



Kaw Blue Communiqué

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PRESIDENT'S CORNER

(By: Ann Domsch, adomsch@ksu.edu)

August is "Meet Your Candidates Month". In August, every member of Congress running for re-election will be in campaign mode, meeting with constituents and seeking every vote. NARFE must be part of their "count" during the recess scheduled from August 3 to September 10. This recess allows NARFE to distinguish itself from hundreds of other groups by its active engagement in every state and congressional district. We need to be sure and attend a meeting with the congressional members while they are in Kansas.

Many key votes are still ahead. The summer recess has begun but members of Congress have much unfinished business to take care of when they return to Washington. The unfinished business includes all 12 annual appropriations bills; expiring tax provisions (also known as the 2001 and 2003 Bush-era tax cuts); Sequestration, enacted as part of debt-crisis resolution in the Budget Control Act; Postal Service overhaul; Sustainable Growth Rate payments to Medicare providers (also known as the "Doc Fix"); and dozens of smaller tax code changes. The NARFE Legislation Tracker, which appears in each issue of NARFE magazine, is your monthly guide to the legislation that NARFE is keeping an eye on. WE MUST KEEP INFORMED about what is happening in Washington. NO ONE IS LOOKING OUT FOR US EXCEPT NARFE.

Say, Yes!

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.

Wednesday, Sep 19

Jeff Birnbaum
At Home Assisted Care
Assisting with Non-Medical Care

Wednesday, Oct 17

Pam Maxwell
Nat'l & Sp Field Rep
Blue Cross/Blue Shield

Wednesday, Nov 21

RC Police Dept Rep
Personal & Home Safety

December 19

Vanessa Avara, Asst Dir
Milford Nature Center
"Do You Know What the Nature Center Does?"



SAVING



ends on Nov 4th!

Welcome new members: **Joanne Gresens**
and **Aileen L. Oppenlander.**

Say, Yes!

Author Unknown

Reprinted from the American Square Dancer, July, 2012

Wherever the word “club” is used, substitute the word, “chapter”.

“Whenever people come together for a common goal or cause, a group is formed into a collective organization or club. The length of survival of that purpose is determined solely on the dedication and sacrifice of the individual members.

No club can survive long without people willing to do the work necessary to keep it moving. It requires a dedication of talent and of individual time which often includes a willingness to invest some of one’s own money for the good of everyone. The greatest contribution anyone can make to the health of the club is support by attendance. Paying annual dues and then never or seldom participating does the survival no good. It is better to regularly participate as a guest then to donate a small amount once a year and call it paying your dues.

The next most crucial thing for any club is the constant influx of new members. The reality in any organization is that current members quit, move, age and unfortunately die. A constant transition is typical because of the dynamics of life. New members are the life-blood of any club.

To increase or even just stabilize membership requires dedication and hard work from the current members. It dictates a sacrifice of time to attend meetings and to visit with the guests and prospective members. One must have a sincerity of wanting to continue the club and see it grow. The health of the club depends on individuals willing to commit to it. When the club no longer has individuals willing to come and support or willing to mingle and visit with guests; then that organization is dead. Yes, it may still be meeting (off of previous support), but not for long.

When apathy is the norm, when a lack of dedication and commitment exists, it is just a matter of time. Those few who do care become frustrated and leave because they are tired of trying all alone, beating their head against the wall without results. Or even worse, with results that are then driven away by the uncaring. It is at this point they make a decision. To stay in frustration or to abandon and move on to other programs with members who truly care and are willing to help. Help with support, time and talent. Help financially. Help with good citizenship towards guests and new people.



Any individual will seek a place where they are the most comfortable. Does the current group do this? Do the guests and new people “feel” welcome? Are you doing your part, the best that you can? Really? Or are you now apathetic about the survival of the club? If so, then why did you reach this point? What can you do to change it? Is it even worth changing? It will not change from the outside. It can only change from those individuals on the inside desiring positive change. Are you going to renew your dedication and support to help create this positive change? Or Continue the status quo?

Please think this over carefully. Whether the club lives or dies is up to you, yes you, the one and only, single, lone individual. One person can and does make a difference, especially when many ones come together.”

SAY, “Yes!” when the nominating committee, Don Erickson, Sandra Mathewson and Judy Grossnickle ask you to be a NARFE OFFICER! Every one of our Chapter members are glad that someone in the past said, “Yes” when they were asked to serve our Club and served as an officer.

LEGISLATIVE REPORT

(By: Dick McChesney, Legislative Committee)

In the last several issues of the NARFE magazine are listings of "NARFE Legislative Trackers". They are monthly guides on congressional legislation action which NARFE is monitoring and taking needed action in the best interest of current employees and retirees. Also, it provides members a good summary of introduced legislation, what the bill(s) would do and the latest congressional action. Further, it emphasizes the importance of us contacting our Senators, Congressman and President as National NARFE asks. Each of us who have internet should be signed up to receive NARFE Legislative Hotlines and NARFE News Watch. Call 800 456 8410 to sign-up.

National NARFE is still saying not many laws will pass, affecting federal employees and retirees between now and the November 6th election. (Although a phased-in retirement did become law authorizing part-time work while earning a partial annuity.) National NARFE expects the biggest issue which will be addressed between November 6th and January 15th, is a law to avoid sequestration—a process that requires massive, across the board cuts in defense and non-defense spending starting January 1, 2013.



Don't forget to purchase tickets for the door prize! One per buck or six for \$5. You could own a beautiful homemade quilt made by Marjory & Kenneth Osbourn. All donations support Alzheimer's Research.

ALZHEIMER'S UPDATE

(By: Michael & Kay Cardella, Alzheimer's Chairman,
785-539-3448 e-mail: milinscol@gmail.com)

Alzheimer's disease affects people in different ways, but the most common symptom pattern begins with gradually worsening ability to remember new information. This occurs because disruption

(Continued at the top of the next column)

ALZHEIMER'S UPDATE continued from the bottom of the previous column.)

of brain cells function usually begins in brain regions involved in forming new memories. As damage spreads, individuals experience other difficulties;

The following are warning signs of Alzheimer's:

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, work, or leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- *New problems with words* in speaking and writing.
- Misplacing things and losing the ability to retrace steps.
- Decrease or poor judgment.
- Withdrawal; from work or social activities.
- Changes in mood and personality.

Individuals progress from mild Alzheimer's disease to moderate and severe disease at different rates. As the disease progresses, the individual's cognitive and functional abilities decline. In advanced Alzheimer's people need help with basic activities of daily living, such as bathing, dressing, eating and using the bathroom. Those in the final stages of the disease lose their ability to communicate, fail to recognize loved ones and become bed bound and reliant on round-the-clock care. When an individual has difficulty moving because of Alzheimer's disease, they are more vulnerable to infections, including pneumonia (infection of the lungs), Alzheimer's disease is ultimately fatal, and Alzheimer's — related pneumonia is most often the contribution factor.

No! It's not a good way to go meet your maker, but in my lifetime, I like many others, want to see a change in the way we treat Alzheimer's. **"If we can find a cause, we can find a cure."** Please remember 100% of NARFE Contributions are used for Alzheimer's research. When submitting a check made out to **"NARFE/Alzheimer's Research"**, you will receive a letter from the Alzheimer's Association documenting your donation for tax purposes. Kay and I thank you for your commitment.

MEMBERSHIP

(Bill Fuller, Vice President for Membership)

When one looks at the Membership Scoreboard it is sad to note that we've only gained two new members and we've lost 12. In the past 10 years our membership has dropped by approximately 50 members. We realize that the federal workforce has been undergoing reductions in force during this period and that means that our membership potential is shrinking, too. Because of the reductions in force where the first choice is to reduce the number of current employees by attrition our retired members should be up. We need to put on our thinking caps and recruit current and retired members. Our benefits are in peril. We need numbers to keep a viable combined voice to our congressional representatives. **We also need to keep our interests known by communicating with those people who we elect to serve us.**

MEMBERSHIP SCOREBOARD

MONTH	GAIN	REINSTATED	LOSS
Jun-Aug	2	0	12
Memberships in peril: 10			
TOTAL MEMBERSHIP as of August: 255			

IN MEMORIAM

Harold Warner, Member, died, March 15, 2012; born, July 26, 1931.

Virginia D. Kimzey, Member, died, May 8, 2012; born, February 3, 1916.

Marjory Mortvedt, Member, died, July 24, 2012; born, July 1, 1929.

Eugene D. Gering, Member, died, July 12, 2012; born, July 23, 2021.

Our condolences to their families.



NARFE

National Active and Retired Federal Employees Association

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Forwarding Service Requested
Judy Grossnickle, Editor