

## **JUNE 2024 NEWSLETTER**

### **PAST PRESIDENT'S MESSAGE**

Summer is fast approaching and for many vacations plans with family and or friends. Enjoy your summer and stay safe. We will however have our Distinguished members luncheon on June 5<sup>th</sup> and the chapter picnic on August 3<sup>rd</sup> (more information further in the newsletter).

On June 16<sup>th</sup> we honor and celebrate Father's Day.

On June 19<sup>th</sup> we recognize Juneteenth, also known as Emancipation Day, Freedom Day, or Jubilee Day. Juneteenth is the commemoration of June 19, 1865, the day enslaved Americans in Galveston, Texas, learned that they were free. While Juneteenth has been celebrated since the late 1800s, it was not legally recognized as a federal holiday until June 17, 2021 when President Biden signed into law Juneteenth National Independence Day.

At our May 1, 2024 chapter meeting our speaker was Brooke Raby, Interim Executive of the Lexington Philharmonic. She presented a PowerPoint that introduced us to the new Music Director of the Lexington Philharmonic, Melisse Brunet. She also highlighted several programs and performances that the Philharmonic is involved in: Lexington Patriotic Concert on July 3<sup>rd</sup> at Transylvania University, Picnic with the Pops at Keeneland on August 10<sup>th</sup>, Symphonic Stroll at Josephine Sculpture Park on September 7<sup>th</sup> in Frankfort, Ky. and the Christmas Cathedral at Christ the King on December 13<sup>th</sup> and 14<sup>th</sup> to name a few. The Philharmonic is also involved in music programs at several elementary schools in Lexington, Creative aging music program at the Ashland Terrance Assisted Living Center, and performances at the Lexington Senior Center. You can also order tickets to performance at the UK Singletary Center of the Arts. To learn more, you can go online to [www.lexphil.org](http://www.lexphil.org).

**The FEDCON24** conference will be held August 18-20, 2024 at the Hyatt Regency St. Louis at the Arch. The Early bird registration of \$175.00 ended on May 17<sup>th</sup>. If you register from May 18<sup>th</sup>- August 7<sup>th</sup>, 2024 the cost will be \$200.00 and after August 7<sup>th</sup> or on-site the cost increases to \$250.00. The Kentucky Federation will reimburse the registration fee of \$175.00 and round-trip driving mileage for any members who attend. The cost of the hotel rooms is \$130.00+tax. Henry Duncan, District V VP has rented a van and chapter President Kenneth Overhults will be riding with him. If anyone else is interested in going you can contact Henry Duncan to make plans to ride with them.

### **Anthem Blue Cross Blue Shield Wellness Article**

#### **"Hidden Sugars**

Over 68% of barcoded food products in the U.S. contain added sugars! Adding sugar can significantly increase daily calorie intake without one realizing. Manufacturers use various names for sugar on ingredient labels, making it difficult to identify. Examples include high-fructose corn syrup, cane sugar, foods ending in -ose (fructose, maltose), agave, barley malt, brown rice syrup, and more! Excessive sugar consumption can lead to various health issues like obesity, diabetes, heart disease, and tooth decay. And sugar free foods contain artificial sweeteners, which does not address the neurological aspect of sugar cravings and dependence, making it likely to overconsume.

Awareness can help inform choices towards a balanced diet and a healthier lifestyle. Make a goal to reduce or eliminate added sugar (and sugar substitutes) from your diet for 2 weeks. Develop a plan for those cravings and detox symptoms, keep track of how you feel, and help retrain your brain and taste buds!"

*Alison Burke, MSN, RN, Wellness Nurse Consultant*

The next NARFE Webinars will be held June 20, 2024 at 2:00 pm "Retirement Processing Prep" and July 25, 2024 "Thrift Savings Plan: Should I Stay or Should I Go?" "To register go to [www.NARFE.org](http://www.NARFE.org).

**NEXT CHAPTER MEETING** will be September 4, 2024 at 2:00 pm (social hour at 1:30 pm) at Crestwood Christian Church. The speaker to be announced.

### **MEMBER NEWS**

We regret to report the deaths of **Ethel Shearer**, sister of chapter member Edna Barber and **Faye Duncan Holman**, sister of chapter member Henry Duncan. We extend our sympathy to their family and friends. We welcome back **William Parker** of Lexington who reinstated his chapter membership and look forward to his participation in our chapter meetings and activities. We send a well wishes to Ron Ray who recently had surgery and is recovering, and Ethel Hanna and other members who are ill, hospitalized or in a nursing facility. Sending happy wishes to chapter members who have a Birthday or Anniversary in June or July.

We also want to recognize chapter member Debbie Price who was honored at the 2024 National Crime Victims' Rights Luncheon on April 15, 2024. "The luncheon is a collaboration of the U.S. Attorney's Office for the Eastern District of Kentucky and local law enforcement partners (Fayette Commonwealth's Attorney's Office, Fayette Co. Attorney's Office, Lexington Police Dept., Office of the Fayette County Sheriff, and the Federal Bureau of Prison's Medical Center) to raise awareness about crime victims' issues and rights". Awards are given by each agency and Debbie was honored by the Fayette Commonwealth's Attorney's Office for her work with victim's advocacy. Congratulations to Debbie Price!

The **Distinguished member's luncheon** will be hosted 11:30 am on June 5th at the Sedona Restaurant in Palomar Center off Harrodsburg Rd. If you plan to attend please contact Tony Burgett at email [tonyburgett@gmail.com](mailto:tonyburgett@gmail.com) by June 1, 2024. Directions to Sendona: if traveling on Harrodsburg Rd. going past New Circle Rd., till you pass Kerr Brothers and turn right at the light on Wellington Way and then immediately R again up the hill past Chase bank. If coming from Man O War in either direction turn onto Harrodsburg Rd. heading toward town and turn L at the 1<sup>st</sup> light onto Wellington Way and immediately R up the hill past Chase bank and Sendona in on the right.

**Chapter 97 August Picnic** is scheduled on Saturday, August 3<sup>rd</sup> at 5:00 pm at Jacobson Park, Shelter #4. The chapter will furnish the chicken, beverages, paper products and utensils. Members will be asked to bring a side dish or dessert. More in the August newsletter.

## **OUTREACH and UPCOMING EVENTS**

Members can make contributions to our chapter charity **Arbor Youth Services**. You can mail your contributions (check made out to NARFE Chapter 97) to Debbie Price.

**Quilts of Valor:** members can make a monetary donation. If any questions contact Kenneth Overhults.

**Military Missions:** Mary Jo Billitter, 2nd VP will have a box available at our chapter meetings/activities for members to bring any donated items and/or monetary donations to Military Missions.

**Wreaths Across America:** If you want to donate or have questions you can contact Debbie Price at email [debbiejp@windstream.net](mailto:debbiejp@windstream.net).

**Walk to End Alzheimer's:** The walk will be held on Sunday October 20, 2024 at 1:00 pm at the KY. Horse Park Alltech Arena. Paula Bayer, 1<sup>st</sup> VP and Mary Jo Billitter, 2<sup>nd</sup> VP are Chapter 97 team co-captains. If you wish to donate you can go online to [Walk to End Alzheimer's](#) website and select narfe97 team or make check out to Alzheimer's Association and mail to Paula Bayer or bring to our chapter meetings.

**NARFE-PAC:** members can continue to make your donations through your annuity or by credit card through the Sustainer Program online at [narfe.org/pac-sustainer](http://narfe.org/pac-sustainer), or you can make a one-time donation. Mail your check (note on the check you are a Chapter 97 member) to NARFE-PAC Chair, Ronald Ray, or bring your check to our meetings.

## **LEGISLATIVE REPORT**

“Following the celebration of Public Service Recognition Week May 5-11, there is no better time to continue honoring the commitment and dedication of our federal workforce by taking decisive action to protect a merit-based civil service system. **The Saving Our Service Act, H.R. 1002/S. 399** is vital legislation aimed at safeguarding the integrity and stability of the federal workforce. This bill seeks to preserve the nonpartisan nature of federal civil service from potential threats, such as those posed by policies like Schedule F, which attempts to reclassify many federal jobs, stripping employees of critical protections. To prevent the undermining of federal employees' rights, send a letter to your lawmaker urging they support a merit based civil service ensuring federal employees serve the American public without undue political pressure.”

### **The Social Security Fairness Act H.R. 82.**

Members are encouraged to act now to keep the pressure on Congress to repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO), since the House Committee on Ways and Means Subcommittee on Social Security held a hearing on April 16, 2024.

Members are also encouraged to follow the NARFE bill tracker in the NARFE monthly magazine to identify the legislative issues most important to you and then contact your legislators to advocate for their support.

**Members can call the Advocacy Hotline at (800) 456-8420 (option 5) or use the NARFE's online Legislative Action Center to send a policy specific letter to your legislators or to write personal letters!**

**You can also contact your legislator's offices:**

**Congressman Barr's Lexington office is at 2709 Old Rosebud Rd., 40509, (859) 219-1366.**

**Senator McConnell's Lexington office is at 771 Corporate Dr., Suite 108, 40503, (859) 224-8286.**

**Senator Paul's office is at 1029 State St., Bowling Green, KY. 42101, (270) 782- 8303.**

*Paula Bayer, Newsletter Editor*