

Happy New Year 2018



NARFE CHAPTER 1025

The Golden Eagle Chapter NEWSLETTER

Vol 24 No 1

JANUARY 2018



FROM DESK OF
CHAPTER #1025
PRESIDENT

JOANNE HANCOCK

Happy New Year to each
and every one of you. Let's
make NARFE bigger and

better than 2017. One way would be commit to this 2018 New Year's Resolution as follows: "Each #1025 member contact at least 2 federal (active/retired) employees bring/or talk to someone you have worked with over the years that doesn't belong to NARFE". Let them know how important this organization is to our benefits. "NARFE is the GO-TO resource for the federal community, policy making, the media, and the public". Perhaps for a 2nd New Year's resolution, a commitment to contact your congressman about your concerns and issues that are threatening our benefits at least 3 times or more this year.

It was an eventful last quarter of 2017. We all came back from our summer break and started our September meeting with a very interesting program speaker from the Nampa Fish and Game Refuge. Our October meeting was filled with wonderful homemade/bought baked goodies by the members to raise funds for Alzheimer Cake Walk. November, Blue Cross of Idaho representative presented the 2018 Blue Cross insurance changes. We finished up the year with a delightful Christmas music from the "Prime Time Swingers" band. Also, the Chapter Board members enjoyed Christmas dinner and board meeting at my home.

It's official, former Chapter #083 members are (200 members) part of Nampa Golden Eagles Chapter #1025 which brings #1025 total membership to 310. I would like to welcome each member to our chapter and thank all who have already attended some of our monthly meetings. If you haven't had an opportunity to visit us, come join us. Meeting dates and times listed below. For all questions, or would like to be on our calling list please call me at (208)484-2895

Hats Off and a big thanks to the calling committee and other volunteers for taking their time to contact/called each and every one of the new transfer members to let them know about our December meeting &/or if they would like to be on our monthly reminder call list. It was a big job, but we hope it added a personal touch to our former #083 members.

As of 2018 all federal employees will receive a 2% Cola increase in their annuity. I received my "Notice of Annuity Adjustment" in the mail yesterday.

2018 Upcoming Webinars. All NARFE Webinars are free to members. They usually start at 2PM EST- NOON MST and must pre-register @ www.narfe.org:

January 25 -- Map Your Way to a Smooth Retirement, Presented by James Marshall

February 22 -- What's YOUR Best Retirement Date? Presented by Tammy Flanagan

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

NARFE CALENDAR EVENTS – Mark your Calendars

NARFE MEETINGS

January 12, 2018 - See last page for program details - 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.**

February 9, 2018 - 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 9, 2018 - 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.**

April 4, 5, 6, 2018 – **Idaho Federation Convention in Boise, Idaho - Details to follow at a later date.**

April 13, 2018 - 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.**

May 11, 2018 - 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.**

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 our outreach. **NARFE IS YOUR LEGISLATIVE VOICE.**

See you in



Joanne Hancock, Chapter President

TREASURER'S REPORT

CHECKING - \$1,637.59
SAVINGS - \$1,729.36
TOTAL \$ 3,366.95

VICE PRESIDENT

Happy New Year to Golden Eagle Chapter 1025. My December Report for our Chapter



Activity shows: Seven (7) members transferred out; Eight (8) members sent Second Notices; Two (2) New Prospective Members; Two (2) members Dropped for Non-Renewal and Ten (10) members with Changes to Address, Phone Number or Email. I have had the opportunity to address our two Senators, First District Congressman, President Trump and Vice-President Pence for them to Oppose Budget Attacks on the Federal Community. Both Senators sent me their email canned responses and said they would take into consideration my request to Oppose Budget Attacks on the Federal Community.. Congressman Labrador said he would keep my thoughts in mind as the House moves to approve spending for fiscal year 2018. Congressman Labrador has heard from me quite often that he has sent me a survey to fill out and return to him on various programs that he is considering to introduce in the House of Representatives this coming year. President Trump answered me by adding my email address to his White House emails and I received no response from Vice-President Pence. Everyone should

remember to email or call our Senators and Representatives that concern any proposals that would be detrimental to our benefits or Cola's because they will view your silence as you are accepting the proposals to reduce the COLA's under the CSRS by 0.5 percent per year and would eliminate the current and future retirees under FERS, thus hurting everyone on fixed incomes. I have often thought about asking the Senators and Representative to freeze or reduce their incomes and benefits when all they want to do is take away ours.

Our next meeting will be the second Friday in January and that is January 12th, 2018 at 12 noon. I hope to see everyone at that meeting.

Steven Whitaker, Vice President/Membership Chair

LEGISLATIVE



Once again just before the Christmas break, a temporary spending bill was passed by Congress, thus avoiding a partial government shut-down. No negative actions were

taken in this bill against the federal workforce so we can take comfort in the many serious legislative threats to our earned pay and benefits that have been defeated this year. NARFE fought back against \$149 billion in cuts outlined in the president's budget proposal and successfully lobbied Congress to drop the \$32 billion in cuts to federal retirement benefits outlined in the House budget resolution. However, we have very little time to enjoy this victory as spending issues will be very prominent during the remainder of this legislative session. This means that potential impacts to our earnings benefits could very much be in play during this time.

Let's take a quick look at what has recently occurred legislatively. Prior to December 22nd

when a temporary spending authorization was to expire, Congress passed another continuing resolution (CR) to fund government operations for another four weeks, through January 19th. This CR continues government spending at the same levels as previously authorized, with a tiny increase to the defense budget for defensive missile purchases, additional funding for veterans seeking care outside of the Department of Veteran Affairs, a temporary extension of an overseas wiretapping and surveillance program, a temporary extension of the Children's Health Insurance Program (CHIP), and a postponement of planned Medicare cuts until 2019. Disaster relief funding in the amount of \$81 billion for hurricane and wildfire follow-up passed the House but stalled in the Senate at the last moment. With passage of a major tax bill and the Christmas weekend looming, there was little congressional interest in any more major legislative battles. So nearly all of the difficult budgeting decisions have been moved in the early part of 2018.

So within a two-week time period beginning January 8th, Congress will be dealing with budgeting government spending for the balance of FY 2018, while they are also working on the complete FY 2019 budget. Budget negotiations are expected to have the Democrats wanting reinstatement of the Deferred Action for Childhood Arrivals (DACA) for children brought into the U.S. by their families outside of legal immigration rules while the Republicans want increased border security, including funding of the wall along the Mexican border. With the new tax law removing the individual mandate to purchase health insurance under the Affordable Care Act, legislative action is needed to stabilize health insurance markets for those still buying their insurance through

the government exchanges. The disaster relief funding that was not passed in December is still pending, and other programs were only extended for short time periods.

Other major issues are also competing for Congressional action. The House leadership has indicated that they intend to work on entitlement reform in 2018, including welfare (which could include Medicaid issues), and health care inflation (particularly as it applies to Medicare). This could potentially open the door to federal pay and benefit issues. However, the Senate has stated they have no intention of addressing entitlement reform during the new year. Meanwhile, the Administration wants to tackle a new \$1 billion infrastructure program and a complete reform of immigration programs.

Another federal financial issue has also reappeared. As of December 11th, the U.S. Treasury Secretary said in a letter to Congressional leaders that the federal government has taken another one of its “extraordinary measures” to avoid hitting the debt ceiling by stopping investment into two retirement funds for federal employees: the Civil Service Retirement and Disability Fund and the Postal Service Retiree Health Benefits Fund. This authority can be used when the Secretary determines that any additional investment cannot be made in these funds without exceeding the debt limit. Congress had suspended the debt ceiling in September 2017, thereby allowing the government to borrow as much money as it wanted, but when this suspension ended on December 8th, it imposed a new debt ceiling of roughly \$20.493 trillion. It will now have to be raised by Congress again to let the federal government continue borrowing money at its usual pace. The federal government should be able to

operate by using these “extraordinary measure’ until March or April; after that time, the government would not be able to borrow any additional funding.

There is talk that internal administration discussions have suggested a federal employee pay freeze for Fiscal Year 2019, after promoting a 1.4% increase in 2018 for most civilian workers, not counting increases in locality pay rates. Following passage of the tax reform bill, a bloc of House Democrats has warned House leadership not to use federal employees’ compensation as a bargaining chip to address some of the Statutory Pay-As-You-Go Act of 2010 (PAYGO) spending offsets required within the tax legislation.

What this all means is that with all the uncertainty surrounding government spending and budget discussions, NARFE members should be proactive and contact their legislators to tell them not to use federal benefits as an offsets for raising any sequestration budget caps or to provide pay-as-you-go offsets for other federal spending.

RuthAnn Smith, #1025 Legislative Chair and ID Federation 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

SECRETARY



Happy New Year to all of you. I hope 2018 brings all of us good health, happiness and new NARFE members.

In November and December we collected donations from our members to sponsor a charity for our holiday project. We gave money to an organization that helps people who must choose

between buying food for their family or medication for their children. We raised \$413.00 which helped with many meals for needy families.

It was very exciting to get new members from the Boise chapter and to see some new faces at our meetings.

I hope to see more members from Boise at our January meeting. Come enjoy a nice lunch or just attend the meeting and visit with us, we would love to have you! *Jo Aguirre, Chapter #1025 Secretary*

ALZHEIMER CHAIR



Here is hoping that you had a very Merry Christmas and that you will have a Blessed 2018 New Year.

Our NARFE contributions to Alzheimer's Research are now \$12,481,741.87 as of

11/30/17. November was a good month since we raised \$38,792.40 which was UP \$4,957.32 from November 2016. Please read the Alzheimer's News Article in the December issue of our NARFE Magazine. Olivia Williams, NARFE Alzheimer's Chair, informs us on the NARFE Research Grants that were issued in August 2017. The more funds we all donate, the more funds there are available for these important research grants. THANKS to all who have donated!!

I hope some of you were able to watch the November "Today Show" programs dedicated to Alzheimer's disease by Marie Shriver. Again, she stated that women are twice as likely to get Alzheimer's disease as men. Women make up two-thirds of Alzheimer's cases. Brains begin changes 20 to 30 years before Alzheimer's. Dr. Drew is trying to find early triggers. There is a study of 300 women on how to delay symptoms along with questions to ask your own Doctor. Doctors should test early, and should screen early for memory loss. They need to make PET scans available.

Dr. Oz also had some very good shows on Alzheimer's Disease during the month of November. I do not have space here to give you all of the information, but Dr. Oz says we should all practice "Shield". Shield broke down as

follows: S = Sleep. We need 8 hrs for mental bliss. H = Handle stress with one minute meditation per day. I = Interact with others, social activity is important. E = Exercise such as walking. L = Learning new things. D = Diet, with the Mediterranean Diet as the best. The above is in a book called Super Genes by Dr. Tanzi.

An article of 11/17/17 states that Alzheimer's disease is known to cause memory loss and cognitive decline, but other functions of the brain can remain intact. The reasons cells in some brain regions degenerate while others are protected is largely unknown. Researchers have found that factors encoded in the DNA of brain cells contribute to the patterns of degeneration, or vulnerability, in Alzheimer's disease.

An article of 11/23/17 states that by using 'Raman' Optical Technology, scientists can now produce images of brain tissue that are affected by Alzheimer's disease. The images include surrounding areas, already showing changes. This is one that I am interested in, because most of us get regular eye checkups.

The December 2017 AARP Bulletin had two very interesting articles on Alzheimer's Disease. One of the articles stated that on 11/13/17, Bill Gates announced an initiative to help find a cure for Alzheimer's Disease, including a \$50 million donation to the London-based Dementia Discovery Fund.

The second AARP article was very interesting with Step 1: Guard Your Memory stated that there is no pill or procedure to help you maintain your memories (yet). But researchers have found several lifestyle factors that can influence your brain's ability to remember facts and events with fewer glitches. Heather M. Snyder, senior director of medical and scientific operations for the Alzheimer's Association, says studying cause and effect on the brain is difficult, because it requires large study groups over long periods of time. "It's a very protected organ," Snyder says. "You can't just take a look." Step 2: Avoid Alzheimer's stated that understanding your risk factors can help stave off memory loss. Step 3: Keep Your Focus stated how older American can continue to win in the battle for attention. Step 4: Cleanse Your Brain stated a

newly discovered toxin-removal system might be the key to preventing disease.

Our Region IX Alzheimer's Coordinator, Wally, wants to thank all of the NARFE Chapter Teams that participated in the National Walk to End Alzheimer's Disease. He stated that the NARFE National Goal this year was to raise \$100,000 with more teams registered than the previous year. Last year, NARFE had approximately 65 teams in the "Walk" and raised \$41,597, as it was also the first year as a National Team. NARFE is now on the WALK Banner which gives NARFE additional exposure and it appears so far this year, NARFE Teams have raised around \$62,000 and had approximately 60 Teams. However, Chapters were still able to give donations until 12/31/17.

Again, 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



This time I will use my allotted space to talk about our Chapter Newsletter and Address list.

Nampa and Boise are now in a combined chapter and this is the first Newsletter that includes the combined area. Typically we publish 5 times a year: every other month excluding the summer months. However we did forgo the last one, September, because it coincided with the Gemette, the Federation Newsletter. Elaine is the Editor of our chapter newsletter. She allows me to help.

We post the newsletter on the Federation Web Site "IDNARFE.ORG" followed by an email notice advising you it now available. That saves us the cost of postage. If we do not have an email address we'll send a printed copy through the mail. We deem it important for chapter information to be available to all our chapter members and especially to members who cannot attend our local meetings. We do have a bulk mailing permit which saves us quite a bit on postage. However that requires a minimum of 200 newsletters per shipment. Therefore we are quite liberal with how

many we send out because except for the minimum per shipment we would send out fewer. If you prefer a printed copy for whatever reason, such as limited computer access or any other reason, we would be pleased to send you a printed copy. And if you happen to get more than one copy feel free to pass the extra one along to someone else; a potential member perhaps.

In addition to the Newsletter we also publish an annual list of chapter members to include phone numbers and addresses. We are cognizant of the National Bylaw stating "Under no circumstances shall the names, emails, phone numbers or addresses of Association members or potential members be provided to anyone other than Association Officials and members". Therefore we do not include the list on the Federation Web Site inasmuch as the site is available to anyone. We do make printed copies available to member at chapter meetings however. Typically copies are available in January at the first meeting of the year. Thereafter I usually have a few copies with me and will give one to any member asking. You can also request a copy from me via phone or email and I will send you a printed copy. We have found the list very convenient to members calling or members contacting each other to share rides and such.

Remember copies of our directory will be available at our January 12 chapter meeting.

Richard Ryan
Service Officer
208-463-4857
dickandelaineryan@gmail.com

Dick Ryan, Chapter #1025 Service Officer, ID Federation Service Officer

SUNSHINE CHAIR



I hope everyone had a great Christmas. I am sorry to hear of the passing of James Budolfson of Boise and Faye Mayes of Nampa. Our prayers are with their

families.

Dennis Frasier has been moved from the Eagles Rehab in Boise to Wellspring Nursing Home in Nampa at 2015 12th Ave. Rd. (Room 102). Marge has reported that his recovery has been much slower than they had hoped for but he still has his sense of humor. Dave Heckman will have back surgery on January 29th and his wife is also having medical issues. I am sorry to say that Sandra Hayes is still not able to make it to our meetings but she is slowly improving.

But I'm happy to report that Barney Lyons is making a good recovery from shoulder surgery. Larry and Iona Myers, now living in Arizona, have moved into a retirement center and enjoying it immensely. They are looking forward to celebrating their 70th anniversary in 2018.

Hope to see most of you to on the 12th and we'll get the New Year off to a good start. *Katie Moore, Sunshine Chair*

Prime Time Swingers Band



Golden Eagle Christmas with the Prime Time Swingers. What fun!



Our Christmas Meeting was so fun!

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***Wishing you a New Year that's sparkling with fun,
bursting with joy, and crackling with laughter!***

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

January 12, 2018 - Program – Judy Hudson, LCSW, Author of “Tethered to Shadows, The Healing Journey of Six,” will be our guest speaker

February 9 - Program – A Representative from H&R Block will be speaking on taxes

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