



Ann Domsch, Alzheimer's Chair; Ronald Katt, Area 5 VP; Elizabeth Bornman, 1st VP; Louis Bornman, Area 1 VP & National Legislative Chair; Norman Christensen, Area 6 VP; John Ourada, President; Peggy Coder, Treasurer; Rita Dawson, 2nd VP; Martin Fadden, PAC Chairman; Carol Ek, Immediate Past President & Secretary; Sylvia Riepen, Area 2 VP; Judy Etter, Area 1A VP; Mary A. Reed, Area 3 VP; and Cindy Renee` Blythe, Region V Vice President (Not Pictured: Gary Kilgore, Area 2A Vice President; Gene Algrim, Area 4 VP; Ron Richey, State Legislative Chair; Dennis Grossnickle, Network Coordinator; and James E. Dodd, Historian)

John Ourada, Message from Federation President

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I had a busy summer, mostly with family activities. My trip to Arizona for the NARFE Federation Presidents meeting was cut short due to air travel delays on the way to Arizona. However, the meeting was great and the facilities and meals were just fine! So, I am looking forward to attending FEDcon20 next August-September.

The Salina Chapter is on their way to planning our next conference at the Hilton Garden Inn in Salina; which will be April 27-28, with registration starting on Sunday, April 26th. The Hilton is new and the rooms are nice, so the prices will be a little higher than Manhattan. However, I have been there for a few group functions and a private meal. The food and service was excellent! So make plans to attend in April!

The NARFE national office employees and their contractor are working hard on getting the AMS personnel system working the way that we need it. I get a report weekly from CEO Barb Sido about their progress. So, I ask chapter officers and Federation officers to look over the report and the data for your chapters; and, report any errors or fixes needed to Dennis Grossnickle and me. Dennis is our regional representative who is also advising the national office on these database issues.

Next Spring, we will be electing three Federation officers: President, 2nd Vice President, and Treasurer. Please consider putting your name on the ballot for one of these positions.

We will also be electing Area Vice Presidents during the caucuses at our annual conference in April, so please consider this leadership position in your area. Their main job is to visit and assist the chapters in their area.

Please vote on the national bylaws referendum by September 30th. There are eight articles on which to vote. Your numbered ballot and envelope is in your NARFE September magazine. You can mark the paper ballot and send it in; or you can vote on your computer. I hope that we get a better turnout that last time. We need more members to vote, so, please cast your ballot!

Summer will be ending soon. I hope you are meeting in your chapters again. Grassroots sessions with your Congressmen and Senators hopefully were successful. Please continue to put your name in front on them on our issues, especially Health Care and our retirement benefits which affect both current federal workers and retirees. I hope chapters are sending at least one representative to CONK. It's a great source of current and important issues that affect our Quality of life. As your Service Officer I want to share with you some information about the proposed Secure Act that will affect us all in retirement.

What does the SECURE Act mean to federal employees? First and foremost, it means that Congress will do anything to come up with a "good" acronym. This proposed law, which would bring changes to retirement savings struggles with the name "Setting Every Community Up for Retirement Enhancement" in order to come up with the catchy name of SECURE. Please Congress; stop torturing the English language!

Despite broad bipartisan support (it passed the House of Representatives on May 23 by a vote of 417 – 3; it has stalled in the Senate because of holds placed on it by Senators Ted Cruz (R-TX) and Pat Toomey (R-PA). The bill would expand access to retirement savings programs for many Americans who today have no such access. Amazingly, 35% of American workers don't even have a defined contribution plan to which to contribute. The bill encourages small employers to participate in pooled plans and provides access to retirement plans for many part-time workers who are not currently covered.

How would the act affect federal employees who already have access to retirement plans? One provision of the act that would directly affect Thrift Savings Plan participants is that those who choose to wait until they are required to take money out of the TSP will be able to avoid required minimum distributions (RMDs) until the age of 72, rather than the current 70.5.

Other parts of the SECURE act that, while they would impact federal employees, apply to everyone:


- 1) Allowing money from 529 college savings plans to be used for qualified student loan repayment.
- 2) Eliminating the age limitation (currently the year in which one turns 70.5) on contributing to traditional IRAs.
- 3) Requiring all inherited IRAs to be emptied within ten years of the original owner's death, and distributions can be spread out over the inheritor's life expectancy.

There are pros and cons for federal employees and retirees in the SECURE act, but your average American worker will see a lot more of the pros. One thing that becomes clearer as we learn about how most Americans are treated in regards to retirement is that we federal employees/retirees are fortunate. We are blessed with both a defined contribution annuity and a defined contribution plan.

Chapter officers please keep your members informed on what is going on in Congress that impacts our lives. Please let us know what you need to help you keep your chapters open. We, as an executive board, are here to help if you just ask. Remember to book your local health care representative to talk with your chapter during the next open season which begins November 11 and ends December 9, 2019.



NARFE's new logo and tagline better capture what the organization is to all of our audiences. The trust, dedication and knowledge we have built and shared for nearly 100 years remain the same. This logo was approved by the National Executive Board. It was not a referendum question!



Rita Dawson, 2nd Vice President and Membership
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Summer time is winding down. Has been an unusual one with all the rain, severe storms as well as high temperatures with lots of humidity. Sure glad it won't be long until fall with harvest and cooler weather.

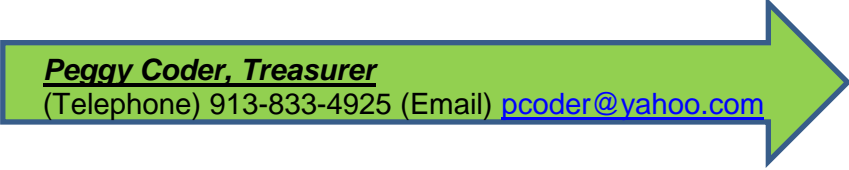
It has been a busy summer for the Kansas Federation of NARFE with membership recruitment. We were fortunate to be able to sponsor a membership booth at the KASCOE (Kansas State ASCS Employees) Convention in May; the National NASCOE (National ASCS Employees); and, the National RASCOE (Retired ASCS Employees) Convention in July with all being held in Manhattan.

A big "thank you" goes out to Manhattan Chapter members who helped with the booth at both conventions. Those helping were Eugene and Sally Harter, Dick McChesney, Al Schmaderer, Clifford Spaeth, and I. The Federation held a drawing for a free membership at each convention. We did have several from Kansas sign up so I will be letting chapters know if someone from your area was interested in NARFE. You should take this opportunity to contact and encourage them to join NARFE as well as your chapter.

Kansas has a total membership of 2,798 as of August 19. Current Chapter members in the Federation is 1,954; and National Only members in our Federation is 844; with the combined total of 2,798.

Any chapter needing membership materials, contact me at: Email rdawson@ksu.edu or phone 620-256-6512.

Happy Recruiting!!




Peggy Coder, Treasurer
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I thought I would give an accounting of the money your Kansas Federation receives for operating expenses throughout the year.

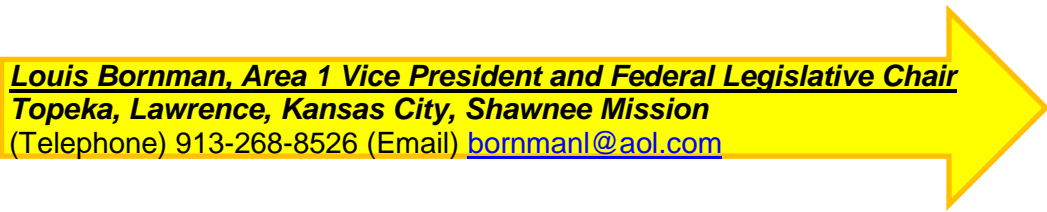
The Federation Treasury is solid with a current balance of \$7,108.23. We have an additional \$5,000 in a Shared Certificate earning a little interest.

The Kansas Federation operating money comes from 10% rebates from Kansas membership dues for both chapter and national members. These rebates are received through National Headquarters each month based on memberships paid that month for a total of around \$9,600 for the year. The per capita dues paid by the Kansas Chapters each January earn around \$3,100. The only other income is a little bit of money from the 50/50 drawing at the annual Kansas Conference earning \$250 to \$300. A change has occurred effective June 26th, 2019, where the profits from the annual conference will be shared 50/50 (except local advertising) between the hosting chapter and the Federation. I do not have an estimate of that amount.

The income the Federation receives has dropped every year and continues to drop as membership declines.



**Stop trying to make everyone happy,
You're not chocolate!**



Louis Bornman, Area 1 Vice President and Federal Legislative Chair
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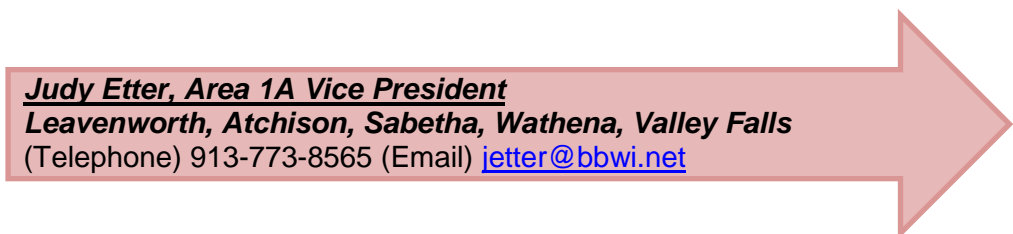
Summer is winding down, kids are back to school, and Congress is back in session. I hope you and your Congressional District Liaison and/or Senatorial Leaders got a chance to meet with your Congressman over the August Congressional Recess and NARFE Advocacy Month to talk about the 4 key issues for NARFE. If you did not, you may still be able to meet with their staff and provide them the key information they need to make informed decisions about federal employee and retiree pay and benefits. This information is available at this NARFE website address: <https://www.narfe.org/member/articles.cfm?ID=4419>

After submitting my meeting request in July and one follow-up phone call, I was finally able to arrange a meeting with Congresswoman Davids' staff for the 5th of Sep. and just completed that meeting. I was accompanied by Louise Lloyd, Chapter 1162 Shawnee Mission President; Eddie Acosta, Chapter NARFE PAC Coordinator, and members Lorna Larson and Edson Parker. The only other CDL/SL or other persons I have heard from are Fred Fanning from Salina on trying to schedule a meeting with Congressman Marshal or his staff; and, Ron Richie from Topeka on his meetings and a town hall with Congressman Watkins' and his staff and Senator Jerry Moran's staff. Ron and his wife Navella do a great job of visiting and keeping me and NARFE Headquarters up to date on their meetings.

As of this writing it appears that President Trump has decided to approve a 2.6 percent pay raise for active federal employees. This is not the 3.1 percent that NARFE had pushed for but it is a start. The President's pay raise does not include an increase in locality pay.

To date, the House has approved ten of the twelve appropriations bills required for government operations for 2020. The Senate however has yet to take up any of those bills and the Senate appropriations subcommittees have yet to even develop their proposals for those appropriations because they are waiting for guidance from the leadership. Hopefully both the Senate and the Houses will at least agree to some sort of continuing resolution to prevent yet another government shutdown. We'll see.

I urge each and every one of you to use the NARFE website to send letters to your Congressmen and Senators on issues important to **YOUR** pay and benefits.



Judy Etter, Area 1A Vice President
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Dear friends; summer is almost over. I really love autumn and getting to have the house opened up. I sleep better when the AC is not running.

Two chapters in Area 1A are having monumental anniversaries this year. Amelia Earhart Chapter 0621, Atchison, will celebrate its 60th on September 17th; and, Buffalo Bill Chapter 0027, Leavenworth, will celebrate its 70th on November 7th. Congratulations to both chapters.

NARFE is having a membership drive. For every new member you sign up you will receive \$10 from NARFE. You must include your membership number (on your magazine) on the membership applications you hand out so Headquarters knows who gets the money.

The Trump administration operates on the revolving door policy. How many cabinet members have resigned? How many White House employees have resigned? Even members of Congress have resigned because they no longer agree with their party's policy. Although the new budget doesn't reflect it, there has been talk of cutting COLAs for CSRS retirees, doing away with COLAs for FERS retirees, making those currently working pay more into FERS without getting more

money when they retire, cutting Social Security and CSRS payments to balance the budget, figuring retirement on high 3 years of employment rather than high 5. It is not easy to be a Federal employee today. While Congress does not agree with the President's proposal to revamp OPM; if that happens it will be back to who you know, not what you know that will enable you to get promotions (although that still currently happens).




Sylvia Riepen, Area 2 Vice President
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As Area II Vice President, I visited Chapter 2098, Tri-River, on August 6, accompanied by Region V Vice President, Cindy Blythe. We discussed the subjects covered by the April conference; and Cindy covered the College of NARFE Knowledge (CONK) which is scheduled for the 25th through the 27th of September, 2019, in Sioux City, Iowa, as well as other subjects. We enjoyed visiting with old friends Jean Nickell, Elizabeth Smith, and Darrel Williams, whom many of the NARFE members know.


A visit is scheduled for September 9th with the Emporia Chapter 384. The Emporia chapter meets every other month.

Regarding the WEP, HR 3934: It has been a long time in coming and I hope it is accepted. If it is passed, it will be a benefit to many among federal employees.



Ronald Katt
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Shout-Out for National Active and Retired Federal Employees Association (NARFE) from Area V. I joined NARFE in 1996 and became a life member in 1998. I find NARFE to be a very informative, helpful and supportive association. The national staff of the association has demonstrated time and time again their dedication to promote and protect Federal Employees benefits. I encourage every working and retired Federal employee to help the association that is working for us by joining and maintaining membership in NARFE.



Ronald Richey, State Legislative Chair
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The Kansas Legislature adjourned until January 13, 2020. We will keep volunteering to monitor the Kansas Legislature. This summer and fall they have interim meetings. You may go to <http://kslegislature.org/li/> and listen to the proceedings in the House or the Senate.

Some of our Kansas Legislators have said they are running for reelection and/or, running for other offices. We would like to encourage you to get acquainted with your Kansas Senators, and Kansas State Representative. Visit with them during our fall activities, county fairs, local parades, and attend the congressional town hall meetings. Get to know them and learn their views on local and state subjects.

If you visit or drive through Topeka, KS, you might like to stop by the Kansas Capital. They offer free tours between 10:00 AM and 3:00 PM Monday through Saturday. You may come in on 8th street and park free of charge in the capitol parking lot.

The Governors home has free tours on Monday afternoons from 1 PM to 3 PM. At Christmas time they decorate the Governors home and the capitol building.

The Combat Air Museum has a free open house on October 5, 2019, at Forbes Field.

There will be some city and school board elections on November 5, 2019. Call your county election office for more information. We would like to encourage you to get out and vote.



Ann Domsch, Kansas Federation Alzheimer's Chair
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Earlier Diagnosis

What if we could diagnose Alzheimer's disease before symptoms started? The hope is future treatments could then target the disease in its earliest stages, before irreversible brain damage or mental decline has occurred.

Research on new strategies for earlier diagnosis is among the most active areas in Alzheimer's science and funding from the Alzheimer's Association has spurred significant advances and steady progress.

Biomarkers for Earlier Detection

Experts believe that biomarkers offer one of the most promising paths. A biomarker is something that can be measured to accurately and reliably indicate the presence of disease, such as fasting blood glucose level, which indicates the presence of diabetes.

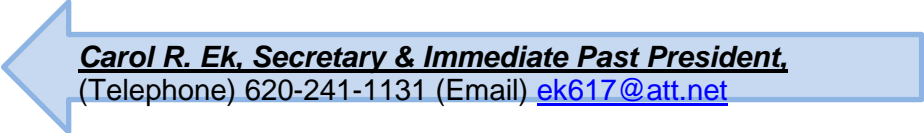
Several potential biomarkers are being studied for their ability to indicate early stages of Alzheimer's disease. Examples being studied include beta-amyloid and tau levels in cerebrospinal and brain changes detectable by imaging.

Imaging Technologies used In Alzheimer's Research

- Structural imaging provides information about the shape, position or volume of brain tissue. Structural techniques include magnetic resonance imaging (MRI) and computed tomography (CT).
- Functional imaging reveals how well cells in various brain regions are working by showing how actively the cells use sugar or oxygen. Functional techniques include positron emission tomography (PET) and functional (fMRI).
- Molecular imaging uses highly targeted radiotracers to detect cellular or chemical changes linked to specific diseases. Molecular imaging technologies include PET. MRI and single photon emission compute tomography (SPECT).

Today, a standard workup for Alzheimer's disease often includes structural imaging, and these tests are currently used to rule out other conditions that may cause symptoms similar to Alzheimer's but require different treatment. Structural imaging can reveal tumors, evidence of small or large strokes, damage from several head trauma or a buildup of fluid in the brain.

Researchers are also investigating whether Alzheimer's disease causes consistent, measurable changes in urine or blood levels of tau, beta-amyloid or other biomarkers before symptoms appear. In addition, scientists are exploring whether early Alzheimer's leads to detectable changes elsewhere in the body, such as the lens of the eye.



Carol R. Ek, Secretary & Immediate Past President,
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Can it possibly be September already? Where has the year gone; and, what have we accomplished both personally and for NARFE? I really feel like a failure in both as every day I awake with a plan; the next day that same thing seems to be on the agenda. Oh well, the world did keep turning and the Good Lord told me to try the next day; but to put myself in gear for this day.

With September comes both CONK (College of NARFE Knowledge) and sending your ballot voting on the Bylaw changes submitted by the National Bylaws Committee.

Please read the proposed Bylaw amendments closely before casting your ballot; then carefully analyze how your vote could affect the association that you have supported all of these years. Use your vote wisely! Your ballot is included in your September issue of the NARFE magazine and is specially coded; therefore, cannot be copied for another's use. The final date for receiving at the NARFE Ballot Processing Service is September 30th. Your mailing date must allow time for delivery to that site. It cannot be accepted by NARFE Headquarters.

This year the Biennial College of NARFE is September 25-27. This is always the premier learning experience held where you will not only learn; but, you will see friends from over Region V. If you had a computer e-mail address on file with NARFE Headquarters; you should have received the invitation from our Regional Vice President. Please share this invitation with those you know and encourage everyone to attend. The final registration deadline is September 18th so don't hesitate to get yours in the mail to Cindy.

The Kansas NARFE Executive Board will be meeting in Salina, KS, on October 11, 2019. If you have any issue you would like the Executive Board to consider for the good of the Kansas Federation; send or call your request to President John Ourada. These meetings are open for anyone to attend; and, to make the decisions which affect all of us. We appreciate your input.

Remember, the Annual Membership Drive, from September 1 through December 31, just kicked off. You will receive a \$10 incentive payment for each new member you recruit during this period. Many recruiters give the \$10 to the new member for incentive for joining. Just a thought! Make certain you use the "new" application that is available both from ordering from headquarters; or may be copied from the magazine. Be certain you or your chapter have thrown away all old membership applications. When talking with a possible new member; remember to use our webinars as an incentive to join. These can also be used for programs at your chapter meetings.

I will be contacting members who may wish to run for the office of President, 2nd Vice President, and Treasurer of the Kansas NARFE Federation to serve for the years 2020-2022. I am optimistic to say that the current officers will place their names on the ballot; however, it is always nice to have more than one option put forward for membership vote. Please consider placing your name on the ballot to serve this important association. Ballots will be mailed to all members (both Chapter and National-only) in December, 2019.

This ballot will also contain any resolutions needed to the Kansas Federation Bylaws. The current Bylaws are posted on the Kansas website www.narfe.org/ks. A proposed bylaw or resolution amendment may be initiated by a group of five (5) members in good standing; a Chapter in good standing; or, the Federation Executive Board. This revision was approved by the 2019 membership ballot; however, has not been corrected in the posted Bylaw Revision due to the National Secretary's reluctance to allow Federation Bylaws not follow a mandated format. We hope this personal opinion will be corrected soon and our Bylaws will be approved following procedures of the past.



Cindy Renee` Blythe, Region V Vice President
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The time is getting close for CONK (College of NARFE Knowledge) scheduled for September 25-27 at the Hilton Garden Inn, Sioux City, Iowa. National President Ken Thomas and Executive Director Barbara Sido will be key note speakers. Jessica Klement, Senior Vice President Legislative Department will conduct a go-to-meeting Wednesday afternoon. There are three training sessions on Thursday dealing with topics such as TSP Options, General Financial Investing and Elder Law topics, with the wrap-up on Friday. Registration is \$95.00 and that includes three meals. The hotel rate is \$114.00 plus tax for a single and \$119.00 plus tax for a double; breakfast included. Conference registration deadline is September 18th with hotel reservation due by September 4th. Get your reservations in and take part in the wonder called CONK!!

I attended the National Executive Board meeting July 8-10, 2019 at the Westin Hotel, Scottsdale, AZ. On Sunday, July 7th, I attended the Investment Committee Meeting. As a member of the committee, I recommended that we begin taking regular draws out of the investment fund and reinvest back into the organization. In previous administrations, this process was followed; however, for the last four years no draws have been taken. At the end of the fiscal year, NARFE will

contact the broker and have some investments liquidated; although this will balance the financial records it appears to the members that NARFE has not followed acceptable financial standards. In fact, this is not true. We have investments that are performing well and rather than let the operational budget carry a negative balance we should be withdrawing funds. Specifically, the Life Member Investment Fund has not been withdrawn from as specified in the investment policy.

The first morning of the NEB meeting was spent in conjunction with the Federation President's Meeting. NP Ken Thomas welcomed all who attended and proposed the question "Will NARFE survive another 100 years?" Ken reminded everyone that we have the best advocacy department of anyone on Capitol Hill. Jessie and her staff do a tremendous job staying abreast of the changing issues. NARFE is now made up of 42% national only members.

During the NEB only portion, we approved headquarters to open a line-of-credit (LOC) no greater than \$500,000.00 with the Bank of America. This LOC will stop the current practice of selling investments on short notice to cover operating deficits.

As in previous years, we approved the granting of 10 FEEA Scholarships; one per Region; to eliminate the current fund. With the establishment of the new Memo of Understanding, you remember that now NARFE will only have one fund.

Tuesday was spent reviewing and changing the Policy and Procedures Manual. It was a long task but a necessary one. The changes will be made in headquarters and will be published on the NARFE website for use. A date for publication was not forthcoming at our meeting.

The Bylaws Referendum is coming in September. The July issue of the NARFE Magazine listed all eight (8) bylaw resolutions to be voted on. The bylaw amendments, as proposed by the Bylaws Committee to the NEB, are included in the August NARFE Magazine. The option to accept all or reject all will not be available nor will there a recommendation from the bylaws committee. A complete explanation of the bylaw resolutions will be printed in the September magazine. All members in good standing as of July 22 will be eligible to vote. On-line voting will begin August 20; with the paper ballot printed in the September magazine issue.

September 1st through December 31st is the scheduled Membership Drive. For each new member you recruit you will earn \$10.00. Your membership number must be included on the form when the new member joins. All recruiters will be entered into a monthly drawing with a grand prize being awarded at the end of the drive. Recruiters will earn one entry per new member recruited.

Did you notice the new NARFE logo now setting proudly on the membership application in the August NARFE magazine? And did you notice the changes to the application itself? One of the Special Committees appointed by President Thomas is dealing with membership issues. One of the recommendations from the committee is to offer a free one-year membership to a local chapter. That information should be available on the application printed in the September NARFE magazine. While recruiting use the new membership brochure, F-135, available online or by order; it provides a membership application with a prepaid return envelope.

