



SHAWNEE SIGNAL
Chapter 1162 Shawnee Mission Kansas
National Active and Retired Federal Employees Association
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www.narfe-chapter1162.org

Louise Lloyd, Editor, lalloydks@yahoo.com

Officers & Committees

President

Louise Lloyd
913-661-1720

1st Vice President

Edward Acosta
913-322-2864

2nd Vice President

Louis Bornman
913-268-8526

Secretary

Elizabeth Bornman
913-268-8526

Treasurer

Mary Haswell
913-400-7303

Service Officer

Elizabeth Bornman
913-268-8526

Alzheimer's

Edward Acosta
913-322-2864

Legislative

Louis Bornman
913 268-8526

Membership

Harold Hutcheson
913-780-3073

NARFE-PAC

Flo Biehl
913 631-5559

Newsletter

Louise Lloyd
913 661-1720

Sunshine

Don Faidley
913-671-7368

Webmaster

Bob Steinert
913 764-7456

Louise Lloyd, President

As I begin this article, it is now the month of May, and thankfully, those of us living in this area were very fortunate to have thus far missed the worst of the storms and tornadoes that affected parts of Missouri and the Southeast. If you know of any NARFE members who were affected by the storms, be sure to remind them of the funding available through NARFE's disaster fund, that is funded by contributions from other NARFE members.

On a more positive note, 6 of our members attended the Federation convention in Junction City, April 10th -12th. The Junction City chapter did an outstanding job planning for the convention. The Federation board had asked whether our chapter would consider hosting the Federation Convention in April 2013. Based on discussions at a board meeting, and further discussion at a chapter meeting, the consensus was that it was time for our chapter to host a convention, since we had not done so in 15 years. Therefore, based on visits and meetings with several hotels, it was determined that the Overland Park Holiday Inn, on 87th and Reeder, had sufficient meeting space, and the staff seemed most anxious to work with us. So Elizabeth Bornman, our Secretary who had been involved in all the hotel meetings, presented our information at the Convention and the Time and Place committee accepted the proposal for us to host the Federation Convention April 28th – 30th, 2013. So save these dates on your calendar, as we will want as many of you to attend as possible, and we will be in need of your help later as we begin to seriously plan for the convention.

Election of officers was held. Cindy Renee` Blythe, (an active employee) and 2nd Vice –President, was elected as President. Ann Murphy, from the Manhattan chapter was elected as 2nd Vice-President. Dixie Thomas will remain as 1st Vice President, Jerry Ketter will remain as Treasurer, and I will remain as Federation Secretary. Flo Biehl our immediate past Chapter President was re-elected as the Area 1 Vice President.

The featured NARFE Headquarters speaker for the convention was Chuck Timanus, Director of Public Relations. Chuck made an excellent presentation, and stated "at a time we should be celebrating 90 years of service to the federal community, we are facing trying times." Chuck shared that the federal community, active employees and retirees number less than 5 million, and in a nation of 310 million, we represent less than 2%. He emphasized that Legislative representation is still job one for NARFE. And, he emphasized that the bottom line is all of us - whether you are working or retired, or a survivor, face threats to our retirement, pay and health benefits. Chuck emphasized that we have a huge battle on our hands and need every NARFE member to tell their former and current co-workers who are not part of NARFE to sign up and join in this effort. **What would make our position less hazardous would be a bigger NARFE.** And only about 15% of federal retirees and 1% of active federal employees are members of NARFE. As Chuck stated so well the message we need to remember and we need to share with others is that "***NARFE is the only organization dedicated to protecting and enhancing their retirement security. And to help us fight this fight, they need to join us.***"

We hope all of you will help us spread the word about NARFE. We need your help. If you need any application forms, feel free to contact our membership Chairperson, Harold Hutcheson. Also, members can sign up on line. You can refer people to our chapter website, and that will take them to the Headquarters website. Our webmaster continues to make changes to our website to keep it up to date with the most current issues affecting us. You'll want to check it frequently. The chapter's website address is www.narfe-chapter1162.org (click!) on the Internet.

I once again encourage those of you who have internet capability and have not provided your e-mail address to NARFE Headquarters to please do so, so that you can receive the weekly GEMS messages from HQ. This is the best way for you to be notified of critical issues needing prompt response from our members. It only takes a minute, you can do it online, or you can call NARFE at 800-627-3394 toll free.

It is now time to be making reservations to attend the Region V College of NARFE Knowledge (CONK) in South Sioux City, Nebraska, August 29 -31 being held at the Marina Inn. The theme is Legislative, and Dan Adcock and Richard Thissen are both presenting sessions. CONK is definitely worth attending, and I encourage you to consider attending. Contact Secretary, Elizabeth Bornman or me for registration information.

And finally, it is with deep sadness that I report that we have lost one of our active members, Howard Zion, who passed away this past week. Howard had served as our Service Officer for several years, ending December 2010. He was a dedicated NARFE member, and he will be missed by those of who knew him.

Future Meeting Dates/Activities:

May 6th – Executive Board Meeting, 9:30 a.m. at Denny's Restaurant, 95th & I-35 Exit, Lenexa

May 11th - Social Luncheon at Hometown Buffet, 73rd & Quivira at 1:00 p.m. RSVP Agnes Shellhammer, 913-432-0091

May 24th, Chapter meeting 1:30 p.m., Overland Park Lutheran Church, Program: Stacey Janssen, Attorney, specializing in Elder Law

June 3rd – Executive Board meeting, 9:30 a.m. at Denny's Restaurant, 95th and I-35 Exit, Lenexa

June 8th – Social Luncheon at Hometown Buffet, 73rd & Quivira at 1:00 p.m. RSVP Agnes 913-432-0091.

June 28th, Potluck luncheon/meeting and Entertainment/or Bingo. Luncheon at Noon. Still looking for talented members willing to perform for our members. Contact Mary Haswell 913-400-7303.

August 20, Saturday, Breakfast meeting, 9:00 a.m., at the Holiday Inn, 87th and Reeder, Overland Park, Ks. Program to be determined. However, we hope those of you who can't attend our regular monthly meetings can join us for this special meeting time. Breakfast buffet, \$10 includes tax and gratuity.

College of NARFE

Knowledge – CONK

August 29th -31st,
Marina Inn, South
Sioux City,
Nebraska. Theme:
Legislative.

**Welcome to our
Newest Chapter
Member!**

Renee Ellis

In Memoriam

Richard Rhea
George Nolte
Howard Zion

Eddie Acosta, 1st VP, Alzheimer's

Hardly a day goes by without some exciting news about Alzheimer's Disease. On the news the other day the announcer spoke about a new way of classifying Alzheimer's disease cases. There is the stage a person goes through who exhibits no symptoms progressing to mild cognitive impairments which ultimately turns to full-blown Alzheimer's disease.

On a separate occasion, on the Dr. Oz show, a doctor and dietitian spoke about the need to avoid nitrosamine processed foods such as smoked or processed meats, processed cheese, beer, foods made with white flour and smoking. If you want to see what is new in Alzheimer's disease just watch for it.

Keep yourself in the best condition to avoid Alzheimer's disease. Keep physically and mentally active. Exercise. Learn something new, a language maybe or a dance. Brush your teeth or try eating with the opposite hand. Do crossword puzzles or sudokus. Read.

NARFE has committed to raising and donating over \$10 million for Alzheimer's research. **Please don't forget that your local NARFE chapter collects Best Choice UPC codes. Should you want to make a donation or send labels my address is 5216 Bond Street, Shawnee, KS 66203.**

I work at the St. Mary's Soup Kitchen one day a month and several people are collecting Best Choice UPC codes. If you would like further information about Alzheimer's, you may either call me at 913-620-4061 or come to the monthly NARFE meetings at where there are informational pamphlets.

Together we can make a difference.

Louis Bornman, 2nd Vice President, Legislative Chair

Three weeks ago I participated in a news teleconference with NARFE Headquarters personnel, two Congressmen from the Washington, DC area and about 10 reporters. The main gist of the questions and topics was the impact of a government shutdown on active federal employees. While some people do live pay-check-to-pay-check the primary impact for me was the effect it could have on my retirement since I plan to retire this summer. Later I did the math and determined that for every day of furlough my FERS retirement pension would have been reduced by approximately \$4.65 per month. Doesn't sound like much until you think about how long you might be around and the potential effects of cost of living increases. Over time that can amount to some real money.

Have you written your Congressman and Senators? I have. I complained about the negative picture being painted of federal employees and their pay and benefits and about the dumb comparisons being made between the average salary of American civilian workers and the median pay and benefits of federal workers. Then drawing the conclusion that federal employees are grossly overpaid. They might as well use that comparison to determine the price of tea in China. That is about the value of their comparison, not relevant at all.

Last week I got a call from NARFE Headquarters. They want me to do a radio ad for the "Protect America's Heartbeat" campaign as an active federal employee. So, in a few weeks you may hear my voice on the radio. I'll let you know how it goes.

Elizabeth Bornman, Secretary, Service Officer

As the Service Officer of our chapter I'm here to help you as a member and your families obtain the benefits you are entitled to after your death. Remember that your spouse has the right to take over your membership and be involved in the chapter as a viable chapter member. If you have not completed the document "Be Prepared for Life's Events" (F-100) you really should. It will really help your family after your death. It is available to download on the National website under forms after you sign-in as a member. Before you reach 65 and go on Medicare I'm available to assist you with information that may help you make the right decision with the options available to you being a federal employee.

Sunshine Committee – Be sure to contact Don Faidley if you know of any members who may be sick or in the hospital - 913-671-7368 or email: Djfaidley@aol.com

Contact Information:

Senator Jerry Moran – jerry_moran@moran.senate.gov; Olathe, KS office telephone 913-393-0711. D.C. Office: 202-224-6521

Senator Pat Roberts – pat_roberts@roberts.senate.gov; Overland Park Office: 913-451-9343. D.C. Office: 202-224-4774.

Congressman Kevin Yoder – Kansas City, KS telephone: 913-621-0832, Washington D.C. telephone: 202-225-2865 www.yoder.house.gov. (Visit website to signup for his newsletter)

The Legislative Hotline is available to telephone callers (703)-838-7780 and toll free at 1-877-217-8234, posted on the internet at www.narfe.org, made available to NARFE-Net Coordinators, and sent to over 54,000 GEMS e-mail addresses.

A Kansas Legislative Hotline is available for updates about the status of current bills: In-State - 800-432-3924. Out of state - 785-296-2149. You may also contact the legislators via the website www.kslegislature.org.

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Employees Assoc. 1162
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