



NARFE CHAPTER 1025

The Golden Eagle Chapter NEWSLETTER

Vol 24 No 2

Have A Wonderful Spring!

MARCH 2018



FROM DESK OF
CHAPTER #1025
PRESIDENT
JOANNE HANCOCK
Nampa Idaho

We have had a great start to 2018 with an additional 200 members officially transferred to our chapter, which makes a grand total of 299 members. It has been a great experience and we have met a lot of really nice new NARFE friends/members. We would like to meet a lot more face to face. Those who have not been able to attend yet, please come check us out.

I would like to recognize and give a special thanks all the officers and committees for their dedication to Chapter #1025: Steven Whitaker, Vice President; Secretary - Jo Aguirre; Barbara Mihan/Joanne Hancock, Treasurer; Dick Ryan, Service Officer; Chapter Editor - Elaine Ryan and Asst. Editor Dick Ryan; Calling Committee - Dini Johnson, Betty Campbell, Katie Moore, Steven Whitaker, Barbara Mihan, and Virginia Lanier; Sunshine/Program Chair - Katie Moore; Alzheimers Chair - Gen Boguslawski, and Legislative Chair, Ruth Ann Smith/NARFE PAC; Historian - Barbara Miihan; Publicity - Kay Ryan. An additional thanks to all the members who have attended our meetings and contributed to making our chapter what is it today. Also, I appreciate all the members who are not able to attend our meetings in your continued efforts you take in any way to help NARFE be recognized by writing or calling our Congressman to help them realize we earned our benefits and we

plan on keeping them and/or encouraging federal coworkers and friends to join NARFE and any other effort.

In December, 2018 we will be electing 2018/2019 officers, so if you would like to get more involved as an officer or work on any of the committees now or then, please contact me. Also, I am open to all new suggestions, program ideas, or anything you would like to discuss for the good of the chapter. Please contact me at the meeting or call (208) 484-2895.

I am excited to see the attendance continue to increase each meeting. I realize some of the increase attendance is due to former # 083 members attending, but occasionally we get someone just retired join us and see what we are all about. Our past attendance has been approximately 25-30 members, but this last month 43 members attended. All of you make a difference to make our chapter what it is today. Goal -2018/2019- 100 members at meetings.

APOLOGY and CORRECTION

It has been brought to my attention in our September, 2017 Chapter Newsletter an error was made concerning the official name of the wildlife refuge who our program guest speaker, Annette de Knijf, Refuge Mgr. represented. It should have read Deer Flat National Wildlife Refuge, not Nampa Fish and Game Refuge.

NARFE CALENDAR OF EVENTS

NARFE MONTHLY MEETINGS & EVENTS

March 9, 2018 Program – For Programs - please see the back page of this newsletter – NARFE PAC month – Golden Eagles Chapter #1025 Noon to 2:00 pm, Nampa Eagles Lodge, 118 11TH Ave North, Nampa, Idaho 83687 – BOARD MEMBERS – MEETING AT 10:15 AM.

March 20, 2018 – Deadline for Idaho Federation ByLaws Vote – We will have a ballot box for those who attend #1025 chapter meeting on March 9, 2018 voting “YES or NO” on the Idaho Federation ByLaws as stated in the February issue of the Idaho Federation Gemette. All other members who wish to vote on the Federation By Laws please, email (Hjocool@aol.com) or mail to Joanne Hancock, #1025 NARFE President, 158 North. Benewah Place, Nampa, Idaho 83651 along with your vote and whether you are a chapter or national member. I will need to have your vote arrive to me on or before March 20, 2018.

April 4, 5 ,6, 2018 – 55th Idaho Federation Convention – Wyndham Garden Boise Airport Hotel , Boise, Idaho - Guest Speaker- NARFE National President – Richard (Dick) Thissen. Please see attached registration in the February, 2018 Idaho Federation Gemette – I hope all of you will consider attending this years Federation Convention. **Please send check along with the Convention registration made payable to: ID Federation Convention, in care of Kay Ryan, 4200 W South Slope Road, Emmett, ID 83617-8814, along with this form no later than March 28, 2018. You may also email your registration**

form to Kay at ryan3863@speedyquick.net or call 208-398-8993 if you have questions. **Every #1025 chapter member attending the convention will receive up to \$100 to defray their expenses. SEE YOU THERE !!**

April 13, 2018- - Program - Report of the Idaho Federation Convention - Meeting of Golden Eagles Chapter #1025 meeting - Noon to 2:00 pm, Nampa Eagles Lodge - 118 11TH Ave North, Nampa, Idaho 83687 - BOARD MEMBERS – MEETING AT 10:15 AM

May, 11, 2018 – Program TBA at a later date - Golden Eagles Chapter #1025 - Noon to 2:00 pm, Nampa Eagles Lodge - 118 11TH Ave North, Nampa, Idaho 83687 – BOARD MEMBERS – MEETING AT 10:15 AM.

June 8, 2018 - Our annual Picnic TBA - NO BOARD MEETING

June 2018 – National Voting – June issue NARFE magazine – NARFE members will vote on candidates for office and proposed by bylaws and resolution.

2018 Upcoming Webinars - All NARFE Webinars are free to members. Starting time - 2PM EST and must pre-register @ www.narfe.org:

March 22 -- Social Security and Feds: What You Need to Know Presented by James Marshall

April 26 -- TSP: Maximizing Your Retirement Savings Presented by Tammy Flanagan

May 24 -- How Much Do YOU Need for a Secure Retirement? Presented by Mark Keen, CFP

June 21 -- Steps to a Speedy Federal Retirement Presented by Tammy Flanagan

July 26 -- Survivor Benefits: Ensure Your Peace of Mind Presented by James Marshal

NARFE Reaction to President Trump's FY19 Budget: Alexandria, VA – The National Active and Retired Federal Employees Association (NARFE) President Richard G. Thissen issued the following statement following the release of President Trump's fiscal year 2019 (FY19) budget request to Congress:

“This budget request is a continuation of unprecedented attacks on the earned pay and benefits of our nation's public servants by this White House. The budget proposals undermine the value of years of dedicated work by those who proudly served their country and break implicit promises made to these men and women in exchange for their employment. (See more comments by our President Richard Thissen online @ www.narfe.org)

NARFE objects to the following fiscal year 2019 budget proposals, which amount to \$152.5 billion in cuts to earned federal benefits:

- Eliminating COLAs for current and future Federal Employees Retirement System (FERS) retirees.
- Reducing COLAs for Civil Service Retirement System (CSRS) retirees by 0.5 percent each year from what it would have been otherwise. When combined with the elimination of the FERS COLA, this would cost federal retirees \$50.2 billion over 10 years, and much more thereafter.
- 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 \$68.7 billion over the next 10 years, and more thereafter.
- The earned and fully funded FERS Annuity Supplement would be eliminated

for new retirees. This would cost federal retirees \$18.7 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, \$8.9 billion over the next 10 years.
- 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 \$5.9 billion over the next 10 years.
- Freezing federal employee pay in calendar year 2019.
- Reduction of total paid time off by combining sick and annual leave into one pool. This proposal has the potential to decrease annuities, as unused sick leave is counted towards creditable service.
- Reducing working and retirement-age benefits for federal workers disabled through their service (\$117 million over 10 years).

HAPPY ST. PADDY'S DAY – JOANNE HANCOCK

REMEMBER: NARFE is open to ALL federal employees, retirees, spouses and survivors. When you Join NARFE, you strengthen every message sent to Congress and fortify our national outreach. **NARFE IS YOUR LEGISLATIVE VOICE.** *Joanne Hancock, Chapter President*

TREASURER'S REPORT

CHECKING - \$ 2,877.47
SAVINGS - \$ 1,729.58
TOTAL \$ 4,607.05

VICE PRESIDENT



HELP WANTED
For Vice
President/Membership
Chairman!

We had a member of Chapter 1025 pass away last Wednesday, February 21st. Her name was Gayle Eld, 81, of Caldwell, of natural causes. Funeral Home: Dakan Funeral Chapel, Caldwell. My report for membership for March won't be available until after our meeting on Friday, March 9th at the Eagles Lodge, [118 11th Ave. North, Nampa](#). The meeting is from 12 noon until 2pm, hope everyone can make this meeting. *Steven Whitaker, Vice President/Membership Chair*

LEGISLATIVE



So here it is the month of March once again, and you are being asked to make a financial contribution in support of our federal benefits “defense” fund, NARFE-

PAC. This is the political action committee fund used to provide financial assistance to federal workforce-friendly congressional campaigns. A strong NARFE-PAC fund is vital to advancing our legislative priorities and pushing back on the many continuing and new threats that could impact federal earned pay and benefits.

Each NARFE chapter within the Idaho Federation is being challenged during this election cycle year to encourage a 10% increase in their members’ contribution to NARFE-PAC. If you normally contribution the basic amount to qualify for one of the incentive pins, please consider increasing your contribution by at least 10%, or if you have never before made a contribution, please think about making one this month. Consider this: federal retirees have just begun enjoying a 2% COLA in their federal annuities; how much of one month’s annuity increase could you add to a contribution to the fund that has worked hard to maintain that benefit feature for you? Contribution forms are contained in the

separate wrapper of the March “narfe” magazine issue, inside each monthly magazine issue, and online at the NARFE website.

We will be highlighting NARFE-PAC fundraising at our March chapter meeting and, hopefully, will have some fun with it. Those of you who cannot be at our meeting, your contributions to NARFE-PAC are just as much encouraged and important to the success of the fund.

Contributions to the fund in any amount are appreciated but one goal that is being emphasized this year is that of fund “sustainers”, those members who have signed up to make automatic credit card payments of a minimum \$10.00 each month to the fund. These contributions are important as they provide a regular stream of monthly income to the fund, allowing for making fund disbursements at the best times. If you have made annual contributions to NARFE-PAC, now is the time to consider signing up to be a sustainer. Each new sustaining member is entitled to a NARFE-PAC Sustainer lapel pin and a blue fleece NARFE blanket in recognition of their generosity.

Thank you for your previous generosity and for considering new and additional contributions to NARFE-PAC. *RuthAnn Smith, #1025 Legislative Chair and ID Federation NARFE-PAC Coordinator*



Senator Mike Crapo	208-334-1776
Senator Jim Risch	208-342-7985
Representative Raul Labrador	208-888-3188
Representative Mike Simpson	208-334-1953

ALZHEIMER CHAIR



Our NARFE contributions to Alzheimer's Research are now \$12,612,677.59 as of 01/31/18.

Please read the Alzheimer's article in the Gemette, because the "Important Warning" article is very important to all of you. I do not want any of you to get "scammed". As for the totals for each chapter in the Gemette, I was able to add another \$180 to our chapter total after our February Chapter Meeting. Thanks to all of you who buy the Raffle Tickets each month. Sharon Ehasz faithfully gives me a check each year for her birthday. THANKS Sharon.

For those that are interested, I read a notice about Alzheimer's Education Series in the Statesman; and called Alzheimer's Association, Idaho to get more information. If you go on their Alz.org/idaho and click on Events, you can find the information. Most of the classes are held at the McCleary Auditorium, St Al's Hospital, Curtis Road, Boise; and some are held at Libraries. There are two that I think I will try to attend. First one is on Driving, on 16 March from 6-7pm and the other one is on Latest Research, on 25 May from 2-3pm; and they are both at St Al's Hospital.

Wally reported last month that the U.S. Postal Service has joined the effort to raise awareness and contribution to Alzheimer's Research and Care with the new ALZHEIMER'S SEMI-POSTAL STAMP. It would not have happened without the iron-willed tenacity of two women who cared for their stricken husbands for too long to keep count. Altogether, the two clocked a

combined 27 years before seeing their dream of this stamp become reality. These two women who spent so much time, effort, etc. were Lynda Everman and Kathy Siggins. Officially the stamp is called a "Semipostal" stamp, which means it's a fundraising stamp. Its first class rate is currently 65 cents, with approximately one dime (net of all costs) directed to Alzheimer's Research via the National Institutes of Health (NIH). Five hundred million stamps were printed for its two-year life. If there is not enough interest, the Postal Service can pull the stamp before two years. It can be found at most post offices or at the online Postal Store or by calling toll free [800-782-6724](tel:800-782-6724). I will make copies of the article to bring to our Chapter Meeting and our ID Convention.

Jean Holland gives me Alzheimer's articles that are very informative. She gave me an Alzheimer's Update from the MetLife Life Advice newsletter which reads as follows. By 2050, more than half of all Americans over 65 will have Alzheimer's, according to the Alzheimer's Association annual report, released in March 2017. Alzheimer's is reaching epidemic proportions worldwide, and still there is "no disease modifying treatment, no prevention, and no cure", according to Ruth Drew, director of family and information services for the Alzheimer's Association. While deaths from other diseases are declining, deaths in the U.S. from Alzheimer's have doubled in the past 15 years. According to Harvard professor of neurology, Rudy Tanzi, who also heads up Mass General's Genetics and Aging Research Unit, "We have many clues about how to stop Alzheimer's, especially from genetic studies, but insufficient funds to explore how". As of the writing this article, there are five FDA-approved Alzheimer's drugs that treat the

symptoms of the disease by temporarily helping memory and cognitive reasoning. A sixth drug is available outside the U.S. Researchers continue to develop next - generation drug therapies.

Additional therapies are also being studied. University of Pennsylvania researchers, in collaboration with several institutions across the U.S., including the Mayo Clinic, found that stimulating the brain with targeted electrical pulses at precise times can help improve memory. There are steps you can take to reduce your risk of Alzheimer's and other forms of dementia. A study found that good oral hygiene improves mental health. The more teeth people have, the less likely they are to get Alzheimer's. In addition to brushing, flossing, regular dental checkups, and teeth cleanings, here are some ways to boost your brainpower:

NEVER STOP LEARNING. Constantly challenging your brain to learn new things is singularly the best thing you can do to create new neural pathways and stay sharp mentally.

BREAK OUT OF YOUR PATTERNS. Another way to help keep neurons firing is to do the same things in different ways. Take your dog to a different park. Shop at a different store. Take a new route to work, school, or to visit loved ones.

Thank you, Jean, for the article.

Surely hope you are planning on attending the ID Federation Convention on 4-5-6 April 2018. My husband, "Bogy", is working on some great scroll saw items for my Alzheimer's Silent Auction table.

THANKS TO ALL WHO DONATE TO RESEARCH IN THE "FIGHT AGAINST ALZHEIMER'S". Gen Boguslawski, Chapter #1025

Idaho Chapter Alzheimer's Chairman, Idaho Federation Chairman

SERVICE OFFICER



I encourage all members to attend our Federation-of - Chapters convention April 4 – 6 at Wyndham Garden Airport hotel in Boise. The Registering Form for the convention is available on the idnarfe.org website. I will also have some available at our March 9 membership meeting. As the Federation Service Officer and our Chapter Service Officer I will be giving a short presentation on what I call “Be Prepared for Life’s Events Plus” followed by a skype presentation from James Marshall of our National office. James will talk on the latest Service Officer type information out of National followed by a question and answer period. If you have been wondering the why of something or how it works, or is, come and hit James with it. As a bonus our Chapter has decided to reimburse members the expense of attending up to \$100. I’ve seen the registration form. That’s about all of it. *Dick Ryan, Chapter #1025 Service Officer, ID Federation Service Officer*

SUNSHINE CHAIR



Be sure to wear your green for March for St. Patrick’s Day!

I am sorry to have to report that long time member Gayle Eld has passed away and also have received word of the passing of Jan McConnell’s grandson. Our heartfelt sympathies and prayers go out to their families.

Dave Heckman and his wife Sherryl are making slow progress after their surgeries and Sandra Hayes and Dennis Frasier are both continuing to improve.

Looking forward to seeing everyone on the 9th!
Katie Moore, Sunshine Chair



Judy Hudson, our January Speaker, gave a very informative talk on “leaving our footprints” for future generations in the form of documenting, researching and writing books for our family and friends.



Linda Young and Christine Winslow, Tax Specialists of H&R Block, were our February speakers.



Early Bird Registration for NARFE members is \$150 and Gala tickets are \$65 for a limited time only!

Register today and save before registration prices increase March 31, 2018!

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FEDcon18

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NARFE Chapter #1025 Newsletter
National Active and Retired Federal Employees
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Nampa, ID 83653

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An Old Irish Blessing

*May Love and Laughter light your days and warm your heart and home.
May good and faithful friends be yours wherever you may roam.
May peace and plenty bless your world with joy that long endures.
May all life's passing seasons bring the best to you and yours.*

Upcoming NARFE 1025 Meetings at Eagles Lodge, 118 11th Ave. N., Nampa, ID at 12:00

March 9, 2018: Robert & Kris Bush will be entertaining us with Irish Music

April 13, 2018: Update on Idaho Federation Convention

If you would like to attend any NARFE meetings but are unable to drive, please call Dick Ryan at (208) 463-4857. We will do our best to get you there; or if you know of any member who is ill and/or in need of cheer, or have passed on, please contact Katie Moore at (208) 466-1922.