

NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES ASSOC.

CHAPTER 2

Newsletter November / December, 2005

Executive Committee

President	Judy Shetter	271-8932
First Vice President	Jim Miller	478-0651
Second Vice President	Barbara McLain	272-3407
Secretary	Jo Burenheide	272-8971
Treasurer	Maynard Cox	478-0015
Immediate Past Pres.	Charles Ladner	272-8813
Member at Large	Gale Devore	273-0526
Member at Large	Paul Manning	272-6208

Other Contacts

Concerns Chair	Marjorie Roy	228-9310
Membership Chair	Barbara Brownell	273-4120
Service Officer	Bill Kastens	272-2604
Editor	Maynard Cox	478-0015

Where: Aldersgate Village, Friday, December 2, 2005

Menu: Turkey and Dressing, Mashed Potatoes and Gravy, Green Bean Casserole, Cranberry Jell-O Salad, Apple Cobbler, Beverages

Program: Washburn Rural High School "This Generation" Singers

Time: Social hour 11:00 am; meal at 12:00 noon

Cost: Served meal - \$9.00 payable in advance or at the door

RESERVATIONS REQUIRED - Call Elmer Ketter at 256-2248

Cut off Date November 29

(The format of this letter can best be read using the full screen. It is somewhat left justified so that anyone wishing to print it out will find it more centered on the printed paper.)

(This is the initial issue of the newsletter by email and will be considered a final test; therefore the newsletter will also be mailed so it will be a duplication for you. Please reply if the email version is not successfully received; also provide comments and/or suggestions for future issues.)

(Also be sure to advise the editor if an email address is changed, otherwise the newsletter would not be received)

Special Notice: Barbara McLain was elected at the October chapter meeting to serve as First Vice President for 2006. She has tendered her resignation and Betty Born has agreed to accept that position. Action to secure approval by the chapter membership will take place by election at the December meeting prior to installation of officers.

Judy Shetter - President - Holiday Greetings - it is difficult to believe that the Holiday Season is here. This will be my last message to you as President of Kansas NARFE Chapter 02. It has been my pleasure to serve as your President the past four years even though I had some fairly heavy loads of my own a couple of times. I was not quite sure I was always fulfilling my duties as they should have been, but I have had a very gracious and knowledgeable executive board to work with. This mad my job much more bearable and my sincere thanks and appreciation goes out to each of them, and also to the chairpersons and workers for all of the committees.

We have an exciting year ahead with knowledgeable officers on the board and they will serve us very well. I am looking forward to serving with them as your immediate past president.

I hope each of you will be making a reservation to attend the Holiday luncheon event which is always a pleasant and joyful experience. Our Federation President, Donald Cooper, will be with us to install our new officers. It is always a pleasure when any of our Federation Officers can be present to share our Holiday Event.

I wish for each of you a very pleasant and safe Holiday Season and a Blessed New Year coming our way.

Jo Burenheide - Secretary

MINUTES OF CHAPTER 0002 MONTHLY MEETING ---- OCTOBER 28, 2005

Chapter 0002 held its monthly meeting on October 28, 2005, at 11:30 a.m. at Aldersgate Village. Judy Shetter, President, called the meeting to order. A minute of silence served as the invocation, with particular emphasis on remembering the family of Dr. William Brownell, our Newsletter Editor, who recently passed away. The Pledge of Allegiance was given in unison.

Following the luncheon Barbara McLain, Second vice-President, introduced the program speaker, Maggie Kelley, Certified Laughter Leader. She started the first chapter of the World Laughter Club in Kansas. Maggie explained how beneficial laughter is to one's body and proceeded to give lessons on how to "really" laugh.

Paul Manning gave the attendance report; 65 members and guests. Guests were Naomi Nibbelink, Mary Haubold, and Pauleen Harris. A long-time member, Marvin Peters, was attending for the first time since we have been meeting at Aldersgate Village.

The minutes of the September meeting were approved as printed in the newsletter. Jo Burenheide, Secretary, read a thank-you note from Barbara Brownell and family for the condolences and memorials they had received in remembrance of Dr. William Brownell.

Maynard Cox, Treasurer, gave the treasurer's report, showing an on-hand balance of \$5,295.35 as of October 28, 2005.

Barbara McLain announced that the program for the Christmas Party meeting on December 2 will be the "Next Generation", a choral group from Washburn Rural High School.

Ron Richey, Legislative Chair, announced that the Kansas Legislature will convene on January 9, 2005. He reminded the members that it is important that we keep an eye on the Legislature because they will be looking for ways to get extra money and retired federal employees may be a target. The COLA increase in January will be 4.1% for CSRS retirees and 3.1% for FERS retirees. The open season for health benefits will be Nov. 14 thru Dec. 12, 2005. It is important that federal retirees do not cancel their health benefits in order to take advantage of the Medicare Part D prescription drug program. In most instances, our prescription drug program under our FEHBP plan is much better than the Medicare plan.

Jim Miller, First Vice-President and State Legislative Chair, gave a report and cautioned federal retirees not to count too much on the COLAs because they could be reduced. He warned the members that HR2290, a bill co-sponsored by Rep. Jim Ryun, would reduce federal retirees' annuities by 2% per year for 10 years! Federal retirees need to contact their Congressmen regarding this bill.

Bill Kastens, Service Officer, reinforced the fact that most federal retirees' present prescription programs are better than any of the proposed Medicare plans. It is important that we be aware of scams in this regard.

Marge Roy, Good cheer Chair, reported she had sent cards to: Millie Burns and Bill Brownell – Get Well; Robert Stroud and the Brownell family – Sympathy; and Lucy Redding – Thinking of you.

Mary Harms, Alzheimer Chair, reported \$985.00 has been submitted by our chapter to the National Alzheimer's Assn. to date. She thanked everyone for contributions made today and encouraged members to keep saving the Best Choice UPC labels and turn them in to her.

Earlene Jirik, Publicity Chair, reported the Public Service Announcement for this month's meeting was on Cable Channel 13. Earlene thanked Judy Shetter and Jim Miller for manning a NARFE information table at the FSA State Convention. For the Christmas season, Sherry Potter will be handling the volunteer work for the Salvation Army. There will also be an opportunity to work at KTWU sometime in November.

Judy Shetter thanked Dale Jirik, Nominating Chair, Chuck Ladner, and Michael Downs for their work in getting a slate of officers for 2006. Dale Jirik read the slate of officers as follows and asked those people to stand:---- President James Miller; First Vice-President Barbara McLain; Second Vice-President Michael Downs; Secretary Jo Burenheide; Treasurer Maynard Cox.

There being no nominations from the floor, Bill Kastens moved and it was seconded that nominations cease and the named slate of officers be unanimously elected; motion carried.

Judy Shetter thanked everyone for their help during her tenure as President and thanked those people accepting offices for the coming year.

Elmer Ketter, Social Chair, announced that the Christmas luncheon will be December 2 at Aldersgate Village. The meal will be served at 12:00 noon, with a social time starting at 11:00 A.M. Reservations are required for this meeting; members can sign up today or contact Elmer by phone at 256-2248 no later than November 29. The cost for meal, program and other expenses will be \$9.00. If anyone signs up and is then unable to attend, Elmer should be notified at least three (3) days prior to the December meeting. State Federation President, Don Cooper, will be present at the December meeting to install the new officers.

Maynard Cox will be doing the November newsletter; articles should be sent to him by November 10. He will be sending out newsletters by E-Mail to members desiring to receive the newsletter in that manner; those members not having E-Mail will continue receiving their newsletter by regular mail.

Judy Shetter presented Honorary Life Membership certificates to Junior Elder and Cleveland Martin. Judy also thanked those 12 members who traveled to Leavenworth, KS on October 27 for the NARFE training.

The 50/50 Alzheimer drawing was held and the winners were: \$11.80 - Thelma McPhail; \$7.10 - Elvin Reed; \$4.70 - Barbara McLain. Two (2) reams of copy paper donated by Maynard Cox were given away by drawing to Pauleen Harris and Roma Young.

Meeting adjourned at 1:35 P.M.

Respectfully submitted Jo Burenheide, Secretary

Mary Harms- EARLY DIAGNOSIS OF ALZHEIMER'S - Memory Loss and changes in mood and behavior are some signs that you or a family member may have Alzheimer's disease. If you have noticed these signs, it is important to receive a diagnosis.

Early diagnosis may maximize the quality of his or her life. It may also resolve the anxiety of wondering, "What is wrong with me?" It can allow more time to plan for the future regarding care, living arrangements, financial and legal issues.

There is one diagnostic test that can detect if a person has Alzheimer's disease. The diagnosis is made by reviewing a detailed history on the person and the results of test, including a complete physical and neurological examination, a psychiatric assessment and laboratory tests.

Alzheimer's disease is not currently preventable, but research and medicine continue to make promising advances.

Thanks for your donations of money and Best Choice UPC Codes at our October meeting. Our cup collection netted \$77.90

Marjorie Roy- The following cards have been sent: Sympathy to Robert Stroud - death of his brother; William Brownell family - death of Dr. Brownell; Virginia Bohr - death of her sister. Get Well to Millie Burns who has been ill. Thinking of You to Lucy Redding who is also ill

Ronald Richey - It has been my pleasure to work with President Judy Shetter for the past year.

The estimated forecast for FY 2006 was increased by \$221 million, or by 4.5 percent, by the Kansas Legislative Research Department on November 3, 2005; that is above the previous estimate made in June.

The Kansas House and Senate are scheduled to meet at 2 PM on January 9, 2006. Remodeling for the Senate chambers may be completed in time for the new session to start.

Now is a good time for eligible family members and friends to contact their representatives to see about serving as a page during our next legislative session. Eligible participants must be twelve years of age through high school age.

The House can have thirteen people and the Senate can have twenty people working with them as pages per session.

Barbara Brownell - Welcome to our new member, Melody Voight Steinkuehler, 1325 SE 43rd St.

Chapter members still have time (November and December) to recruit current Federal employees and earn a reward for doing so. Recruiters will receive **\$8.00** from NARFE for each new CFE membership. December 31, 2005 is the last day to mail the member application.

Many chapters are losing some of their NARFE membership. Our Chapter has also lost several members. Please do your best to help us recruit or reinstate members.

Wonderful Holidays to you all! ! !

Maynard Cox - The Federal Employees Health Benefits Program (FEHBP) in almost all cases is superior to the new Medicare Prescription Drug Program and all enrollees should consider very carefully before making any change.

Also there are overly ambitious insurance sales persons who try to convince that their plan is superior to FEHBP. Don't be taken in as once a member drops the FEHBP, then should change his or her mind, re-enrollment is prohibited.

Health care premiums will rise as much as 14 per cent, depending on which plan is carried.

Editor's Note: Items of interest are welcome from all members, not just from the ones who have been submitting.

Recently we celebrated "Veterans Day" so remember, each time you see someone who has served our country, just lean over and say, "Thank you". That's all most people need, and in most cases, it will mean more than any medals they could have been awarded or were awarded. Two little words that mean a lot: "**THANK YOU.**"

HAVE A HAPPY THANKSGIVING AND HOLIDAY SEASON! ! !