

# THE BISON



*Buffalo Bill Chapter 27*

Oct-Nov 2014

Issue 4

## **FALL FEST**

**When:** Thursday, November 6, 2014 at 12 noon.  
Doors open at 11:00 a.m.

**Where:** Heritage Center, 109 Delaware

**Cost:** \$12.00 for Members & Guests

### **MENU**

Ham & Turkey  
Mashed potatoes, gravy, dressing  
Green beans  
Assorted Desserts  
Coffee and Iced Tea

*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: Nov. 3, 2014**

**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 Fall Festival.**

Entertainment will be Possum Holler Four, who will sing for us.

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

## **From the President:**

The trees and bushes are starting to turn, so fall is just around the corner. Our neighbors have some of the most beautiful trees every year, so will be looking for them to be just as pretty again this year. We lost our big ash tree to the emerald ash beetle, but have replaced it with two small maple trees, so should have a few colorful leaves ourselves.

What a great group of Chapter 27 NARFE members we have! If you got busy and forget to send in your donation from the last *BISON* for NARFE Alzheimer's Research, there is still time to do so, as your monies will count toward a deduction for your 2014 taxes.

The Annual Fall Fest, 6 November at The Heritage Center, with doors opening at 11:00 am and dinner served at 12:00.

I am looking forward to seeing each of you at the Annual Fall Fest.

*Boni Lages  
1817 Ridge Road  
Leavenworth, KS 66048  
913-683-2222  
boniwoody@gmail.com*

## **From the 1st VP—Membership**

### **September—December 2014 Membership Drive**

Did you know that there is a NARFE membership drive going on?

There are special recruitment incentives good through December 31.

Based on requests by members at the National Convention in Orlando, the membership drive originally planned for September 2014 only will be extended through the end of the year. This will allow for incentivized recruitment through the upcoming health fairs.

As a reminder...

The Incentives:

- Recruiters will receive \$10 for each new member, current OR retired, who joins between September 1 and December 31, 2014. (Applications must be postmarked, and calls or website joins must be received, by the December 31st deadline.)
- All September through December recruiters will be entered into a drawing, once for each new member they have recruited.



- A Kindle Fire tablet will be awarded to a recruiter randomly selected from this pool.

**Gather Your Material:**

- The NARFE membership brochure, F-135 (08/13), can help you through recruitment talking points and includes an application with a prepaid return envelope. I have some that I will bring to our meetings so you can get a copy (or two).
- A sample “Elevator Speech,” or summary of our focused sales pitch, is available online at [www.narfe.org](http://www.narfe.org). Once logged in, go to Officer Resources, “Tips, Tools and Templates,” and you’ll find it is the last link on that page; or see below.

**Familiarize Yourself With All the Avenues to Join...**

- Mail in the F-135 brochure;
- Go online to [narfe.org](http://narfe.org) and click the Join link;
- Call us at 800-627-3394; or
- Use the application that appears in every issue of *narfe* magazine.

**Don’t Forget Your Recruiter ID (NARFE Membership ID #, which can be found on the label of your *narfe* magazine)...**

Credit for recruitment can be given only if the ID number of the recruiting member is provided upon joining.

We look forward to a terrific recruitment season—one that will reinvigorate all the would-be recruiters among us!

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**Elevator Speech**

NARFE Elevator Speech

An elevator speech is simply a summary—or the best possible way to present NARFE and the value of membership within a limited amount of time. We seldom have the luxury of a relaxed, extended discussion with a potential NARFE member. Instead, it is the hurried pitch to busy attendees of a health fair or a brief, chance encounter with a newly discovered co-fed. A clear, highly focused elevator speech makes certain that the limited time is used most wisely.

The best speech will be based on answering four key questions:

- What is NARFE?
- What does NARFE do?

- What are the benefits of NARFE membership?
- Why should I join?

***The following is a sample speech:***

NARFE is the National Active and Retired Federal Employees Association. It is the only organization **solely** dedicated to protecting and preserving the pay and benefits of ALL federal workers and retirees.

***NARFE has two primary roles:***

- Your Legislative Voice. In-house, influential lobbyists advocate on Capitol Hill on behalf of the federal community.
- Your Information resource. NARFE provides clear information and trusted guidance on complex federal benefits issues.

***As a member of NARFE you receive:***

- *narfe* Magazine — the prime source of information and guidance on critical legislation and benefit issues.
- Access to a team of Federal Benefits Service specialists for answers to complex benefit questions.
- Legislative alerts on issues directly impacting the federal community and an online Legislative Action Center to quickly and easily contact your member of Congress.
- Member-only eligibility for scholarships, disaster relief grants, and discounts on products and services.

When you join NARFE, you will protect your earned pay and benefits, ensure you can get trusted guidance on complex pay and benefit questions, and support the federal community.

*Fran Gast*

***From the 2nd VP—Programs***

**Nov. 6th**—Fall Fest. See information on pg. 1

**Dec. 4th**—Pam Maxwell from Blue Cross/Blue Shield will give us new information on our insurance.

**January**—No meeting.

**Feb. 5th**—Memorial Service for deceased members.

*Billie Oertel*

***From the Legislative Officer***

I couldn't help noticing the article in the October *narfe* magazine concerning tax surprises. I would not at all disagree, however, I also saw them as difficult and insignificant planning concerns for most.



As federal employees and retirees we often tend to limit our political concerns and interests to our wages, COLA's, FEHB, other benefits, etc. Way too often ignoring what has or is taking place with the state or local governments that affect our available resources.

The sales tax is an easy tax to collect and rarely objected to by the payer. In Kansas the state rate has increased from 5.3% in 2009 to 6.15% currently. Considering the 3.0% of Leavenworth City and County sales tax makes a total of 9.15%. Purchase \$20,000 of taxable goods and services, you will have paid an additional sales tax of \$1,830.00. Certainly not a trivial tax.

In addition to the sales tax increases we have experienced the last two years, many of us have also lost our Kansas rental homestead refund, food sales tax refund, long term care insurance deduction and a part of our earned income credit.

In many situations, what is completely ignored or misunderstood politically, costs us far more than what raises our ire and consumes our political thoughts. Know your issues and participate in the upcoming election.

Wayne Stalaker

#### **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.

A Get Well card was sent to Eileen Quinley.

Marilyn Murray

#### **IN MEMORIAM**

##### **Members**

Martha Cain

##### **Family Members**

Jamie Bryan, daughter of Larry Bryan

Martha Cain, mother of Cecil Hayden

Maynard Hall, father of Mike Hall

Joan Marie Kreutzer, daughter of Leo Kreutzer

Helen Nyhart-Gray, mother of Sylvester Nyhart

Clyde Smith, brother of Trudy Bolewski

Rose Mary Visocsky, wife of Steve Visocsky

Vincent Weston, Sr, husband of Dawn Weston

#### **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](http://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., ext 7357, [Steve.Fitzgerald@senate.ks.gov](mailto:Steve.Fitzgerald@senate.ks.gov)

**Sen. Tom Holland**, D-3rd, 300 SW 10th Ave., ext. 7372, [tom.holland@senate.ks.gov](mailto:tom.holland@senate.ks.gov).

**Rep. Melanie Meier**, D-41st, 300 SW 10th Ave, ext. 7650, [Melanie.meier@house.ks.gov](mailto:Melanie.meier@house.ks.gov).

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

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

#### **From the Alzheimer's Chair:**

##### **Can You Reduce the Risk of Alzheimer's?**

It's the second-most feared disease after cancer, an estimated 5.4 million Americans are living with it, and there's no cure. Alzheimer's is a type of dementia that causes a steady decline in memory, thinking and behavior. Scientists know that Alzheimer's kills brain cells; they also know that age, family history and genetics can increase your chances of developing the disease. Here are three steps that we can take to help reduce our risk.

1. **Control your blood sugar:** Studies have shown that people with diabetes are twice as likely to develop Alzheimer's as people with normal glucose levels. That's because high blood sugar and insulin resistance may lead to complications that could harm



brain cells directly and damage blood vessels that bring oxygen and nutrients to the brain.

2. **Exercise:** Researchers reported on how many cases of Alzheimer's may be contributable to certain behaviors or conditions. In the U.S. physical inactivity topped the list. Regular exercise keeps your cardiovascular system healthy, which is good for your heart and your brain. Working out regularly may directly benefit brain cells by increasing blood and oxygen flow.

3. **Have your cholesterol checked:** Scientists discovered that people who have high cholesterol levels were more likely to have markers for Alzheimer's in the brain called plaque compared with people who have normal or lower cholesterol. Conditions that can damage the heart or blood vessels, and appear to increase Alzheimer's risk, include high cholesterol, high blood pressure and heart disease.

*(USA Weekend, 11/11)*

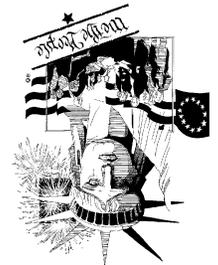
*Helen Stewart*

### Calendar of Upcoming Events

|                 |                                        |                                                               |
|-----------------|----------------------------------------|---------------------------------------------------------------|
| Oct. 30         | 9:15 a.m.                              | Executive Committee meeting.                                  |
| Nov. 6          | 12:00 p.m.                             | Fall Fest (see details, pg. 1).                               |
| Nov. 27         | 9:15 a.m.                              | Executive Committee meeting.                                  |
| Dec. 4          | 1:30 p.m.                              | Chapter meeting with Pam Maxwell from Blue Cross/Blue Shield. |
| <b>December</b> | <b>No Executive Committee meeting.</b> |                                                               |

|                |                    |                                                              |
|----------------|--------------------|--------------------------------------------------------------|
| <b>January</b> | <b>No meeting.</b> |                                                              |
| Jan. 29        | 9:15 a.m.          | Executive Committee meeting                                  |
| Feb. 5         | 1:30 p.m.          | Chapter meeting: Memorial Service for 2014 deceased members. |
| Feb. 26        | 9:15 a.m.          | Executive Committee meeting.                                 |
| Mar. 5         | 1:30 p.m.          | Chapter meeting: TBA.                                        |

**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.



Non-Profit Organization  
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Leavenworth, Kansas 66048  
Permit No. 101

NATIONAL ACTIVE AND RETIRED  
FEDERAL EMPLOYEES  
3012 Girard Street  
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RETURN SERVICE REQUESTED