



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

**NOVEMBER MEETING:
11:00 A.M., Friday, 11/12/10**

**DECEMBER MEETING:
11:00 A.M., Friday, 12/10/10**

**Both 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 tjrobinson357@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

September Meeting: Due to illness of the president and vice-president and inability of the secretary to attend, the September meeting was canceled.

October Meeting: Six persons played six Bingo games prior to the luncheon. \$3.05 of the prize money was donated to the Alzheimer Fund. Noon to 1:00pm was the pot-luck luncheon, which was excellent, as usual.

The president was back after a short stint in the hospital and being cared for by family. The VP and secretary still weren't present. The business meeting, attended by 7 members (a bare quorum) and one guest, started at 1:00 pm. Dorothy Guest was appointed secretary pro-tem. Invocation was by Dorothy Guest followed by the flag salute. Birthday wishes were sung for Byron Nichols. Minutes for the August meeting were not read. The treasury report was read by treasurer Byron Nichols and submitted for audit. The president read from the last few M112 reports of dropped members, etc., as well as a list of deceased members for the last couple of months. Bills were authorized and paid. The Sunshine chairperson, Ernestine Smith, reported calling members with birthdays, but some hadn't answered their phone. The president mentioned the dues increase voted at the national convention which goes into effect next January (see below).

The Alzheimer's ticket drawing for \$2.60 (half the collection) went to #480933, Byron Nichols. The attendance drawing for \$5 went to #4, Sylvia Williams. Both prizes were contributed to the Alzheimer's fund. The drawings and money given from Bingo winnings made a total of \$13.30 collected this month. So far this year the chapter has sent **\$225.70** to the Kansas Federation Alzheimer's coordinator (about \$1.00 per current member).

The meeting ended about 1:35pm.

President Barger informed us in the meeting she won't be able to perform the duties of her office much longer due to failing health. We will need to appoint another president ASAP. Anyone wishing to assume this responsibility please come to the November meeting. This also applies to anyone willing to take other offices, such as Vice-President, Newsletter Editor, Treasurer, Program Chairperson, Auditor, etc. We welcome any member, new or old, who wants a challenge. (Owning a computer would be a plus!) Any takers out there??

Membership Update: Deceased: Karl E. Wendt, age unknown, KCK, 8/3/10; Ruth M. Overton, 85, Alvin, TX, 8/5/10, USPS; Marie Macan,

98, KCK, 8/27/10, U.S. Army; Albert C. Relic, 89, Shawnee, KS, 8/31/10; Nevada A. Kibble, 82, Overland Park, KS, 9/1/10, EPA; Ruby N. Hancock, 85, Troy, AL, date unknown. New Members: None. Reinstated: two. Dropped: 6. Transferred to another chapter: none. Deceased: two. We now have only 222 members.

Note to families of members: When a member passes on, please be sure to contact the chapter's Service Officer (T.J. Robinson, 913-371-7720 or tjrobinson357@aol.com) for assistance for which agencies to contact (such as OPM) or forms to file. Also, call us 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 November are:

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| Eugene A Collins | Robert W Horseman |
| George O Dale | Nancy E Poor |
| Doris E Deming | Frances C Rodina |
| Terry M Ehrhart | Carol J Smith |
| Rita F Galvin | Melvin E Stevens |
| Eujetta S Holland | Ozine Washington |
| Alvertis Holliday | Vernon J Weller |

Members with birthdays in December are:

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| Birdie Allen | Margaret A Peterson |
| Paul J Breitenstein | Janeria M Phillips |
| Yvonne L Edwards | Mary E Richard |
| Mary Lee Fouts | Herbert A Schnieders |
| Zenobia B Freeman | Edwin Shutt |
| Gary L Marks | Albert W Stevenson |
| June M McConnell | Mason B Tucker |
| Ada G Nichols | Camille E Weems |
| Mary Nancy Palcher | Elizabeth J White |
| Fred O Peterson | |

BOLD = Attends many meetings yearly

The 33 members above have an age range of 60 to 95 and an average age of 82. Congratulations! If you were born in November or December 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.

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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!)

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National Convention news: The item most affecting most members is the dues increase/restructure proposals. Fourteen different resolutions were eventually combined into one resolution, the main thrust of which was proposed by the Region Five V.P., Richard Thissen. It establishes National dues at \$40 for one year, \$72 for 2 years and \$102 for three years (about a 14% increase over current dues). Those on dues withholding get 15% off the one-year rate (\$34 per year or about \$2.83 per month), which is essentially the same

as the three-year rate (as is traditional). Most other incentive rates were eliminated. The rates **including** our \$6 chapter dues would be: 1 year, \$46; 2 years, \$84; 3 years, \$120; D/W, \$40/yr or \$3.33/mo. New members' dues would become \$45, with 1/3 going to chapters in lieu of their first year chapter dues. This would give our chapter \$15 for the first year dues instead of our current \$6. The new rates are effective as of 1/1/2011.

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

Congress: Eager to depart Washington, DC to campaign for the upcoming elections, Congress left much of its work undone before leaving. Congress passed and sent to the president a Continuing Resolution to fund operations through December 3rd (NONE of the 12 annual appropriations bills were completed!). Lots of items affecting retirees may not even be considered in the upcoming 'lame-duck' session.

Health News: The employee share of the average FEHB plan premium will increase by 7.2% for 2011 (last year the increase was 8.8% average). OPM says the increase is slightly below that of large private sector employers' projections. For example, Blue Cross will rise 6.9% for self-only and 7.6% for self & family coverage. The Open Season will run from November 8 through December 13. There will be some changes in benefits, including family coverage of eligibility to 'children' up to age 26 (vs. the old age of 22) [this alone would add about 1% to the average premium], preventive care and screenings will be available with no out-of-pocket costs, all plans must offer tobacco cessation benefits and some plans increase coverage for hearing devices and tests for potential transplant donors. Premiums in the FED-VIP vision / dental program will little change, with most rates rising or falling by \$1-\$2 biweekly.

2011 premiums for many plans are available as Adobe® files on the OPM website (www.opm.gov/insure/health/rates/index.asp). Both the November and December issues of NARFE magazine have additional Open Season coverage.

TSP Funds: Following are the latest returns, at the end of September, 2010 for the TSP funds:

Fund	YTD Rate	12-mo Rate
S (small)	11.47	11.70
I (int'l)	9.81	1.24
C (large)	8.92	3.89
G (gov't)	0.17	8.07
F (bond)	0.17	2.24
Lifecycle		
Income	2.00	3.27

2010	2.00	3.20
2020	5.54	4.38
2030	6.77	4.85
2040	7.76	5.15

CPI/COLA News: With just one month to go in the fiscal-year count toward COLAs, the rate count remains negative at -0.6%. At this time, probably no COLA will be paid for January, 2011. It is also unlikely that Social Security beneficiaries or military retirees will receive a COLA either. Depending on the outcome of bills considered in the upcoming 'lame-duck' session, raises for active employees may be somewhere in the 1.4% to 1.9% range.

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 (no bills to mail out) 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.

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 \$.

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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.

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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 memberrecords@narfe.org.

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Other numbers of Interest:
 Military Retirees: 800-321-1080
 V.A.: 800-827-1000 TSP: 877-968-3778
 Social Security: 800-772-1213

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

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