

"Old Trooper" Newsletter

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

2016 CHAPTER OFFICERS

President: Dixie Thomas, 238-1455

1st VP: Ray Thompson, 762-5249

2nd VP: Jim Mitchell, 238-3423

Secretary: Lannie Pender, 238-6503

Treasurer: Wally Mitchell, 238-3423

COMMITTEE CHAIRPERSONS:

Legislative: Jim Dodd, 238-8041

Membership/Public Relations/Editor: Dixie Thomas, 238-1455

Service Officer: Walt Germann, 209-1938

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: Maxine Kroeplin

Calling: Mary Reed, 223-6203

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.



A note from Dixie Thomas, President, NARFE Old Trooper Chapter 383:

As we all know this month is when we as Americans honor those who have fought and died for our country. We all have family members that did not survive the wars or survived with injuries and illnesses that last a life time. In addition to honoring our American heroes, I would like to honor members of our Old Trooper Chapter 383 that have left us over the past year: Vena Rowbotham, Lela Russ, Mabel Kane, Auguster Davis, Karen Baldwin, Janet Harrell, Mary Ann Brown, Helen Westfall, our Service Officer and State Service Officer Walt Germann and just this week, our long time Calling Chair Vi Martin. The contributions that these great people contributed to our NARFE Chapter and to NARFE as an organization is overwhelming to even list. All I know is that I miss all of you and honor you and NARFE will not be the same without you. In your memory, I quote these words to TAPS:

Day is done, Gone the sun, From the lake, From the hill,
From the sky. All is well, Safely rest, God is nigh.

Happy Birthday to Barbara Rawlings, Carol Bondurant, Donald Stiers, Doris MacLaird-Nelson, Larry Langvardt, Marilyn Bielefeld, Therisha Jo Hudson, and Tom Case. Many more birthdays!!

Happy Anniversary to Jim and Stephany Walker. Congratulations to you and may you have many more anniversaries.

Sunshine Report (Wally Mitchell): Get well cards were sent to Don Bielefeld and Helmut Holle. Hoping you both getting well! A sympathy card was sent to the Walter Germann family. Walter will be missed by our Chapter and was reverently mentioned at the State convention.

Treasurer's Report (Wally Mitchell):

Beginning balance 1 April 2016:	\$2352.66
Receipts	837.16
Expenses	906.32
Ending Balance 30 April 2016:	\$2283.50



Secretary's Report (Lana Pender): National Association of Active and Retired Federal Employees NARFE April 14, 2016: President Dixie Thomas called the April meeting to order at 11:30 at the 4H/Senior Citizens Center.

President Dixie Thomas (Dixie) opened the meeting at 11:30; Maxine Kroeplin led the invocation, followed by the Pledge of allegiance. President Thomas extended birthday wishes and anniversary wishes to those members celebrating in the month of April.

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 Thomson seconded by Diana Dowling, motion passed. She then asked for a motion and second to accept the Treasurer's report, Florence Whitebread made a motion, motion was seconded by Ray Thompson, motion passed subject to audit.

President Dixie made gave a report on the Alzheimer's fund raising breakfast; we had a profit of \$433.30, it was a good time she thanked the crew for all their hard work. Our chapter will donate a Wal-Mart gift card for the State Convention and we need items for the silent auction; if you want to donate something you can take it by Dixie's and she will take it to Salina for the Convention. Dixie requested a motion for a change to the "Standing Rules", which will have to be voted on at the Convention, motion was made by Ray Thompson, there was a second and the motion was passed. There is going to be a Golden Age dinner at the Eagles on April 27th. The Senior Center needs help with meals on wheels, if you can volunteer please call the Center and give them your information.

Jim Dodd gave the Legislative Report: The main item from the April 8th Hotline report was concerning the conflict of interest with DOL to ensure that individuals saving for retirement are protected by a "best interest" standard when receiving investment advice. There is a good article in the NARFE magazine. Public Service Recognition Week May 1-7. Jim announced the NARFE National Convention in Reno.

The entertainment was provided by Jimi Parker, she is a Yoga instructor, and she leads the "chair" yoga at the Senior Center on Tuesdays and Thursday mornings. She gave a very interesting talk on Yoga; mainly it is not necessary to get down on the floor in the Lotus position. She led the members in several "chair" yoga exercises, stressing the importance of proper breathing when doing yoga exercises; she also stressed calming effects of yoga exercises. The program was well received by the members, thank you very much Jimi.

There were 70 reservations and 55 in attendance, it is very important for planning purposes that if you make a reservation and you cannot attend, please call the Center and take your name off the list no later than the Monday before the meeting. We collected \$89.00 for Alzheimer's.

Door Prizes were won by Marshall Heath, Wally Mitchell, Darca Ridley and Stephany Walker.

Next month's meeting will be May 12th and the Guest Speaker will be D.J. Rak, speaking on Heart Attach Symptoms and Signals.

Meeting adjourned at 12:45. Minutes transcribed by Secretary, Lannie Pender.

