



P2013 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	Dianne Throop	785-841-1408
Treasurer	Cheryl Travis	785-841-1616
Membership	Betty Scribner	785-865-8235
Service Officer	Wanda Lyon	785-764-2210
Public Relations		
Newsletter	Wendy Hambly	913-845-0121
NARFE PAC	Linda Surritte	785-856-0558
NARFE Net Coor	Leonard Short	785-840-8401
Alzheimer's Chair	John Scott	785-542-3510
Legislative Chair	John Surritte	785-856-0558
Sunshine	Sandy Nease	785-979-5481

KUDOS AND THANK YOU'S

- John and Linda Surritte for offering matching Alzheimer's donations during August, September, and October.
- Cheryl Travis for organizing the October meeting, a Mexican Feast at the Chipperfield Clubhouse (see meeting notice in right column)
- Those listed below who have agreed to serve Chapter 378 during 2014.
- Betty Scribner, Membership Chair, for contacting members to renew memberships.

2014 CHAPTER OFFICERS John Surritte

With the election of Chapter 378 officers and appointing of chairs coming up at the November chapter meeting, John Surritte (as past president) is compiling the candidate list. If you are interested in serving Chapter 378 in 2014, please contact, Tom Huntzinger or John Surritte by Wednesday, October 16, 2013.

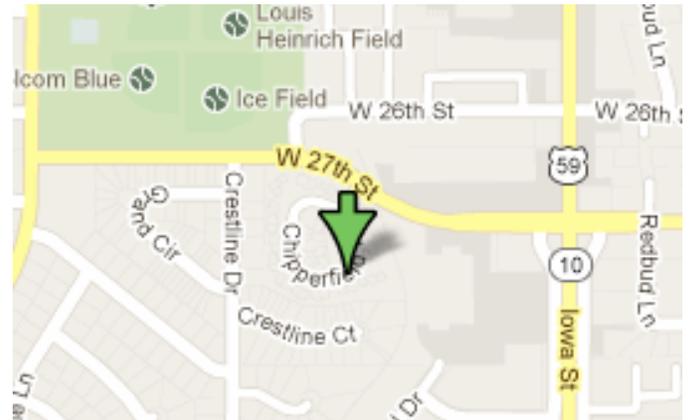
Officers for 2014 will be sworn in and 2014 chairs will be recognized at the December chapter meeting. Those agreeing to serve in 2014 are:

Office/Chair	Name
President	Tom Huntzinger
1 st VP	Roger Lemmons
2 nd VP	Elaine Seeman
Treasurer	Cheryl Travis
Legislative	John Surritte
Alzheimer's	John Scott
NARFE PAC	Linda Surritte
Newsletter Editor	Wendy Hambly
Secretary	Dianne throop
Net Coordinator	Leonard Short
Still needed: Membership & Public Relations	

OCTOBER 16TH

Roger Lemmons

NOTE: OCTOBER'S MEETING PLACE IS THE CHIPPERFIELD CLUBHOUSE at 2745 Chipperfield Rd. The Salty Iguana will provide a taco bar including beverage for the customary \$10. **Lunch is at 11:30 am (NOTE THIS TIME CHANGE).** The program begins at noon with followed by a brief meeting.



October's program is Carey Moody, who is involved in refurbishing BNSF Train Depot.

SEPTEMBER 18TH

MEETING RECAP

Marissa Clark, a licensed Physical Therapist (**MPT**) and clinician in Lawrence, is a graduate of Loma Linda University (1995). Her career focus is working with people with neurological disorders. Her passion is to promote health and wellness for people with Alzheimer's and Parkinson's Disease. She is now a care partner with Dr. Pawah and teaches her techniques at both KU and Topeka rehabilitation facilities. Marissa is also a national speaker for Acorda therapeutics and did a continuing education project for the National Parkinson's Foundation.

She left big facilities and went out on her own so she could be creative and, therefore, able to develop techniques for Parkinson's patients. She works at Quantum Shift. She speaks all over the country and travels all over the country training therapists.

With the help of Chapter 378 member, Gordon Montney, demonstrating various physical tests, Ms. Clark illustrated some tools she uses to evaluate a client. She asked Gordon to stand 1 leg. A 30 second stance-time is needed to stay out of the risk category. Some other things one should be able to do are: walk with 1 foot in front of the other, sit to

standing position without using hands, and “sitting control” vs “flopping” in a chair, stand on 1 foot and sit down.

She has grants to work with Alzheimer’s and Parkinson diseases. She works at KU’s non-profit organization. She utilizes telemedicine, a live video feed, to reach and educate rural communities.

Her responses to questions from the floor were:

- Concerning Parkinson’s and pain: may be a lack of circulation, techniques that may reduce pain are increasing heat in the area or cold then heat.
- Strength vs. range of motion: sitting up tall allows more range of motion in the shoulders.

MEMBERSHIP Betty Scribner

Welcome to Bill Carswell who transferred to Chapter 378 this month – Bill retired from the U.S. Geological Survey.

Thank you to all of you who have renewed your membership for the next year and, in some cases, renewed for two or three years. Some of you heard from me about past due memberships because NARFE headquarters seems to be slow about reporting your renewal in the monthly reports. I truly appreciate the fact that you have chosen to support the Lawrence NARFE chapter.

Here is why NARFE is crucial to you right now! Your federal benefits and health insurance are probably among your most valuable assets. Right now, they are under unprecedented attack. Bolstered by claims from biased “think tanks” and media outlets that federal employees and retirees hold significant responsibility for our nation’s dire economic situation, some lawmakers are calling for [drastic cuts in your benefits](#).

NARFE is leading the fight in these attacks. Today, we number about 300,000 members strong, but to ensure NARFE’s continuing success, we must maintain and grow the NARFE membership. At a time when all federal workers and annuitants should stand together, your membership in NARFE is more important than ever. For a very interesting place to find more information on how NARFE is leading the fight to protect your federal retirement benefits, go to www.ProtectAmericasHeartbeat.org. Renewing your membership is easy -- you can click on www.NARFE.org/renewal. If you haven’t tried the automatic annual dues paying option, now is the time! Just select the “automatic renewal” option online. If you have questions, call me (785-865-8235) and I will be glad to assist you in any way. Betty Scribner scribner@sunflower.com.

LEGISLATIVE John Surritte

NARFE Legislative Hotline (24/7): 877-217-8234

U.S. Capitol Switchboard: 866-220-0044

<http://www.narfe.org/heartbeat/toolkit.cfm>

Please contact Jenkins, Roberts, and Moran to let them know you oppose a change to how your COLA is calculated. Changing to the chained CPI would reduce COLA increases.

SERVICE OFFICER		Wanda Lyons	
CPI-W		Monthly % Change	% Toward 2014 COLA
Mon/yr.	Figure		
3 rd qrt 2012	*226.936	---	---
July 2013	230.084	0.04	1.39
Aug 2013	230.359	0.10	1.51
Sept 2013			
3 rd qrt 2013			

*To trigger a COLA for 2014, the average CPI-W average of July, August, and September of 2013 needs to rise above the 2012 3rd quarter average (226.936).

FIVE MOST DANGEROUS SCAMS from NARFE NEWSWATCH September 10, 2013

Scams are really nothing new. For as long as people have been interacting with each other, there have been unscrupulous individuals attempting to dupe others out of what is rightfully theirs. However, with the advent and subsequent worldwide proliferation of the internet, the sheer volume of scams has increased a thousand-fold.

Perhaps it has something to do with the relative safety and anonymity that internet scam artists enjoy, or their ability to reach millions of potential victims through the use of automated programs and malware. Whatever the case, if you communicate with people over the internet, you’re at risk of being scammed. And when it comes to the preferred method, many online con artists stick with the tried and true path of the email scam. So, for your protection, here are 5 of the most dangerous email scams that you may have seen pop up in your inbox at one time or another.

1. The UPS Package Scam-The UPS package scam plays on our love of gifts by sending an email claiming to be from the UPS Packet Service stating that UPS attempted to deliver a package to your home, but could not because of an address error. It then suggests that you open the attachment that came with the email so that you can get everything sorted out.

Most people don’t think twice about following these legitimate-looking instructions, but they really should. For one thing, how does UPS have your

email address, but not your street address? If anything, UPS would probably be more likely to contact the sender, rather than the recipient of a failed delivery. Sure enough, if you click the attachment you'll have a special virus downloaded into your computer which will then comb through your files and steal any personal information it can get to. Delete the email without opening it, and if you think that you might actually have a package waiting for you, call your local UPS store to verify.

2. 419 Scams- Also known as Nigerian Prince scams, are emails that seem to be a genuine plea for help from someone in need (usually a deposed monarch). The email usually explains that a large sum of money needs to be moved into an offshore account not associated with the original sender. It suggests that if you would be willing to help, you would be entitled to a large percentage of that money. However, in order to get the money moving, you'll need to make a small, initial investment. You may also be asked to supply the email writer with personal information and bank account data.

Of course, if you fall for scam and send any of these things, you'll just receive more emails informing you that the process has hit certain complications, and more money is needed for charges, fines, or bribes. You may also receive official looking documents regarding the transfer, but one thing that you will never get is money. The Nigerian scam is one of the oldest email scams around, but even today it is still going strong. It is also one of the [few cyber security scams](#) that has actually resulted in loss of life; from 1992-1995, 15 people were murdered after responding to Nigerian 419 scams that eventually led them to visit the country in question at the behest of the email writers. Others have been held for ransom. Never respond to any sort of email that promises huge monetary returns for small fees.

3. Phishing Scams- Phishing scams show up in your email as simple reminders to update your personal information with your bank or Paypal account. If you click the link they provide, they will take you to a very official looking web page in which you will be asked to provide some personal information (such as a bank username and password) so that you can verify that everything is up to date. If you go ahead and provide that information, the scammers will be able to use it to access your real accounts and help themselves to whatever you have inside.

Ignore any emails that suggest you provide

personal information. Legitimate companies almost never contact you asking for sensitive data, so be very wary when you get an email like this. Again, if you want to investigate further, contact the bank and ask them if they have recently sent you any emails regarding your personal data.

4. Threat Scams- This one is more likely to get your heart racing than a simple "please send money" scam. The email claims to be from a contract killer who has been hired to murder you. However, the killer would rather not kill you if he doesn't have to, and will accept payment instead. The email may even include details about your life, thus giving it the appearance of credibility. However, the 'details' will be ones that are easily found online, and the 'killer' will just end up being another scam artists attempting to prey on your fear. If you receive one of these, you can simply ignore it, and you'll be just fine; a real contract killer isn't going to risk his reputation and his freedom by contacting his target and giving away his plans. However, if you're really spooked, you can contact the FBI and have them look into the matter.

5. Charity Scams- While some other scams play upon your greed, fear, or simple gullibility, charity scams play upon some of humanity's better qualities, namely our empathy and generosity. The emails make reference to some recent disaster, and ask that you donate a small amount to a charity to help those who were affected by the tragedy. Ironically, the email itself may warn you to beware of online fraud, and it will contain an attachment to a very official looking web page where you can make an online donation.

Of course, the email, the website, and certainly the poor people in need are all just part of the scam. Ignore any emails that come to you and ask you for donations. If you would like to donate to a worthy cause, visit the webpage of whichever charity you prefer, or call them on the telephone. There's nothing wrong with wanting to help, but if you're not careful when dealing with email scams, the only people you'll end up helping are criminals.

A good piece of advice is this: Keep your computer's virus protection up to date, and if you don't know the person who is sending you the email, then don't even open it. The [evolution of cybercrime](#) is constantly producing new scams and reinventing the old ones, but you can remain safe if you're careful not to take anything you see in your inbox at face value