



2016 OFFICERS and CHAIRS

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Legislative Chair	Tom Huntzinger/John Rowe	See above
Sunshine	Mary Margaret Rowen/Clara Arnold	785-842-8847

MARCH 16TH MEETING Roger Lemmons

NARFE Chapter 378 will meet Wednesday, March 16, 2016, in the south room of Conroy's.

The program begins at noon, lunch entrée (choose from 3 entrées) and coffee or tea for \$10 is at 12:30, and a brief meeting follows the lunch. Please note that lunch is optional.

The March program is on water treatment in Lawrence.

FEBRUARY 17TH MEETING RECAP

Dr. Virgil Dean gave a presentation on his book. Dr. Dean is retired from the Kansas Historical Society and past editor of that organization's *Journal*. His book, the History of Lawrence, was published in October of 2015.

Dean is an accomplished historian. He calls it recent news on past happenings. His book is predominantly photographs. In late 2013, he thought the project, a history of Lawrence, would be fun to do because he thinks history is interesting. Lawrence's history has helped to shape Kansas.

Territory was the home of 20 tribes of native Americans settled here, but promises were broken and the territory was opened for whites on August 1, 1854.

The Immigrant Aid Company sponsored settlers and brought them to Lawrence. These Yankees were anti-slavery and capitalists. Therefore, they wanted Kansas to be a free state.

In 1855 and 1856, contested space became a slavery issue and was unorganized. Lawrence attracted settlers from many different states and foreign countries.

The city building period consisted of new residential and commercial buildings, but Lawrence never became a transportation or industrial hub, so it failed to become the capital of Kansas. It did get Kansas University, which became the focal point of the community. Douglas County has remained predominantly rural.

In 1915, 4.8% of the population of Lawrence was foreign born. Many were from Germany; and they had considerable influence.

The first hundred years dealt with race issues, as did the nation. Despite being recognized as a free state, there was segregation in Lawrence schools. Lawrence is the embodiment of the

KUDOS AND THANK YOU'S.

- Tom Huntzinger for his many years of service as President of Chapter 378.
- John Rowe, Chapter 378 Service Chairman for assisting Jerry Sherman in updating his address and phone with OPM.
- Thank you to Betty Scribner for doing some "Sunshine Work" by touching base with members we haven't seen for awhile.

ALZHEIMER'S JOHN SCOTT

February donations: \$10. Year to date: \$40.

CHAPTER 378 ALZHEIMER'S DONATION
 make check payable to: NARFE Alzheimer's Research
 Send to John Scott, Box 604, Eudora, KS 66025-0604

AMOUNT: \$ _____

Donor: _____

Address: _____

If donation is "In Memory," complete form below

Name: _____

Address: _____

SUNSHINE

A card was sent to Dianne Throop who had back surgery on March 4th. A card was also sent to Leroy Hanh's wife, Trisha, who is now in the hospice program.

MEMBERSHIP DIANNE THROOP

Welcome to Betty Scribner who came all the way from Ozark, Missouri, to visit us at the February meeting. Welcome back to Jerry Sherman, Martin Fee, and Gus McClelland, who we have not seen for awhile. Glad to have you back!

nation's struggle with race. It has struggled for real freedom from day one.

Fresh fish was sold downtown in the early 20th century. Lawrence flooded in 1951.

Lawrence is known as the political island of blue in a sea of red.

NARFE LEGISLATIVE HOTLINE 3/4/16

Webinar: NARFE Survivor Benefits, March 10

Tammy Flanagan, federal benefits expert and frequent narfe magazine contributor, will be hosting a webinar titled "Survivor Benefits: Key Decisions for Feds of All Ages" on Thursday, March 10, at 2 p.m. EST. This month's webinar will discuss the process of electing survivor benefits and provide guidance on what you need to know to ensure your loved ones are taken care of should something happen to you. March's webinar is part of an ongoing webinar series in which Flanagan answers the important questions federal employees and retirees are asking about their federal benefits. The one-hour webinar will be followed by an hour-long live question-and-answer session.

The webinar is free for NARFE members and \$39.95 for non-members. Included in the registration fee for non-members is a one-year NARFE membership, including all the services and perks that come with membership. More information about the webinar and how to register can be found [here](#). The webinar will be recorded and available to view from the [NARFE Federal Benefits Institute](#) within 48 hours of the live event. Member login is required to access the Institute.

To Register for the NARFE National Convention

Online registration for the 34th Biennial NARFE National Convention is now open! The convention, hosted in partnership with the California and Nevada Federations, will be held in Reno, NV, August 28-September 1. NARFE members from across the country will meet to set the Association's legislative agenda for the next Congress, elect new officers and make major decisions that will determine the future course of NARFE. This year's theme is "Progress. Protect. Persevere."

You can register on the [convention website](#), accessible by clicking the convention banner on the [NARFE home page](#). The registration fee for all convention attendees is \$99, if paid before August 1. More information about [fees](#) and the convention [agenda](#) can be found on the convention website. If you have any questions about registration, you can send them [here](#) or call 703-838-7760.

Self Plus One Enrollment Period for Retired Feds

Open All Year: *Retired federal employees have the opportunity to change their Federal Employees Health Benefits Program (FEHBP) coverage from Self and Family to Self Plus One. Self Plus One coverage changes go into effect the first pay period following the one in which the change is requested. Annuitants who are interested in doing so may contact the OPM's Retirement Office throughout the year.*

Are You Following NARFE on Social Media?

Follow us on social media for fast alerts on NARFE activity and insightful articles that let you know what is happening within the federal community. On Facebook, our username is [NARFE National Headquarters](#). Our Twitter handle is [@narfehq](#). Like us on Facebook and follow us on Twitter to keep informed every day.

34TH NARFE NATIONAL CONVENTION

PROGRESS. PROTECT. PERSEVERE

Reno NV, August 28 – September 1, 2016. Online registration for the National Convention began March 1. You can register on the [convention website](#), accessible by clicking the convention banner on the [NARFE home page](#). The registration fee for all convention attendees is \$99, if paid before August 1. More information about [fees](#) and the convention [agenda](#) can be found on the convention website.

62ND KANSAS FEDERATION CONVENTION

When: April 24-26, 2016

Where: Salina Ambassador Hotel and Convention Center, 1616 W. Crawford St., Salina, KS,

1. Make reservations for hotel accommodations directly with the hotel (785-823-1739) by **MARCH 25, 2016** for the guaranteed rate of \$75 + \$11.33 tax. Please tell the hotel that you are attending the NARFE Convention.
2. Convention registration with Salina Chapter 280, sponsor for the convention.

Door-prize item: Each chapter is invited to bring a wrapped gift (\$10-\$15) for the door-prize drawing to be held through out the convention.

Auction Items: There will be both live and silent auctions to benefit ALZHEIMER's. Please bring items for these auctions. Items should be "new" or of "antique" quality.

Delegates: The chapter will need delegates.

For more complete information and registration forms, go to the Kansas Federation website ([KSNARFE.org](#)) and click on Conventions

UPDATE YOUR CONTACT INFO WITH NARFE & OPM

To change your mailing address, phone number, or email address:

For NARFE, call (800) 627-3394
or visit the website narfe.org.

For OPM phone number is (888) 767-6738
Or online at opm.gov

NARFE SCHOLARSHIP APPLICATION

See page 47 of the NARFE Magazine February issue. For full details and the form. Applications are for high school seniors planning to attend an accredited college full-time in a degree program in the fall/winter of 2016, have at least a 3.0 grade point average, and be sponsored by a parent or step-parent, grandparent or step-grandparent, or great-grand-parent who is a current NARFE member. See article for complete list of how to apply. Deadline APRIL 29, 2016.

For more information, request the GUIDE TO NARFE's Annual Scholarship Awards program (F-105) by sending an email to scholarship@narfe.org, download it from the NARFE website, www.narfe.org, or call Headquarters (703-838-7760) and request scholarship information.

The following is taken from Wilson Elder Law LLC February 2016 newsletter:

**HOW WOULD THE
PRESIDENTIAL CANDIDATES CHANGE
SOCIAL SECURITY?**

Millions of Americans rely on Social Security for some or all of their retirement income, and millions more are paying into the system in the expectation that it will be there for them when they retire. What changes should be made to the current Social Security system, if any, to keep it solvent and ensure that retirees do not live in poverty?

The 2016 presidential candidates have a wide range of proposals, from raising the full retirement age (most of the Republican candidates) to increasing the minimum benefit (Bernie Sanders and Martin O'Malley). As a way to increase revenue, all three Democratic candidates favor lifting the payroll tax cap; currently, no Social Security tax is paid on income over \$118,500 (in 2016).

The Center for Retirement Research of Boston College has compiled a chart comparing the candidates on their proposed Social Security changes. The chart can be viewed at crr.bc.edu.

PAY ATTENTION

These elections, both national and state are important ones.

Take every opportunity to educate yourself about the candidates.

The NARFE Magazine and NARFE website provide information on current congressmen.

Look for opportunities to hear to what candidates have to say at town meetings or other events where you can meet candidates.