



Kaw Blue Communiqué

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Manhattan, KS Date March 15, 2017

EXECUTIVE COMMITTEE

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PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

The 63rd Kansas Federation of NARFE Chapters Annual Convention will take place April 23-25, 2017, at the Atrium Hotel and Conference Center, 1400 N. Lorraine Street, Hutchinson, Kansas. This year's convention will be hosted by the Kansas Federation Executive Board with valuable assistance from the local Hutchinson Chapter. Convention registration packets have been assembled by Secretary Chuck Marr and interested Chapter 0366 members may request a packet from him. We are allowed nine voting delegates and one delegate at large. Please consider attending.

Convention registration and payment is due April 1, 2017, and the hotel reservation deadline is April 9. One of the convention agenda items to consider will be a by-law change. The live and silent auctions to benefit Alzheimer's Research are always among the highlights. Theme baskets or homemade items are requested.

We voted to hold the June 21 meeting at 5:30 PM. This will allow the currently employed members who cannot attend noon meetings the opportunity to attend.

I want to offer a special thanks to Catherine Bolte and Ann Murphy for spending a Saturday in early February with the NARFE display at the Community Activity Fair held at the Manhattan mall.

MONTHLY PROGRAMS

(By: Elaine Liddell, Program Chairman)

March 15, 2017

Chuck Marr
Community Gardens



April 19, 2017

Scott Hesseltine
Little Apple Hearing Aid Center

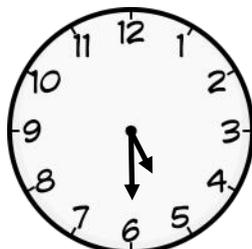
May 17, 2017

Francis Shumaker
A Veteran's Experiences on the
Honor Flight to Washington, DC



June 21, 2017

To be determined
**Remember the time
change!**



LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

This is an item released nationally that may be of interest to Kansas employees and retirees.

To date, the President's major fix-the-government action is the 90-day hiring freeze.

Meantime, lots of federal employees, retirees and other groups (unions, management associations, etc.) believe this is a year when their major challenge will be to defend against major efforts to mess with their pay, their retirement system, the employee-retirees' share of health premiums and their Medicare Part B premiums. For the most part, anything we've got appears to be on somebody's hit list.

This year, NARFE and other groups believe they will face a hard fight protecting current employees and retirees from changes in their health program. They expect there will be a major effort to trim the government's share of health premium payments (now about 71 percent of the total premium), a move that could cost the typical current employee or retiree family as much as \$50,000 (in higher premiums) over a 10-year period.

IN MEMORIUM

Our sympathy is extended to the families, friends and co-workers of the following deceased members:

Dorothy Horsch, 11/15/16
Merle Sorgren, 10/7/16

ALZHEIMER'S UPDATE

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

DOCUMENTARY

The Alzheimer's Association is proud to serve as national partner for the documentary "Alzheimer's Every Minute Counts," which premiered January 25. Highlighting the financial and social implications of Alzheimer's, the one-hour program delivered an urgent wake-up call about the national threat posed by the disease. You will want to watch this program.

COST OF ALZHEIMER'S

Alzheimer's is the most expensive disease in the United States, costing an estimated \$236 billion in 2016. There is an urgent need for the federal government to address the growing public health issue.

MEDITERRANEAN DIET

Health DAY NEWS reports that the heart healthy Mediterranean diet may also help preserve brain health in older adults. Researchers in Scotland examined the brain volume of hundreds of older adults over three years and found that people who more closely followed the eating habits common in Mediterranean countries – lots of fruits, vegetables, olive oil and beans – retained more volume compared to those who did not.

NARFE'S CONTRIBUTIONS TO ALZHEIMER'S

To advance Alzheimer's research NARFE's goal for 2018 is \$13 million.



MEMBERSHIP

(Ann Murphy , VP for Membership, 785 539-2056)

On Saturday February 4th the Manhattan Town Center hosted the 2017 Community Fair. The public was invited to come to the free mall event to learn about the services, outreach programs and volunteer opportunities provided by local organizations. Kathy Bolte learned of this event and fulfilled the requirements to get us a table at the Community Fair. Our goal was to increase the general public's awareness of NARFE. We ordered handouts from the national NARFE office. They sent us the January copies of the NARFE magazine, bookmarks, and brochures explaining some of the services NARFE membership provides. We made large posters to set on our table. Ann Domsch provided us with Alzheimer information and handouts to showcase our service project.

At 9:00 AM, Saturday morning we joined over 40 other organizations at the mall to set up booths. The event hours were 10:00 AM to 3:00 PM. We did have people ask questions and we handed out magazines and membership applications. We will not know if we recruited any new members that day, but hopefully at least some people now know about the NARFE organization.

The best way to recruit new members is for us, the members, to visit with our former colleagues and employers. Also, reach out to friends and neighbors who are federal employees. The best way to recruit new members is by personal one-to-one contact.

Be sure to check out the article, Membership Scoreboard.

| MEMBERSHIP SCOREBOARD | | | |
|-------------------------------------|------|------------|------|
| MONTH | GAIN | REINSTATED | LOSS |
| Jan—Feb | 0 | 1 | 3 |
| Memberships in peril: 11 | | | |
| TOTAL MEMBERSHIP as of Feb 25 — 212 | | | |

A Retirement Future Without NARFE Is Unthinkable!

— Adapted from the October 2016 issue of the Midlothian Chapter 2265 newsletter

Think of what life would be like if the benefits that are enjoyed were reduced and/or terminated. I don't like to think of such because I enjoy all of the benefits that I have earned through my many years of federal service. Protecting those benefits is very important to me. The cost of NARFE membership is nominal when you consider the return on investment. NARFE can only lobby on our behalf if it is financially supported by those who are eligible to become members. There continue to be benefit issues pending that will impact our financial security, such as cost-of-living adjustments for 2017, streamlining the workforce, health insurance premiums, etc. Each active employee, retiree and annuitant will be impacted by some of the proposals before Congress. Give NARFE your support, and let them lobby for you. Encourage your family and friends who are eligible to join as well.



Letter to the Editor

Uncle Sam's and Bird Houses support **Alzheimer's Research**

During our last conventions in Manhattan and Topeka, a big seller at the silent auction was the very patriotic red, white and blue Uncle Sam's with the flowing American Flag. Last year four of these were sold; all monies going to **NARFE Alzheimer Research Program**. It was decided to make a few more Uncle Sam's for this year's convention. The upcoming NARFE Kansas State Convention (April 23-25) will be held in Hutchinson, KS. If you are not able to attend the convention and would like to have an Uncle Sam or bird house, call us at 539-3448 and place your order. These all weather patriotic Uncle Sam's make a perfect gift for you or your family members. For a small donation of \$30.00 to the **NARFE Alzheimer's Research**

Fund, Chapter 366, you can have one in your front yard! We will also have a few bird houses for \$15.00 that have been a hot seller at the convention. Any item that is home made, (from chocolate peanut clusters to Uncle Sam's) sells well at the convention, and all monies generated by items donated by our chapter will go to the **NARFE Alzheimer's Fund, Chapter 366**.
Kay & Mike Cardella



HAVE YOU CHECKED US OUT?

**[Www.narfe.org/site/
chapter 0366](http://www.narfe.org/site/chapter0366)**

If you liked it, forward our site to everyone you know, especially to those who are eligible to join!



Forwarding Service Requested
Judy Grossnickle, Editor