stress is behavior modification. Before you can modify your behavior you must become aware of what the stressors in your life are because “Awareness is Control”. Chronic stress is the enemy and we need to understand how it works against us. When you are confronted with a situation your body produces chemicals that causes you to make a decision. This is known as the Fight or Flight Reaction. For example, when you are scared your body produces adrenaline and you react. When you are constantly stressed you body stays in a ready mode. Which means that chemically you are not in balance. This chemical imbalance is one of the factors that contributes to high blood pressure, stroke, heart attacks, and diabetes. We can measure stress, manage stress, and prevent stress. If we do a few simple stress management techniques such as meditation and laughter, which are two inexpensive ways to manage stress in your life. Individual meditation on a regular basis add about three years to their life span. Laughter and aromatherapy can actually produce natural drugs that improve your well being. Simple things like the smell of a fresh baked pie or bread baking in an oven can cause you to calm down. When you are relaxed your body produces serotonin, a natural substance that relaxes and calms you down. These are just a few of many stress management techniques that you can do to produce serotonin.



Artie London, Nashville AIM-IRS President, and RN Donna Vaughn, Presenter.

## Money Matters from a Biblical Perspective



Bishop Kenneth Dupree discussed being prepared financially. He shared information from “The Top 10 Distinctions Between Millionaires and the Middle Class by Keith C. Smith. Bishop Dupree found the book to be very beneficial to those interested in financial planning. The key to moving beyond the middle class and up the economic ladder is mastering ten vital principles, including 10) Millionaires think long-term. The middle class thinks short-term. 9) Millionaires talk about ideas. The middle class talks about things and other people. 8) Millionaires embrace change. The middle class is threatened by change. 7) Millionaires take calculated risks. The middle class is afraid to take risks. 6) Millionaires continually learn and grow. The middle class thinks learning ended with school. 5) Millionaires work for profits. The middle class works for wages. 4) Millionaires believe they must be generous. The middle class believes it can’t afford. 3) Millionaires have multiple sources of income. The middle class has only one or two. 2) Millionaires focus on increasing their net worth. The middle class focuses on increasing its paycheck. 1) Millionaires ask themselves empowering questions. Middle class people ask themselves disempowering questions.

*“Everyone can be a millionaire. You just need to know the 10 Distinctions. Learn, use, and study these great distinctions and become a millionaire.”*

## History of Nashville Chapter AIM-IRS



President Artie London presented Eric Robinson with a saving bond and plaque.

Prior to **Pastor Harbin's** presentation, we were witness to a very positive, focused young man named **Eric Robinson**, who presented an enlightened and animated history of AIM-IRS and the Nashville Chapter.



Pastor Jim Harbin, Director  
Memphis Urban Ministry

## 21st Century Shacklers

Pastor Jim Harbin, Director, Memphis Urban Ministry, conducted a workshop on "21st Century Shackles." The focus of the workshop was to engage the participants in thinking about how the troubles and issues that face individuals today, especially the poor, are linked to our past....slavery. Pastor Harbin stated, "You can look into the eyes of poor people today and see that look...the same look that you see in the eyes of slaves when you view pictures."

The look he described was one of hopelessness, despair and no sense of belonging. The workshop challenged both the participants and the AIM-IRS organization to reach out and assist those in need, instill a sense of belonging, and know your heritage. Pastor Harbin challenged us to help shake off those shackles that have bound us for centuries and move beyond those mind sets so we can progress looking toward the future with optimism (like a runaway slave heading toward freedom...not knowing exactly where they are going but knowing they are no longer bound by the shackles of their master).



## Message from the New National Senior Vice-President (NSVP)

by Nesbit Parker



The Annual Business Meeting & Training Seminar in Milwaukee had the theme, AIM...Taking It To The Next Level! Well, I am writing this to announce that is exactly what I have done.....with the endorsement of the Southeast Region delegates, I was nominated at the Annual Business Meeting and subsequently elected as National Senior Vice-President (NSVP) for AIM-IRS. I was sworn in as NSVP at the luncheon on Saturday along with the new National President Joycelyn B. Williams. Until the Regional elections for a new RVP next spring in Atlanta, Regional Reps Terry Lewis and Eloise Thompson will act as RVP. Terry will act beginning now thru January 31, 2009. Eloise will act from February 1, 2009 until the Regional Spring Meeting where the election is held. Past RVP Henry Wilson will serve as Regional Advisor to them, as needed. I ask that each of you give them your support during this transition period. Thanks and I am very proud to have served you as the Southeast Region RVP.

## FERS Credit Unused Sick Leave Toward Retirement

The NARFE Legislative Hotline, number 639, released Friday, August 1 (2008) deals exclusively with legislation to allow FERS employees to credit their unused sick leave toward their retirement. The House of Representatives passed legislation on Wednesday that would allow Federal Employees Retirement System (FERS) employees to credit their unused sick leave toward their retirement. The FERS sick leave provisions were added to an unrelated bill to regulate tobacco products, H.R. 1108, that passed the House by a margin of 326 to 102. Civil Service Retirement System (CSRS) workers are allowed to credit their unused sick leave toward their retirement, but their FERS counterparts are not. When FERS was created by Congress in 1986, the cost of the old CSRS was weighed against the new FERS. As a result, allowing workers to apply their unused sick leave toward retirement was traded off for other FERS benefits not available under CSRS. The House-passed bill would allow FERS employees who retire in the next three years to credit 75 percent of their sick leave hours towards retirement. FERS employees retiring later would have all of their unused sick leave credited to retirement. Years of service is one part of the formula used to calculate annuities. Crediting unused sick leave toward years of service would increase annuities of current FERS workers, but it would also result in an additional cost to the Civil Service Retirement and Disability Fund. The House-passed bill is unclear on whether it

finances this new obligation.

While NARFE supports enhancing the earned compensation of federal employees and retirees, the Association wants to ensure that the legislation makes whole the retirement trust fund for the added cost of crediting unused sick leave to FERS retirement. One of the principal tenets of the FERS law is a requirement that the system's benefits be pre-funded according to their full actuarial costs. Following House approval, NARFE will ask key Senators to address the bill's impact on the trust fund. In addition, the bill would improve the 401(k)-style Thrift Savings Plan (TSP) by automatically enrolling employees when they are first hired and beginning immediate employer matching contributions. The measure would also add a "Roth" option to TSP that would allow participants to make after-tax contributions to the plan and withdraw their earnings upon retirement tax-free. Current contributions are tax deferred, which means they are made with pre-tax wages, but withdrawn earnings are taxable. Moreover, the bill would give authority to the Federal Retirement Thrift Investment Board, the independent federal agency and fiduciary that administers the TSP, to allow participants to invest their account in mutual funds outside the investment funds currently offered by the plan. NARFE is working with key Members of Congress and the Thrift Board to ensure such a "self-directed" option does not result in participants taking on too much risk.



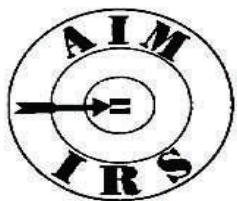
## Quarterly Newsletter

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If you need membership information, please  
contact Fred Crismon

Association for the Improvement of  
Minorities—Internal Revenue Service



**We're on the Web!**  
**[Aimirsnashvilletripod.com](http://Aimirsnashvilletripod.com)**

Update schedule of meeting forthcoming.

Day of Week	Month	Date	Hours From To
Sat	September	27	10:00 to 12 noon (SPOP)
Sat			
*Sat			
Sat			
Sat			
Sat			
Sat			
Sat			
Sat			

\*Note: Meeting will be held in Memphis, Tennessee, location to be  
announced.

## Workshop for Mock Interviews

On August 23, 2008, Anita Wilson set up the Workshop for Mock Interviews.  
The interview panel consisted of George Curran, John Lee, Cynthia Scruggs, and Yvette  
Patrick

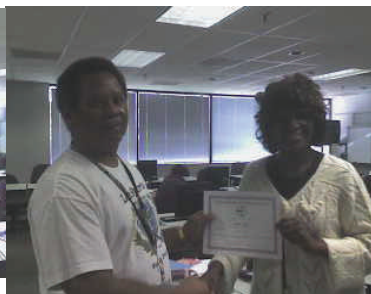
WORKSHOP SPONSORED BY NASHVILLE CHAPTER AIM-IRS



Anita Wilson present Yvette Patrick  
with certificate.



Anita Wilson presenting certificates to  
Cynthia Scruggs, and George Curran.



Anita Wilson presented John Lee with  
certificate of appreciation.