



# NARFE

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

Chapter 0002, Topeka, Kansas (Chartered 9/28/1947)



## OCTOBER 2015



E-mail or call your Reservations AND Cancellations NOT LATER THAN Tuesday AM, October 20 to Jim Miller

**October 23rd \$9 Noon Buffet in Wesley Hall**

**Pork Tenderloin  
Sweet Potatoes  
Peas  
Rolls and Butter  
Apple Cobbler**

**INVOCATION BY MARY HARMS**

**PROGRAM ON**



**BY KELLY BREMER (GEHA) & LINDSEY YOUNGER (BC/BS)**

**AUTUMN IS A SECOND SPRING**



**WHEN EVERY LEAF IS A FLOWER. — Albert Camus**

**From President Jim Miller's Desk    [snyderfan89@cox.net](mailto:snyderfan89@cox.net)    478-0651**

**DATE CHANGE FOR DECEMBER – Holiday lunch is December 11 (second Friday)**

Anyone "out there" who remembers newscaster Gabriel Heater? Mr. Heater would sometimes start with There is Good News Tonight!

If you were one of the NARFE members who received an envelope from George and Flora Spotts adorned with colorful, vintage postage, that is good news! The U.S. Postal Service, although limping a little, still delivers! George, Flora and family members plus one neighbor applied the stamps and inserted two letters, one for NARFE Alzheimer's Research and one a Thank You from me. (If you DID NOT receive that important mailing, call me at 478-0651!) George phoned and told me he had received \$1,328.50 towards his goal of \$1,000.00! From 50 responses so there are more to come. On my plug for NARFE-PAC, one generous check, so far. Too bad George has to retire as our Alzheimer's Chairman. I would appoint him NARFE-PAC Chairman with his track record!

To quiet the rumor mill, (if you can afford to waste this much money on envelopes and postage, you don't need MY money!)...this mailing was accomplished at no cost to the chapter! Gwen Ketter printed the letters and return mailing labels (2) Paul and Shirley Manning supplied unused August newsletter labels (3) postage stamps were donated (4) as noted, George, Flora and "company" prepared and mailed the envelopes. Case closed, but keep those checks, cards, letters and phone calls coming! It's great to know at least some are reading/observing! Ron Richey has a very informative Legislative article including a promo for our October chapter meeting. We will meet our almost new Blue Cross/Blue Shield representative, Lindsey Younger, and Kelly Bremer of GEHA. Be sure to make your reservation! Last month we had 32 reservations and 39 showed up. The Dining Room staff can't be blamed, the shortage of food was on NARFE because that number (32) was what was reserved. #16 on Coach Bill Snyder's goals for success is RESPONSIBILITY. I may refer to more of his goals as the football season progresses.

With responsibility in mind, my apologies to those members who came to the meeting hoping to be given a letter to send to our Congressional delegation. Subject, the unfair increase to MEDICARE premiums that will fall on federal retirees. I promised a copy of the well written NARFE letter and didn't deliver. I do apologize. My computer copying skills are dismal, and keep that in mind when Dale Jirik, NOMINATING Committee Chairman asks for nominations from the floor at October 23rd mtg. (4th Friday)! Make that reservation & I will see you there!

**From Ron Richey, Legislative Chair    [ronaldgrich@aol.com](mailto:ronaldgrich@aol.com)    234-4172**

The next couple of months will be busy. Members of the U.S. Congress moved funding the government for the new fiscal year beginning October 1 to December 11, 2015. The highway spending authority expires October 29. They need to raise the debt ceiling required by law by mid-November or early December to avoid a default. These are just three of the critical issues on U.S. Congress' agenda this fall?

There is a new [action letter](#) on NARFE's Legislative Action Center that members, friends and family can easily send to their members of Congress.

Medicare Part B beneficiaries are expected to shoulder the full cost of the 2016 premium increase. This will result in a monthly increase of 52 percent, from \$104.90 to \$159.30 for federal retirees covered by the Civil Service Retirement System and excluded from Social Security coverage unless the US Congress makes changes.

There are threats to change the rate of return on the TSP G Fund. This issue came up twice already, in the proposed fiscal year 2016 [House Budget](#) plan and as a way to finance the Highway Trust Fund. Along with our coalition partners, NARFE has been successful in defeating this threat so far.

The U.S. President has made a proposal for a 1.5 percent pay raise for federal employees to start in January.

The Kansas Legislature starts back in session in January. We are in need of volunteers to help monitor the activities of the legislature.

In the October NARFE Magazine you can find on: Page 34 Medicare and the FEHBP if you are getting close to 65 years old. Insurance Open Season is November 9 through December 14. The open season report about changes being made regarding insurance is on page 40. **Kelly Bremer (GEHA) and Lindsey Younger our new BC/BS reps are scheduled to speak at our next NARFE meeting on October 23, 2015.** We have more information about changes pertaining to insurance. The self-plus one option will be available along with the self-only and self-plus family plan.

**2015 MEMBERSHIP DRIVE by Barb McLain**  
 NARFE and Chapter 0002 NEEDS YOU TO RECRUIT. Membership forms are available to you at every meeting and in your magazine. Be sure to include your name and number ID on the form when passing it out.



**NARFE Chapter 0002 Minutes  
 September 25, 2015 \* Aldersgate Village**

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

**Welcome and Invocation given by Joanne Miller** followed by Pledge of Allegiance. A \$9 meal was offered.

**Program was, Andy Struble, Rebound.** Andy spoke to us about the importance of exercise in our daily routine. We need to spend at least 5-10 minutes a day doing some type of cardio movement, at least 2 days per week doing 30 minutes of strength training, daily balance training and daily flexibility training. Our goals should be to have 30 minutes daily in light Endurance training, 2 days per week in Strength Training and most days Balance/Flexibility Training. Rebound's web address is: reboundphysicaltherapy.com and the information Andy presented is at: [www.nia.nih.gov/health/publication/exercise-physical-activity/introduction](http://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction).

**Members Report, Earlene Jirik** – 38 members and 1 guest our speaker Andy Struble. A Door Prize drawing was held for members paying for a meal - Ann Look won the drawing - jar of Renaissance Mug full of hard candies. Reminder to call and let Jim know if you are planning to attend.

**Earlene Jirik, Publicity** – working with KTWU for upcoming events.

**Secretary, Gwen Ketter** – The Chapter minutes for the August meeting were printed in the newsletter no changes or corrections noted. Minutes approved as printed.

We have three people signed up to work KC RenFest on Sunday Sept 27th – Joanne, Ron and Jim Miller. We have four people signed up to work the RenFest on Columbus Day – Richard and Sue Wike, Jim Miller and Mary Harms. Thanks you for your support in helping to raise money for NARFE Alzheimer's Research.

**Joanne Miller, Federation Alzheimer's Chair/ Newsletter Editor** – Deadline for October newsletter is October 2, 2015. Joanne thanked George Spotts for his hard work in mailing out letters to the membership for donations to the NARFE Alzheimer's Research. Letters were mailed during September and deadline for submission is by the end of November.

**Treasurer Bill Kastens** – General Fund \$2,674.00, (of which Alzheimer's has \$591.00) and Savings \$1,199.86 and Total \$3,873.86.

**Service Officer Bill Kastens** - No new calls.

**Barb McLain, 1st Vice-President and Membership** – No report.

**Richard Wike, 2nd Vice-President** – October meeting YWCA – Vivian Mosier will speak on safety and empowerment for women.

**Reports:**

**Jo Burenheide, Good Cheer** – Sympathy Cards were sent to James Burks on the death of his mother, Betty Hartner on the death of her husband and Glen Montgomery on the death of his grandsons. Remember to contact Jo for any good cheer items.

**Ron Richey, Legislative** – report is listed in its entirety in the newsletter.

**Dale Jirik, Election Chairman** – All current officers have agreed to run again. If you are interested in holding an office, please contact Dale or attend our October meeting to be nominated from the floor. Elections will be held at our meeting October 23, 2015.

**New Business** – Will need to discuss luncheon meals. Possible options will be discussed at the October Executive Board meeting. .

**Next Executive Board Meeting** – Friday, October 2nd

**Next NARFE General meeting** – Friday, October 23rd

**George Spotts, Alzheimer Chairperson:** Sent out Alzheimer's donation mailing to all members. Goal is to raise \$1000. 50/50 drawing: 1st \$9.00 - Judy Hower, 2nd \$7.00 - Barbara Decker and 3rd \$5.00 - Navella Richey - all donated money back to Alzheimer's.

**Meeting Adjourned at 2:05 PM.**

*Respectfully submitted, Gwendolyn Ketter*

**Chapter 0002 Officers**

|                          |                  |          |
|--------------------------|------------------|----------|
| President                | Jim Miller       | 478-0651 |
| 1st V-P/Membership Chair | Barbara McLain   | 272-3407 |
| 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**

|                    |                       |          |
|--------------------|-----------------------|----------|
| Service Officer    | Bill Kastens          | 272-2604 |
| Newsletter Editors | Joanne & Ron Miller   | 271-8117 |
| Alzheimer Chairs   | George & Flora Spotts | 233-7108 |
| Publicity          | Earlene Jirik         | 266-5492 |
| Good Cheer         | Jo Burenheide         | 272-8971 |
| Historian          | <b>YOUR NAME HERE</b> |          |
| NARFE PAC Chair    | <b>YOUR NAME HERE</b> |          |

NON-PROFIT ORG.  
 US PAID POSTAGE  
 TOPEKA, KANSAS  
 PERMIT NO. 525

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