



| 2017 OFFICERS AND CHAIRS | | |
|--------------------------------|----------------------------------|------------------------------|
| President | Tom Huber | 785-843-1157 |
| 1 st Vice President | Roger Lemmons | 785-840-9594 |
| 2 nd Vice President | Elaine Seeman | 785-331-2280 |
| Secretary | Wendy Hambly | 785-840-8401 |
| Treasurer | Cheryl Travis | 785-865-7580 |
| Membership | Dianne Throop | 785-841-1408 |
| Service Officer | John Rowe | 785-856-8759 |
| Newsletter | Wendy Hambly | 913-845-0121 |
| NARFE PAC Chair | John Rowe | 785-856-8759 |
| Alzheimer's Chair | John Scott | 785-542-3510 |
| Legislative Chair | Gordon Montney | 785-760-0595 |
| Sunshine | Mary Margaret Rowen/Clara Arnold | 785-842-8847 785-842-1680 |
| NARFE NET Coor | Jerry Feese | 785-842-4330 |

AUGUST 16TH MEETING R. LEMMONS

NARFE Free State Chapter 378 will meet Wednesday, August 16, 2017, at noon, in the south room of Conroy's. The program is a surprise.

The program begins at noon, followed by lunch, and a brief meeting. Lunch is optional. The cost is \$10 and includes a choice of 1 of 3 entrées, coffee or tea, and gratuity.

RECAP JULY 19TH MEETING

Michelle Meier, Director of Community Engagement for the Senior Resource Center of Douglas County, spoke at the NARFE Chapter 378's July meeting. She described a variety of programs and services offered to seniors. Formerly the Douglas County Senior Services, the entity was renamed the Senior Resource Center for Douglas County (SRC) in response to baby boomers dislike for the term "seniors," and a desire to expand services. Previously the focus was on the most needy and those isolated, but the services expanding, to the "second half of life individuals."

Retirement today is being involved in community, volunteering, continuing education, and recreation, but sometimes one hits a set back or one reaches the end stages of life, when one is more isolated and may need more assistance.

The facility at 745 Vermont is supposed to be remodeled, but red tape is slowing up the start. Plans are to gut the entire inside of the building. Currently services are scattered all over the city. Take the Haskell exit on the bypass to get to the temporary location at Peaslee Technical Training Center, 2920 Haskell Ave., Lawrence, KS. The mailing address remains the same (745 Vermont, Lawrence, KS 66044).

Some of the offerings of SRC include:

- ✓ Medicare Information and Assistance--Monthly sessions run October through December.. This provides counseling every year so you have the right plan and cost. You should revisit your Medicare plan yearly.
- ✓ Numerous Classes and Clubs—with plans to add more when back in remodeled facilities.
- ✓ Places for People to Gather—plans for new facility include more meeting rooms, a coffee bar.
- ✓ Partnerships with numerous organizations--Osher Life Long Learning (with focus on retirement

KUDOS AND THANK YOU'S

- Mary Margaret Rowen and Clara Arnold for paying attention and sending cards to members recovering from illness or injury or in sympathy. Help them out by keeping them informed.

ALZHEIMER'S JOHN SCOTT

July's donations were \$16. The year-to-date total is \$330.

MEMBERSHIP DIANNE THROOP

Bob Heintzman, a retiree from Virginia, with 37 years of federal service attended the July meeting as a prospective member.

We also had the pleasure of having Wanda Lyons, long time member of Chapter 378, attend the July meeting after a long absence.

SUNSHINE MARY MARGARET ROWEN

Get well cards were sent to Roger Lemmons, Bill Huntley, and Clara Arnold.

REVISION OF CHAPTER 378'S BY-LAWS

The Chapter reviewed and updated the changes required by National. Wendy Hambly will make incorporate these revisions into the chapter's by-laws and distribute the revised by-laws to the chapter membership for approval via email next month. Final updates are due at National by December 31st.

The ignorance of one voter in a democracy impairs the security of all.

John F. Kennedy

planning, not just money, but also filling time) and Johnson County Community College, Lawrence Parks and Rec Life Long Recreation has trips for seniors.

- ✓ Always a resource for consultation on downsizing.
- ✓ Volunteer Opportunities-- Southern Accent does the meals and volunteers deliver them and interact with recipients, volunteers answer the phone, and help maintain the data-base. Please call, the staff is there to help. You decide on the amount to time once a week, once a month, quarterly, or yearly.
- ✓ Snow shoveling: police and Boy Scouts
- ✓ Also provide legal Aid
- ✓ Estate planning course was held in July.
- ✓ Lottery system for free tickets to the dress rehearsal at Theater Lawrence.

The SCR Newsletter, *Better Senior Living*, is available on line at yoursrc.org, or you can have it mailed to you for \$29/year.

SCR covers all of Douglas County. There have been requests to have a center in Eudora. The Veterans' Representative is housed in Summerfield Hall at KU. Call the center for contact information.

They are always looking for volunteers and the chapter might consider SRC as a meeting place when the downtown facility's remodeling is completed.

Website: yoursrc.org Phone: 785-842-0543

The SRC newsletter and website are chucked full of the services they provide, and is well worth your time to check it out.

13TH COLLEGE OF NARFE KNOWLEDGE

The 13th College of NARFE Knowledge is at the Marina Inn, South Sioux City, NE, on August 28th through 30th. The conference begins at 4:00 p.m. on Monday, Aug 28, 2017, and ends at noon on Wednesday, August 30th. Carol Ek, Region V Vice-President, says, "This will be a very exciting conference with good accommodations, good food, friendly people; but most of all the presenters will be giving you detailed information on today's NARFE and the Future of NARFE. I encourage anyone who has not already made plans to come to the conference to get their hotel reservations by August 10th for \$95 plus taxes and to me ASAP."

NARFE LEGISLATIVE DEPT.

8/4/17

In August, Members of Congress return to their home states and districts from Washington, DC, to touch base with their constituents and listen to the concerns of their community. Because of this, August

is NARFE's Grassroots Advocacy Month and the perfect opportunity to make your voice heard. NARFE'S goal is to ensure legislators support protecting and enhancing the earned pay and retirement and health benefits of the federal community, not take these earned benefits away.

The ADOVACY HOPSCOTCH WORKSHEET is on the NARFE website to help you determine the advocacy action that's best for you.

An easy way to help protect federal workers' and retirees' benefits is to send a message to your legislator. Use NARFE's Legislative Action Center on the NARFE website at narfe.org to contact your legislator. The website also has the webinar, *Choose Your Own Advocacy Adventure*.

NARFE's August Legislative Priorities are:

➤ Prevent Harmful Budget Proposals

- *Proposals would cost federal employees and retirees, cumulatively, 100,000's dollars over the course of retirement, and renege on the commitments made to nation's dedicated public servants, who were promised their retirement benefits in exchange for their hard work over long careers.*
- *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).*
- *Increase FERS employees' contributions to their annuities at 1% per year for 6 years with no corresponding benefit increase.*
- *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, which particularly hurts those closest to retirement.*
- *Eliminate the FERS Annuity Supplement for new retirees starting in fiscal year 2018.*
- Modify Postal Reform Legislation (H.R. 756)
 - *Leading postal reform legislation would require all current and future postal retirees to enroll in Medicare and 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 to their retiree health benefit coverage. Eliminating that choice breaks a basic promise not to change health benefits in retirement, and increases costs for those on a fixed income.*
- Support the TSP Modernization Act (S. 873/H.R.

3031)

- *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.*
- *Would create more options for participants before and during retirement, providing participants increased financial independence and encouraging them to keep their money in the TSP.*
- *This legislation has been approved by committee in each chamber and should be passed by the full House and Senate without delay.*

LEAGUE OF WOMEN VOTERS “MUST READ”

A “MUST READ” recommendation from the League of Women Voters, Douglas County August 2017 Newsletter:

John Nichols in the July 10, 2017, issue of *The Nation*, wrote an article entitled “**ALEC is talking about changing the way Senators are elected and taking away your vote.**” A proposed resolution advocates for overturning the 17th Amendment so Republican-controlled state legislators could pick senators. Check it out at: www.thenation.com/article/alec-wants-to-to-change-the-way-senators-are-elected-and-take-away-your-vote/

Kansas Senators Contact Information

| | |
|---------------------------------|---------------------------------|
| Pat Roberts | Jerry Moran |
| Washington D.C. 202-224-4774 | Washington D.C. 202-224-6521 |
| Overland Park 913-451-9343 | Manhattan 785-539-8973 |
| Topeka 785-295-2745 | Olathe 913-393-0711 |
| | Wichita 316-631-1410 |

FROM THE VOTER

AUGUST 2017

THE VOTER is the League of Women Voters Newsletter. The following article is an alert and talking points in response to the “so called Election Integrity Commission,” (Pence and Kobach) which is a group that is laying the groundwork to roll back

- voting access. Recommended talking points include:
- This Commission is laying the groundwork to roll back voting of eligible voters, including Black, Hispanic, elderly, and student voters, from the rolls.
 - This is part of a wider effort to suppress the vote, keep certain politicians in power, and undermine our elections by spreading falsehoods about our election system.
 - Secretary Kobach has a long record of discriminatory and regressive actions on voting rights.
 - Mr. Kobach has a history of unrepentant attempts to suppress voting has led to thousands of voters being wrongly removed from the rolls and barred from exercising their democratic right.
 - Mr. Kobach has been brought to court — and lost — several times for suppressing the constitutional rights of citizens to vote in his home state of Kansas.
 - Most recently, Mr. Kobach was fined by a federal magistrate judge for “patently misleading representations to the court.”
 - Commission members’ views on elections are well known and members have already been discredited as political ideologues with dangerous agendas.
 - This Commission is not interested in facts, but rather false accusations in order to implement dangerous election policy.
 - This Commission intends to use its “findings” and recommendations to legitimize policies that are known to prevent eligible voters from having a voice in our elections.
 - The cost to voters (literally and figuratively), is far greater than anything there is to gain from collecting this data.

There can be no daily democracy without daily citizenship.
RALPH NADER

The strongest democracies flourish from frequent and lively debate, but they endure when people of every background and belief find a way to set aside smaller differences in service of a greater purpose. BARACK OBAMA, press conference, Feb. 9, 2009

The death of democracy is not likely to be an assassination from ambush. It will be a slow extinction from apathy, indifference, and undernourishment. ROBERT HUTCHINS