



2014 OFFICERS and CHAIRS

President	Tom Huntzinger	785-766-6717
1 st Vice President	Roger Lemmons	785-840-9594
2 nd Vice President	Elaine Seeman	785-331-2280
Secretary	Leonard Short	785-840-8401
Treasurer	Cheryl Travis	785-865-7580
Membership	Dianne Throop	785-841-1408
Service Officer	John Rowe	785-856-8759
Public Relations		
Newsletter	Wendy Hambly	913-845-0121
NARFE PAC	Linda Surritte	785-856-0558
NARFE Net Coor	Jerry Feese	785-842-4330
Alzheimer's Chair	John Scott	785-542-3510
Legislative Chair	John Surritte	785-856-0558
Sunshine	Mary Margaret	785-842-8847
	Rowen/Clara Arnold	785-842-1680

KUDOS AND THANK YOU'S

- 📧 Roger for the great entertainment and gifts at the Christmas Party and being Santa's Helper!
- 📧 John Scott for doing such a good job as Alzheimer's Chair.
- 📧 John and Linda Surritte for their continual and generous support of Alzheimer's Research.
- 📧 John Rowe, new Service Officer for 2015, who is assisting Mrs. Romero in filing documents with OPM after the death of Val Romero, life member of NARFE Chapter 378.

ALZHEIMERS **John Scott**

2014 CHAPTER 378 DONATIONS

Month	Chapter Donations	YTD Total
January	\$126*	\$126
February	\$17	\$143
March	\$9	\$152
April	\$14	\$166
May	\$76^	\$242
June	\$13	\$255
July	\$113*	\$368
August	\$11	\$379
September	\$85	\$464
October	\$258	\$722
November	\$376#	\$1098
December	\$100*	\$1198

*Memorial donations of \$100 each for Michael Burchie, Marianne Pavlovskis, and Val Romero made by John and Linda Surritte.

^Proceeds of Convention Silent Auction Items

#Matching funds by John and Linda Surritte

If you wish to receive The Alzheimer's Association e-news, sign up at:

http://www.alz.org/join_the_cause_narfe_email.asp

DECEMBER 17TH PARTY **Roger Lemmons**

NARFE Chapter 378 will meet January 21, 2015, in the south meeting room of Conroy's Pub. The program begins at noon, lunch (a choice from 3 entrée's and coffee or tea for \$10) is at 12:30, and a brief meeting follows the lunch.

January's speaker is Laura Calwell, a representative from *Friends of the Kaw*, who will speak about the condition of the Kansas River and tributaries.

DECEMBER 17TH PARTY RECAP

Judy Chadwick, accordion player extraordinaire, was very entertaining and interesting. She played a variety of music, gave some nice background information on the accordion and how it is played, and the audience accompanied her with bells. Santa's Helper delivered his presents and spread the joy. Check out happy faces on separate attachment.

LEGISLATIVE **John Surritte**

New NARFE National President, Richard Thissen, warns there will be several threats for January...including the Chained CPI, which would decrease cost-of-living adjustments for federal retirees, and increased retirement contributions for federal employees are expected to be debated again as the focus returns to sequestration and the budget. I ask all members to take an active role in defending their earned benefits as these issues arise."

NARFE NEWSWATCH **November 11, 2014**

Register now for NARFE's 2015 Legislative Training Conference

Plan to be a part of one of our Association's most exciting and important events, NARFE's 2015 Legislative Training Conference, March 14-17, at the Renaissance Capital View Hotel in Arlington, Virginia. The conference offers NARFE leaders and grass-roots activists the opportunity to learn from NARFE Legislative Department staff, hear from national speakers and network with fellow NARFE advocates. Attendees will go to Capitol Hill to meet with members of Congress and staff on the conference's final day. First-time participants are especially encouraged to come and hone their advocacy skills. The deadline to register with both NARFE and the hotel is Feb. 3. A conference registration form is available on p. 11 of the November issue of narfe magazine, or you can register online at www.narfe.org. There are only 300 spots available, so don't wait, register now!

MEMBERSHIP**Dianne Throop**

Welcome to new members, Sandy Arbuthnot and Michael Michaud.

Dianne Throop, email: d.throop@sbcglobal.net

Val Romero passed away December 2, 2014.



He was a life member of NARFE and served Chapter 378 in numerous positions. Val was born in Lawrence. His parents came from Mexico in 1910. Val's father had an uncle who lived in Lawrence,

worked for the Santa Fe Railroad, and was in Kansas during the 1903 "Great Kansas Flood."

His wife, Liz, 2 daughters, 2 sons, and 9 grandchildren survives him. He enjoyed watching football and basketball.

Val began working for the U.S. Postal Service in Lawrence, KS, in November 1965. He worked at both the Jayhawk Station on 23rd St. and Vermont St. post offices. He was in maintenance and was involved with the up-keep of the buildings. He also helped with motor vehicles and the cleaning of postal sorting machines. He retired in May 1992 and joined NARFE at that time. During that time, he has held the offices of president, vice-president, secretary, and NARFE-PAC chairman. He attended numerous NARFE Kansas State Conventions.

NARFE NEWSWATCH**January 6, 2015****NARFE Legislative Director, Jessica Klement's Top 3 for 2015**

Federal workforce policy reforms: House Majority Leader Kevin McCarthy (R-Calif.) has already put the call out to his members for proposals on how to improve government efficiency, and many Democrats would be eager to support good government initiatives. But the devil of these proposals will be in the details. Will they actually work to improve performance and efficiency, or will they undermine important due process protections that help to maintain a professional and productive civil service rather than a politicized one? Finding the right balance will be important to the proposals that arise in 2015.

What budget reconciliation could mean for federal agencies and employees? With the new Republican majority taking office in January, budget politics will take center stage early on. Republican leaders have pledged to pass a budget resolution

early in the year and, thanks to the rules first adopted in the Congressional Budget Act of 1974, they only need a majority vote in the House and Senate to move sweeping changes in entitlement, direct spending and revenue laws. Federal civil service benefits have long been the "low hanging fruit" in budget cutting circle. Budget reconciliation could be the vehicle many in Congress have been looking for to cut federal employee benefits.

Legislating by headline/tweet: The great unknown. What "scandal," real or perceived, will take Congress' focus? Will we see another Benghazi, Fast and Furious or VA scandal? Will SESers again be a target? Or will the 114th learn from the 113th "do nothing" Congress and get stuff done? Will Congress tackle the big issues facing our country, even if they don't fit into 140 characters? Only time will tell.

President Barack Obama on Dec. 19 ordered a 1% pay raise for federal employees, giving them only their second mandatory wage increase in the past five years. The salary bump took effect Jan. 1, marking the second year Obama provided a raise for the federal workforce after a three-year pay freeze. The 2014 increase was also 1%.

OF INTEREST TO SENIORS**Elaine Seemen****OSHER LIFELONG LEARNING INSTITUTE:**

Spring classes are beginning in February. Visit www.osher.ku.edu for a list of classes and to enroll. No homework or tests, just learning for the joy of it.

TRAVEL CLUB: First meeting at Union Pacific Depot, 402 N. 2nd St., Lawrence, KS on Tuesday, January 27 at 2:00 p.m. Catch the travel bug with experienced travelers and fresh recruits. Meet others who share an interest in seeing more of the state, region, and world. Each meeting will include a chance to socialize with other travelers over coffee and refreshments, followed by a speaker sharing travel experiences and opportunities. LPRD will take your ideas and turn them into trips. RSVP by Jan. 25 to gsgurdson@lawrenceks.org or call 785-842-0543.

SENIOR SERVICES DOUGLAS COUNTY:

For information of services and classes offered to those 60 and over, visit dgcoseniorservices.org.

745 Vermont Street, Lawrence, KS

Hours: Monday - Friday 8:00 a.m. - 4:30 p.m.

Phone (785) 842-0543

SENIOR SERVICES VIA LAWRENCE LIBRARY: CHAMPSS, which stands for Choosing Healthy Appetizing Meal Plan Solutions for Seniors, is a nutrition program for people 60 and older. Jayhawk Area Agency on Aging is partnering with the HyVee Stores in the Lawrence area to provide healthy meals, which have been developed by a licensed dietician. Participants are offered choices of when and what they choose to eat. The suggested donation is \$3.00 for each CHAMPSS meal. **To learn more please attend an orientation meeting at the Lawrence Public Library at 2:00PM on either Feb. 2, 2015 or March 2, 2015.** People attending who qualify will be given an opportunity to sign up for CHAMPSS. For questions about CHAMPSS, contact Beth Kinnan with Jayhawk Area Agency on Aging at 785-235-1367. Programs like this also provide socialization for seniors.

SERVICE OFFICER

John Rowe

Val Romero, long time NARFE Chapter 378 member who past away December 2, 2014, had instructed his wife to contact the chapter after his death for assistance with the necessary paper work for OPM. This month, she wrote to us for assistance. I contacted her and assisted her in contacting OPM. When the OPM forms arrive, I will assist her with completing them.

NARFE LEGISLATIVE HOTLINE JAN. 16, 2015

From NARFE President Richard G. Thissen

"It was another busy week for NARFE legislatively. We worked closely with Rep. Gerry Connolly of Virginia and Sen. Schatz of Hawaii on legislation they introduced providing federal employees an adequate pay raise in 2016. I was proud to endorse that proposal on behalf of NARFE. Additionally, President Obama issued a memorandum directing federal agencies to advance their employees six weeks of sick leave after the birth or adoption of a child. While NARFE supports full paid parental leave, the President's action is a good first step."

Resources for State Legislative Advocacy

January and February are the peak months for [state legislative sessions](#). All but three are already in session or will be shortly. Eighteen [state governors](#) have delivered their State of the State Address. View yours on the [C-SPAN](#)

[Video Archive](#) or [read the full text](#). You can also query a [database](#) to track state legislation. Then volunteer to help your chapter or [federation officers](#) keep NARFE members informed and engaged.

State of the Union 2015

On Tuesday, January 20, President Obama will speak before a joint session of Congress to give his State of the Union address. Given annually, the address provides the President a forum in which to outline his legislative agenda and his priorities for the coming year. His address will be broadcast live.

THINGS TO DO

1. Attend the meeting/lunch on Wednesday, January 21, 2015 at noon, in Conroy's south room.
2. Pay attention to what congress is proposing for Federal Benefits, Social Security, Medicare, Education...
3. Pay attention to what actions the state takes concerning Federal Benefits, Medicare, education...
4. Spread the word about NARFE and Chapter 378.
5. Be sure to visit with new members at the meeting and special events.
6. Try some of the senior services and experiences.
7. See how many members you know in the photos on the following pages.
8. Thank Roger for a nice party.
9. Check out the NARFE website for up-to-date information on what congress and the president are doing.
10. Check out the NARFE Chapter 378 Christmas Party photos on the separate attachment.