



# Kaw Blue Communiqué

Volume No. 19 Issue No. 4

Manhattan, KS Date December, 2013

## EXECUTIVE COMMITTEE

President	John H. Rodgers	785-230-6050
1st VP	Dick McChesney	537-8302
2nd VP	Elaine Liddell	776-5559
Secretary	Judy Grossnickle	537-2457
Treasurer	Barbara Hackbart	494-2425
Past Pres	Ann Domsch	537-5147
News Editor	Judy Grossnickle	537-2457

## ELECTION RESULTS

The chapter elections were held on November 20, the following were elected by acclamation:

President: John H. Rodgers  
1st Vice: Dick McChesney  
2nd Vice: Elaine Liddell  
Secretary: Rebecca Rodgers  
Treasurer: Barbara Hackbart

We wish to thank them all for their dedication to the chapter and their willingness to lead our chapter.

The installation of the new or returning officers will be held on December 18th.

## MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

**Please plan to attend your meeting.** We meet at RC McGraw's, 2317 Tuttle Creek Blvd. Lunch is served at 11:15AM. If you are not called by a caller, please call John Rodgers for reservations.

**Wednesday, Jan 15**

Tom Parrish,  
Kansas Humanities Council  
"Root Cellars in the Flint Hills"

**Wednesday, Feb 19**

Johanna Burniston,  
Engineers without Borders  
"Rebuilding a Water System in Guatemala"

**Wednesday, Mar 19**

Nancy Knopp  
Mercy Regional Health Center  
"Preparing for Life's Events"

We're hosting the  
2014 Convention!  
April 27-29, 2014



## **LEGISLATIVE REPORT**

(By: John Drach, Legislative Committee Chair)

On the national level, the budget conference committee continues to meet and is discussing a plan to fund the federal government. It is reported both sides are working and trying to only replace the sequestration for a couple of years rather than arrive at a comprehensive debt reduction plan. Threats to the federal workforce continue during these meetings. Several options continue to rise in the meetings for deficit reduction based solely on the backs of federal employees and retirees. As the budget conference committee attempts to develop a federal budget, every member of Congress needs to hear from us that the federal workforce has already made the sacrifices for the deficit reduction. Feds continue to be perceived as an easy target by Congress unless we make our voices heard loud and clear across the country.

A budgetary item affecting our currently employed NARFE members is the FERS annuity supplement is probably going to end. Recently legislation was introduced to eliminate this defined-benefit aspect of the Federal Employees Retirement System (FERS) pension. It is not known if this legislation would affect all current FERS employees or possibly just the newly hired employees.

The budgetary issue of switching to the Chained CPI to calculate federal annuitant's cost-of-living adjustments (COLA) continues to receive national attention. This detrimental change would also be applicable to social security recipients, military retirees and the disabled. Recently various groups rallied outside the White House to oppose the proposed chained CPI. The groups included: NARFE, the National Committee to Pre-

## **LEGISLATIVE REPORT CON'T**

serve Social Security and Medicare, AARP and the National Organization for Women.

It was recently announced the standard Medicare Part B monthly premium will be \$104.90 in 2014, the same as 2013. The Medicare Part B deductible also will remain unchanged at \$147.00.

### **The Origin of Taps**

By: M. Cardella

The haunting melody we know as "Taps" that still brings tears to many eyes, is now used at most Military, Fireman's and Policeman's funerals. Taps was born in 1862 during the Civil War. These are the "words" of the three verses.

*"Day is done, gone the sun, from the lakes, from the hills, from the sky, all is well, safely rest, God is nigh.*

*Fading light, dims the sight, and a star, gems the sky, gleaming bright, from afar drawing nigh, falls the night.*

*Thanks and praise, for the days, neath the sun, neath the stars, neath the sky, as we go, this God is nigh."*

A Confederate soldier, Pvt Robert Ellicombe, Jr. wrote this song. He was killed in the battle at Harrison's Landing, Virginia in July, 1862. His father, a Union Army Officer had the first "Taps" played over his son's gravesite by a lone Union Bugler.

### **IN MEMORIUM**

**Richard Walsh**, Born: July 18, 1940; Died: Oct 17, 2013

**Frank Morrison**, Born: Jan 27, 1929; Died: Jul 23, 2013

**Ella Mae Howard**, Born: Jan 31, 1919; Died: Jul 3, 2013

## **ALZHEIMER'S UPDATE**

(By: Ann Domsch, Alzheimer's Committee Chair,  
537-5147)

Alzheimer's is a progressive disease of the brain that slowly impairs memory and cognitive function. The exact cause is unknown and there is no cure. The National Institutes of Health estimate that more than five million people in the United States have Alzheimer's disease. Although younger people can and do get Alzheimer's, symptoms generally begin after age 60. The time from diagnosis to death can be as little as three years in people over 80 years old. However, it can be much longer for younger people.

Damage to the brain begins before symptoms show. Abnormal protein deposits form plaques and tangles in the brain of someone with Alzheimer's disease. Connections between cells are lost and they begin to die. In advanced cases, the brain shows significant shrinkage.

It's impossible to diagnose Alzheimer's with 100 percent accuracy while a person is alive. The diagnosis can only be confirmed during an autopsy, when the brain is examined under a microscope. However, specialists are able to make the correct diagnosis up to 90 percent of the time.

Alzheimer's disease was first identified more than 100 years ago by a gentleman named Alois Alzheimer, but research into the symptoms, causes, risk factors and treatment has gained momentum only in the last 30 years. Although research has revealed a great deal about Alzheimer's the precise changes in the brain that trigger the development of Alzheimer's and the order in which they occur, largely remain unknown.

## **PRESIDENT'S CORNER**

(By: John H. Rodgers, 785-230-6050,  
rogersjohn@rocketmail.com)

I want to say hello to all our members. I hope your holidays were good and you get what you want from Santa. Well, winter is in full swing and I hope to keep seeing your smiling faces at the NARFE meetings. I will have another new member at the next meeting. She works with Sen. Moran here in Manhattan. I want to challenge each and every one of you to bring a guest or new member to the next meeting. I know some of you are married and your spouse doesn't belong to NARFE. Please sign her/him up and bring her/him to the meetings. I'm very proud to be your President again for 2014. I have some new ideas that I'm sure will work at our meetings. I was excited to see our oldest (101 year old) member attend our November meeting. That was remarkable, so you see most of us don't have a reason not to come to a meeting. Well, I will close with this, hope to see each and every one of you at this years meetings.

Your "President" John H. Rodgers

### **Eat Apples & Drink Alcohol**

Apples contain quercetin, a powerful antioxidant that protects brain cells from degeneration in rats and might do the same in humans. Eat the skin to get maximum disease fighting compounds.

A recent review of multiple studies found that occasional drinkers had a lower risk of Alzheimer's than non-drinkers, possibly because alcohol boosts "good" HDL cholesterol and reduces the risk of blood clots.

# **Volunteer to assist at convention!**

## **MEMBERSHIP**

(By: Dick McChesney Vice President for Membership)

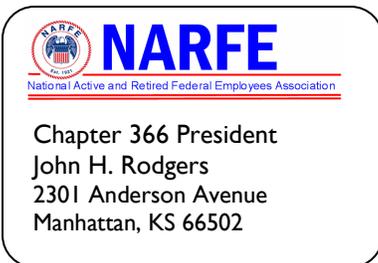
Our chapter has 254 members, about 60-70 regularly attend monthly meetings. They are held the 3rd Wednesday of each month, except July and August, beginning at 11:15 A.M., at the the Blue Hills Room, Blue Hills Shopping Center. Of course all members are cordially invited to attend. If anyone who is not being called, wants a reminder call of the meetings, please call Al Schmaderer, 785 539-9262. We appreciate you belonging to NARFE very much regardless of your activity in the chapter. You and I recognize how important NARFE is to protect our federal employee and retiree benefits. NARFE is the only organization solely dedicated to protecting and preserving the pay and benefits of all federal workers and

Continued in the next column

MEMBERSHIP continued from previous column

retirees. Annual membership is \$40. (Even less under dues withholding.) This is certainly a small amount for having National, State and Chapter members doing everything possible to protect our benefits. Each of us need to encourage retirees, current and former employees, spouses and surviving spouses to belong to NARFE. Please call me or e-mail [dgmac5@juno.com](mailto:dgmac5@juno.com) for applications, literature or questions.

<b>MEMBERSHIP SCOREBOARD</b>			
<b>MONTH</b>	<b>GAIN</b>	<b>REINSTATED</b>	<b>LOSS</b>
Oct-Dec	<b>0</b>	<b>3</b>	<b>3</b>
Memberships in peril: 9			
TOTAL MEMBERSHIP as of Aug, 2013 254			



Forwarding Service Requested  
Judy Grossnickle, Editor