



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

***John Ourada, Message from the Federation President***  
**(Telephone) 785-452-9638 ( E-Mail) [john.ourada@cox.net](mailto:john.ourada@cox.net))**

I hope and pray that all our members and families enjoyed a joyous holiday season. This time of the year seems to very busy for everyone. Please remember to take time to do things safely; especially traveling.

I had the honor to present longevity awards at two chapter meetings this fall: the 60-year award to the Amelia Earhart Chapter 0621, in Atchison, on September 17<sup>th</sup>; and, the 70-year award to the Buffalo Bill Chapter 0027, in Leavenworth, on November 9<sup>th</sup>. These were joyous occasions. The Colby Chapter 2291, in Colby, earned their 25-year award.

The national office is still working on the new AMS membership program. Recently, I sent in 47 names for their membership data to be corrected in the system. As I write this, many of the changes have been made. I am continuing to work with chapter leaders to identify those members who should be restored to chapter membership and other changes.

**Reminders from my last newsletter message.**

- 1) Please mark your calendar and plan to attend the next conference in Salina on April 27-28, with registration beginning on Sunday, April 26<sup>th</sup>.
- 2) Next Spring, we will be electing three Federation officers: President, 2<sup>nd</sup> Vice President, and Treasurer. Please consider nominating another member or yourself for one of these positions.
- 3) 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.
- 4) At our October meeting, the Executive Board approved combination of Areas 3 and 5; and, to combine Areas 4 and 6. This change will take place at the conference caucuses. The new, expanded Area Vice President's responsibilities will be effective May 15, 2020.

**Elizabeth Bornman, 1<sup>st</sup> Vice President & Service Officer**  
(Telephone) 913-268-8526 (E-Mail) [bornmane@aol.com](mailto:bornmane@aol.com)

Winter arrived December 21<sup>st</sup>. I hope you have been meeting in your chapters. Grassroots sessions with your Congressmen and Senators hopefully were successful this past summer. 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 the articles I have been sending to your chapter Service Officer and or Presidents to share with their members are being shared at a meeting or in a newsletter. Please let me know if you need updated information concerning any issue that affects your benefits. As your Service Officer, I want to share with you some information about the proposed change to the TSP log on process to protect your security. The Thrift Savings Plan (TSP) is reminding participants that two-step authentication became mandatory in December when *logging into their accounts online*.

*“All TSP participants must have validated contact information and use two-step authentication to log into My Account beginning December 2019,” the TSP said. “You can avoid interruption to your account access by adding these security features in your [My Account](#) Profile Settings now.”*

Two-step authentication helps protect a participant’s account against fraud. “This login process is more secure because it means that online access to your account requires something you know (your account number or username and password) and something you have (the one-time code you receive in your email or on your phone),” the TSP said. “Someone who tries to log into your account fraudulently won’t be able to gain access without the code.”

The TSP has provided an instruction sheet to download on their website [tsp.gov](http://tsp.gov).

### 2020 Medicare Parts A & B Premiums and Deductibles

The Centers for Medicare & Medicaid Services (CMS) Friday released the 2020 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

#### *Medicare Part B Premiums/Deductibles*

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare premiums, deductibles, and copayment rates are adjusted according to the Social Security Act. For 2020, the Medicare Part B monthly premiums and the annual deductible are higher than the 2019 rates. The standard monthly premium for Medicare Part B enrollees will be \$144.60 for 2020, an increase of \$9.10 from \$135.50 in 2019. The annual deductible for all Medicare Part B beneficiaries is \$198 in 2020, an increase of \$13 from the annual deductible of \$185 in 2019.

The increase in the Part B premiums and deductible is largely due to rising spending on physician-administered drugs. These higher costs have a ripple effect and result in higher Part B premiums and deductible.

**Rita Dawson, 2<sup>nd</sup> Vice President & Membership Chair**  
(Telephone) 620-256-6512 (E-Mail) [rdawson@ksu.edu](mailto:rdawson@ksu.edu)

As 2019 comes to a close hats off to all of you for recruiting a member yourself or helping in the many booths we had throughout the year for membership. We were visible with NARFE at two major conventions in Manhattan as well as recruitment at Salina Senior Fair, Veteran's Day in Topeka and I'm sure others that I don't know about. It is with sincere appreciation; you are being thanked for all of your efforts in membership this past year. We must continue to recruit members in 2020!! Membership numbers are current members 1896; national members 837; combine total 2733.

I hope you enjoyed a very Merry Christmas and a Happy Holiday Season! Take time to reflect on the year. Make a new year's resolution to recruit a new member to NARFE.

**Carol R. Ek, Secretary and Immediate Past President**  
(Telephone) 620-241-1131 (E-Mail) [ek617@att.net](mailto:ek617@att.net)

Nominations for the offices of Federation President, 2<sup>nd</sup> Vice President, and Treasurer to serve for the 2020-2022 year are open until January 16<sup>th</sup>. Nominations have been received for John Ourada, President; Rita Dawson, 2<sup>nd</sup> Vice President; and, Peggy Coder, Treasurer. Each has said that they would certainly like to see additional candidates on the ballot. Send or call any nominations to Carol R. Ek, Immediate Past President, 907 Sycamore Place, McPherson, KS 67460-5804, e-mail or telephone.

Area Vice Presidents will be elected at the caucus during the Federation Conference meeting in Salina. Visit with your current Area Vice President to see if they are running again; and, discuss your willingness to possibly relieve them of this responsibility. Some have served for many years and are either just tired or have health issues which require stepping down. It's a great opportunity to serve and the provide the opportunity to possibly run for a higher office.

Our organization cannot serve the members without support and input from all of you. Change is happening in NARFE; some good and some not so good but we cannot innovate these changes successfully without exchange of ideas from those who the changes will affect.

Several National Bylaw amendments will be coming in the new year which will require a 2/3 challenge to pass. Every one of you needs to be aware of what that amendment will mean to the general membership to make your vote wisely. You will also be voting on the National President, National Secretary-Treasurer, and Region V Vice President. It is not only your privilege; but also your responsibility to vote wisely.

**Please make certain you read the Region Vice President's column included in this newsletter telling of some of the bylaw amendments being sent forth.**

Speaking of National Bylaws; you can find the current "revised" edition posted on the National website by signing in on the website; on the left hand column go to forms by number; roll up until you find form number FH-4 and print your copy. I understand that new Bylaws will not be printed and distributed to federations and chapters. If you want a hard copy; you must print it yourself. The new format certainly is not as easy to read as the old booklet; and wording has been changed in several instances. I would suggest you take a look at these new Bylaws before conducting business.

**Peggy Coder, Treasurer**  
**(Telephone) 913-833-4925 (E-Mail) [pcoder@yahoo.com](mailto:pcoder@yahoo.com)**

Hope everyone enjoyed their Holidays and sickness has avoided you.

The per capita letters have been mailed and your Chapter should have received theirs. The National Office is still working on the website, so I had to use the May 2019 report which is the latest one available at this time.

The letters went to the Treasurer listed for most Chapters. A couple of Chapters the letter was sent to the President. If your Chapter has changed officers, or the information went to the wrong person, please pass it on or let me know. I can resend, if necessary.

**Please pay the Per Capita dues by January 31<sup>st</sup>.**

The 990-N's do not need to be filed until May 15<sup>th</sup>. I would advise to wait till February to file, as the IRS won't have the system updated to receive them. If you need any assistance with the 990-N, I would be happy to help. Let me know if and when you file for your Chapter.

**Louis Bornman, Area 1 Vice President & Federal Legislative Chair**  
**(Telephone) 913-268-8526 (E-Mail) [bornman1@aol.com](mailto:bornman1@aol.com)**

**From FEDERALNEWSCAST by Eric White**  
**(December 3, 2019)**

Less than three weeks out from the deadline to avert a government shutdown, Sen. James Lankford (R-Okla.) said a year-long continuing resolution remains an unpopular, but likely option for Congress to pursue. Lankford told reporters he would oppose a year-long CR, because of the disruption it would bring to agencies' budget planning. Lankford cited frequent shutdowns as a top item on his 'Federal Fumbles' list of wasteful government spending. "Appropriations have become a frustrating place, only because the bills really aren't coming to the floor. They're really not being amended in committee, so much of the decision making is happening on the senior level, and everyone's a spectator," Lankford said. If Congress fails to reach a spending deal before the Dec. 20 deadline, Lankford urged his colleagues to reconsider the Prevent Government Shutdowns Act which he co-sponsored with Sen. Maggie Hassan (D-N.H.) that would trigger automatic CR's in the event of a shutdown. The bill, which made it out of committee in June, would keep agencies from shuttering operations through an automatic continuing resolution that would kick in whenever Congress fails to pass a comprehensive spending bill.

As an extra incentive for lawmakers to reach a spending deal, the bill would also prohibit lawmakers from tapping into federal funds or campaign funds for official travel during a lapse in appropriations. (Federal News Network) (It should be noted that the House has passed all 12 of its required Appropriations Bills, however the Senate has not and those House bills are not being considered in the Senate.)

Florida Republican Sens. Marco Rubio and Rick Scott are taking their concerns for the Thrift Savings Plan and the international fund right to the president. They want President Donald Trump to appoint new members to the Federal Retirement Thrift Investment Board after its decision to move the I fund to a new emerging markets benchmark that includes Chinese companies. Rubio and Scott said Trump should pay special attention to replacing board members whose terms have expired. (Federal News Network)

Paul Ray, the president's permanent pick to lead the Office of Information and Regulatory Affairs, will testify before the Senate Homeland Security and Governmental Affairs Committee. But Democrats on the committee claim the Office of Management and Budget has withheld documents needed to vet Ray. The Democrats, led by Sen. Gary Peters (D-Mich.), have urged OMB's Office of Legal Counsel to turn over those records, so the committee can assess how Ray has led the agency in an acting capacity since June 2018. (Senate Homeland Security and Governmental Affairs Committee)

Sen. Tim Kaine (D-Va.) and Army Secretary Ryan McCarthy found issues with private military housing remediation and the homes themselves after touring Fort Belvoir in Virginia. Kaine told reporters after the tour that some maintenance jobs were sloppily done, and families are still waiting for their homes to be cleared of mold and pest infestation. The revelations come 10 months after Congress first took notice of nationwide problems with the management of privatized military homes.

The Defense Contract Management Agency is bringing together its civilian and uniformed human resources offices. DCMA created a new Total Force Directorate and named Michael Beaupre as its new director. Previously, DCMA had two separate human resources offices focused on civilian personnel and on military personnel. Now, both offices led by senior officials will report to Beaupre. Over the next few months, Beaupre will go on a listening tour and then come up with a strategy to move the directorate forward. (Defense Contract Management Agency)

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NARFE chapters in Area 1 are joining together to host the 2021 Federation Conference in Lawrence, KS. We have had some initial planning meetings and are beginning to work on our 100<sup>th</sup> Anniversary of NARFE event. We will be presenting our plan to the Time and Place Committee at the 2020 Conference in Salina this spring.

Hopefully all of the Congressional District Liaison officers have been in contact with their respective Congressional Representative and also been in contact with the chapters in your congressional district to relay and represent NARFE issues to your congressman, their staff and back to the chapters. I, for one, receive the newsletters from each of our representatives and from Senator Moran. I find it interesting that all of the Republican representatives spend a lot of time complaining about the impeachment process, a little time talking about some bills they are supporting, a lot of time talking about visiting businesses and organizations in their districts, and yet no mention is made of the 200 plus bills the House has passed that the Senate has yet to consider. Needless to say, the partisan divide is very wide and deep. Let's hope our issues don't fall into the abyss in the middle.

Judy Etter, Area 1A Vice President  
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We will receive a 1.6% cost of living increase for both CSRS and Social security (FERS). This may not offset the costs that older citizens have. The powers that be are still using the clerical workers cost of living instead of the CPI-E. That would certainly help us with medical costs we have as we age.

I hope you all had a Merry Christmas (Kwanza) (Hanukkah) and Happy New Year.



**Gary Kilgore, Area 2A Vice President**  
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Another New Year is with us – 2020, and, even a new decade. A time to look ahead as well as behind us to see what NARFE has done for us and what might happen in the future.

As a retired person I appreciate all the work that has been done on our behalf. The COLA of 1.6% is for each of us. Even with an increase in Medicare premiums the COLA is nice. And NARFE continues to push forward for a new way to calculate COLA each year. Those of us old folks spend more money on health care and the new method should increase our COLA slightly over the current method of calculation. But that change has not passed Congress yet, so ask your Washington Congresspersons to support that change.

Think about the Long Term Care insurance that NARFE supports and monitors in regard to premium increases. Salary increases for active employee's and Postal Reform issues that NARFE works on with our Congress folks.

With these activities why isn't every Active and Retired Federal person a NARFE member? When I ask people to join NARFE and hear the reply "I don't need to join because you represent me well". Now that is a true Pet Peeve!

**Gene Algrim, Area 4 Vice President**  
(Telephone) 620-669-6840 (E-Mail) [galgrim@ksu.edu](mailto:galgrim@ksu.edu)

I am finally back on the road after having some family health issues. I have visited the Wichita and Winfield chapters and have answered some of the questions asked. Will meet with the McPherson chapter in January and of course, will attend the Hutchinson chapter in December.

There seems to be some questions about COLA for those on FERS, but as of now, have not gotten a definite answer.

I attended the one Federation meeting in Salina and was on board for the Go-to-Meeting session that was held in early December.

**L. Ann Domsch, Alzheimer's Chair**  
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### **The Holidays and Alzheimer's**

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed to maintain traditions while providing care.

The holidays are full of emotions, so it can help to let guests know what to expect before they arrive. If the person is in the early stages of Alzheimer's, relatives and friends might not notice any changes. But the person living with dementia may have trouble following conversation or tend to repeat him or herself. Family can help with communication by being patient, not interrupting or correcting and giving the person time to finish his or her thoughts. If the person is in the middle or late stages of Alzheimer's there may be significant changes in cognitive abilities since the last time an out of town friend or relative has visited. These

changes can be hard to accept. Make sure visitors understand that changes in behavior and memory are caused by the disease and not the person.

You may find this easier to share changes in a letter or email that can be sent to multiple recipients.

Involve the person in safe, manageable holiday preparation activities that he or she enjoys. Ask him or her to help you prepare food, wrap packages, help decorate or set the table. (Avoid using candies, artificial fruits and vegetables as decorations because a person living with dementia might confuse them with real food. Blinking lights may also confuse the person.)

What gifts are appropriate to give a person living with Alzheimer's? Give useful gifts such as an identification bracelet or membership in a wandering response service, comfortable, easy to remove clothing, favorite music, photo albums of family and friends, or favorite treats. Do not give gifts of dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

1. Consider joining your loved one in any facility planned holiday activities.
2. Bring a favorite holiday food to share.
3. Sing holiday songs and ask if other residents can join in.
4. Read a favorite holiday story or poem out loud.

*Martin Fadden, Political Action Committee Chair  
(Telephone) 703-477-0616 (E-Mail) [martinfadden@gmail.com](mailto:martinfadden@gmail.com)*

#### Contributions:

Nationwide, through the third quarter of the 2019-2020 cycle 20,285 NARFE members contributed \$975,019.11 to NARFE-PAC. The average contribution was \$48.07. Compared to the third quarter of the 2017-2018 cycle, all of those numbers have increased: the total contribution is up \$156,588.67 (from \$818,430.44), the number of contributors rose by 1,410 (from 18,875), and the average contribution rose by \$4.71 (from \$43.36).

Congratulations and thanks are due to Kansas NARFE members. Contributions from Kansas Federation members through the 3rd Quarter of this cycle were \$15,022.93. This is an increase from the 2017-2018 3rd quarter contributions which were \$11,357.73. We also have 18 sustainers which is up from 12 at this point in the last cycle.

#### Disbursements:

From January 2019 through September 2019, NARFE-PAC disbursed \$463,500 for political purposes, including \$233,500 to candidates, \$120,000 to non-candidate committees and \$110,000 to leadership PACs. This is an increase of \$162,500 from the third quarter of the 2017-2018 cycle, at which time NARFE-PAC had disbursed \$301,000. Disbursements to Kansas incumbents and their leadership PACs through the 3rd Quarter include \$1,000 to Representative Sharice Davids and \$5,000 to Sen. Jerry Moran's leadership PAC.

At this point in 2017-2018, nothing had been disbursed to Kansas incumbents or leadership PACs. Sharice Davids received funds in the 8th quarter of the 2017-2018 PAC cycle.

**Ronald Richey, State Legislative Chair**  
(Telephone) 785-234-4172 (E-Mail) [ronaldrichey@aol.com](mailto:ronaldrichey@aol.com)

On your federal retirement income annuity in Kansas, you pay no State income tax; it is tax free. Our Kansas Federation has been monitoring the Kansas Legislature. This summer and fall the legislators met in interim meetings; and, the Governor's Council on Taxes also met. On December 3rd they submitted an interim report for the 2020 Kansas Legislature. They have not talked much about us.

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

The Kansas Legislature will start at 2:00 PM on January 13, 2020. That morning there will be a prayer service at Capitol. Governor Laura Kelly will deliver State of the State Address to a joint session of the Kansas House of Representatives and Senate. It will take place January 15th in the house chamber at 6:30 P.M. Provide the budget later in the week. All the bills introduced this year carry over into 2020. We need to continue to monitor the activities of the House and Senate in case they decide to make changes to the bills that have already been introduced.

If something comes up the Kansas Federation President will send out an E-mail. It is important for you to keep your E-mail address current, and that you provide a valid phone number, to enable us to contact you in case something changes. You may e-mail Carol Ek at [ek617@att.net](mailto:ek617@att.net) to update your E-mail address and phone number.

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 1:30 PM to 3:30 PM.

If you visit the capital during the Kansas Legislature we would like to encourage you to get acquainted with your Kansas Senator and Kansas State Representative during your visit.

They are going to have services at the Kansas Capital for Dr. Martin Luther King JR. birthday on January 16, 2019. On January 20st, 2019, you will be able get into the Federal Parks free. January 29th is the Birthday of Kansas. President Donald Trump has accepted the invitation from House Speaker Nancy Pelosi to deliver the State of the Union address on Feb. 4, 2020.

If you have children or grandchildren 7th grade through high school, they can volunteer to be a Page at the Kansas Legislature. Experience working as a page looks good on an application to college and/or a job resume and individuals are compensated \$5.00 per day. Contact your Kansas Representative or Kansas Senator for more information.

**Cindy Renee` Blythe, Region V Vice President**  
(Telephone) 785-589-2266 (E-Mail) [mrsdocbusyb@yahoo.com](mailto:mrsdocbusyb@yahoo.com)

NARFE is facing a serious issue – the steady loss of members. I know that I'm not telling you anything you don't already know. All you have to do is look around the room at your local chapter meeting and see that the members attending are getting less and less. And that doesn't even touch the members that no longer attend their chapter meetings. I know – I'm speaking to the choir!! But what are YOU doing about the situation? Yes – I'm speaking to the ones that made the choice to open the newsletter and read it. Of the thousands of Region V members, less than half will read their Federation newsletter. Reaching our members, and that of potential members, is getting harder and harder.



I attended the National Executive Board meeting early in November. We were able to complete a lot of business and had some very intense discussion sessions. The most important items I will pass on in this issue of the newsletter. However, I recommend that to get the full report read the minutes on the NARFE website.

By now you received the NES message calling for officer nominations and bylaw and resolutions changes for the Kansas Federation Conference. Supporting our members by accepting a position on the Executive Board is fun and fulfilling. Being involved with the leadership at the Federation level is enjoyable. Don't be afraid – join the fun!!

The possible changes coming down the pike from National that will be on the June ballot requiring membership approval/disapproval are as follows:

- Increase in membership dues
  - 1-year dues from \$40.00 to \$48.00
  - 2-year dues from \$72.00 to \$92.00
  - 3-year dues from \$102.00 to \$126.00
  - Dues Withholding from \$30.00 to \$38.00
- Establish term limits for the National Secretary/Treasurer – sets term limit equal to that of Regional Vice-Presidents
- Change the current term of office for Elected Officials from November 1 to January 1 – to match the fiscal year
- Change the 10% reimbursements to Federations to 5%
- Change the reimbursement to Chapters from 1/3 (\$13.33) to 1/6 (\$6.67)
- Reduce the Regional Vice-President's salary by 50% effective with the 2022 term

I hope you all a wonderful Christmas holiday to take the time to enjoy family and friends and make new memories with Grandkids and Great-Grandkids. Remember the fancy packages aren't what the holiday is really about.

**2019 Attendees to CONK in Sioux City, Iowa**

Carol Ek, Sheryl Gulley, Elizabeth Bornman, Janet Mathews; Louise Lloyd, Joanne Miller, Linda Ourada, Harold Blume, Larry Kruder, Sylvia Riepen, Lorna Larson, Mary Reed, Vicky Mall, Louis Bornman Jr, Ronald Miller, Phil Mathews, John Cochran, John Ourada, Ronald Richey, Navella Richey

(Not Pictured) Cindy Renee` Blythe, Patrick and Joyce Davidson, and Robert Mall



### **IMPORTANT DATES**

**February 15<sup>th</sup> – End Date for Nomination of Officers**

**February 24<sup>th</sup> – Date Ballots Put on the Website and NES Letter  
Mailed to Members**

**April 3<sup>rd</sup> ----- Final Date for Ballots to be postmarked to Teller Committee**

**April 26<sup>th</sup> ----- On-Site Registration and Alzheimer's Auction  
Items Acceptance Begins for Federation Conference and  
Annual Meeting**

**April 27<sup>th</sup> ----- Annual Conference**

**April 28<sup>th</sup> ----- Annual Meeting**