



# NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION



## Chapter 002, Topeka, Kansas

### OCTOBER 2013

Reservations  
are due the  
Tuesday  
before meeting  
to President

**OCTOBER 25  
MENU**

Chicken Parmesan  
Linguine  
Swiss Steak  
Scalloped Potatoes  
Peas  
Garden Salad  
Carrot Cake

**Cost: \$9.00**

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**PROGRAM**

**HEALTH  
BENEFIT  
CHANGES**



Representatives  
from  
Blue Cross/Blue Shield  
and  
GEHA

**OPM Advises  
How To 'OPT-IN'  
To Receive  
Electronic 1099-R**

**Starting in  
January 2014,**

the Office of  
Personnel  
Management is  
allowing retirees  
to opt-in  
to receive their  
**1099-R**  
through  
their Services  
online account.

For more information  
look at your July 2013  
NARFE Magazine on  
page 20.

From The President's Desk

**DON'T CALL US — BUT DO CALL YOUR ELECTED REPRESENTATIVES. DON'T ASK WHAT NARFE IS DOING. HAVE YOU MADE YOUR VOICE HEARD?** Tell Congress to stop playing politics and end the shutdown and tell the Senate that you support back pay for furloughed feds (*the bill was passed by the House of Representatives on October 5 with a vote of 407 to 0*).  
Brief message due to computer problems - now fixed. **See you on October 25th!**

*Jim Miller, President*

snyderfan89@sbcglobal.net

478-0651

**ALZHEIMER'S CAREGIVER WORKSHOP—FAMILY SERIES**

**>>> PRE-REGISTRATION IS REQUESTED 271-1844 <<<**

A free 6-part series on Tuesdays with handouts for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia.

- |                  |           |                                   |
|------------------|-----------|-----------------------------------|
| I — October 8    | 1:30—3:00 | “What can I expect?”              |
| II — October 15  | 1:30—3:00 | “I don't need any help”           |
| III — October 22 | 1:30—3:00 | “He just sits around all day”     |
| IV — October 29  | 1:30—3:00 | “Is she on too many medications?” |
| V — November 5   | 1:30—3:00 | “I can't do this anymore”         |
| VI — November 12 | 1:30—3:00 | “I should, I ought, I have to...” |

**WORKSHOP LOCATION**

**Marvin Auditorium Room 101A — Topeka Public Library**

Legislative News

I would like to thank all the people who sang Happy Birthday to me at the last NARFE meeting. As I said for a birthday present you might like to sign up for Dues Withholding if you have not already signed up for it. To do so contact Bill Kastens at: (785) 272-2604.

We would like to remind you that as of October 1, 2013, new NARFE members entering local chapters have a reduced dues of \$40.

Health premiums for federal employees will increase an average of 3.7 percent in 2014, according to the Office of Personnel Management. The increase is slightly more than the 2013 increase of 3.4 percent. Combined, dental and vision program premiums will increase by less than 1 percent.

The 2013 Open Season for health, dental, vision insurance, and flexible spending accounts will be held from November 11, 2013 to December 9, 2013. NARFE magazines for October, November, and December will provide information about the insurance plans that are offered.

I visited with the staff of Representative Lynn Jenkins at the Job Fair at the Expo Center on September 27, 2013. We discussed that Federal workers were not in favor of a Federal Shutdown. We also talked about furloughs affecting Federal workers during the past Fiscal Year and proposed changes to the CPI.

This fall is a good time to visit the interior of the newly remodeled Kansas Capitol Building and take a tour. The Kansas Legislature starts for ninety days on January 13, 2013.

*Ron Richey, Legislative Chair*

**NARFE Chapter 02 - September 27, 2013 - Aldersgate Village**

The meeting was called to order by **President Jim Miller** at 12:00 P.M.

**Welcome and Invocation** was given by **Dale Jirik** followed by the Pledge of Allegiance. A two entree meal was offered for \$9.00.

**Program - Brown v Board.** No one showed up from the Brown v Board staff. Gwen called and was told there was nothing on their calendar, but one of their speakers had called in sick.

**Members Report, Paul Manning** – 47 members no guests or new members in attendance.

**Secretary, Gwen Ketter** – Minutes for July and August meetings, printed in the September newsletter were approved as printed. **Announced that committees**

**were needed for the Topeka 2015 NARFE Federation Convention (but not limited to): Finance, Decorations, Advertising, Alzheimer's, Chaplain, Memorial Service, Banquet Entertainment, Registration, Hospitality, Sergeant-at-Arms and Door Prize Committees. If anyone is interested see after meeting or call.**

**Treasurer Bill Kastens** – absent no report.

**Service Officer, Bill Kastens** - absent no report.

**Galen Rapp, 1st Vice-President and Membership** - absent no report.

**Richard Wike, 2nd Vice-President** - absent no report. October meeting BCBS and GEHA.

**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 - The person who made our badges has passed away and Earlene is looking into other possibilities.

**Helen Louise Price, Good Cheer** - Two members deaths Louellen Montgomery and Charles Ellington - families were sent sympathy cards. Thinking of you card was sent to Bill Irwin who is having back problems.

**Joanne and Ron Miller, Newsletter Editor** - Deadline for October newsletter is October 7th.

**Next Executive Board meeting** – Thursday October 3rd at 9:30 AM

**Next NARFE General meeting** – Friday October 25th - Aldersgate Wesley Hall at noon

**Health Fair at VA** - November 20th or 21st (???) volunteers are needed to set up, work the table and tear down. Let Jim know if you are available.

**George Spotts, Alzheimer Chairperson:** 50/50 drawing 1st \$11.00 - Flora Spotts, 2nd \$6.00 - Ann Look and 3rd \$4.00 - Gail Horsley.

The 50/50 drawing all three winners donated their money back to Alzheimer's Research for a total of \$42.00 donation in all.

**Meeting Adjourned at 1:30 PM.**

*Respectfully submitted, Gwendolyn Ketter*

**NATIONAL PRESCRIPTION DRUG TAKE BACK DAY**

**Saturday, October 26, 2013 10:00—2:00**

This initiative aims to provide a safe, convenient, and responsible means of disposing of unused and expired prescription drugs, while also educating the general public about the potential for abuse of medications.

**COLLECTION SITES:**

Topeka Police Department  
320 S. Kansas Avenue, Topeka, KS

Shawnee Heights Fire District  
5301 SE California Avenue, Topeka, KS

Shawnee Heights Fire #21  
2626 SE Shawnee Heights Road, Tecumseh, KS

Soldier Township Fire District  
600 NW 46th Street, Topeka, KS

**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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National Active & Retired  
Federal Employees Association  
2632-b SW Arrowhead Road  
Topeka, KS 66614-2497