



Kaw Blue Communiqué

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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.

January 21, 2015

Rita Harsch
Meadowlark Hills
"How to Prepare For Nursing Home Care"

February 18

Mark Moser
Kanza Solar
"Sustainability of Solar Energy"



March 18
Cammie Landholm
Interim Healthcare
"Healthcare at Home"



DON'T FORGET TO COLLECT BEST CHOICE LABELS AND TO CONTRIBUTE THEM TO THE ALHEIMER'S FUND. ELAINE LIDDELL NEEDS AS MANY AS YOU CAN CARRY INTO OUR MEETINGS! SHE SENDS THEM IN AND RECIEVES CASH BACK WHICH GOES INTO OUR ALHEIMER'S FUND.

Did You Know?

That yummy cup of cocoa might do more than warm you up! A new Harvard University study found that drinking two cups of cocoa a day for 30 days significantly improved memory in older adults. Lead researcher Farzaneh A.

Sorond, M.D., says her team found cocoa drinking boosted blood flow to the brain, particularly in those whose flow was impaired.



Want to make your cocoa even better for you?

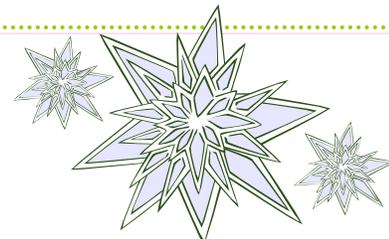
Add cinnamon: Moderates blood pressure.

Add peppermint: Aids in digestion.

Add chili powder: Calms arthritis. May ease headaches. Helps diabetics with insulin control.

2015 Officers

President:	John Rodgers
1st VP (Membership)	Cliff Spaeth
2nd VP (Programs)	Elaine Liddell
Treasurer	Barbara Hackbart
Secretary	Rebecca Rodgers



LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

The National NARFE office reports that both houses of Congress are back in WDC since the election has been completed. It is expected this short lame-duck session of Congress will be quiet as it relates to NARFE issues.

The 114th session of Congress that begins in January is expected to have several threats related to NARFE concerns and issues. The expected threats include the Chained CPI method of computation for annuitant's cost of living increases and also increasing the retirement contributions for active federal employees. Of course the recommendation to all of us is to watch to see if this legislation is introduced and then take action to defend our earned benefits.

The 2015 cost of living increase for annuitants has been announced and it will be 1.7%. Those receiving Social Security earnings will also see those benefits increased by 1.7% beginning January 1, 2015. This amount is based upon the pre-determined formula primarily based upon inflation. Current federal employees do not receive a pay raise in the same way. The federal employee pay increase is determined through the political process between the two houses of Congress and the President. It is expected that current federal employees will receive an across the board 1% pay raise.

Leadership elections have been held in the House and Senate for the 114th Congress that begins January 1. Senator Mitch McConnell from Kentucky, was selected as majority leader for the Senate. Senator Harry Reid from Nevada, will lead as Senate minority leader. Representative John Boehner from Ohio will remain speaker of the House and Representative Nancy Pelosi from California will remain House minority leader.

It was recently announced the standard Medicare Part B monthly premium will be \$104.90 in 2015, the same as 2014. The Medicare Part B deductible also will remain unchanged from 2014 at \$147.00.

MEMBERSHIP

(By: Dick McChesney Vice President for Membership)

All federal employees, retirees, and spouses know how important our benefits are. We would not hesitate to spend \$40-50 a year to continuing receiving these. Further, if most employees and retirees knew the impact NARFE has in protecting our benefits, they would be members. Too many are complacent thinking our benefits will continue unchanged. National legislative bills are often introduced to reduce our benefits. Many times, though NARFE's efforts, they are not reduced. We members know how important NARFE is to have this voice Nationally. We need to convince others who are eligible to join. Will you? National dues are \$40/year and our chapter dues are \$7. First year members can join for \$40 total. Retirees can save 15% by selecting dues withholding and life memberships are available to both retirees and active (current employees). Also, electronic memberships are available. These applications are generally found in the back part of each monthly NARFE magazine and they are available from me. Dick McChesney, 785 537-8302.

I have enjoyed being your vice president for Membership. I extend a special thank you for the members of the Membership committee.

What is NARFE's Mission?

NARFE's mission has remained the same since 1921: To preserve, protect and enhance the benefits of current and retired Federal Employees.



ALZHEIMER'S UPDATE

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

New research found that a dietary intervention of flavanols extracted from cocoa beans may improve function in a region of the brain associated with memory. The small study (only 37 participants) showed that after three months of consuming a high-flavanol diet, participants with the typical memory of a 60 year old improved their memory to that of a 40 year old. Large scale, long term studies are needed before these findings can be generalized, and the researchers cautioned that the findings don't mean the average person should consume more chocolate or cocoa to boost their memory. Almost all flavanols disappear when the beans are processed into chocolate. Flavanols are also in some teas, wine, fruits, vegetables and other plant species.

There are more than 5 million Americans currently living with Alzheimer's with a cost to the nation of 214 billion. With Americans living longer than ever before, these numbers are set to soar to as many as 16 million people living with Alzheimer's disease at an unsustainable cost to the nation of 1.2 trillion by 2050.

Last week researchers reported a new protein that potentially may play a role in Alzheimer's disease. Researchers said what they don't yet know is whether the protein, called TDP-43 is a cause of Alzheimer's or develops due to the disease. TDP-43 has previously been linked to ALS (Lou Gehrig's disease) and other brain diseases.

Attendees at the Kansas Federation of NARFE Chapters Alzheimer's live and silent auctions held at Federation convention, April 27-29,2014 spent \$2,340.00 at the live auction and silent auction netted \$3,586.84. Kaw-Blue, 0366 of Manhattan donated \$1,570.00 which was the largest amount donated. Thanks to all of you.

PRESIDENT'S CORNER

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

To All Members of chapter #0366: First of all I wish to thank you for your support and confidence in me by electing me to continue as your President. I believe this position is a role model for our chapter. I have some new ideas for the 2015 year. Our first goal is to increase our membership. We need to remember that our spouses can be members. Why? After your time here, they will still need someone to support them as NARFE did for you. If your spouse is not already a member, I'm asking each of you to ask for a membership application and sign your spouse up at the January meeting. By doing this we could increase our presence with NARFE.

At the end of November, we saw our youngest son off to basic training in the Army, so our thoughts will be with him and his new beginnings.

We've had a good year and hope to continue that well into the coming year. I give thanks for my friends and for my health, but most of all for my family (all 17 including children-in-laws).

I hope each of you will have a great Holiday Season with time to remember your loved ones near and far.

The Farmer's Almanac predicts a hard winter, so get ready! We need to take care of our vehicles since we depend on them. So, have your vehicle serviced and check all the fluids to include the antifreeze.

We've been meeting at RC McGraws and plan to continue. Would like to see something different on the menu? If so, please let me know.

"Thank You Again" for letting me be your President. I wish good health to

Military Appreciation Week, Nov 10-15

Once again we were able for the 8th time to display our Military memorabilia at the Riley County Service Center. The Senior Center Staff once again provided us with the area and the equipment so important for the display.

The entire large "Leavenworth" room was filled to the brim with the display. Many patriotic members provided us with additional items for display. We received items from the Brooks Family; Flower Cocozzoli; Dick Morgan, the barber; Lee Bettencourt; Bobbi & Glassel Flaherty; and Steve Robinson.

Most important of all, we all offer a very humble, "Thank You" to the many Military Veterans, men and women, and their family members, who viewed our large and growing military display. The attendance was once again excellent, with many veterans reminiscing about their experiences. All branches of the armed forces, both active and retired, viewed our display.

It is only fitting that we remember our Military Service members and their families who

have sacrificed so much to keep our country strong and free. Lets do this again next year. **(Drive On!)**

Michael Cardella

IN MEMORIUM
Gerry D. Ungerer, Member
Born: May 6, 1936
Died: Aug 18, 2014

MEMBERSHIP SCOREBOARD			
MONTH	GAIN	REINSTATED	LOSS
Sep—Dec	5	2	9
Memberships in peril: 4			
TOTAL MEMBERSHIP as of Nov, 245			



NARFE
National Active and Retired Federal Employees Association

Chapter 366 President
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Forwarding Service Requested
Judy Grossnickle, Editor