



Kaw Blue Communiqué

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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

PRESIDENT'S CORNER

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

Well members, summer is over and school started on Aug 14th. So when you drive around town please be careful! I hope your gardens have done well and your harvest is plentiful. During the summer we lost a very important person of our NARFE chapter, Barb Pretzer passed away Aug 3rd. I know her shoes will be hard to fill with Alzheimer's, but we have good and hard working members who are in charge of Alzheimer's programs. I feel they have stepped up and are meeting the challenge. I am glad we have good members that we can count on.

I attended a meeting in Leavenworth this summer and met other great NARFE members. I came back with a couple of ideas which we may try. We plan on attending the College of NARFE Knowledge (CONK) the last of August. We are looking forward to it. I know we will come back with more knowledge of NARFE. We have been working on the 2014 Convention. We will update you at the September meeting. I would love to see all of our members there at RC McGraw's at 11:30. Looking forward to seeing you.

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, Oct 16

Pam Maxwell

BC/BS

“2014 Federal BC/BS Plans”

Wednesday, Nov 20

Dr. Gary Hulett

“Trip to Mongolia”

Prof, Emeritus, Fort Hays State University

Wednesday, Dec 18

Heather Tremblay, Operator

Autumn Hills



IN MEMORIUM

Barbara L. Pretzer, (Member) Born December 31, 1944, Died August 3, 2013

ALZHEIMER'S UPDATE

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

The University of Kansas Alzheimer's Disease Center has a very interesting web site that might be of interest to you. One of the articles states that The University of Kansas Alzheimer's Disease Center (KUADC) is one of only 29 National Institute of Aging designated and funded Alzheimer's Centers in the United States. Researchers at centers with this elite designation are working to translate research advances into improved diagnoses and care for Alzheimer's Disease (AD) patients while trying to find a cure and possibly prevent AD.

Each center has its own unique area of emphasis. The KU ADC emphasizes the research areas of Mitochondrial Genomics, Metabolism and neuroimaging. The KU ADC has successfully developed and recruited leading researchers from around the country who are applying state-of-the-art brain imaging techniques and are advancing research in cell metabolism (energy production) in older adults. Collaborative studies draw upon the expertise of scientists from many different disciplines.

Caregiver, patient, and community education are an integral part of the mission of the KU ADC. They strive to provide resources to community members and health professionals that is both translatable and relevant to their needs. Their services include:

- Newsletters: Two e-newsletters each month provides up-to-date information on their research.
- Caregiver support group – By sharing their common experiences, caregivers find camaraderie and comfort while supporting one another.
- Community events – Their team hosts regular presentations on Alzheimer's for patients, caregivers and members of the community.
- Seminar series – Their presentations for health care professionals cover timely and relevant topics on Alzheimer's disease, aging and dementia. The seminars can be attended in person, TV or Adobe Connect.

They also have video education and those topics include:

- What is Alzheimer's Disease — Age-related Changes or Dementia?
- Current Treatment of Alzheimer's Disease
- Physical Brain Changes with Age and Alzheimer's Disease Amyloid Approaches in Alzheimer's
- Alzheimer's Disease Prevention

It looks like a good resource that is close to our interest.

LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chair)

Due to John's extensive travel opportunities he was unable to submit an article for this issue. However, several of our chapter members attended a Town Hall meeting on August 23, 2013 with U.S. Rep. Tim Huelskamp their comments are presented later in this newsletter.



POLITICAL ACTION COMMITTEE

(By: Ann Murphy, Chair)

Why did Political Action Committees Develop?

In 1944, the CIO (Congress of Industrial Organizations, the prior half of the AFL-CIO, 1936-1955) wanted to help reelect President Franklin Roosevelt. It was illegal for labor unions to contribute funds to elect federal candidates. The CIO then asked union members to voluntarily contribute money directly to the Roosevelt campaign. In order to contribute monies as a single coordinated event with a single voice, the Political Action Committees (PACs) were created. PACs have become an important and influential part of US politics.

Several variations of PAC committees exist. They are all dedicated to raising and spending money on candidates that are sympathetic to the organization's cause. PACs have raised millions of dollars each year. At the federal level, the Federal Election Commission regulates PACs. NARFE must register with and file detailed financial reports each year.

NARFE PAC was chartered in 1982. NARFE legislative representatives want to remind members that PAC donations are only one source of political power. NARFE members must also participate in other forms of activism, writing letters to representatives, meeting with legislators, voting, voice your opinion to the PAC officers, and supporting the NARFE organization. PAC information website address is NARFE.org, go to member log in--type in your name and ID, type in key word PAC and scroll down to PAC contributions and disbursement reports.

FROZEN, FURLOUGHED & FED UP!

(By: Judy Grossnickle)

As Retired or Active Civil Servants we need to be vigilant to the Congressional activities in Washington. Ann Murphy just reminded us in the previous column that we need to let our money talk through our Political Action Committee donations, but we also need to be individually active with our comments to our representatives in the US House and Senate. We can do this by attending the Town Hall Meetings and by writing, phoning or visiting our elected officials.

At the Town Hall meeting, one active Federal Employee told Representative Huelskamp that he would have loved to take the day off to come to the town hall meeting, but, congress had decided that he would be furloughed without pay



due to the sequestration policy. He further stated that it didn't seem fair that congress is trying to balance the budget "on the backs" and "out of the pay of" federal civil service. Representative Huelskamp replied that the sequestration didn't go far enough. This Federal Employee asked him

how many hours had his pay been docked to support the sequestration policy. Representative Huelskamp replied that he had personally lost nothing; but, his staff and office budget had been reduced by 20% . The employee stated that his office budget had also been cut, but, the reduction to his personal income was devastating. Representative Huelskamp replied that Congress has already reduced the number of furlough days.

If you didn't communicate with your members of congress this week — why not do so today? Call 866-220-0044 and ask for your congressman. Let them know your thoughts on the chained CPI and furloughs!

MEMBERSHIP

(By: Dick McChesney Vice President for Membership)

After our chapter has been dark (no meetings) in July and August we need to reinvigorate ourselves. A good way to do this is to talk to, encourage and sign up a new member. Please call me, Dick McChesney, 785 537-8302 for applications and brochures.

On the last few pages of the September NARFE magazine you'll find an application for dues withholding for retirees, life applications for both current employees and retirees and a membership application. Retirees can save 15% each year on dues by electing dues withholding. Life memberships offer a hedge against future dues increases.

Continued in the next column

MEMBERSHIP continued from previous column

Certainly, dues withholding or life memberships are worthy of consideration. The savings on dues withholding, not being billed annually and savings to NARFE is significant.

Welcome and thank you to newest members: Kenneth Kelley and Mylo Wattenford. We hope you are able to attend our chapter meetings and will become active in NARFE.

MEMBERSHIP SCOREBOARD

MONTH	GAIN	REINSTATED	LOSS
Jun—Sep	2	4	6
Memberships in peril: 9			
TOTAL MEMBERSHIP as of Aug, 2013 257			



NARFE

National Active and Retired Federal Employees Association

Chapter 366 President
John H. Rodgers
2301 Anderson Avenue
Manhattan, KS 66502

Forwarding Service Requested
Judy Grossnickle, Editor