



NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION



Chapter 002, Topeka, Kansas

JUNE 2014



**REMEMBER
TO WAVE
YOUR FLAG**



**SATURDAY,
JUNE 14TH**

**Reservations
AND
Cancellations by
Wednesday,
June 25
to Jim Miller
478-0651
or e-mail**

JUNE 27

MENU

**BBQ Brisket
Chicken/Broccoli
Casserole
Fruit/Jello Salad
Baked Beans
Vegetable TBD
Rolls & Butter
Assorted Pies
Beverage**

Cost: \$9.00

**with
PROGRAM**

**by
Susan Spielman
of**



Hope, Comfort and Support

From President Jim Miller's Desk snyderfan89@sbeglobal.net

Whew! Summer has arrived, along with the "news flashes" of political salvos being tossed around like confetti! As I write this, the primary winners aren't known in many contests. This is Kansas so observers can guess with some certainty the names on the 2014 ballot. Then the fun will really start. Your chapter has extended invitations to Congresswoman Lynn Jenkins and Democrat challenger Margie Wakefield to be our program for the July 25 meeting. Margie has accepted and Lynn may be required to be in Washington as the House of Representatives wraps up their work before adjournment.

On the state and local political scene, there will be numerous new names on ballots. In the KS legislature, retirements and resignations created vacancies. Study the candidates & study the issues. Try to convince the non-voter to do the same! Old adage, all politics is local! The NARFE National Convention is in Orlando, FL, August 24-28 and Gwen Ketter will represent our chapter and carry proxies for other KS chapters. NARFE has changes looming and my thoughts are (1) I can't think of anyone better qualified than Gwen to serve that role (*unless it would be seasoned convention goer Bill Kastens*) (2) convention attendance is expensive and our chapter treasury will contribute towards Gwen's expenses. She will "swallow" the rest of the bills for airline flights, hotel rooms, meals, parking fees at airport and the list goes on. I write from experience.

Our programs, thanks to Richard Wike, Vice President and Programs Chairman are set for the summer. If YOU have suggestions for programs you consider to be of value or very interesting to our members, please pass those on, with contact information, to Richard. As we reach mid-point in the year of 2014, THANK YOU FOR BELONGING TO NARFE! Thank you for your contributions to NARFE Alzheimers Research! Nationally, we have contributed nearly eleven million dollars to research treatments and cures for that insidious disease. Thanks to members like YOU, NARFE remains a staunch defender and supporter of federal employees and retirees. As we hurry along the roads to July 4th, remember ... NARFE helps sustain a independent retirement; a well earned retirement! **See you on 6/27.**

FIVE EARLY WARNING SIGNS OF ALZHEIMER'S (as reported in The Bison, Buffalo Bill Chapter 27)

- 1. You forget what you read.** Memory loss is the most common sign, but not every lapse is symptomatic. Occasionally losing track of car keys can happen to anyone. But not remembering recently learned information, such as a conversation you just had, could be cause for concern. Other memory-related signs: forgetting important dates or asking for the same information over and over.
- 2. You call a tea kettle a water pot.** Struggling more to find the right words to identify objects is an early sign, as is difficulty expressing your thoughts or participating in conversations.
- 3. You run more red lights.** Not because you're in a rush but because you misjudged the distance. Alzheimer's may disrupt your brain's ability to understand spatial relationships, interpret what you see and even sense of time and place. 

Legislative News from Ron Richey, Legislative Chair ronaldgrich@aol.com

The KS Legislature returned May 30, 2014, for the Sine and Die Session at 10:00 AM. It lasted about an hour. They will return on Monday, January 12, 2015. This is after the Election on November 4, 2014. Next year there will a change in Kansas House Tax Leadership.

August 5, 2014 is the Primary Election. This year the Kansas Legislature passed a law that an individual is allowed to change parties after June 1st for the Primary Election. The US House passed (H. R. 4435) to permit retirees to work part time for the government. NARFE supported it.

An across-the-board 1.8 % pay increase for military personnel in 2015 has been authorized which is a 0.8-percentage-point increase over President Obama's request. NARFE supported it. NARFE encourages you to contact your Senators & Representatives to support a Bill for a pay increase of 3.3% for Federal Employees in 2015. The Senate is recessing June 30th - July 4th. The House is recessing June 30th - July 4th. The summer recess for both chambers is August 1st through September 5th.

I visited the Federal Park display at WalMart on May 29, 2014 where I talked with some of the Federal employees about NARFE.

ALZHEIMER’S WARNING SIGNS (cont’d)

4. You act differently. Perhaps you feel inexplicably anxious, confused or depressed, maybe you're more irritable or aggressive, you may also become easily upset or fearful for no real reason. People with Alzheimer's also start withdrawing from hobbies and once-loved social activities.

5. You're walk is wobbly. The science behind this is preliminary, but it's backed by three new studies. Researchers found that changes in gait, such as more variable strides, may indicate a decline in cognitive function, and provide an early clue to Alzheimer's. (USA Weekend, Nov 23-25, 2013)



**NARFE CHAPTER 002 MINUTES
MAY 23, 2014 - ALDERSGATE VILLAGE**

Meeting called to order @ 12:04, after Aldersgate Village Technician set up the guest speaker’s equipment.

Invocation was given by Joanne Miller, followed by the Pledge of Allegiance.

Buffet lunch was served (salad was absent)

Richard Wike introduced **guest speaker Karen Ridder** and gave her a membership packet for her husband, active federal employee. **Her talk was Bucket List and Looking Back.** She had several special guests present, including Village residents Bill Calwell, age 105 and Peggy Hubbell, age 97. Her presentation required 52 minutes but most of the 37 present enjoyed the information and personal touches.

Earlene Jirik reported 37 present, including Chris Walker, recently retired from US Postal Service and a guest of Jo Burenheide.

In the absence of Secretary Gwen Ketter (on a well deserved vacation!) the Minutes were discussed/accepted.

Bill Kastens, Treasurer submitted the Treasurer’s Report, accepted.

Helen Louise Price, Good Cheer and Sympathy Chair - sent NO sympathy cards in the last month.

Galen Rapp, Vice President and Membership Chairman - (1:28) announced Gwen Ketter would provide equipment and card stock to print business cards at a later meeting.

Richard Wike, Vice President and Programs Chairman - June program will be Susan Spielman, Midland Care. July - working to confirm Congresswoman Lynn Jenkins and challenger Margie Wakefield.

COMMITTEE REPORTS

Ron Richey, Chapter Legislative Chairman: in his absence, his written report was read.

Dale Jirik, Chairman, Nominations - (1:33) Gave a impassioned talk about service and potential candidates. Added we will host the 2015 State NARFE Convention and the officers will need lots of help.

Jim Miller, NARFE PAC Chairman - 2014 is an election year and I have 2014 NARFE pins.....

George Spotts, Alzheimers Chairman - invited everyone to Flag Retirement (burning) June 14, 2014, 11:00 a.m. at Capitol Post # One. More than 1,000 American flags will be retired. He has sent in the Best Choice labels and we should receive a \$60 check for our Alzheimers fund.

Richard Wike assisted with the 50-50 drawing. Winners were 1st – Marj Woytek - \$8.00; 2nd - Galen Rapp - \$5.00, 3rd – Sharon Rosenow - \$4.00. All three donated their winnings to NARFE Alzheimers!

Additional drawings were held for a GEHA overnight bag and five miniature screwdriver sets from the 2014 NARFE State Convention.

Executive Committee Mtg., 9:30 a.m. May 30, 2014

June Chapter Mtg. - June 27, 2014

Meeting adjourned at 1:43 PM

Respectfully and sloppily submitted, Jim Miller

I would like to thank President Jim Miller for taking notes for the minutes of the General Membership meeting in my absence. He does a terrific job.
Gwen Ketter - Secretary

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
Member-At-Large	Mary Harms	862-1176

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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