

THE BISON



Buffalo Bill Chapter 27

November 2013

Issue 4

From the President:

By the time you receive this Bison it will be known whether the civil service employees will be furloughed again and for how long. Even after all these years and as a retired government employee, I think maybe this will be the year that our elected officials will stop and think about how the civil service employees are what keeps the continuity in many of the government agencies, especially those close to us here in the Leavenworth/Lansing area.

In this *Bison* you will find all the details of the Fall Fest and I hope every member makes your reservation for you and your guest to join us for the meal and entertainment we have planned. This early in the Fall, the weather should be nice, the most we should have is rain, *no snow*. I am looking forward to seeing all of you at The Heritage Center on November 7th.

Boni Lages

913 683-2222

boniwoody@gmail.com

From the 1st VP—Membership

In an e-mail from Carol Ek, we were advised that at the National Executive Board meeting in Orlando, Florida, July 8-12, 2013, one of the motions approved to be effective October 1, 2013 is as follows: "New two-year recruitment incentive program. New members recruited after October 1, 2013, will be offered a new membership for \$40 whether it is a chapter member or an e-member. This rate will remain in effect for the first year only. At the 9-month renewal date, the member will be billed the customary rate of \$40 plus chapter dues. Application forms are being revised and will be available for distribu-

FALL FESTIVAL

When: Thursday, November 7, 2013 at 11:30 a.m.
Doors open at 11:00 a.m.

Where: Heritage Center, 109 Delaware

Cost: \$13.00 for Members & Guests

MENU

Ham & Turkey
Mashed potatoes, gravy, dressing
Corn and 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. 4, 2013

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.

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

tion soon. However, you may accept new memberships by crossing out the \$45 on the current form and entering \$40." As of 29 Sept. 2013, I did not find the updated form available for ordering. I do have the old form that can have the dollar amount changed. If you want some, please let me know.

I also ask for assistance from any of you to help contact people that have dropped their membership and ask them to consider renewing their membership. Our membership has



dropped and we need to try to bring more members in, especially those that are still active federal employees. Thanks,

Fran Gast

From the 2nd VP—Programs

Nov. 7th—Fall Festival, the Power & Life Choir from Leavenworth Sr. High will be performing. We will take up donations for the group.

Dec 5th—Patty Wilmeth from the Council on Aging will talk to us about Alzheimers

January—No meeting.

Feb. 6th—Memorial Service

Billie Oertel

From the 3rd VP—Service Officer

I would like to urge all NARFE members to read the current *NARFE* magazine . . . it is loaded with a lot of good reading material that pertains to retirees.

John Leavitt

From the Legislative Chair:

As I write this, Congress and the Administration are at loggerheads over O'BamaCare one more time. Is full necessary funding to operate the government going to be available after October 1? Will various selected functions of government cease to function for some time? How this plays out remains to be seen. However, I am confident that other non-related issues will somehow be part of any agreement.

The Administration and Congress are both at a loss as to how to bring spending down to the levels of revenue available subsequent to the tax cuts accepted during the prior administration. Unfortunately for not only federal, but all retirees, they may be contributing a goodly portion to that reduction via the CPI, "Cost Price Indexing". If implemented, this change in how COLA's are computed could result in tens of thousands of dollars in reduced life-time benefits for many retirees.

There are so many bills, ideas, and suggestions bouncing around Washington that will be

Officers for 2013

President: Boni Lages

1st VP—Membership: Fran Gast

2nd VP—Programs: Billie Oertel

3rd VP—Service Officer: John Leavitt

Treasurer: Ross Perkins

Legislative Chair: Wayne Stalnaker

Sunshine Chair: Marilyn Murray

Alzheimer's Chair: Helen Stewart

harmful to federal retirees and employees it is not practical to follow and contact our representative about them all. The Administration has indicated a willingness to accept the CPI with certain spending reductions and enhanced revenues in other areas. This accommodation makes me very concerned that CPI reductions may well become law.

If there is any issue you follow and contact your representatives about, your feelings and opinion concerning implementation of the CPI should most definitely be one of your concerns and priorities.

Wayne Stalnaker

IN MEMORIAM

Members

Leonard Boyer

Joseph Kolb

Emily Rose Klundt

Henry J. McEvoy

Family Members

John Boyer Sr, brother of Leonard Boyer

Sue Ann Heiden, daughter of Betty Heintzelman

Henry McEvoy, brother of Jean McEvoy

From Sunshine Chair:

If you know of members who are hospitalized or ill at home let me know and I will send cards. We would also like to recognize wedding anniversaries and need your help by furnishing us with that information. Please call me at 351-3386. Thank you.

A Get Well card was sent to Jean McEvoy.

Marilyn Murray



Age-Proof Your Brain

Alzheimer's isn't inevitable. Many experts now believe you can prevent or at least delay dementia even if you have a genetic predisposition. Reducing Alzheimer's disease risk factors like obesity, diabetes, smoking, and low physical activity by just 25 percent could prevent up to a half million cases of the disease in the United States according to a recent analysis from the University of California, San Francisco. Here is one way to stay sharp forever:

Get moving. "If you do only one thing to keep your brain young, exercise," says Art Kramer, Ph.D., professor of psychology and neuroscience at the University of Illinois. Higher exercise levels can reduce dementia risk by 30 to 40 percent. Working out helps your hippocampus, the region of the brain involved in memory formation. As you age, your hippocampus shrinks, leading to memory loss. Exercise can reverse this process, research suggests. Physical activity can also trigger the growth of new nerve cells and promote nerve growth. Most experts recommend 150 minutes of moderate activity a week.

Seek Out New Skills. Learning is like Rogaine for your brain. It spurs the growth of new brain cells. "When you challenge the brain, you increase the number of brain cells and the number of connections between those cells," says Keith Black, M.D. "But, it's not enough to do the things you routinely do—like the daily crossword. You have to learn new things, like sudoku, or a new form of bridge."

Get a Social Life. Who needs friends? You do! Having multiple social networks helps lower dementia risk, a 15-year study of older people from Sweden's Karolinska Institute shows. A rich social life may protect against dementia by providing emotional and mental stimulation. Other studies yield similar conclusions: Subjects in a University of Michigan study did better on tests of short-term memory just after 10 minutes of

conversation with another person.

Helen Stewart

FYI

Affordable Care (Obamacare) Act Reminder

With the initial Affordable Care Act health insurance enrollment period set to begin October 1, there still seems to be some confusion among federal employees and retirees regarding the relationship between that program and the FEHB. Those eligible for FEHB coverage remain eligible for it, and the Obamacare startup—assuming it survives a congressional Republican effort to stop it—will not affect them with this limited exception: members of Congress and their personal staffs (although not other legislative branch employees) will have to leave FEHB and get their health insurance through the exchange system or through another source such as a

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.

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

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

Rep. Willie Dove, D-38th Dist., 300 SW 10th Ave., ext. 7670, willie.dove@house.ks.gov

Sen. Steve Fitzgerald, R-5th Dist., 300 SW 10th Ave., ext 7357, Steve.Fitzgerald@senate.ks.gov

Sen. Tom Holland, D-3rd, 300 SW 10th Ave., ext. 7372, tom.holland@senate.ks.gov.

Rep. Melanie Meier, D-41st, 300 SW 10th Ave, ext. 7650, Melanie.meier@house.ks.gov.

Rep. Connie O'Brien, R-42nd, 300 SW 10th Ave, ext. 7683, connie.obrien@house.ks.gov.

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



spouse's employment. That involves only a small part of the FEHB population, although a highly visible one. Other FEHB-eligible persons are free to leave FEHB if they wish, but it is not expected that many, if any, will do so; instead, the focus for them will remain on the regular benefits open season for FEHB that starts November 11.

From the Fed Week



Why I Like Retirement !!!

Question: Why do retirees count pennies?
Answer: They are the only ones who have the time.

Calendar of Upcoming Events

Oct. 24	9:15 a.m.	Executive Committee meeting.
Nov. 7	11:30 a.m.	Fall Festival; details on page 1.
Nov. 21	9:15 a.m.	Executive Committee meeting.
Dec. 5	1:30 p.m.	Chapter meeting: Patty Wilmeth, Council on Aging, will talk about Alzheimers.

January—No meeting.

Feb. 6	Chapter Meeting: Memorial Service.
Feb. 27	Executive Committee meeting.
Mar. 6	Chapter Meeting: TBA
Mar. 27	Executive 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.



NATIONAL ACTIVE AND RETIRED
 FEDERAL EMPLOYEES
 3012 Girard Street
 Leavenworth, KS 66048
 RETURN SERVICE REQUESTED

Non-Profit Organization
 U.S. Postage Paid
 Leavenworth, Kansas 66048
 Permit No. 101