



The Shawnee Signal
Chapter 1162 Shawnee Mission Kansas
National Active and Retired Federal Employees Association
September 2014

www.narfe-chapter1162.org

Vol. 36, No. 6

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Contact Don Faidley if you know of any members who may be sick.

NARFE's Legislative Hotline:
(703)-838-7780. Toll free at
1-877-217-8234. Posted on
the Internet at ww.narfe.org.

President's News - Louise Lloyd

Summer is now almost over, and the NARFE National Convention has concluded. Some important decisions were made at the convention, including reducing the number of national officers from four to two. Richard Thissen, who has been serving as National Treasurer was elected as National President. Having had the opportunity to hear and meet Richard a number of times at Kansas conventions and Federation board meetings when he served as Region V's National Vice-President, I was always impressed with his capabilities. As NARFE moves forward with strategic planning to make NARFE more viable, I believe we are fortunate to have such a capable leader as Richard at the helm of the organization. Additional information about the NARFE convention is included in newsletter articles by both Louis and Elizabeth Bornman. In addition, you can find detailed information on NARFE's website, www.narfe.org under the NARFE Convention banner on the opening member page. You can access summaries/daily bulletins of all the meetings of the convention. In addition, there was live streaming of the proceedings and accordingly all the meetings have been recorded so you can play back actual proceedings of the convention.

In less than two months we will have an important election for both state and federal positions. It will be important that everyone study all the candidates and determine who will best represent your interests and issues. I would hope that everyone who is able will vote, as your votes do matter. We are fortunate to be able to either vote in advance, or do absentee ballots if necessary. We should not underestimate the importance of each vote. I would strongly encourage anyone who has internet access to be sure to provide NARFE HQ your email address so that you can receive the weekly Global Electronic Messaging System (GEMS) messages directly from NARFE HQ. It's very simple and only takes a minute to log on to the NARFE website. Over the next year, a number of outstanding national issues will need to be dealt with, and those could definitely include issues that could impact your pay and benefits. The GEMS messages will keep you up to date on important issues that may be voted on by congress. It is to everyone's best interest to be able to take timely action to contact the congressional delegations with your input.

Finally, a reminder, if you know of someone who is eligible to join NARFE, NARFE will pay each member who recruits a member through December 31st, \$10 per member recruited. The individual needs to specify your name, NARFE ID number, and chapter number on the application. There's never been a better time or a more important time to recruit NARFE members.

Legislative News - Louis Bornman 1st Vice President and Legislative Chair

Elizabeth and I just got back from the NARFE National Convention in Orlando Florida where I served as the Vice Chair for the Legislative Committee. Many changes are happening in NARFE and will be appearing in news articles in the next NARFE Magazine. Some of the significant changes are; the approval of going from 4 Permanent Headquarters staff (President, Vice President, Secretary, and Treasurer, to a President and a Secretary/Treasurer) and to continue to examine the NARFE organizational structure using the Future of NARFE Study as a basic starting point. Dick Thissen, former Missouri Federation President and Region V Vice President, was elected as NARFE's new President for the next two years. Carol Eck of McPherson, KS was re-elected As Region V Vice President.

During that convention the association membership voted to adopt the resolution of adding a formal position on the NARFE Legislative Staff devoted to campaign finance reform. Even though the Legislative Committee did not recommend adoption of this resolution the membership adopted the measure over our recommendations. Their reasoning in this position is quite sound. Much of the money, especially from far right political action committees, so called "think tank groups," and their wealthy backers, and corporations is targeted against Federal Government Agencies and their employees. In particular federal employee pay, employee and retiree health care benefits, and federal employee and retiree pension benefits are constantly being attacked by these corporations, committees, groups, and individuals. As long as there are huge sums of money being devoted to these activities we share a common concern with many Kansans and Americans that politicians and elected officials will listen more to the money and voices of a few wealthy contributors than to the voices of their many constituents. To that end Senate Resolution 19 is a constitutional amendment to overturn the Supreme Court decisions in the Citizens United and McCutcheon cases which equated corporations with people and the use of money in political campaign contributions as free speech protected under the First Amendment. This amendment would empower the Congress and the States to remove or limit political campaign contributions and funding of political ads of corporations, PAC's and wealthy individuals. Senator Pat Roberts has already taken the position of opposing the resolution and thinks it would be denying some their first amendment rights.

Future Meeting Dates/Activities:

September 23rd - Chapter meeting, 1:30 p.m. Dwight Cowles American Legion Hall ,7500 W. 75th Street, Overland Park, Ks. Main entrance is on the north end of the building, meeting room just inside the building and to the right. Come early and enjoy a taco dinner before the meeting in the American Legion Dining Hall.

October 28th – Chapter Meeting, 1:30 p.m., Overland Park Lutheran Church, 79th and Lowell, Program: Vern Ott, Veterinarian/owner of State Line Animal Hospital will do a presentation on the Alaskan Iditarod.

November 25th, Chapter meeting, 1:30 p.m. Overland Park Lutheran Church, 79th and Lowell

December 9th, Christmas Party/ Luncheon/Installation of Officers, Noon, Dwight Cowles American Legion Hall, 7500 W. 75th.

Alzheimer's News – Judy Lukas Arnold, Alzheimer's Chairperson

Studies and Tips: I have been gathering information from "Alzheimer's News" and Louise Lloyd, who has been so diligent in sharing from health newsletters she receives. In a nutshell, some of the most fascinating findings reveal that healthy habits may reduce the risk for Alzheimer's considerably. Even 1 hour of vigorous exercise (such as swimming 3 times for 20 minutes) or 2.5 hours of moderate exercise (e.g., walking) a week may cut your risk in half! With regard to diet, green tea, Vitamin D, curcumin (an herb), and brown algae have all been linked to less risk. Getting quality sleep and keeping the mind active (as in reading, working crosswords, memorizing text or poetry) are other ways to increase your chances for avoiding mental decline and cognitive impairment.

News: Several celebrities have recently revealed their own personal connections to Alzheimer's. The esteemed actor, Samuel L. Jackson, told of 4 relatives struck by the disease. He discussed the heartbreak of loved ones getting to a point of not remembering who you are. Denver Broncos' owner, Pat Bowlen, has stepped down from his previous team responsibilities, in order to devote all of his time to combating and dealing with his illness. And I recently have learned of a friend, who went from being an award-winning, teaching professor to a nursing home resident, requiring help with all basic needs, due to dementia, in less than 2 years. Sadly, I'm afraid these stories are becoming all too frequent in our collective lives.

Reminders: Don't forget that we have decided to conduct our second annual chapter Alzheimer's Silent Auction, in conjunction with our December 9th Holiday Party. Also, as always, I will continue to collect "Best Choice" labels, as another fundraising mechanism toward Alzheimer's research.

Contact Information:

Senator Jerry Moran – jerry_moran@moran/senate.gov; Olathe, KS office telephone 913-393-0711. D.C. Office: 202-224-6521. *Signup for newsletter:* www.moran.senate.gov
Senator Pat Roberts – pat_roberts@roberts.senate.gov; Overland Park Office: 913-451-9343. D.C. Office: 202-224-4774. *Signup for newsletter:* www.roberts.senate.gov
Congressman Kevin Yoder – Overland Park, KS telephone: 913-621-0832, Washington D.C. telephone: 202-225-2865. *Signup for newsletter:* www.yoder.house.gov

OPM Retirement Information: Remarriage, divorce, death or spouse, change of address or financial institution or amount of insurance under FEGLI, **1-888-767-6738**

Reminder: Don't forget to bring your egg cartons & plastic grocery bags to meetings for donation to the Community Service Center of Shawnee, Inc.

Service Officer – Elizabeth Bornman

The 33rd NARFE National Convention in Orlando was well attended with 933 attendees representing 88% of NARFE members. The highlight was the new director of OPM, Katherine Archuleta. She even had staff available for 3 days to assist with any concerns that members may have with OPM. OPM has added 15 new staff agents to its Retirement Services call centers. The center is open 7:40AM to 5 p.m. weekdays. Best time to call Wed. Thurs and Fri., before 9 AM and after 4PM. Beginning in 2016 all health plans will start offering One plus one.

The top membership awardee was from Virginia. The member is 90 years old and recruited 100 members in the last two years.

Steve Bauer, Director of the Federal Employee, Education and Assistance Fund (FEAA) since 1989 shared that since 2005, 805 members from 36 states have received a total of \$405,000 from FEAA. 900 merit based college scholarships have been distributed to NARFE members' children and grandchildren. At this year's convention \$10,028 was raised through raffle items donated by the officers of the NEB.

The NARFE- PAC is behind this year in reaching its goal. We need at least \$20,000 more to reach our goal. It is our way to keep our supporters in Congress and support those who are running against those who don't.

NARFE is our insurance policy to preserving the benefits we have earned. We advocate for federal worker pay and benefits. The "E" is silent. We are not. Membership development and establishing the NARFE brand is not just the chapter membership committee chair's job. It's everyone's job. Let our voice be heard with all your Congressional staff.

The convention set a new goal for Alzheimer's of \$12 million for 2015. The top fundraising federation were Virginia at \$75,349, CA; \$28,911; NC, \$23,253; FL \$22,090; and Kansas, \$21,975. The top per-capita fundraising federations were DE, \$11.65; SD, \$7.86; WVA, \$7.80; MS, \$7.68; and IA, \$6.48. The top fundraising chapter was Chapter 1270 in Virginia, \$15,831.

The 2016 Convention will be held in Reno, and the 2018 Convention will be back in the Sunshine State in Jacksonville, Florida.

A reminder that retirees can sign up for the Dues Withholding option to obtain a 15% discount (\$6) on your annual NARFE dues. Dues withholding applications are included in each monthly NARFE magazine, and applications are also on the NARFE website at www.narfe.org.

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Your September Shawnee Signal

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