



National Active and Retired
Federal Employees Association

Kansas Federation of NARFE News ***“Working For You”***

Issue 1, April 2, 2019

John Ourada, Message from Federation President

Our first Federation Conference is coming soon! It will be held at the Four Points by Sheraton in Manhattan on April 29 and 30. Registration is due by April 10th. The registration form is on our Federation website at: www.narfe.org/site/ks. I hope that you have registered by now; but, there is still time.



In March, I attended LEGcon19; which was National NARFE's legislative conference held in Alexandria, VA. Louis Bornman and Martin Fadden also attended. We heard several good presentations by our well-qualified staff in headquarters and we heard from several congressmen who support NARFE. On the last day, we visited with the office staff of both Senators and had a quick handshake with Senator Roberts. We also visited with the staff of all four Representatives. However, Rep Sharice Davids sat in with us and took a page of notes!

I am looking forward to an exciting conference in Manhattan. This past year has been a busy one for your Federation officers. We revised our bylaws and got them approved by the National Secretary. We revised our Conference procedures and our Executive Board Policies and Procedures. Our voting procedure has changed to allow every member to vote, not just the delegates. The Alzheimer's auctions and many other functions remain about the same. I hope to see you at the conference.

Elizabeth Bornman, 1st Vice President and Service Officer

First, I hope you all completed your ballots for the elections of your next set of federation officers.


I am over winter. I sure am looking forward to spring. I hope you all are coming to the first KS Federation Conference in April. It is really a place to meet other members and hear from the great speakers scheduled from headquarters and our own Senator Jerry Moran.

As the federation Service Officer, I hope you all have been updated with articles that I have sent to your chapter Service Officers and or President to share with you all.

A happy retirement is more than just money. An active, satisfying and happy retirement involves more than having adequate savings. It also entails interesting leisure activities, creative pursuits and mental and physical well-being. Write down exactly what you want in your life to look like during retirement and develop a plan to make it happen.

The Employee Benefit Research Institute found that 40.6% of all U.S. household where the head of the household is between ages (35-64) are projected to run out of money in retirement. The average Social Security benefit provides an income equivalent to the poverty level for family of four. To put this in perspective, if you take out 5 percent from a diversified portfolio each year, you stand a 58% change of running out of money within 30 years of retirement. This would suggest that you need 2 million dollars in savings to generate \$100,000 in annual income. It's also worth mentioning that distributions from retirement accounts are subject to ordinary income taxes. In other words, there's a fair chance that a great many savers – unless you make lifestyle sacrifices or wiser investment decisions or have an actual pension, you won't be able to maintain your current quality of life once you leave the workforce.

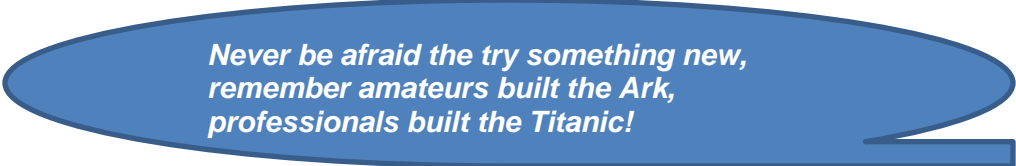
This is why being a chapter member is so important and being involved in that chapter. Chapters keep you informed of what you need to know to maintain that quality of life you want in retirement. Call (913) 268-8526 if you need an answer to Service Officer benefits. I'm available to come to chapters and provide a program.



Rita Dawson, 2nd Vice President and Membership
Encourages All Members To Make New Year's Resolutions

Remember your New Year's resolution of getting one new member? If you haven't accomplished this yet, hope you are continuing to work on it. Since January 1, we have gotten 7 new members!! Other notes about Kansas membership since January 1, 2019: 4 members reinstated, 36 dropped for non-renewal, 57 sent 2nd notice. There are 35 prospective members we are aware of out there, but know there are many others, maybe even a friend or relative you haven't thought about. We have 2,062 chapter members as of March 12, 2019. Membership is very important so we can have a united voice to be heard in Washington concerning the federal community and their benefits. Proposals concerning the federal community are being discussed concerning annuities, health insurance, COLA'S as well as other items in Budget 2020 as way to balance budget.

I'm looking forward to seeing many of you at conference in Manhattan April 29-30. Make plans to attend the membership committee meeting Monday morning April 29 for sharing ideas on membership recruitment.



*Never be afraid the try something new,
remember amateurs built the Ark,
professionals built the Titanic!*

March 11-13, I was in Washington, D.C. with our Federation President, John Ourada and our Federation NARFE-PAC Coordinator, Marty Fadden, attending the NARFE National Legislative Conference (LEGCon19). We attended several very informative sessions on what has happened and is happening with federal legislation that affects all active and retired federal employees and listened to several excellent and supportive legislators and legislative staff members speak. On Wednesday March 13th we were able to meet with both Senator Moran's and Roberts' staff and with the staffs of Congressmen Marshall, Estes, and Watkins to discuss NARFE issues. We were also able to meet with Congresswoman Sharice Davids and her staff where we also discussed NARFE issues which she supports.

The president's budget was released while we were in D.C. and contains a summary of almost all of the previous attacks on federal employee and retiree pay and benefits that have ever been brought up in the past. These proposed cuts amount to more than \$177.1 billion in cuts to earned federal benefits:

- Eliminating cost-of-living adjustments (COLAs) for current and future Federal Employees Retirement System (FERS) retirees.

- o Over a 30-year retirement, a typical FERS retiree – with a median annuity of roughly \$1,000 per month – could lose nearly \$250,000 due to this proposal.

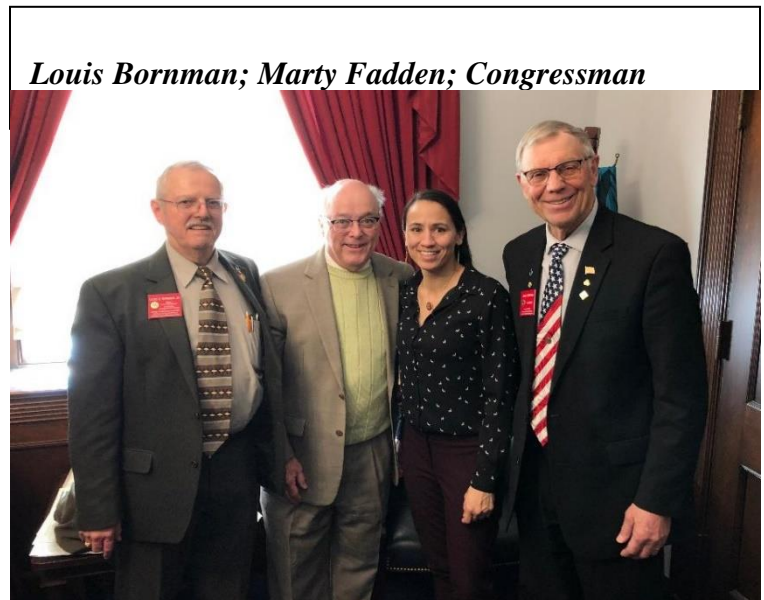
- Reducing COLAs for Civil Service Retirement System (CSRS) retirees by 0.5 percent each year from what the COLA would have been otherwise. When combined with the elimination of the FERS COLA, this would cost federal retirees \$56 billion over 10 years, and much more thereafter.

- o Over a 30-year retirement, a typical CSRS retiree – with a median annuity slightly above \$3,000 per month – could lose nearly \$170,000 due to the proposal.

- Federal employees covered under FERS would see employee contributions to their annuities increased by 1 percent each year for the next six years, without any corresponding benefit increase. This will cost FERS employees \$78.8 billion over the next 10 years, and more thereafter.

- The earned and fully funded FERS Annuity Supplement would be eliminated for new retirees. This benefit, provided to FERS employees who retire before they are eligible to collect Social Security, would hit those with a mandatory retirement age – such as federal law enforcement officers and air traffic controllers – the hardest, costing federal retirees \$18.6 billion over the next 10 years.

- Reducing the rate of return on the Thrift Savings Plan's Government Securities Investment (G) Fund. This would cost federal employees and retirees, as well as military personnel and veterans, \$16.5 billion over the next 10 years.



Louis Bornman; Marty Fadden; Congressman

- Federal pensions for new retirees would be based on the average of the highest five years of salary instead of the highest three. This would cost federal retirees \$7 billion over the next 10 years.
- Reducing working and retirement-age benefits for federal workers disabled through their service, costing them \$220 million over 10 years.

Now is a great time for you to get with your Congressional District Liaison and Senate Liaison to meet with your Congressman and Senator or his staff to talk about how these proposed cuts would affect you and your family. The more of you who tell your story of how these proposed changes will directly impact you the better we are all positioned to defeat these proposals. It would also be a good time to modify the letters listed below to reflect your story and then send them to your Senators and Congressman or print them off and deliver them to their local office staff. If you plan on having a group go to a legislator's office; please make sure you coordinate your visits with your SL or CDL to ensure we are not delivering conflicting messages or sending multiple groups to the same office multiple times for the same issues.

Your Senate Liaisons are:

Senator Jerry Moran - Gary Townson, Email: gesst@prodigy.net

Senator Pat Roberts - Louis Bornman, Email: BornmanL@aol.com

Our Congressional District Liaisons are:

Kansas First District – Congressman Roger Marshall - Fred Fanning, FredFanning@gmail.com

Kansas Second District – Congressman Steve Watkins - Joan Arterburn, Email: arterburnjoan@gmail.com

Kansas Third District – Congresswoman Sharice Davids - Louis Bornman, Email: BornmanL@aol.com

Kansas Fourth District – Congressman Ron Estes - Gary Robinson, Email: GVRobinson@sbcglobal.net

Please go to the NARFE Advocacy WEBSITE and send the NARFE federal campaign letters available there that support eight issues relevant to active and retired federal employees. Those include:

- Support the Equal COLA Act of 2019 (makes FERS COLAs equal to CSRS COLAs)
- Support the FAIR Act of 2019 (3.6% federal pay raise for 2020)
- Support a Modest Pay Increase for Federal Employees in 2020 (the President's budget calls for a pay freeze)
- Oppose the President's Fiscal Year 2020 Budget (includes multiple major cuts to federal employee and retiree pay and benefits)
- Oppose the President's Reorganization Plan (eliminates OPM and moves functions to GSA and personnel policy to the Executive Office of the President)
- Support the Social Security Fairness Act of 2019 (GPO and WEP repeal)
- Support the Federal Employees Paid Leave Act of 2019 (paid family leave for birth/adoption)
- Support the Fair COLA for Seniors Act of 2019 (change from the CPI-W to the CPI-E for elderly to better reflect senior citizen expenses)

Judy Etter, Area 1A Vice President
Leavenworth, Atchison, Sabetha, Wathena, Valley Falls

I think this year's conference promises to be very interesting. Not only do we have National President Ken Thomas as a speaker; we have Senator Jerry Moran. I hope we are not disappointed by either.

Chapter Presidents: Don't forget to fill out your President's Report and get it to your Area Vice President by April 15th so they have it finalized for the conference.

Chapter Secretaries: Please get you list of members who have passed away this year (April 1, 2018, through March 31, 2019) to your Area Vice President so it may be forwarded to me and I can format the listing to be read at the conference. Please list the name and city of residence. Area Vice Presidents should include the chapter.

Martin Fadden. PAC (Political Action Committee) Chair

President Trump's fiscal year 2020 Budget Proposal calls for more than \$177.1 Billion in cuts to our earned federal benefits over the next 10 years. Among the proposed cuts that National Active and Retired Federal Employees Association (NARFE) objects to:

- Eliminate cost-of-living adjustments (COLAs) for current and future Federal Employees Retirement System (FERS) retirees.
- Reduce COLAs for Civil Service Retirement System (CSRS) retirees by 0.5 percent from whatever that year's COLA would have been.
- Increase retirement contributions for Federal employees covered under FERS by 1 percent each year for the next six years, without any corresponding benefit increase.
- Eliminate the earned and fully funded FERS Annuity Supplement for new retirees. This benefit is provided to FERS employees who retire before they are eligible to collect Social Security. It would hit hardest those with a mandatory retirement age, such as federal law enforcement officers and air traffic controllers.
- Reduce the rate of return on the Thrift Savings Plan's Government Securities Investment (G) Fund.
- Calculate federal pensions for new retirees based on the average of the highest five years of salary instead of the highest three.
- Reduce working and retirement-age benefits for federal workers disabled through their service.

Thanks to our successes through NARFE-PAC in the 2018 election cycle, the President's budget proposals most likely will not become law. Through our contributions to NARFE-PAC; we helped elect enough friendly Senators and Representatives in 2018 from throughout the country to stop the proposed cuts.

Despite our successes this past cycle, we need to keep in mind that the 2020 elections are not far off. We need to ensure that our friends in Congress continue to outnumber those who would attack our earned benefits.

Only NARFE members can contribute to NARFE-PAC. To ensure NARFE-PAC is able to support friendly incumbents and challengers in the 2020 election we all should continue to contribute to NARFE-PAC. I believe the easiest way to contribute is by going online to the NARFE webpage, <https://www.narfe.org>. Click on the “Departments” tab and select “Advocacy” and follow the links to the NARFE-PAC “Contribute Now” button.

Members also can contribute by snail mail using the form that comes in every NARFE magazine. Fill out the form and mail it directly to NARFE at the address listed below. You can include your credit card information or send the form with a check payable to NARFE-PAC. If you collect funds at your chapter meetings, fill out the 2019-2020 NARFE-PAC COLLECTIONS FORM which can be found online and mail to the address below. Do not send NARFE-PAC donations to me; all donations need to be sent to:

NARFE
Attn: Budget and Finance
606 North Washington St
Alexandria, VA 22314.



I continue to volunteer to monitor the Kansas Legislature.

You may go to <http://kslegislature.org/li/> and listen to the proceedings in the House or Senate. You can watch the House and Senate session live and may listen to or watch other House and Senate committee meetings, read proposed bills, and etc.

On January 14, 2019, the Ninety Day Session of the Kansas legislature was started at 2:00 PM. Thursday, February 28, 2019, was Turnaround Day. This was the last day to consider bills in the house and senate of origin, except by: House Appropriations, House Calendar and Printing, House Taxation, Senate Assessment and Taxation, House and Senate Federal and State Affairs, the Senate Ways and Means Committee, and when authorized- select committees of the House or Senate. Thursday, March 27, 2019, was the last day to consider non-exempt bills not in their originating chamber. Friday, April 5, 2019, was drop dead day. No bills are considered after this date except bills vetoed by the Governor or Omnibus Appropriations bills. They start the veto session on Wednesday, May 1, 2019. Friday, May 17, 2019, is the 90th day.

I look forward to seeing you at the Kansas Annual Conference to be held at the Four Points by Sheraton, in Manhattan, on April 29th and 30th.

ANNUAL CONFERENCE WILL BE HERE SOON

ALZHEIMERS AUCTION ITEMS

As you plan to bring Alzheimer's auction items to the conference consider the following:

Theme baskets – securely wrapped in cellophane with all contents listed on a sheet attached to the basket with the declared value.

Crafts -quilts, needlework, sewing, paintings, wood working, yard art and etc. Please attach a declared value on each article.

Food Items – NONPERISHABLE only! No cream pies or cheesecake. Wrap items in cellophane or use tight sealed container.

It is recommended that silent auctions have a minimum value of \$20.00 and live auction items \$40.00.

Please bring your checkbook. We do not have the ability to accept credit cards or receipts for cash purchases.

AUCTION ITEMS ACCEPTANCE:

Volunteers are needed for items acceptance and runners. Items will be accepted 4:00 to 6:00 Sunday and 7:30 am – 9:30 on Monday.

Acceptance 4:00 - 5:00 (2 people)

Runners (2 people)

Acceptance 5:00 – 6:00 (2 people)

Runners (2 people)

Acceptance 7:30 – 8:30 am (2 people).

Runners (2 people)

Acceptance 8:30 – 9:30 am (1 person)

Runner (1 person)

Please let Ann know if you can help adomsch@ksu.edu, text 785-565-1590 or call 785-565-1590

All are asked to report 15 minutes before assigned time.

ALZHEIMER'S ASSOCIATION 2019 ALZHEIMER'S DISEASE FACTS AND FIGURES

1. Alzheimer's disease is the 6th leading cause of deaths in the United States.
2. More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.
3. These caregivers provided an estimated 18.5 billion hours of care valued at nearly \$234 billion.
4. Between 2000 and 2017 deaths from heart disease have decreased 9% while deaths from Alzheimer's have increased 145%.
5. 1 in 3 seniors die with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined..
6. Only 16% of seniors receive regular cognitive assessments during routine health check-ups.
7. In 2019 Alzheimer's and other dementias will cost the nation \$290 billion. By 2050 these costs could rise as high as 1.1 trillion.
8. 5.8 million Americans are living with Alzheimer's. By 2050 this number is projected to rise to nearly 14 million.
9. Every 65 seconds someone in the United States develops the disease.
10. Almost two-thirds of Americans with Alzheimer's are women.
11. One in 10 people age 65 and older has Alzheimer's dementia.
12. Older African- Americans are about twice as likely to have Alzheimer's or other dementias as older whites.
13. Hispanics are about one and one half times as likely to have Alzheimer's or other dementias as older whites.



Carol R. Ek, Immediate Past President,

History has always been a major interest of mine so I was pleasantly surprised when I found that Dennis had posted the minutes of the first meeting of the Kansas Federation of NARFE on our Kansas website. It was not a surprise to find that the first meeting was held in Topeka on April 10, 1954, 65 years ago. At that meeting Mr. O. T. Davis of Lawrence, Kansas was elected to serve as President. The second meeting was held in Manhattan, Kansas, on the second Saturday of April, 1955.

This is particularly interesting as the Topeka Chapter and the Manhattan Chapter have been leaders in Kansas history since the beginning and remain two of our strongest leaders in NARFE. Don't get me wrong, we have several chapters who remain strong leaders in Kansas; Hutchinson, Lawrence, Leavenworth, Salina, Shawnee Mission, and Wichita. That doesn't mean that the other twenty-eight are not strong, it means that we have great leaders across the entire State of Kansas and we need to make our presence known at Manhattan on April 29 and 30th, 2019.

The format this year is new to NARFE all across the Nation. This year really begins the structure of conferences where we will have time to present information of the concerns of our members and how we might serve them better. You will have the availability to meet your new National NARFE President, Ken Thomas. Ken has been a presence in NARFE for many years, certainly not a new face to NARFE. Watch our website www.narfe.org/ks/ for new news.

1st Annual Kansas NARFE Conference Program

Manhattan, KS

Sunday April 28, 2019

4:00-6:00 PM Registration
Alzheimer's Gift acceptance

7:00 PM Executive board Meeting Conf Room IV

Monday April 29, 2019

7:30-9:30 AM Registration Convention Lobby
Alzheimer's gift acceptance
Door Prize acceptance

8:30-9:30 AM Committee Meetings
Alzheimer's Ballroom B
Audit Board Room
Time and Place Conversation Area 1
Membership Conf Room IV
Conference Rules Conversation Area 2

10:00 AM Opening Session Ballroom B
Call to Order President Ourada
Posting of Colors
Invocation Chaplain Judy Etter
Pledge of Allegiance 1st VP Bornman
Roll Call of Federation Board President Ourada
Recognize Past Presidents President Ourada
Welcome to Manhattan

10:15-10:45 Officer Reports
President John Ourada
Secretary Gwen Ketter
1st Vice President Elizabeth Bornman
Treasurer Peggy Coder

11:15-11:30 Committee Reports
Audit Committee
Teller Committee

11:30-11:45 Introduce Vendors

11:45-12:00 Alzheimer's Instructions Ann Domsch

Noon Lunch (ticket required) Ballroom A

1:00 PM Address NARFE National President Kenneth Thomas

1:45-2:30 PM Area Caucus Meetings

Area 1	Ballroom B-S	Area 3	Ballroom B- N
Area 1A	Ballroom B-S	Area 4	Conf Room IV
Area 2	Board Rm	Area 5	Conf Room IV
Area 2A	Board Rm	Area 6	Conf Room IV

Break

2:30-3:00 PM Region V Address Vice President Cindy Blythe

3:00-3:45 Federal Legislative Issues Sen Jerry Moran

3:45-4:00 Break

4:00-5:00 Memorial Service Chaplain Judy Etter
Reading of Names Area Vice Presidents

5:15 PM Cash Bar Convention Lobby

5:30 PM Bidding for Silent Auction Closes

6:00 PM Executive board Pictures

6:30 PM Banquet (ticket required) Ballroom A

Membership/Special Awards John Ourada/Rita Dawson
Installation of Officers Cindy Blythe

8:00 PM Alzheimer's Live Auction

Tuesday, April 30, 2019

9:00 AM Call to Order John Ourada
Invocation- Judy Etter
Pledge of Allegiance Rita Dawson

9:05 AM National NARFE Legislative Report Ross Apter - National Legislative Assistant PAC

9:35-9:45 Break

9:45-10:30 AM Legislative Reports

State	Ron Ritchey
Federal	Louis Bornman
PAC	Martin Fadden

10:30 AM Educational Presentations

Medicare Benefits for Federal Employees – Mary Lee Odle
Long-Term Care Insurance Options – Dan Seeman, First Comm and Financial Services
Kansas Library Technology Assistance Services – Linda Harrison, Manhattan

Noon Lunch (Ticket required)
Ballroom A

1:00-2:00 PM	<u>Committee Reports</u>	Ballroom B
	Membership	Rita Dawson
	Time and Place	Ron Katt
	Alzheimer's	Ann Domsch
	Federation Drawing	Peggy Coder
2:15-2:30 PM	Invitation to Next Conference in Salina	
	Fred Fanning, Host Chapter	
2:30 PM	Close of Conference	
	Retiring of Colors	
2:45 PM	Federation Board Meeting	Conference Rm IV

Hope to see you in Manhattan,

Four Points by Sheraton

April 29th – 30th, 2019