



**Sunflower Chapter 1160
Kansas City, KS
Byron Nichols, Editor**

**April MEETING:
11:00 A.M., Friday, 04/09/10**

**at the Pat Hanlon Senior Center,
1101 Ridge Ave., Kansas City, KS**

Chapter Officers		
President	E. Regina Barger	913-342-8256
Vice-President	LaVerne Robinson	913-371-7720 save900@aol.com
Recording Secretary	Wanda Collins	913-621-3849
Public Relations and Service Officer	Theodore J Robinson	913-371-7720 save900@aol.com
Treasurer, Roster and Newsletter Editor	Byron Nichols	816-333-5151 byron666@earthlink.net
Alzheimer's Chair	Kathy Zunick	913-281-3335
Membership Chair	Shirley Newman	913-334-2544

March Meeting: About 11 persons played 5 Bingo games before lunch (about 11:15am to Noon). The pot-luck luncheon was held from Noon to 1:00pm. The prayer was offered by chaplain Birdie Allen. The food was very good, as usual.

The business meeting started at 1:15, attended by about 11 members and one guest. February's minutes were read by secretary Wanda Collins. The February financial report was read by treasurer Byron Nichols and submitted for audit. No one with a birthday in March was present. Correspondence were passed around. Bills were paid. Ernestine Smith of the Sunshine Committee reported contacting 18 members on their birthdays, 4 getting cards due to no proper phone number listed. Members were encouraged to come to the April state convention in Topeka (so far only 3 or 4 may attend). Chances on a raffle to be held at the convention were sold. Prizes are \$250 for 1st, \$100 for 2nd and \$50 for 3rd place. Please contact our president if you wish to attend (I will drive and can take 3 others besides me - editor). Kathy Zunick sent in the request for our \$30 Best Choice UPC rebate. It should arrive in the next couple of months.

The Alzheimer's ticket drawing was for \$3.35 (#480611) went to Henrietta Horseman and the attendance drawing for \$5 (#4) went to Sylvia Williams. Both prizes were contributed to the Alzheimer's fund. A total of \$16.00 was collected for Alzheimer's this month (Contributions, tickets and attendance prize). So far this year the chapter has sent **\$33.50** to the Kansas Federation Alzheimer's coordinator (about \$0.14 per official member).

The meeting recessed at 2:00pm.

Remember -- for ALL meetings, if you wish to play Bingo, bring your nickels & dimes. We usually play from just after 11 AM until lunch. Please Come! (We **can** make change for \$1 bills!)

Future Meetings:

The Josef Meditz Memorial Luncheon at the April meeting will have a Country & Western theme. Catering will be from Fiorella's Jack Stack BBQ. We plan on serving brisket and/or turkey, bbq beans, potato salad, slaw, breads and cherry or peach cobbler. Drinks will be punch or coffee. Live music will be provided by

the Country/Western act 'Big Dave'.

There is **no cost** to members, former members or prospective members brought by current members. If a member needs to be driven to the luncheon, the driver may also eat free. Bringing children is discouraged, as we have no personnel to care for them (thank you).

If you haven't been contacted by our calling tree and wish to attend, please contact Shirley Newman at 913-334-2544 or Byron Nichols at 816-333-5151 **no later than April 1st!!** We need the lead time to be sure we contract for enough food. Also, only pre-registered guests will be admitted to the luncheon!

Parking is in the lot for the mini-park northwest of the fire station.

Come early (10:30 A.M. or so) for meet-&-greet or other activities (such as Bingo).

You are encouraged to wear cowboy duds of some kind, if you have them (not required!).

We will have our annual Chapter Memorial Service before the luncheon, about 11:40, honoring those chapter members who passed on during the previous year.

Membership Update: Deceased: None this month. New Members: None. Members dropped for non-renewal: 1. Reinstated: 1. Our chapter is down to 243 members now.

Note to families of members: When a member passes on, please be sure to contact the chapter's Service Officer (currently T.J. Robinson, 913-371-7720) for assistance for which agencies to contact (such as OPM) or forms to file. Also so that we may contact NARFE headquarters to either stop dues billing or withholding or to transfer membership to a widow or widower. Thank You.

Members with birthdays in **April** are:

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|-------------------------|------------------------|
| Estelle R Barger | Norma L Finn |
| Jeremiah Bennett | Dorothy O Guest |
| Annabelle Bruce | Henry L Holliday |
| Wanda L Campbell | Albert C Relic |
| Virginia L Chiles | Jimmie Richard |
| Alma L Clark | Peggy Mae White |
| Geraldine E Darden | William L Williamson |
| Frank A DeSeure | |

BOLD = Attends many meetings yearly

The 15 members above have an age range of 79 to 96 and an average age of 87. Congratulations! If you were born in April and not in the above list, please notify the editor at the return address on the last page or e-mail address in the chapter officer list.

Legislative, Financial and Health News (summarized from FEDWeek Bulletins and NARFE Legislative Hotlines):

Congress: On March 17th, a bipartisan bill was introduced in the House which would allow military and federal employees to invest the cash value of their unused annual leave into their TSP account. This is similar to a provision extended to private sector employees via a regulatory change announced by President Obama in September 2009. NARFE president Baptiste said it was a matter of equity. Making the change in the TSP requires passing legislation, not just regulations. Total contributions would still be subject to limits,

which for this year are \$16,500 plus another \$5000 for those age 50 or over.

The Senate has rejected a bid to create a special 'one-time' \$250 payment to retirees as a sort-of make-up for the lack of a COLA earlier this year in Social Security, federal retirement and other governmental retirement programs. The Senate refused to add it to another bill, saying it didn't meet requirements for 'emergency spending' covered by the bill. A similar payment ordered last year as part of the 'stimulus' provided \$250 through either Social Security or a tax credit.

Also, no action has happened on a 'hold harmless' provision for enrollees in Medicare. That provision generally states that in a year when there is no Social Security COLA, as this year, Medicare Part B premiums must be frozen as well, but it doesn't apply to those not eligible for Social Security benefits (and others), including CSRS retirees. Their monthly premiums went up more than usual to help pay for benefits for those eligible (\$110.50 vs. \$96.40). There has been no movement on the idea since the House passed an extender bill last fall, and applying the provision retroactively could be very difficult in the budget process.

CPI/COLA News: The CPI-W for February is essentially unchanged from January. For purposes of calculating the next COLA, the index is still 1.4% below the 2008 third-quarter average (due to deflation in the past year, this average is still the point of comparison). Benefits awarded under FECA are adjusted on a calendar year basis, and the January index is 0.4% higher than December, 2009.

TSP Funds: The TSP stock-oriented funds and the lifecycle funds heavily weighted in stocks posted very good 12-month returns through February as that month displaced the last month of the sharp market downturn of late 2008 and early 2009 in the count. The small company S-fund was up 67.44% for the year and 4.89% for February. The international I-fund up 56.07% for the year and 0.06% for February. The large stock C-fund was up 53.84% for the year and 3.11% for February. The bond F-fund was up 0.38% and government securities G-fund up 0.24% in February with yearly gains of 9.4% and 3.12% respectively. The February and 12-month returns for the life-cycle funds are: Income, 0.74 & 13.05%; 2010, 0.81 & 16.67%; 2020, 1.6 & 33.95%; 2030, 1.94 & 41.0%; 2040, 2.18 & 47.08%.

The TSP has sent out a reminder for those affected by the tax code's 'minimum distribution' requirement (70½ or older with an active TSP account). The requirement to withdraw an amount from the account was waived for 2009, but still in place for 2010. You are required to receive your required minimum distribution by December 31, 2010 or your account may be declared 'abandoned'! Beware!

If any member who doesn't attend meetings wishes to contribute to the Alzheimer's Fund, you can send a check to the Treasurer (see the address on the back cover of the Scout). **Please make checks out to "NARFE Chapter 1160"**. We'll forward the contribution to the state coordinator and mention you with a thanks in the Scout. Thanks to all.

Note to members: Dues Withholding saves the national organization money and it saves you about \$4.40 over annually paid dues (\$30.60 national plus chapter vs. \$35.00). You don't have to remember to write that check or risk being dropped. **64%** of our members required to pay dues are already using withholding, why not you? Applications are on the NARFE website: www.narfe.org.

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Membership Rosters ... are in an 8.5" x 11" format. Drop me a note at the return address block with \$2.00 each to offset printing and postage.

OPM Retirement Information Center:

Write to: PO Box 45, Boyers, PA 16017-0045.

Phone: 1-888-767-6738 (1-88USOPMRET)

M-F, 6:30 AM to 7:45 PM Central Time.

Hearing impaired TDD# is 1-800-878-5707.

On the Web: www.opm.gov/retire.

Remarriage, divorce, death of spouse, change of address or financial institution or amount of life insurance under FEGLI (among many other services)

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NARFE Headquarters: 1-703-838-7760

(7 am to 3:45 pm Central Time)

Call to get official forms at this number.

See the NARFE magazine for various web addresses.

Also, be sure to notify NARFE for address changes, deaths, etc. at 1-800-456-8410 or memsrvcs@narfe.org.

Reminder: Please send us your "Best Choice" UPC codes when you get a bunch! (It's not worth using 44¢ to mail one or two!) We get \$30 per 1000 codes (3¢ per code), plus an additional \$30 bonus once a year. The money goes to Alzheimer's Research. Send them either via a member you know who goes to the meetings or to the address in the return address block. Remember, we need only the bar codes, not the whole label. Saves \$.

NARFE Sunflower Chapter 1160
c/o Byron Nichols, Editor
9000 Holly Street
Kansas City MO 64114-3528

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