



NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION



Chapter 002, Topeka, Kansas

NOVEMBER 2013

Reservations
are due on
Monday,
December 2nd

ANNUAL HOLIDAY PARTY



FRIDAY
DECEMBER 6

SOCIAL
HOUR
11:00—NOON

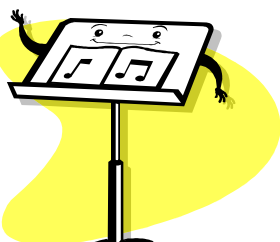
LUNCHEON MENU

Sliced Ham
Turkey & Dressing
Mashed Potatoes
and Gravy
Corn
Broccoli and
Rice Casserole
Cranberry Jello Salad
Rolls
Beverage
Fruit Cobbler

Cost: \$12.00

PROGRAM

CHRISTMAS
MUSIC BY
3RD GRADERS
FROM
MATER DEI
CATHOLIC
SCHOOL



DIRECTED BY
JANELLE
CRUISE

From The President's Desk

The October meeting with Pam Maxwell (BC/BS) and Kelly Bremer (GEHA) was the best attended meeting of the year! For those who missed that meeting, Kelly and Pam didn't have any horror stories to tell about 2014. Increased rates but some new off-sets to help compensate. Check NARFE magazines, October and November for information, or go to websites of health insurance providers. We have until December 9, 2013 to make changes. Gwen Ketter, Galen Rapp and I will staff a NARFE information table at the VA Health Fair, November 20. Pam Maxwell has confirmed BC/BS and we'll visit other health insurance providers to pick up information to pass along. Federal retirees came through the first round of budget hits unscathed. BUT! Our retirement annuity COLA is still being kicked around like a football with the new budget talks, as Congress desperately wants to avoid automatic sequestration starting off the 2014 election year. Write (to local offices) to Senators and Lynn Jenkins to voice YOUR opposition to a "chained" CPI.

The Kansas Legislature returns to Topeka in January and they don't have extra money burning holes in their pockets. There are a lot of holes and the rhetoric should be heated as they struggle to maintain a balanced budget. I'll repeat Ron Richey's plea for help. We can always use additional NARFE members to call on the state house, and to sit in on committee meetings. With those cheery thoughts, we have a outstanding menu for Dec. 6, and I wish everyone a great Thanksgiving, a Merry Christmas, and we'll work together for a Happy New Year!

Jim Miller, President

snyderfan89@sbcglobal.net

478-0651

Legislative News

[The 2013 Open Season for health, dental, vision insurance, and flexible spending accounts will be held from November 11, 2013 through December 9, 2013.](#)

[Federal Employees Health Benefits \(FEHB\) Open Season Online website: https://retirefehb.opm.gov/index.asp](#)

You can request FEHB changes and information by calling Open Season Express toll-free number, 1-800-332-9798. Federal Employees Dental and Vision Insurance Program (FEDVIP) During Open Season go to <https://www.benefeds.com/> Call BENEFEDS at 1-877-888-3337. October, November, and December issues of the NARFE magazine will provide more information about insurance plans that are being offered.

OPM proposed a new rule to make it clearer how members of Congress and some of their staff would receive their health benefits under the Affordable Care Act (ACA). There is bill H.R. 1780 that moves federal employees from the Federal Employees Health Benefits Program (FEHBP) and places them in the health exchanges created under the Affordable Care Act. NARFE remains strongly opposed to this bill.

Oct. 30th was the first meeting of the House/Senate Conference Committee on the budget resolution. The group is tasked with reconciling very different House and Senate budget proposals and could consider a broad range of options aimed at reducing budget deficits, including a switch to the Chained CPI for calculating Cost-Of-Living Adjustments (COLA) to federal annuities and Social Security benefits; an increase in retirement contributions for federal employees; and an extension of the pay freeze. NARFE remains strongly opposed to any change in the annual COLA formula that would negatively impact seniors, veterans, and federal retirees and extension of the pay freeze.

The COLA for 2014 will increase 1.5 percent and go in effect in January. Medicare announced that Part B premiums, which cover doctor visits, will stay at \$104.90 a month in 2014. The Consumer Price Index for October 2013 is scheduled to be released on Wednesday, November 20, 2013, at 8:30 a.m. (EDT).

This fall is a good time to visit the interior of the newly remodeled Kansas Capitol Building and take a tour. They opened a new way to enter the Capital from the garage this month. The Kansas Legislature starts for ninety days on January 13, 2014. A day of prayer will be at the Capital and the Legislature starts at 2:00 PM. The Governor will give his address a day or two later on Public TV. All bills that were introduced or were partially worked this year can be brought back and revisited next year.

If your mail has to get out the same day, you may need to get it to the box earlier in some rural Kansas towns in the future. A proposal has been floated to move pick-up times for some U.S. Postal Service boxes in the 664, 665, 666 and 668 ZIP Codes one to two hours earlier. **Merry Christmas and Happy New Year - Ron Richey, Legislative Chair**

NARFE Chapter 02 - Oct. 25, 2013 - Aldersgate Village

The meeting was called to order by **President Jim Miller** at 12:00 PM. Welcome and Invocation was given by **Mary Harms** followed by the Pledge of Allegiance. A two entree meal was offered for \$9.00.

Program Kelly Bremer, GEHA and Pam Maxwell BC/BS -

The two representatives from two of the major Federal Government Health Insurance Providers gave updates to changes for 2014 on their respective plans. Here are some highlights:

GEHA - Insurance rates will increase 3% on High Option and 7% on Standard. Co-pay will increase on prescription drugs. Vision coverage and Dental coverage are offered. They offer discounts on gym memberships and meals through NutraSystems.

For more information go to <https://www.geha.com> or call (800) 821-6136. **BC/BS** - Insurance rates will increase to \$4.14 for Singles, \$10.49 for families on Standard option; and \$4.10 for Singles, \$9.60 for families on Basic option. Out of pocket maximums will increase. Co-pays on drugs will change. Wellness benefits on their website will increase giving you additional opportunities to earn money on a pre-paid VISA card. For more information go to: <http://www.fepblue.org> or call (800) 432-0379

Members Report, Paul Manning – 68 members and 5 guests: Our two speakers Pam Maxwell and Kelly Bremer as well as potential members Leonard Short, Connie Vaughn and Gary Smith.

Secretary, Gwen Ketter – Minutes for September, printed in the October newsletter were approved as printed. Announced that committees were needed for the Topeka 2015 NARFE Federation Convention. The committees are (but not limited to) Finance, Decorations, Advertising, Alzheimer's, Chaplain, Memorial Service, Banquet entertainment, Registration, Hospitality, Sergeant-at-Arms and Door Prize Ctes. If interested see after mtg. or call.

Treasurer Bill Kastens – General Fund Balance \$3,715.50; Alzheimer's Fund - \$316.00; Life Membership Account - \$1,199.47; Total \$5,230.97.

Helen Louise Price, Good Cheer - No member deaths to report in the last month. Get well card was sent to Norma Rice. Thinking of you card was sent to Judy Shetter. Remember - if you know of a member who is ill or in the hospital, please contact Helen Louise Price at (785) 478-9602.

Dale Jirik, Nomination Chairman - Election of Officers for 2014 - President - James Miller, 1st Vice-President - Galen Rapp, 2nd Vice-President - Richard Wike, Secretary - Gwendolyn Ketter, Treasurer - William Kastens. Moved by Mary Harms and seconded by Anna Mae Wright to elect slate of officers. Motion carried with an aye vote.

Richard Wike, 2nd Vice-President - No November mtg. December 6 is Annual Christmas Party/Officer Installation.

Reports:

Ron Richey, Legislative (Celebrated his 70th Birthday by attending the NARFE meeting) – report is listed in its entirety in the newsletter.

Earlene Jirik, Publicity - No report - Taking volunteers for Salvation Army bell ringing at Gordman's slots are available 10 AM to 8 PM

Joanne & Ron Miller, Newsletter Editor - 11/16 Deadline.

Wednesday, November 20th - Health Fair at the VA - volunteers are needed to set up, work the table and tear down. Let Jim know if you are available.

Next Executive Board Meeting - October 31st at 9:30

Next NARFE General Meeting – Friday, December 6th Annual Christmas Party/Installation of Officers. Social Hour at 11 AM & meal at noon in Aldersgate Wesley Hall.

George Spotts Alzheimer Chairperson: 50/50 drawing 1st \$15.00 - Charlotte Pittman, 2nd \$11.00 - Paul Manning and 3rd \$8.00 Jo Burenheide. All three winners donated their money back to Alzheimer's Research for a total of \$79.00 donation in all.

Meeting Adjourned at 1:30 PM.

Respectfully submitted, Gwendolyn Ketter

OPT-IN To Receive Electronic 1099-R

OPM is improving service to all retirees by allowing you the option to receive your 1099-R sooner and in a more secure and safer way. **To take advantage of this NEW feature, sign up using your Services Online account by December 23 at <https://www.serviceonline.opm.gov/>**

Don't worry if you don't remember your password; if you don't have it, you can request one once you access Services Online. Take time to register your e-mail address to receive updates.

For a duplicate copy of your 1099-R and/or two prior years: **email: retire@opm.gov**

~OR~

call the Retirement Information Office at 1-888-767-6738

You'll need your CSA or CSF number (or SSN) and birth date.

Chapter 002 Officers

President	Jim Miller	478-0651
1st Vice President	Galen Rapp	478-3701
2nd Vice President	Richard Wike	783-8122
Secretary	Gwendolyn Ketter	220-7196
Treasurer	Bill Kastens	272-2604
Member-At-Large	Paul Manning	272-6208

Other Contacts

Good Cheer	Helen Price	478-9602
Membership Chair	Galen Rapp	478-3701
Service Officer	Bill Kastens	272-2604
Editors	Joanne & Ron Miller	271-8117
Alzheimer Chairs	George & Flora Spotts	233-7108
Publicity	Earlene Jirik	266-5492

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