



Kaw Blue Communiqué

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Manhattan, KS Date Sep 20, 2017

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PRESIDENT'S CORNER

(Clifford Spaeth, 539-1363)

Summer 2017, one of the most pleasant ever in Manhattan, is almost gone and fall is the time to complete and act on several NARFE items.

Bylaw Changes:

Big NARFE is asking all chapters to have bylaw changes completed and filed by December 31 so they conform with those changes made at the 2016 convention. A volunteer committee consisting of Chuck Marr, Judy Grossnickle, Dick McChesney, Al Schmaderer and me will be meeting to offer our suggestions to you at the September 20 membership meeting.

Fall Chapter Officer Election:

November is when we elect chapter officers. A number of current officers will not be candidates for re-election. Please consider taking advantage of this satisfying opportunity to offer chapter leadership. A group of the most recent past presidents serve as the nominating committee. Please convey your positive intentions to them.

2019 Federation Meeting:

Do we want to bid for the 2019 Kansas Federation Meeting? That is the question we need to settle sometime this fall. Initial impressions I have received from members are positive. The benefits of hosting can help the club financially and bring personal satisfaction to the members. It does, however, require major input in work and organization. No other chapter has expressed an interest in hosting 2019 at this point.

MONTHLY PROGRAMS

11:15 AM on the 3rd Wednesday
Sep—Jun

RC McGraw's, 2317 Tuttle Creek Blvd

(By: Elaine Liddell, Program Chairman)

**September 20 Alzheimer's
Awareness Day
(Wear Purple Day)**

Casey Smithson,
"Manhattan Parks &
Recreation"



October 18

Lindsey Younger
"Blue Cross/Blue Shield"



November 15
Laura Belozercio
Known as the Chocolate
Lady

"All About Chocolate"

December 20

Dr. Floyd Dowell
"Project, Tractors for Africa"

SPECIAL CONK REPORT

By: Dennis Grossnickle, Member

The 2017 College of NARFE Knowledge (CONK) was great! YOU SHOULD HAVE BEEN THERE!

LEGISLATIVE REPORT

(By: John Drach, Legislative Committee Chairman)

Recently National NARFE released three legislative priorities. Watch for future developments regarding these items:

Prevent Harmful Budget Proposals

- The administrations fiscal year 2018 budget would cost federal employees and retirees, hundreds of thousands of dollars over the course of retirement.
- The president's budget proposes to eliminate or reduce cost-of-living adjustments (COLAs) for current and future retirees under the Federal Employees Retirement System (FERS) and the Civil Service Retirement System (CSRS).
- The president's budget proposes to increase FERS employees' contributions to their annuities by 1 percent each year for the next six years.
- The president's budget proposes to change the calculation for federal pensions to be based on the average of the highest five years of salary instead of the current highest three.
- The FERS Annuity Supplement would be eliminated for new retirees starting in fiscal year 2018.

Modify Postal Reform Legislation

- Leading postal reform legislation would require all current and future postal retirees to enroll in Medicare Part B and

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- pay additional premiums for that coverage or forfeit their retiree health benefits.
- Current postal retirees should retain the choice as to whether to add Medicare Part B to their retiree health benefit coverage.
- This legislation would result in a \$10.7 billion cost shift to Medicare.

Support of the TSP Modernization Act (S. 873/H.R. 3031)

- The TSP Modernization Act would expand and create more flexible withdrawal options for Thrift Savings Plan (TSP) participants.
- TSP participants have experienced an overly restrictive set of withdrawal rules since the beginning of the TSP 30 years ago, causing participants to transfer their retirement accounts out of the TSP and into higher-fee accounts in exchange for additional options.

SHOUT OUT TO:

Harold D Macumber for
recruiting 2 new members!

Alzheimer's Update

***Kansas ranks 3rd in
Region V***

***We've donated, \$20,062.51,
we were just \$516.51
behind Missouri and
\$10,882.63 behind
S. Dakota who received a
\$17,000 death donation.***

MEMBERSHIP

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

Why do people join organization? Why did you join NARFE?

I would be willing to guess that more than 90% of us joined because someone asked us.

There are many ways to get information out to the public, ads, newspapers, sky writing (maybe a little much) sites on the internet, some of which I know about and some of which I am totally clueless. But, the most effective way is to go to a potential member and sit down to visit and ask them to join. We know this. Tell them what is in it for them, tell them the mission of NARFE and how it affects us, the federal work force, how we must stay engaged. Tell them that the ***National Active and Retired Federal Employees Association (NARFE)***, one of America's oldest and largest associations, was founded in 1921 with the mission of protecting the earned rights and benefits of America's active and retired federal workers. The largest federal employee/retiree organization, NARFE represents the interests of 5 million current and future federal annuitants, spouses and survivors. Talk about dues up front. Most people wonder about that. Tell them how we keep informed, the web site, the magazine, our local chapter meeting. I did not know about NARFE when I was working. I do not know if I would have joined, I think I would have liked to know the information that comes out in the magazine. I might have joined just to get the information available. I would have understood how membership numbers are important. I would not have gone to local chapter meetings. Work would not have permitted that and life was busy. I would have wanted someone to tell me about NARFE!

ALZHEIMER'S UPDATE

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

1/3 cases of dementia worldwide could potentially be prevented through better management of lifestyle factors such as smoking, hypertension, depression, and hearing loss over the course of a lifetime, according to a new report.

Across the globe, about 47 million people were living with Alzheimer's and other forms of dementia in 2015. That number is projected to triple by the year 2050 as the population ages. Health care costs associated with dementia are enormous, with an estimated \$818 billion price tag in 2015.

The new study, published in the Lancet and conducted by the first Lancet Commission on Dementia Prevention research and provide recommendations for treating and preventing the devastating condition.

Dementia is the greatest global challenge for health and social care in the 21st century, lead study author Professor Gill Livingston, of University College London, told CBS news. The purpose of the commission was therefore to address it by consolidating the huge strides and emerging knowledge as to what we should do to prevent dementia and intervene and care for people with dementia.

There is currently no drug treatment to prevent or cure dementia. But the report highlights the impact of non-drug interventions and identifies nine modifiable risk factors through various stages of life, beginning in childhood, that affect the likelihood of developing dementia.

To reduce the risk factors that make a difference include getting an education (staying in school until over the age of 15); reducing high blood pressure, obesity and diabetes; avoiding or treating hearing loss in mid-life; not smoking; getting other interventions likely to reduce dementia rates include increased physical activity and treating high blood pressure and diabetes.

The study authors say the report can offer guidance on ways to reduce the risk of dementia which includes providing safe and effective social and health care interventions ignorer to integrate people with dementia within their communities. Hopefully this will also ensure that people with dementia, their families and caregivers, encounter a society that accepts and supports them.

It is important to note that lifestyle interventions will not delay or prevent all dementia cases. But the researchers say they are hopeful that the report will help shift more focus to concrete steps that can be taken to help avoid the disease.

NARFE'S DISASTER FUND

Hurricane Harvey will/has wrecked havoc on many NARFE members and as a consequence the NARFE's Disaster Fund. In order to receive a cash grant of up to \$500 a requester must be a member in good standing, request a grant, and have been injured, incurred property damage (primary place of residence) or have other needs during and after a declared natural disaster.

Send your tax-deductible donation and make your check out to: NARFE-FEEA Disaster Fund, 1641 Prince St., Alexandria, VA 22314. Or you may donate by credit card at www.feea.org and click "donate".

IN MEMORIUM

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

Gilbert McCurdy, 7/8/22—8/12/2016

Annette Schmid, 8/25/40—10/31/2016

Herman Westmeyer, 11/15/12—5/8/2017

Naomi Scott, 3/16/17—6/10/17

Mary Line, 4/7/23—7/4/2017

MEMBERSHIP SCOREBOARD

MONTH	GAIN	REINSTATED	LOSS
Jun—Sep	2	0	Death 5; to Nat'l 5; Dropped 5
Memberships in peril: 5 (renewed, 1 hasn't yet)			
TOTAL MEMBERSHIP as of Sep 5 — 194 (9 % loss)			



NARFE

National Active and Retired Federal Employees Association

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Forwarding Service Requested
Judy Grossnickle, Editor