



# Kaw Blue Communiqué

Volume No. 16 Issue No. 4

Manhattan, KS Date: December 2010

## EXECUTIVE COMMITTEE

President	Ann Domsch	537-5147
1 <sup>st</sup> VP	David Schafer	539-7842
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Secretary	Pam Van Horn	826-8917
Treasurer	Dale Walters	539-4970
Past Pres.	Don Erickson	539-6004
News Editor	Judy Grossnickle	537-2457

## MONTHLY PROGRAMS

(By: Marjory Mortvedt, Program Chairman)

**Please plan to attend your meeting.** We meet at the Bamboo Buffet, 2304 Stagg Hill Road, Manhattan, KS, next to Briggs. Lunch is served at 11:15AM.

Wednesday, January 19  
Flint Hills Discovery Center  
Bob Workman, Director

Wednesday, February 16  
Community Forestry  
Kim Bomberger, Community Forester  
North Central & North East Kansas

Wednesday, March 16  
Home Care & Hospice  
Chris Nolte, Director of Development

## HOT TOPICS!

- Fiscal Commission targets federal employees to help reduce federal debt. Proposal includes: reduce federal retiree health benefits and retirement annuities,; freeze federal pay for three years and reduce the federal workforce by 10 percent.
- New items added to the KSNARFE.org home page. At item #3A: The first link takes you to the Fiscal Commissions home page. The second link opens up a page of YouTube videos of the commission hearings.
- To save about \$2 billion in fiscal year 2011, and \$60 billion over the next decade, President Obama proposed freezing the pay of federal civilian employees but not the military forces this fiscal year and next.

## Service Officer's Outlook

(By: Don Erickson, Service Officer)

A special alert has been sent from NARFE Headquarters concerning our benefits. "On Wednesday, November 10, the co-chairs (Erskine Bowles and Alan Simpson) of President Obama's National Commission on Fiscal Responsibility and Reform released a 50-page, preliminary proposal that would reduce federal retiree health benefits and income security, freeze federal pay for three years and reduce the federal work force by 10 percent.

NARFE invites all federal workers and annuitants to urge their representatives and two senators, by mail or phone or via e-mail, to oppose the proposed reductions by using the following link: <http://capwiz.com/narfe/issues/alert/?alertid=19706516> or go to [www.NARFE.org](http://www.NARFE.org) for more information.



## **PRESIDENT'S CORNER**

(By: Ann Domsch, adomsch@ksu.edu)

Fellow NARFE members as we enter the Holiday Season let us be thankful for the blessings we have received. I know some times it seems the government is out to get our hard earned money, but let us appreciate what we do have. WE need to work together to make our wishes known to our congress people. It is not just up to the executive board to do this, but it takes all of us. It also takes all of us to serve as an officer or to be chairman of a committee. We need each and every member to serve on a committee.

This is an organization that works because of its members and all the contributions that you make. We need to remain strong so recruitment is a job of every member. Have you done your part this past year? If not, why not add this to your list of New Year's resolutions?

I got a letter that I thought all of you should know about. Here is the letter:

*"NARFE is not what I had supposed it to be. I am sure it is very appropriate for all the others, but just not for me. I was never a government employee. My hubby, Kenneth was a U.S. Postal worker. He died a year ago. I am, as Ken was living in an assisted living facility. I am 89 years old and cannot participate in any of your meetings or activities. All the items written about in your publication are of no interest to me. That is because I cannot participate and I have no money to send in. So this is a request that my name be removed from your mailing list now. I had paid some money in to get started with NARFE but do not expect any unused balance to be reimbursed to me."*

I wanted you to read this because it may be telling us something about why these older people are not keeping their membership. Since this lady was not a federal worker she thinks it does not apply to her. If her husband's annuity was not coming in maybe she would realize how NARFE has helped the federal employees, federal retirees and federal annuitants.

## **LEGISLATIVE REPORT**

(By: Dick McChesney, Chairman)

You probably know the final report of the National Commission on Fiscal Responsibility and Reform was released December 1. It called for cuts in Federal spending by \$70 billion over 10 years, a shift in health care premium costs to the Federal retirees, freezing Federal employees pay and a 10% reduction in the Federal work force. On December 3rd, the 18 members of the Commission voted on the report. Eleven voted in favor, with 7 voting against, with 14 favorable votes needed to be referred to the Congress for a ye or no vote. DON'T BELIEVE THIS ENDS THERE! Bills will be introduced on some of the Commission's recommendations. Also, the Administration will/has proposed some of these recommendations. (Example: President Obama December 1 announced a 2 year pay freeze on all civilian employees.)

National NARFE responds immediately to any risk of reducing Federal employee and retiree benefits. For example, on December 1st and 3rd when the final report was released they issued Legislative Hotline messages and prepared letters for we members to send electronically to our Senators and Representative Jenkins. They also furnished a NARFE toll free number, 1-866-220-0044, and a suggested message for us to call the above voicing our opposition to reducing our earned benefits. National NARFE Officers and staff contact influencing members in Congress. However, as good a job as they do, the real influence on legislators are their constituents. That is why we must follow the lead National NARFE provides and send these prepared letters electronically, make the telephone calls and personal contacts to have a fighting chance of retaining our earned benefits.

Our chapter needs to have the best way to notify our members to immediately contact our legislators. One thing done this time was Judy Grossnickle e-mailed the 63 who are receiving the chapter newsletter by e-mail, asking them to send the December 1 electronic letter to Senators Roberts, Brownback and Congresswoman

## ALZHEIMER'S NOTES

(By: Elaine Liddell, Alzheimer's Chairman)

Thank you to all who donated items for the Alzheimer's Garage Sale on October 16. Thanks also to all who helped set up/close up/work the sale (Members: Bob Rousser, Mike and Kay Cardella, Sandy Mathewson, Don and Phyllis Erickson, Non-member, Ila Hulett). The sale was successful and we were happy with the \$440 which goes for Alzheimer's research.

We are still collecting Pennies Against Alzheimer's. Please bring your pennies to the meeting and Bernadine Eichman will collect and weigh them. You can get rid of the pesky pennies that collect in our pockets/dressers and support Alzheimer's! If you can't get to the meeting, call me and I will be glad to pick up your pennies (776-5559).

The Alzheimer's Contribution Report of September 30 lists our year-to-date Kaw-Blue Chapter 2010 donations as \$2,385.38. Thank you to all who donate and support this important research.

The Alzheimer's Association has created a list of warning signs, and individuals may experience these in different degrees:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Please see a doctor if you are experiencing any of the ten warning signs. Alzheimer's is a progressive, fatal disease with no known cause or cure, and is the sixth-leading cause of death in the United States according to the Centers for Disease Control and Prevention (CDC) National Center for Health Statistics.

If you wish to support Alzheimer's research but cannot attend meetings, make your check payable to NARFE-Alzheimer's Research, and you can send it to me and it will go toward the research that is so vital.

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# Alzheimer's 2011

## Goal:

# \$10 Million

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In twelve minutes you can *Prevent Alzheimer's!* Ask yourself, *If I could change one thing about the world, what would it be?* Answer the question quickly with your gut reaction, then brainstorm five ways to make that change at a local level.



People with a strong purpose in life are 2 1/2 times more likely to ward off Alzheimer's disease. Research also shows they tend to be less depressed, too. One way is to be an ACTIVE NARFE MEMBER!

**2011  
Legislative  
Training  
Conference  
March 5—8**

Legislative Report continued from page 2

Jenkins. All of us who have internet need to be on the Global Electronic Messaging System (GEMS) . Though this NARFE Legislative Hotlines are nearly received weekly and special issues automatically by e-mail. It is the best way to stay informed and take action as National NARFE suggests. Please, don't rely on someone else to do what you and I should be doing to protect our earned benefits.

### TAKE ACTION TODAY!



or



or

## MEMBERSHIP

(David Schafer, Vice President for Membership)

Welcome new members, Barbara Marn and Michael Christian. We hope that you will be able to attend the meetings and enjoy the camaraderie of former and current federal employees! We also extend our heartfelt sympathy to Wanda Jepsen on the death of Dick, but we welcome her to our chapter on the transfer of Dick's membership. Thank you, Christine Kravitz for renewing your membership!

MEMBERSHIP SCOREBOARD			
MONTH	GAIN	REINSTATED	LOSS
Sep—Nov	<b>2</b>	<b>1</b>	<b>4</b>
Memberships in peril: 8			
TOTAL MEMBERSHIP as of 12/1/10: <b>276</b>			



# NARFE

National Active and Retired Federal Employees Association

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Forwarding Service Requested  
Judy Grossnickle, Editor