



The Shawnee Signal
Chapter 1162 Shawnee Mission Kansas
National Active and Retired Federal Employees Association
September 2011

www.narfe-chapter1162.org

Vol. 33, No. 8

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President's News – Louise Lloyd

I was fortunate to attend the College of NARFE Knowledge in South City, Nebraska, along with 5 other chapter members from August 29th – 31st. The overall theme was Legislative issues and concerns. Featured speakers included Richard Thissen, National Treasurer, Dan Adcock, Director of NARFE's Legislative Department and Julie Tagen, also from the Legislative Dept. Dan Adcock re-enforced that retirees and active federal employees face the greatest threat to our benefits in a generation. For the present time we have sustained no additional cuts, but that could change as laws can change, and the Supercommittee is tasked to propose massive reductions in the federal budget over the next 10 years. As the committee starts to meet, NARFE HQ will keep us informed of what actions we should take to protect our benefits. Once again I encourage all members who have internet access to please provide NARFE HQ your e-mail address so that you can receive updates in a timely manner. And it would be appreciated if you could make sure that the phone number on file with NARFE HQ is correct. Many of you may no longer have traditional land lines, and only have your cell phones, but have not given that number to HQ.

We were reminded that if you are sending a letter to any of the congressional delegation, that it is best to mail those to the local offices, as the security measures taken for mail sent to Washington D.C., can delay mail receipt for up to 3 months. The addresses for the Kansas delegation are posted on our chapter website. It was also stressed that we should get to know as much as we can about the members of the Supercommittee, as they hold our future in their hands. And we were reminded how important it is to have an established relationship with the elected officials and their staff members. Due to space limitations, and trying to minimize the expenditures of funds, I will work with others who attended CONK to see if we can post some of the other highlights from CONK session on our chapter website by September 15th. So I encourage you to check our website after that date for further information from CONK.

Legislative Update – Louis Bornman, 2nd Vice President, Legislative Chairman

As the twenty members of chapter 1162 and 4 members from Kansas City, KS and Lawrence chapters know our breakfast meeting for August 20th with Mr. Patterson from Congressman Yoder's office did not happen. Two weeks prior to the event another person was substituted for Mr. Patterson. Then on the last day before we had to provide our last numbers to the Holiday Inn restaurant Congressman Yoder's office called and cancelled because of a "family emergency." As this was our program for the meeting, the executive committee decided to cancel the event.

I would like to thank all of those who made the effort to sign up for this event as it was to be a opportunity for us as an organization to express our concerns with those elements of the Republican's "Path to Prosperity" and the potential recommendations from the Congressional Super committee on the Debt that can adversely affect both active and retired federal employee pay and benefits. With such a small showing out of approximately 750 members it would appear that not very many members are concerned or worried that their pay and benefits could be cut or double or even quintuple in cost. Proposed changes include requiring current employees to pay 6.2 percent of pay toward their retirement pension fund. They currently pay 0.85 percent. This amounts to a 5.5 Percent pay cut with no increased benefit. Another proposal is for limiting the amount the government pays for its portion of the FEHB based upon the change in the CPI. Over time this formula gradually shifts the government's cost of your health insurance from the government to you. Additionally there is the proposal to change the method of calculating COLAs from the CPIU to the CPIW. This basically says that when people earn less they don't buy beef they buy chicken or other cheap substitutes. Well, I guess that is great for Wal-Mart but cuts out all the other stores. If you care about these things you need to find ways to express your concerns to your Representative and Senators. One very good way is to come to events like the one we planned. I hope to schedule another one in the near future and/or at least get an office visit with a member of the local staff. If you are interested in participating please let me know.

Your membership in NARFE is valuable. Proof is in the legislation that was passed in raising the debt ceiling. Part of that was the creation of automatic sequestration rules that take effect in January if the Super committee and the rest of Congress and the President do not pass debt reduction legislation. Sequestration means that some things will not be paid. However through the efforts of NARFE federal retiree pensions and military pensions have been exempt so we will still get paid.

Future Meeting Dates/Activities:

September 14th Social Luncheon at Hometown Buffet, 1:00 p.m. RSVP Agnes Shellhammer, 913-432-0091.

September 27th Chapter Meeting 1:30 p.m. Overland Park Lutheran Church, 79th and Lowell. Program: **Pharmacist from Walgreen's** will speak on various topics including drug interactions. Also opportunity for members to ask questions.

October 7th, Executive Board Meeting, 9:30 a.m. at Denny's Restaurant, 95th and I-35 exit, Lenexa.

October 12th, Social Luncheon at Hometown Buffet, 1:00 p.m. RSVP Agnes Shellhammer, 913-432-0091

October 25th, Chapter Meeting, 1:30 p.m., Overland Park Lutheran Church, 79th and Lowell. Program: **Identity Theft.**

November 4th, Executive Board Meeting, 9:30 a.m. at Denny's Restaurant, 95th I-35 Exit, Lenexa

November 9th, Social Luncheon at Hometown Buffet, 1:00 p.m. RSVP Agnes Shellhammer, 913-432-0091

November 22nd, Chapter Meeting, 1:30 p.m., Overland Park Lutheran Church, 79th and Lowell.

December 2nd, Executive Board Meeting, 9:30 a.m. at Denny's Restaurant, 95th and I-35 exit, Lenexa.

Important Phone Nos.

NARFE Member Relations:

1-800-456-8410

IRS Questions:

1-800-829-3676

Social Security:

1-800-772-1213

OPM Retirement Info:

Remarriage, divorce, death or spouse, change of address or financial institution or amount of insurance under FEGLI,
1-888-767-6738

Alzheimer's Update – Eddie Acosta, 1st Vice-President, Alzheimer's Chairman

October 1, 2011, 9:00-11:30 am, is a fund raising event for Alzheimer's called the "Walk to End Alzheimer's." The funds raised go for Alzheimer's care, support and research. In concert with the Alzheimer's Association we have a team consisting of interested NARFE members. You can either take part in the event or pledge a donation. Please contact me at 913-620-4061 to get involved. You can either sponsor someone or participate yourself. You may want to go to our web-site, narfe-chapter1162.org, for more information.

Thanks to all of you who have either made monetary donations or sent Best Choice UPC labels. Last month enough Best Choice UPC labels were collected and sent in for a \$60 reimbursement which was sent on for the benefit of Alzheimer's research. You may send these directly to 5216 Bond, Shawnee, KS 66203.

There is a new development in the field of Alzheimer's Research everyday: some studies have thrown doubt that plaques that form on brain tissues can lead to Alzheimer's disease, there was a recent study that mentioned that after age 60 the incidence of Alzheimer's increases according to the number of routine injuries one may have sustained from then on, each routine injury raising the incidence by 5%. Whichever one is correct will only be known if the Alzheimer's research continues.

Everyone is encouraged to stay active for the benefit of brain-power. Exercise, if not every day then every other day. If you brush your teeth or use your computer mouse with one hand try doing it with the other hand. Do crossword puzzles or sudokus. Don't use a calculator to figure out numbers, do it the old fashioned way and figure them out yourself. Maintain an ideal body weight. Get enough sleep. Eat right."

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 – Overland Park, 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.

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

Legislative Action - Supercommittee, Super Effort

In the weeks and months ahead, NARFE's legislative advocacy efforts will be focused like a laser on the congressional "supercommittee" that has been charged with finding an additional \$1.5 billion in spending cuts over the next 10 years to reduce the federal deficit. Through our "Protect America's Heartbeat" campaign, NARFE will be doing all it can to defend federal pay, retirement and health benefits. We will need everyone to join in this fight. Stay tuned for how you can help. [GEMS, NARFE web site, Chapter 1162 web site www.narfe-chapter1162.org.]

Bob Steinert, Webmaster

NARFE PAC - Flo Biehl, Chairman

At CONK, they reminded us that if you had only one dollar to give to someone, it should go to NARFE PAC. This is because NARFE is the only organization banded together to protect our earned benefits. Money going to NARFE PAC goes to help elect those running for election that we think would help us are given some money to help in their campaign. I know we are not having an election right now but we need to put money together for this. Your magazine has a coupon in it. Fill it out and send it in along with your contribution. Only members are allowed to contribute. I usually send in twice a year. That helps my budget. If you contribute \$20 or more, you can ask for a pin.

Service Officer Report, Elizabeth Bornman

Open Season is scheduled from Nov 14 to Dec 12 this year for calendar year 2012. Health companies **will not** be mailing out the paper copies of the plans. They will only be available on line starting in mid October. If you wish to receive a hard copy you need to contact your customer service department. You need to read the plans. They are always changing something in the plans. Look for an increase in cost again. For example, you may be getting Blue Cross Blue Shield Standard Option when Basic might cover your needs and at the same time saves you considerable money.

The Debit Limit Compromise Law provides no cuts in federal retirement pay or health benefits. The law requires a vote on a balanced budget amendment before December 31 2011. Contact your representatives to help protect those entitlements. If the Social Security Offset affects you, let them know how it affects your quality of life. Let them know the dollars you lose, which if you had, could buy goods and service in Kansas. Keep your records.

Your September Shawnee Signal

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