

NATIONAL ONLY MEMBERS are receiving this Gemette newsletter as a courtesy to follow the planned NARFE events throughout the Idaho Federation.

ALL MEMBERS Please note that this Gemette Newsletter has personal contact information in it. Please do not use this newsletter for general public recruitment. Our officers have been targeted by scammers asking for money.

FROM THE DESK OF THE IDAHO FEDERATION PRESIDENT



Welcome to Fall. It seems like it's been a long hot summer here, but not as many fires on the ground as last year. We are all still reeling from the heat coming out of Washington DC for the past 8 months. There has been a whirlwind of activity coming at the active and retired federal employee since NARFE won the battle against WEP and GPO on January 5th. President Trump has proven that the Executive Order pen is mightier than the sword. It is paramount that we remind our congressmen that we elected them. Their job is to listen to our, their constituents, concerns and to vote accordingly on Capitol Hill.

The NARFE National Presidents - National Executive Board (NEB) meeting was held in Indianapolis in August. We held the meeting there as a pre-check to August 22-24, 2026 FEDcon26 venue. I hope you will consider attending this rewarding training and networking event next summer. NARFE Idaho Federation will reimburse your Registration. I plan to attend whether I am your Federation President or not. Our room rate at the Hyatt Regency downtown was \$169 this year. Start saving!

We were updated on the national recruiting efforts of Street Level Studios. They have radio, newspapers, magazines and TV campaigns going on in 14 states (not Idaho), and on Google, Facebook (Meta) and Linked-In. The cost/new member recruited was best for Facebook at \$45/new member recruited. The most expensive was Linked-In at \$1,900/new member recruited. So, if you are on Facebook, "like" the NARFE site! There were many presidents who claimed to have recruited successfully on Linked-In as well. Narfe.org/aboutus has several print ads that you can download and print to take to recruiting opportunities. All 54 Federation presidents are seriously concerned about the lack of NARFE brand recognition, recruitment, and promoting / developing NARFE leadership.

Every NARFE Chapter that closed did so due to lack of leadership. To that end, NARFE HQ will be releasing a new webinar this fall, "Office Hours for Officers." This is to help new officers and anyone curious about volunteering for a rewarding experience as an officer navigate a NARFE leadership position. Lack of leadership was why the Arizona and New Mexico Federations merged over the past year to make the new Southwest Federation. I truly hope you consider volunteering for a leadership role in a Chapter or Federation. National Only members are eligible to be federation officers.

CHAPTER AND FEDERATION OFFICER DUTIES

Condensed version below. See the NARFE F-10 online for complete details.

Presidents set agendas, run meetings, and set the annual budget with the help of their executive boards.

Federation Presidents have had to also close chapters that cannot acquire officers.

Secretaries record and maintain minutes of meetings.

Treasurers write checks when needed and maintain accurate banking and budget records.

Area Vice Presidents are the area liaisons to the president.

Now that Idaho only has one Chapter per area, we may want to consider dismissing these three elected officers. This will require a Bylaw change. Two of the three AVP's are Chapter Presidents.

Appointed Committee Chairs/Coordinator's

Alzheimer's Coordinator relays information from the National Alzheimer's Coordinator, plans local events and turns in monthly donations to the Alzheimer's Foundation.

Legislative Chair reports on legislative matters, NARFE concerns and wins. Coordinate with CDL's and Congressmen.

Congressional District Leaders (CDL's) coordinate activities with their congressmen.

Service Officer assists members navigating OPM, Social Security or other agencies concerning life events such as retirement, death benefits, survivor benefits, etc. We have officially relied upon the Federal Benefits Institute at NARFE headquarters for the past few years.

Newsletter Editors collect articles and digitally create newsletters, send them to printers and mail them both by email, and by USPS to members without email addresses.

Calling Committee calls members to remind them of Chapter meetings.

Greeters welcome members to Chapter meetings.

CHAPTERS IN THE SPOTLIGHT

CHAPTER MEETINGS

Idaho Falls Chapter 0763

ALL MEETINGS HELD:

First Wednesday October - April

NOON – 2:00 PM

DIXIES DINER

2150 Channing Way Idaho Falls 83404

No-host luncheon meeting

Programs will soon be posted at <https://www.narfe.org/chapter0763>.

Nampa Golden Eagle Chapter 1025

ALL MEETINGS EXCEPT JUNE HELD:

Second Fridays, September - May

NOON - 2:00 PM Nampa Eagles Lodge 118 11th Ave N, Nampa ID 83687

October 10, 2025, Presentation from the Idaho Alzheimer's Foundation and Cake Raffle fundraiser.

November 14, 2025, will be our Open Season Health Fair. Blue Cross, GEHA, GEHA-UHC, Mail Handlers and Aetna have been invited.

December 12, 2025, TBD

January 9, 2026, Peregrine Foundation Birds of Prey.

February 13, 2026, TBD

March 13, 2026, will be all about NARFE-PAC. Please bring your wallet or checkbook if you wish to support NARFE-PAC. The need for NARFE is real!

April 10, 2026, will be the return of Bailey Dumire, Federal Health Coach to talk about diabetes.

May 8, 2026, TBD

June 12, 2026, is our casual get-together luncheon. Location TBD.

Selkirk-Sandpoint Chapter 1945

Please contact President Steve Franklin for meeting location, dates and time at sdfranklin1@gmail.com or 208-265-5584. All North Idaho NARFE members are cordially invited to Spokane Valley Chapter meetings.

ALL MEETINGS HELD September - June:

Spokane Valley Chapter 0032

11:30 No-host lunch

Darcy's Restaurant and Spirits

10512 E Sprague Avenue

Spokane Valley WA 99208

Speaker begins at 12:15 PM immediately followed by business meeting. For program or ZOOM meeting options, please go to <https://www.narfe.org/chapter0032/>. Questions may be directed to Scott Robinson, Webmaster, Chapter 0032 at 208-661-7695.

The Idaho Federation thanks the Spokane Valley Chapter for this open invitation.

Keri Gibbs, Idaho Federation President

Creative Volunteer Position Opening!

Your incredible Gemette Editor is retiring after this Edition. I cannot express how grateful I have been to work with such a tenacious and dedicated duo. Elaine's name is on the title, but Dick has been her chief correspondent.

The Gemette publishes Spring and Fall Editions. The Idaho Federation is looking for someone to volunteer to take over the Gemette Editor position. Elaine can give you the template she has used, or you can create your own.

Interested members can reach me by text at 208-337-8071, or at gibbsnarfe@gmail.com.

Region IX Vice President, *Steven Roy*



Hello Idaho Federation Members,

Our NARFE membership count for Region IX has shown a steady decrease since June 2025 but still an overall increase since January 2025. Thank you for your support and growing our Association. As of August 2025, there were a total of 7914 members, down from July 2025 of 7934 members. Region IX is the smallest Region in membership but the largest Region geographically with 5 state federations, Alaska, Idaho, Montana, Oregon and Washington. NARFE’s Grand Total membership was 129,080 as of August 2025.

During the week of August 12-14, 2025 the NARFE National Executive Board (NEB) along with the Federation Presidents met in Indianapolis, Indiana. The NEB had a joint meeting with the Federation Presidents on August 14. In addition, NARFE held its annual meeting on August 14, where the National President and National Secretary/Treasurer gave their annual reports.

I would like to share some of the relevant highlights of the NEB meeting.

- **The NEB approved the 2026 FEEA/NARFE Scholarship program authorizing \$2000.00 per applicant for each Region.**
- **Our NARFE Headquarters building in Alexandria, Virginia has undergone refurbishment on the 1st and 4th floors to make it ready and more marketable for a perspective tenant. The building is still on the market for sale, but the real estate market in Alexandria is soft.**
- **In the near future you should see posted on the NARFE website the nine NARFE committees listing their chair and committee members.**
- **The North Dakota and South Dakota Federations are proceeding with their merger.**
- **The new Southwest Federation (from merging Arizona and New Mexico) is in the final stages of becoming a reality.**
- **The Vermont Federation is initiating the closure process.**
- **FEDcon26 will be at the Hyatt Regency in Indianapolis, Indiana on August 20-25, 2026. Travel dates are August 19 and August 26. Please mark your calendars.**
- **NARFE had a clean audit and is strong financially.**
- **The 2026 Election Timeline was approved by the NEB.**
- **Street Level Studio provided us with an update. They are our marketing agent to increase the NARFE brand awareness and ultimately increase our membership. They have seen success with Meta and Reddit with an increase in brand awareness and increase in membership.**
- **The NEB authorized pursuing a 501(c)3 non-profit supporting arm to our 501(c)5 non-profit.**

The next NEB meeting will be held November 18-20, 2025 in Alexandria, VA at NARFE’s National Headquarters offices.

Thank you for your membership and support of NARFE programs to preserve and protect our earned pay and benefits.

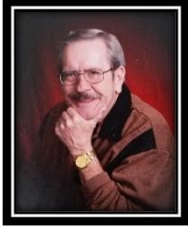
**Respectfully submitted by:
Steven Roy
Region IX Vice President**



Membership Chair Report *Harold Kehr*



IDAHO FEDERATION MEMBERSHIP 1/1-9/8/2025					
	IDAHO				
	FALLS	NAMPA	SANDPOINT	MOSCOW *	TOTAL
CHAPTER MEMBERSHIP					
1/1/2025 MEMBERSHIP	84	164	30	33	311
ADDITIONS:					
NEW MEMBERS	14	7	4	0	25
REINSTATED	2	6	1	0	9
TRANS IN	<u>2</u>	<u>2</u>	<u>4</u>	<u>0</u>	<u>8</u>
TOTAL	18	15	9	0	42
SUBTRACTIONS:					
NON-RENEWALS	8	9	4	0	21
PASS AWAY	0	4	1	0	5
TRANS OUT	<u>1</u>	<u>0</u>	<u>0</u>	<u>33</u>	<u>34</u>
TOTAL	9	13	5	33	60
NET CHANGE	<u>9</u>	<u>2</u>	<u>4</u>	<u>-33</u>	<u>-18</u>
9/8/2025 MEMBERSHIP	93	166	34	0	293
NATIONAL ONLY MEMBERS					
1/1/2025 MEMBERS	92	287	75	59	513
9/8/2025 MEMBERS	<u>96</u>	<u>296</u>	<u>161</u>	<u>0</u>	<u>553</u>
NET CHANGE	4	9	86	-59	40
* Moscow Chapter Closed in 2025 with most members going to Sandpoint Chapter or National Only Membership					



FEDERATION TREASURER *Frank Boguslawski*

Checking	\$ 5,503.10
Savings	\$26,721.24
Total	\$32,224.34

Submitted by Frank Boguslawski, Idaho Federation Treasurer



ALZHEIMER CHAIR *Gen Boguslawski*

THANKS TO ALL WHO ASSIST IN THE FIGHT TO END ALZHEIMER'S DISEASE.

The National August donation summary is \$12,433.62, with a lifetime total of \$16,734,483.16.

See Alzheimer's Association Research Update, August 2025, below:



Highlights from the Alzheimer's Association International Conference 2025 (AAIC)

Joanne Pike, DrPH, President and CEO Alzheimer's Association

The Alzheimer's Association International Conference is the premier annual forum for presentation and discussion of the latest Alzheimer's and dementia research. More than 11,700 researchers, clinicians and dementia professionals joined us in Toronto and online for AAIC and an additional more than 8,400 joined us for AAIC For All Alzheimer's Association Zenith Society members and other philanthropists had front-row seat as guests of the Global Immersion Experience.

AAI 2025 included more than 6400 scientific submissions. New research results reported this year are advancing what we know about risk, diagnosis and treatment of Alzheimer's disease and other dementias. Highlights include:

Positive results from the U.S. POINTER Study

The Alzheimer's Association U.S. Study to protect Brain Health through lifestyle intervention to reduce risk (U.S. POINTER) – a 2-year multi-site clinical trial testing two different lifestyle interventions in a representative population of older adults at risk for cognitive decline and dementia – found that both interventions improved cognition in older adults at risk of cognitive decline. Both interventions focused on increasing physical activity, improving nutrition, cognitive and social challenge, and health monitoring. The structured intervention with more support and accountability showed greater improvements compared to a self-guided intervention, helping to protect against normal age-related decline for up to two years.

US POINTER was a large-scale rigorous, randomized controlled clinical trial. These positive results underscore the message that healthy behavior has a powerful impact on brain health and encourage us to look at the potential for a combination of a lifestyle program and drug treatment as the next frontier in the fight against cognitive decline and dementia.

First clinical practice guideline for blood biomarker tests in Alzheimer's diagnosis

The Alzheimer's Association released its first evidence-based clinical practice guideline (CPG) on the use of blood-based biomarker (BBM) tests, a big step toward transforming Alzheimer's diagnosis and management in specialty care settings. The CPG provides rigorous, evidence-based recommendations to help specialist clinicians to use BBM tests more confidently and consistently. The recommendations are aimed at a variety of specialists in settings like neurology, psychiatry, geriatrics and more who diagnose and evaluate cognitive impairment.

The recommendations suggest that specialists can use BBM tests as a triaging tool in the diagnostic workup of Alzheimer's when they have at least 90% sensitivity and 75% specificity, but a positive triaging test should always be confirmed with more traditional tests like cerebral spinal fluid (CSF) or amyloid position emission tomography (PET) imaging. The guidelines permit tests with at least 90% sensitivity and 90% specificity to substitute for PET imaging or CSF testing. However, experts caution that many commercially available BBM tests do not yet meet these thresholds.

Real World results for new Alzheimer's drug and show effectiveness, patient satisfaction

Dozens of abstracts reported showed that real-world experience with the drugs lecanemab and donanemab produced safety results that were comparable to or better than those of large clinical trials. And patients were satisfied with the results. Researchers tracked the drugs' safety and effectiveness in patients from a variety of settings including U.S. clinics, memory care centers and international universities. Several of the sites are part of the Alzheimer's Network for Treatment and Diagnostics (ALZ-NET).

A variety of genetic, health, lifestyle and environmental factors are associated with risk of cognitive decline. Researchers from around the world report that:

***A combination of heart-health drugs may protect the brain**

***Older adults who carry the Alzheimer's risk gene known as APOEA had higher cognitive benefits from non-drug interventions like exercise, diet, and cognitive training than non-carriers. In this study, walking was found to be the most effective healthy habit for slowing down cognitive damage. Like many healthy lifestyle changes the key was making it a habit, as the study showed that sticking with it for at least two years produced cognitive benefits up to seven years later.**

***Historic pollution levels from the era of leaded gasoline may be contributing to cognitive issues 50 years later.**

***New research gives insights into critical sex-based differences in brain health. These include how traumatic brain injuries impact women and men differently and new understanding of cognitive symptoms for women undergoing chemotherapy for breast cancer.**

Submitted by: Gen Boguslawski, NARFE Chapter #1025 & ID Federation Alzheimer's Coordinator

IDAHO FEDERATION NARFE-PAC CHAIR *Keri Gibbs*



NARFE-PAC protects NARFE members' pay and benefits by raising and spending money to elect members of Congress who support the federal community. The PAC works for you by building strong relationships with lawmakers and providing NARFE with additional opportunities to share our most pressing concerns.

NARFE-PAC is financed through NARFE members' direct, voluntary contributions to a separate fund. Federal law prohibits NARFE-PAC from soliciting contributions from anyone other than NARFE members and the immediate family of these individuals. Any contribution received from any other person will be returned to the contributor.

NARFE members can sign in to access the NARFE-PAC members page where you can make contributions to the PAC, view contribution and disbursement reports, access NARFE-PAC materials and read through the PAC toolkit.

CONTACTING YOUR LEGISLATORS

The easiest way to contact your legislators is to go to <https://www.narfe.org> Legislative Action Center. Your NARFE HQ Legislative Department has prepared position-issue letters for you to personalize and push SEND! They are automatically emailed to the correct legislator(s).

Senator Mike Crapo

<https://www.crapo.senate.gov>

239 Dirksen Senate Office Building

Washington DC 20510

Washington DC - 202-224-6142

Boise – 208-334-1776

Senator James Risch

<https://www.risch.senate.gov>

483 Russell Senate Office Building

Washington DC 20510

Washington DC – 202-224-2752

Boise – 208-342-7985

Representative Russ Fulcher, D-1

<https://www.fulcher.house.gov>

1514 Longworth House Office Building

Washington DC 20515

Washington DC - 202-225-6688

Meridian – 208-888-3188

Lewiston - 208-743-1388

Coeur d'Alene – 2208-667-0127

Representative Mike Simpson, D-2

<https://www.simpson.house.gov>

2084 Rayburn House Office Building

Washington DC 20515

Washington DC - 202-225-5531

Boise – 208-334-1953

Idaho Falls – 208-523-6701

Twin Falls – 208-734-7219

PRESIDENTS PAGE

IDAHO FALLS CHAPTER: Harold Kehr-President



Since the last Gemette issue (May 2025) our Chapter has grown by 9 members thanks in part to the situation in Washington DC. Our programs for the upcoming 7 months have not been finalized but we will have BCBS at our November meeting for open season information along with materials from several other carriers. Check our website: www.narfe.org/chapter0763/ for updated program information The Chapter has adopted our local Ronald MacDonald house as our Christmas charity instead of exchanging gifts.

NAMPA CHAPTER: Jo Aguirre-President



The start of the 2025/2026 year marks an exciting moment for our local NARFE chapter: meetings have officially resumed! After a well-deserved summer break, it was great to see familiar faces return to our gathering room—and even better to welcome some brand-new members into the fold.

One of the highlights of this first meeting was the noticeable uptick in participation. The chairs filled up a little quicker than last year, and the buzz of conversation before the meeting started was a sure sign that folks are eager to get back into the swing of things. It is exciting to see members who share an interest in federal employee advocacy, everyone seemed happy to be part of the group again.

We were especially delighted to greet new members at this meeting. Their energy and fresh perspectives promise to enrich our discussions and activities throughout the year. If you're a long-time member, please make a point to introduce yourself, share your experiences, and help make our newcomers feel at home.

As we look ahead to the coming months, NARFE is planning a calendar full of informative programs, lively discussions, and opportunities to make a difference.

Thank you to everyone who attended and helped make the kickoff meeting a success. If you missed it, don't worry - there's plenty more in store. We encourage all members (new and returning) to join us for upcoming meetings, bring a friend, and help keep our chapter strong.

Here's to a great year ahead!

WORD OF THE DAY

EXERGAMING involves technology and requires physical activity. Essentially it encompasses video games and virtual sports that encourage movement. One study published in Alzheimer's Research and Therapy found that engaging in serious exergame-based training may have positive brain changes for people with mild cognitive impairment.

SUBJECT TO CHANGE DUE TO ADDITIONS OR DELTEIONS, GOVT SHUT DOWN AND AVAILABILITY OF BROCHURES

OPEN SEASON LATEST VERSION

Date	Agency	Time	Address
NAMPA CHAPTER			
10/6/2025	BOR- Pacific NW Regional Office	10am-12pm	1150 N Curtis Rd #100 Boise Idaho 83706
10/7/2025	Office of Aviation Services	10am-12pm	300 E Mallard Dr. Suite 200boise Idaho 83706
10/8/2025	TSA- BOI	10am-12pm	3201 Airport Way Suite 200 Boise Idaho 83705
10/8/2025	TSA- BOI	2pm-4pm	
10/9/2025	BLM- Boise	2pm-4pm	1387 S Vinnell Way Boise Idaho 83709
10/14/2025	USFS - Cascade Ranger District	9am - 11am	540 N Main St, Cascade, ID 83611
10/15/2025	USFS - Council Ranger District	10am - 12pm	2092 Highway 95 Council Idaho
10/15/2025	USFS - Weiser Ranger District	2-4pm	851 E 9th St, Weiser, ID 83672
10/21/2025	MHAFB	9am-11am	MHAFB
10/22/2024	FAA- Boise	2pm-3:30pm	3295 W Elder St #350, Boise
10/23/2025	USAO-Boise	10am-12pm	550 W Fort St Boise Idaho
11/14/2025	NARFE- Nampa	11:30-2pm	118 11th Ave North, Nampa
11/19/2025	Forest Service Retiree Group Rep	12pm-1pm	8460 W Emerald St, Boise ID 83704
11/20/2025	Federal Natural Resources Retiree Group	1130-130	Golden Corral-8460 W Emerald St, Boise ID 83704
IDAHO FALLS CHAPTER			
9/3/2025	NARFE- Idaho Falls	12:00pm-2pm	Mel Erickson Sunnyside Idaho Falls
10/27/2025	APHIS- Idaho Falls	730am-930am	2281 W Heyrend Way Idaho Falls 83402
10/27/2025	USDA- Blackfoot	1pm-3pm	725 Jensen Grove Dr suite 2 Blackfoot Idaho 83221
10/28/2025	BPA- Idaho Falls	730am-9am	1350 Lindsay Blvd Idaho Falls 83402
10/28/2025	ARS - Range Sheep Production	1pm-230pm	19 Office Loop Dubois Idaho 83423
10/29/2025	FSA- St.Anthony	9am-10:30am	1210 S Industrial Park Rd St. Anthony Idaho 83445
10/29/2025	FSA/NRCS- Rexburg	1pm-230pm	302 Profit St Rexburg Idaho 83440
10/30/2025	USAO- Pocatello	2pm-4pm	801 E Sherman St Suite 102 Pocatello Idaho 83201
11/3/2025	TSA- Pocatello	7am-9am	1950 Airport Way Pocatello Idaho 83204
11/3/2025	NARFE- Twin Falls	12pm-2pm	735 Blue Lakes Blvd Twin Falls Idaho
11/4/2025	FSA - Preston	10am-1130am	98 E 8th N Preston Idaho 83263
11/4/2025	FSA- Malad City Service Center	2pm-330pm	137 N 100 W Malad City Idaho 83252
11/5/2025	ARS- Aberdeen	9am-1030am	1691 S 2700 W Aberdeen Idaho 83210
11/5/2025	NARFE- Idaho Falls	12pm-2pm	2150 Channing Way, Idaho Falls
11/6/2025	FSA- Soda Springs	9am-1030am	390 E Hooper Ave, Soda Springs Idaho 83276
11/6/2025	BLM - Pocatello	1pm-3pm	4350 S Cliffs Way Pocatello Idaho 83204
11/7/2025	FSA - Pocatello Service Center	10am-12pm	1551 Baldy Ave # 2, Pocatello, ID 83201
11/7/2025	FSA/NRCS Idaho Falls	1pm-3pm	1120 E Lincoln Ste B Idaho Falls ID, 83401
11/11/2025	TSA- Idaho Falls	10am-12pm	2140 N Skyline Dr, Suite 200Idaho Falls, ID 83402
11/13/2025	FSA- Jerome	2pm-4pm	310 W Nez Perce AveJerome, ID 83338
11/18/2025	FBI- Pocatello	10am-12pm	3975 Pole Line Rd Pocatello Idaho 83201
SANDPOINT CHAPTER			
10/14/2025	USFS Sandpoint RD	7:00-8:30 AM P	1602 Pntario St Sandpoint Idaho 83864
10/14/2025	USPS	8:30-10:30 AM	468665 US 95 Sagle, Idaho 83860
10/15/2025	North Idaho VA Clinic	10:00 AM-1:00	915 Emma Avenue Coeur d'Alene Idaho 83814
10/16/2025	US Courts	2:30-4:00 PM P	6450 North Mineral Dr Coeur d'alene, Idaho 83815

Note: Boise’s BOR Office of Aviation, TSA, BLM, and Cascade Ranger Station are being rescheduled.

Submitted by *Harold Kehr*, Idaho Federation Secretary

current version can be found at:
www.narfe.org/chapter0763/

**Treasure Valley 2025 Walk To End Alzheimer's
Saturday, September 27, 2025, Meridian, Idaho.
Keri Gibbs, Idaho Federation President**

Our first Treasure Valley NARFE Team raised \$210 and had 2 walking participants. There were enough total participants to cover the entire 1-mile course at Julius M. Kleiner Park at one time! It was beautiful sight!

A special Thank You to my dear friend, Sharon Brewster for walking with me, even though she is not eligible to be a NARFE member. Thank You to Martha Woodworth for donating to the Walk to End Alzheimer's, when she could not attend.

We will definitely try harder next year to roust a Treasure Valley NARFE Team

Submitted by: *Keri Gibbs, Idaho Federation President*





**Idaho Federation National Active and
Retired Federal Employees Association
PO Box 316
Nampa ID 83653**

FEDERATION OFFICERS

IDAHO FEDERATION COMMITTEE CHAIRS

**CDL-
CDL-**

NARFE-