

# "Old Trooper" Newsletter

Old "Trooper" Chapter 383, National Active and Retired Federal Employees Association, Junction City,  
Kansas 66441 June 2016

## 2016 CHAPTER OFFICERS

President: Dixie Thomas, 238-1455

1<sup>st</sup> VP: Ray Thompson, 762-5249

2<sup>nd</sup> VP: Jim Mitchell, 238-3423

Secretary: Lannie Pender, 238-6503

Treasurer: Wally Mitchell, 238-3423

### COMMITTEE CHAIRPERSONS:

Legislative: Jim Dodd, 238-8041

Membership: VACANT

Public Relations: VACANT

Editor: Dixie Thomas, 238-1455

Service Officer:

VACANT

Parliamentarian: Ray Thompson, 762-5249

Alzheimer's/

Decorating: Opal Dalton, 922-6551

Sunshine: Wally Mitchell, 238-3423

NARFE-PAC: Jim Martin, 238-8539

Program: Karen Brough, 210-7420/  
Darlene Gaskins, 209-8761

Chaplain: VACANT  
Calling: Mary Reed, 223-6203

In Memoriam:

Vi Martin (May)

The National Active and Retired Federal Employees Association (NARFE) is dedicated to protecting and enhancing the earned pay, retirement and health care benefits of federal employees, retirees and their survivors.



**TORNADO SEASON IN KANSAS – Yikes!**

**Happy Birthday** to Becky Rittenhouse, Clarence Lehner, Don Bielefeld, June Buckles, Lorna Lehner, Marie Sawyer and Willadean Kamm. Many more birthdays!!

**Happy Anniversary** to Don and Marilyn Bielefeld, Jim and Delores Nelson, Mr. and Mrs. Norman Lee, and Clarence and Lorna Lehner. Congratulations to you and may you have many more anniversaries.

**Sunshine Report (Wally Mitchell):** Get well cards were sent to Larry Langvardt and Maxine Kroeplin. Hoping you both getting well! A sympathy card was sent to Jim Martin and the Martin family. Vi Martin will definitely be missed. She was our calling chair for over 17 years and she and Jim were very active in the Chapter.

### **Treasurer's Report (Wally Mitchell):**

<b>Beginning balance 1 May 2016:</b>	<b>\$2283.50</b>
<b>Receipts</b>	<b>412.97</b>
<b>Expenses</b>	<b>376.14</b>
<b>Ending Balance 30 April 2016:</b>	<b>\$2320.33</b>

### **Secretary's Report (Lana Pender):**

National Association of Active and Retired Federal Employees NARFE May 12, 2016: President Dixie Thomas called the May meeting to order at 11:30 at the 4H/Senior Citizens Center.

President Dixie Thomas (Dixie) opened the meeting at 11:30; President Thomas recited the Veterans Prayer and led the members in saying the Pledge of Allegiance. Maxine Kroeplin has resigned as Chaplain, if someone would like to fill that position please let Dixie know.

President Thomas extended birthday wishes and anniversary wishes to those members celebrating in the month of May.

President Thomas stated the Minutes are in the Newsletter, and asked for a motion and a second to approve them; a motion was made by Ray Thompson seconded by Jim Mitchell, motion passed. She then asked for a motion and second to accept the Treasurer's report, Jim Mitchell, motion was seconded by Ray Thompson, motion passed subject to audit.

Dixie announced the National NARFE Convention in Reno; there are a great many proposed changes on the table, changes affecting the structure of NARFE. She gave a report on Alzheimer's donations; in 2015 our per capita donation was \$3.96, the National per capita was \$6.96, McPherson was high with \$25.94 per capita. She stated that Clay Co., Kansas has the highest rate of Alzheimer's in the Nation, at this time the authorities don't know why. We received a thank you from the "Make a Wish" foundation for memorials given in Janet Harrel's name. Last month we donated 87 lbs. of food to the Food Pantry.

Legislative Report: Jim Dodd stated the latest Hot Line message is dated April 29. May 14<sup>th</sup> is the Letter Carrier's Food Drive, please leave a bag of non-perishable food next to your mail box. He also encouraged the members to read the NARFE magazine, there is a lot of useful information in it.

There were no reports from Membership or Public Relations; the Sunshine report was posted in the Newsletter.

The speaker for today is LTC D.J. Rak (pronounced Rock) and Julie Hettinger, a Community Health Coordinator with the Geary Co., Community Health Department speaking on Heart Attack Symptoms and Signals. LTC D.J. Rak is a retired Army Nurse and Advanced Practice Nurse Practitioner, she has been an instructor for the Manhattan Community College bridging program of LPN to RN and a volunteer for the Geary Co., Community Health Department. Julie Hettinger spoke about the importance of Family History heart health, and dangers of being overweight and tobacco usage. She also said most heart attacks happen as shown in the movies or on TV, with the clutching of the chest and person crying, "I'm having a heart attack". Most people know their bodies, and if you feel something is wrong, call 911, do not drive yourself, she gave out a handout showing symptoms. LTC Rak, stated this program was in memory to Karen Baldwin. She then went on giving information; symptoms are usually gender different, a man's pain will be on the left side, whereas a woman's pain will be on the right side. Other symptoms may be jaw pain, labored breathing, back pain, stomach pain (different than indigestion). This was very informative and a well-presented program, thanks to Julie Hettinger and LTC Rak and to Karen Brough for arranging it.

We started out with 57 reservations which dropped to 53 and we had 47 present. We raised \$52 for Alzheimer's. Door prizes were won by Judy Gardner, Paul Hood, Leroy Walters, and Madelyn Brown.

We adjourned at 12:40 and next month's meeting will be June 9, 2016.