

THE BISON



Buffalo Bill Chapter 27

February 2015

Issue 1

From the President:

It is that time again when we have election of officers. One of our most dedicated NARFE members, your Secretary, Eileen Sturgis, has made a decision to step down from this position. Several members have been asked to replace her and all have declined. I am pleading that someone steps up and agrees to take this position. The rest of your officers have agreed to serve another term, which I, as your President, appreciate.

The Fall Festival was a success, thanks to all the members that donated gift cards, gift baskets and stuffed animals for door prizes and to all the members that attended. I heard lots of compliments on the food and the entertainment this time, so felt a good time was had by all.

Coming up next will be getting Silent and Oral Alzheimer's Auction items together for the Kansas Federation NARFE Convention in April. So as you clear out nice, clean items that you think would be suitable for either auction, please bring them to the meetings.

Boni Lages
913-683-2222
boniwoody@gmail.com

From the 1st VP—Membership

Think about signing up for Dues withholding!

What is dues withholding?

It is a dues-payment method that gives NARFE members (retirees) the option of having their annual NARFE membership dues deducted from their annuities on a monthly basis.



How does it work?

One-twelfth of your total dues is automatically deducted from your monthly annuity. Your monthly deduction is determined by the following formula: $(\text{National Dues} \div 12) + (\text{Chapter Dues} \div 12) = \text{Total Monthly Deduction}$

Advantages

- Save 15% off your annual membership dues!
- Sign up your spouse and double your savings!
- You'll never get another dues reminder from us!
- Your monthly payment is affordable and convenient!
- You may cancel your dues withholding at any time!

Application process

It takes 60-90 days to process your application. Once the process is complete, you will receive a special membership card distinguishing you as a NARFE dues-withholding member. You can ask me for the Dues Withholding Application, or use the one in the NARFE magazine.

To learn more about dues withholding, call 1-800-627-3394.

Fran Gast

From the 2nd VP—Programs

Feb. 5—A representative from St. Vincent's Clinic will share with us the work that they do.

Mar. 5—A representative from CASA, the child advocacy group, will be informing us of their work.

April 2—Memorial Program for NARFE members who have passed away during the previous year.

Billie Oertel

From the 3rd VP—Service Officer

I would recommend you read from the January issue of *narfe magazine* on page 24 an article on *Survivor Benefits*. It spells out the do's and don'ts at the time of death for survivors. However, I am still here to help you. Thank you.

John Leavitt

From Sunshine Chair:

Over the past few years our NARFE chapter has sent an average of 37 sympathy cards, about 10 sick cards, and a few anniversary cards a year. Please call me if you know of anyone we need to send a card to. Also, we would appreciate any sympathy cards you are not going to use yourself. Feel free to bring them to the next meeting.

Get Well cards were sent to Betty Payne and Billie Oertel.

Marilyn Murray

IN MEMORIAM

Members

- | | |
|--------------------|----------------|
| Austin Hendrix | Eleanor Ochs |
| Robert Llewellyn | Martha J. Ochs |
| Harry Mohan, Jr. | Raymond Porter |
| Erma Jean Snedegar | |

Family Members

- Eleanor Ochs, wife of Raymond Ochs
 Sr. Jeanne Marie Zeugin, sister of Margaret Liebeno
 Rita Rhoads, wife of Ronald Rhoads,
 Rita Jean Courtney, sister of Steve,
 Dennis, & Dorothy Visocsky

From the Alzheimer's Chair:

New Thinking on Alzheimer's

Rates of Alzheimer's disease in the U.S. are not climbing as fast as they were, possibly because people are getting their blood pressure and cholesterol under control—two healthy measures that may also be good for the brain.

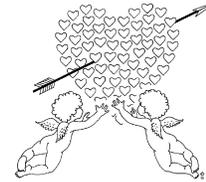
Prevention is key. A half dozen trials are underway to test whether lifestyle changes good for the heart—such as exercising and adopting a Mediterranean diet—can prevent or postpone Alzheimer's.

Brain stimulation works. Many types of brain stimulation devices are being tested not only to treat and prevent Alzheimer's, but also to improve cognition in people without dementia. Some of these devices are implanted into the brain, and some are worn externally like a headband.

Get walking. For keeping your brain healthy, research shows that walking is as good as running, as it enhances blood supply in your memory centers.

P. Murali Doraiswamy, Director of Neurocognitive Disorders, Duke University

Helen Stewart



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The following messages were taken from the NARFE Legislative Hotline, dated January 12, 2015.

**Message from NARFE President Richard G. Thissen**

“The 114<sup>th</sup> Congress was sworn in this week, and already there’s talk that federal employees and retirees will have to make sacrifices to pay for other congressional priorities. NARFE members should be on alert for action items coming from Headquarters in the coming weeks. Want to play a bigger role in advocacy but not sure how or where to start? Join us in March for the Legislative Training Conference \*\*\* [see pg. 12 in Jan. 2015 narfe magazine].”

**Swearing In of the New Congress**

Members of Congress were sworn in on Tuesday, January 6, marking the beginning of the 114<sup>th</sup> Congress. The new Congress ushers in a Republican majority in both chambers. Rep. John Boehner, R-OH, was elected Speaker of the House for a third term, while Rep. Nancy Pelosi, D-CA, is returning as House Minority Leader. In the Senate, Sen. Mitch McConnell, R-KY, will serve as Senate Majority Leader, and Sen. Harry Reid, D-NV, will serve as Senate Minority Leader.

Committee assignments are nearly set, with subcommittee announcements likely coming in the next few weeks. Watch for more information on this new Congress and its key players in future Hotlines.



**NARFE Legislative Accomplishments  
in the 113<sup>th</sup> Congress**

NARFE is proud of the work it carried out on behalf of its members in the 113<sup>th</sup> Congress. Read all about our legislative victories in the 113<sup>th</sup> Congress Legislative Accomplishments document, which can be found below or in the February issue of *narfe* magazine.

Key accomplishments include:

- preventing reductions in current retirees' annuities (through a switch to the Chained CPI),
- defeating legislation adverse to the federal workforce (increased retirement contributions
- and reductions in federal workers' benefits)
- and thwarting various damaging alterations to federal employees' and retirees' health benefits.
- NARFE also successfully prevented a misguided postal reform bill from getting consideration in the Senate. It included cuts that could have had an impact on the entire federal workforce.
- NARFE also successfully supported positive bills for the federal community, including legislation ending the three-year pay freeze, adding "self plus one" coverage in the Federal Employees Health Benefits Program (FEHBP) beginning in 2016, and extending the re-employed annuitant waiver authority.

**Federal Retirees Receive COLA;  
Employees Receive Raise**

A 1.7 percent cost-of-living adjustment (COLA) to federal retirement annuities and Social Security benefits took effect January 2, providing a modest, but welcome, New Year's present for federal annuitants. The COLA was determined by the change in consumer prices, as measured by the CPI-W, between the third quarters of 2013 and 2014.

Effective January 11, federal employees will receive a 1 percent pay increase. While wel-

**LEGISLATORS' Address / Phone:**

**Federal: Sen. Jerry Moran**, PO Box 1154, 23600 College Blvd Suite 201, Olathe, KS 66061, (913) 393-0711, [www.moran.senate.gov](http://www.moran.senate.gov).

**Sen. Pat Roberts**, 444 SE Quincy, Rm 392, Topeka, KS 66683, (785) 295-2745, [www.roberts.senate.gov](http://www.roberts.senate.gov).

**Rep. Lynn Jenkins**, R-2nd Dist., 3550 SW Fifth St., Topeka, KS 66601, (785) 234-5966.

**NARFE member toll free line** to Congress members: 1-866-220-0044, [www.lj@mail.house.gov](mailto:www.lj@mail.house.gov)

**Kansas State (by Dist. at Statehouse, Topeka 66612, telephone (785) 296 + ext.):**

**Rep. John Bradford**, R-40th Dist., 300 SW 10th Ave., ext. 7653, [john.bradford@house.ks.gov](mailto:john.bradford@house.ks.gov)

**Rep. Willie Dove**, D-38th Dist., 300 SW 10th Ave., ext. 7670, [willie.dove@house.ks.gov](mailto:willie.dove@house.ks.gov)

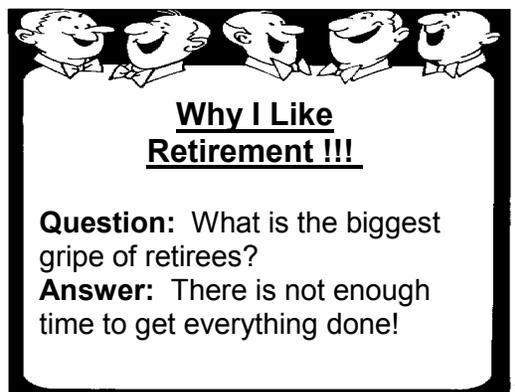
**Sen. Steve Fitzgerald**, R-5th Dist., 300 SW 10th Ave., Rm 135-E, [steve.fitzgerald@senate.ks.gov](mailto:steve.fitzgerald@senate.ks.gov)

**Rep. Tony Barton**, R-41st, 300 SW 10th Ave., Rm 451-S, ext. 3924, [tonybarton@house.ks.gov](mailto:tonybarton@house.ks.gov).

**Rep. Connie O'Brien**, R-42nd, 300 SW 10th Ave, Rm 187-N, ext. 7683, [connie.obrien@house.ks.gov](mailto:connie.obrien@house.ks.gov).

**State legislators hot line:** 1-800-432-3924.

come, the increase lags behind private-sector pay increases. As a result, the gap between federal and private-sector pay, which now stands at 35 percent, will continue to grow.



### Calendar of Upcoming Events

**January      There was no meeting.**

|         |           |                                                            |
|---------|-----------|------------------------------------------------------------|
| Jan. 29 | 9:15 a.m. | Executive Committee meeting                                |
| Feb. 5  | 1:30 p.m. | Chapter meeting: Representative from St. Vincent's Clinic. |
| Feb. 26 | 9:15 a.m. | Executive Committee meeting.                               |

|          |           |                                            |
|----------|-----------|--------------------------------------------|
| Mar. 5   | 1:30 p.m. | Chapter meeting: Representative from CASA. |
| Mar 26   | 9:15 a.m. | Executive Committee meeting.               |
| April 2  | 1:30 p.m. | Chapter meeting: Memorial Program          |
| April 30 | 9:15 a.m. | Executive Committee Meeting.               |

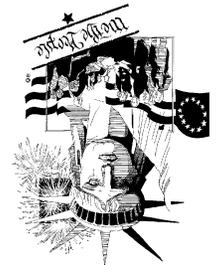
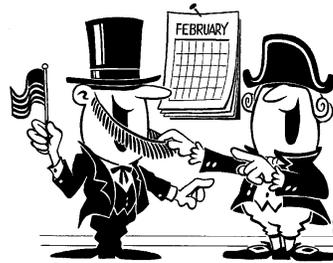
**NOTE:** Chapter meetings are held in the **Heritage Center, 109 Delaware** at 1:30 p.m.  
 Executive Committee Meetings are held at the Leavenworth Public Library the last Thursday of each month at 9:15 a.m.

**Did you know . . .**

Until 1971, both February 12 and February 22 were observed as federal holidays to honor President Abraham Lincoln and President George Washington? In 1971 President Nixon proclaimed one single federal public holiday, and called it President's Day. It is to be celebrated on the 3rd Monday of February each year and honors all past presidents of the United States of America.

The federal statute of the USA still designates this day as Washington's birthday. President Nixon had

erroneously believed that a presidential proclamation on the matter carried the same weight as an Executive Order, which was not the case.



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