

THE BISON



Buffalo Bill Chapter 27

March 2017

Issue 1

ANNUAL PICNIC

When: Thursday, June 1st at 6:00 p.m.
Doors open at 5:00; meeting at 5:50 p.m.

Where: Heritage Center, 109 Delaware

Cost: \$12.00 for Members & Guests

MENU

Fried Chicken & Brisket
Potato Salad & Baked Beans
Coleslaw and Roll
Assorted Desserts
Coffee, Tea and Water

Catered by Terry Booker.

Note: There is a ramp that makes the Heritage Center handicap-accessible. Also, plenty of free parking.

Chances for door prizes will be sold for \$1.00 each or 6 for \$5.00. One prize per person.

NO ONE WILL BE ADMITTED WITHOUT A RESERVATION!!! SIGN UP NOW!!!

Reservations: Eileen Sturgis
538 McDonald Rd.,
Leavenworth, KS 66048

For more information, phone: 682-5847.

Cut-off Date: May 25th, 2017

Reservations are made when check or cash is submitted. If check is made out to NARFE, it will be cashed AFTER the dinner; if made out to Eileen Sturgis, it will be cashed right away, so you will receive your cancelled check faster.

Please include, on a separate piece of paper, the name(s) of member(s) and guest(s). Also indicate that check is for Annual Picnic.

Entertainment will be provided.

Thank You!!! See you there!! Eileen Sturgis

From the President:

The 6 April Meeting will be the Memorial Service. Looking forward to having family members there to honor their loved ones by lighting a candle.

The Kansas Federation Convention is being held in Hutchison this year, 23-25 April. It is being sponsored for the first time by the Kansas Federation Board members. This year they have changed the auction items to theme baskets, handmade items, or home baked goodies.

The picnic is the last big thing on the agenda for this *Bison*. It will be held 1 June at the Heritage Center. The members that attended the Fall Fest voted to go ahead and have the picnic this year, so our board is looking forward to a nice turnout. There is a menu and all the information included in this *Bison*.

I just want to remind you that if you cannot attend meetings, we miss you, but we are still taking Alzheimer's money donations at every meeting. If you would like to make a donation, just remember to make your check out to NARFE Alzheimer's Research and all donations are tax deductible and 100% of money is used for research, not one cent goes toward administration.

Looking forward to seeing you all at the upcoming meetings.

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

From the 1st VP—Membership

Well, the news is not so good for the membership numbers of our chapter. In 2016 we began with 254 members, and were down to 229 as of 31 December 2016. Of the 25 members that we lost, 12 were deceased; 17 were dropped for non-renewal; 2 new members in and 2 deceased memberships transferred to their spouse. Four people were identified as prospective members, but have not signed up for membership.

We need to work to get more people to join NARFE. Since people joining NARFE don't have to join a Chapter, it would seem to make it easier for people to join. There is a membership form in each *NARFE magazine* to help you to get people to join, and at least give them your magazine to read, and



maybe decide to join NARFE themselves. Continue to invite eligible people to our picnic and Fall Fest to let them see the fun things we do. Remind people that NARFE is not only for retired federal employees, but for active employees too. I know our meeting comes in the middle of the work day, but maybe they could come visit a meeting once in a while.

Talk to me if you would like to get names of those that dropped for no-renewal so you can contact them to encourage them to rejoin. You can also get names of prospective members that you can contact. Thanks for all of your help!

Fran Gast

From the 2nd VP—Programs

April 6—Memorial Service.

May 4—Mr. Low from Harth Bakery in Weston.

June 1—Annual Picnic, 6 p.m. with check-in time between 5-5:50 p.m. See details on page 1.

July—No meeting.

Billie Oertel

From the 3rd VP—Service Officer

As the Chapter Service Officer I am available to answer questions and to assist you in helping with a variety of benefit matters.

Rod Ziemer

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. If anyone knows of a sick NARFE member please contact Marilyn Murray at 913-351-3386. Also, we would appreciate any sympathy cards you are not going to use yourself. Feel free to bring them to the next meeting.

A Get Well card was sent to Alice Theis.

Marilyn Murray

IN MEMORIAM

Members

Calvin Johnston Brey Wilfred (Wid) Hund
Marguerite T. Brown Robert (Bob) Tate, Sr.
Leo Francis Weber

Family Members

Jerald (Jay) Schmidt son of James Schmidt

From the Alzheimer's Chair:

Brain Health

Every day scientists are discovering how closely our minds and bodies are connected. It turns out things that you do to help keep your body and heart healthy may be good for your brain. Learn what healthy activities you should incorporate into your daily life. Follow a heart-healthy diet and exercise regularly. Regular exercise keeps your cardiovascular system healthy which is good for your heart and your head. Some studies suggest working out may directly benefit brain cells by increasing blood and oxygen flow. Control your blood sugar. A study published in the journal *Neurology* showed that people with diabetes are twice as likely to develop Alzheimer's as people with normal glucose levels. That's high because blood sugar and insulin resistance may lead to complications that could harm brain cells directly or damage the blood vessels that bring oxygen and nutrients to the brain.

More heart-healthy tips next time.

Helen Stewart

Are you bothered by nuisance calls?

I'm sure everyone who has a telephone, land-line or cell, receives those unwanted annoying calls trying to sell you something or solicitations for money, etc.

Did you know that there is a No Call Registry where you can sign up to not receive these calls?

Recently, I was at lunch with some friends and one of them mentioned this Registry and how to get on it, so I decided to try it.

If you are comfortable with the internet all you have to do is:

- **Type in: www.DoNotCall.gov**

This will take you to the Federal Trade Commission website for the *National Do Not Call Registry*.

- **Next, click on: Register Your Phone**
- **Follow the instructions; you can register up to three (3) phones.**

You do have to have an email address in order to register, as after you register, they will send you an email for each phone with instructions for you to verify the phone #s. Only after you respond to the instructions in the email will your phone(s) be registered.

If you don't want to use the internet, you can call: 1-888-382-1222 from the phone number you want to register.

I hope this information will be helpful to you.

Delores Vargas, Editor





NARFE LEGISLATIVE HOTLINE—Feb. 10, 2017

**Postal Reform Act Continues
Committee Movement**

This week, the House Committee on Oversight and Government Reform (OGR) held a hearing on the Postal Reform Act of 2017, H.R. 756. NARFE strongly opposes this bill on the grounds that it unfairly places the burden of fixing the Postal Service's financial issues on the backs of its retirees. The bill would require current postal retirees to enroll in Medicare, costing them an additional \$134 a month (or more), or face losing their Federal Employees Health Benefits Program coverage. The Medicare late enrollment fee is waived under the bill. This breaks a promise to nearly 76,000 current retirees who previously had declined Medicare coverage. NARFE submitted testimony for the record to OGR in advance of the hearing.

A markup for the bill likely will occur later this month, where it is expected to easily pass out of committee, as the hearing indicated. The previous version of the bill, submitted in the 114th Congress, was approved by OGR, but failed to receive additional action on the House floor.

NARFE urges its members to write their legislators and ask them to oppose this bill. Changing postal retiree's benefits, after the fact, not only breaks a promise made to them, but also sets a terrible precedent for the rest of the federal community.

A letter opposing this bill is available on the NARFE Legislative Action Center, website:

www.NARFE.org



LEGISLATORS' Address / Phone:

NARFE member toll free line to Congress members: 1-866-220-0044, www.lj@mail.house.gov

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

Sen. Pat Roberts, 444 SE Quincy, Rm 392, Topeka, KS 66683, (785) 295-2745, www.roberts.senate.gov.

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

Rep. Adam Lusker, D-2nd Dist., 3550 SW Fifth St., Topeka, KS 66601, ext. 7698, adam.lusker@house.ks.gov

Rep. Debbie Deere, R-40th Dist., 300 SW 10th Ave., Rm 174-W, ext. 7653, Debbie.deere@house.ks.gov

Rep. Willie Dove, D-38th Dist., 300 SW 10th Ave., Rm 149-S, ext. 7677, willie.dove@house.ks.gov

Sen. Steve Fitzgerald, R-5th Dist., 300 SW 10th Ave., Rm 135-E, Steve.Fitzgerald@senate.ks.gov

Rep. Jeff Pittman, R-41st, 300 SW 10th Ave., Rm 559-S, ext. 7522, Jeff.Pittman@house.ks.gov.

Rep. Jim Karleskint, R-42nd, 300 SW 10th Ave., Rm 512-N, ext. 7683, Jim.Karleskint@house.ks.gov.

SCHOLARSHIP NEWS

Changes are coming to the NARFE Scholarship Program. The application form, which traditionally has run in the February issue of *narfe* magazine, did not appear this year. The application process is going online. Look for details in the March issue and on the NARFE website, www.narfe.org (go to "About NARFE" at the top of the page and click on "Scholarship Program" in the drop-down menu). Application deadline is April 28.

This scholarship is available for the children or grandchildren of NARFE members.

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