



NARFE CHAPTER 1025

The Golden Eagle Chapter NEWSLETTER

Vol 24 No 5

JANUARY 2019

PRESIDENT



Happy New Year.

May this New Year bring health and happiness to all of you.

When I joined NARFE three years ago I had planned on being a silent member. I really just wanted to get our monthly magazine and not even attend the meetings. Somehow that didn't work out. I discovered a wealth of information and met great people when I attended my first meeting. I never planned on holding a chapter office yet, somehow, I'm now your new president. Please be patient with me as I jump into this new role.

Times are changing for Federal employees and we need to be very vigilant. I know we all worked hard for our benefits and those of us that are retired rely upon the money we get and our health benefits. It only takes one major illness or accident to make us realize how fortunate we are to have the benefits we have. We must all work hard to ensure these benefits are provided to those employees who are still in the federal work force and that we do not lose any of the benefits we worked so hard for.

If you have never attended a chapter meeting, I would like to invite you to join us. You will meet a very friendly and nice group of people

and enjoy good food, conversation and hopefully go home with some new knowledge. We meet the second Friday of every month at noon at the Eagles lodge in Nampa (118 11th Ave N). Our meals are \$8.00, and we do need to know ahead of time if you are planning to eat. You can call Karl Stickel at 208-546-0736 if you are not on our calling list. This would be a good way to break up the winter blahs and meet new friends.

I look forward to serving as your president and hopefully I'm up to the task.. *Jo Aguirre, Chapter #1025 President*

VICE PRESIDENT



My activities as Vice President/Membership have been limited to duties associated with the Chapter Activity Reports (M-112). Since July of this year I have retrieved the M-112 from the website, saved it on-line, and provided copies for other members of the NARFE board for chapter 1025.

I study the M-112 for each month and contact each member that has been sent a second renewal notice by phone, email, or postal mail. I ask them if they are aware of their status and would they renew their membership or send in their dues before being dropped from the membership role. In many cases the member claims to have sent the payment in recently or will make sure the payment is sent in soon.

I also send a prospective membership packet to each person listed on the 'New Prospective Members' portion of the M-112. This packet consists of a 9X12 inch manila envelope filled with various informational pamphlets about NARFE, an edition of the NARFE magazine, and a membership application. Since July, I have sent 18 of these packets to prospective members.

I have totaled the separate categories for each M-112 for the year 2018. They are:

MEMBERS TRANSFERRED FROM ANOTHER CHAPTER OR LSA: 8

MEMBERS TRANSFERRED OUT OF CHAPTER: 38

MEMBERS DROPPED FOR NON-RENEWAL: 21

REINSTATEMENTS: 5

NEW MEMBERS: 3

MEMBERS PASSED AWAY: 7

Karl Stickel, Vice President/Membership Chair

LEGISLATIVE



As we enter a new year, NARFE members face a different Congress that will bring both old and new challenges to our monitoring efforts of our career benefit

provisions. The 116th Congress will consist of a new Democratic majority in the House while the Republican majority in the Senate will increase its party representation. One major result is there will be changes in the committee chairs and memberships in both chambers and new faces on the various committees that are involved with issues of importance to the

federal work community. There were several prominent election defeats of high ranking incumbents, including Rep. Barbara Comstock (R-VA), Sen. Heidi Heitkamp (D-ND), and Sen Claire McCaskill (D-MO), who were very knowledgeable of and supportive of the federal workforce. Plus, there are 110 freshmen representatives who will take office on January 3rd, which is the largest incoming class in the House since 1993. This class includes Russ Fulcher from Idaho's 1st Congressional District. These new representatives likely will need to be educated on the concerns of federal employees and retirees.

As the incoming Idaho freshman representative in the minority party, Rep. Fulcher is not expected to be assigned the most highly sought committee assignments. He has requested positions on committees that do not have significant impacts on federal workforce issues, including Agriculture, Judiciary, Transportation, Natural Resources and Energy, and Commerce. We will keep watch for all of the most important committee assignments. It is expected that legislative attention, particularly in the House, will be focused on immigration, health care, and governmental oversight activities.

Among the legislative priorities NARFE has for 2019 will be issues that are faced regardless of which parties control Congress. Foremost is the annual appropriations and budgeting process. While the U.S. economy has been strong, tax receipts are down due to last year's tax reduction legislation. Both parties in Congress favor policies that will further swell the national debt with expanding deficit spending. With sequestration limits still a factor, spending cuts may be required in order to offset certain desirable spending levels. The

benefits of the federal community have frequently been targeted for offsetting funding cuts in the past and must be guarded against in the future. This will be NARFE's primary issue in the new Congress. *RuthAnn Smith, #1025 Legislative Chair and ID Federation NARFE-PAC Coordinator*

Senator Mike Crapo	208-334-1776
Representative Russ Fulcher	TBA
Senator Jim Risch	208-342-7985
Representative Mike Simpson	208-334-1953

ALZHEIMER CHAIR



We certainly hope everyone had a very Merry Christmas, and here is to a great 2019 Happy New Year.

Our total NARFE contributions to Alzheimer's Research is \$12,867,484.07 as of 10/31/2018. We now have \$132,516 to raise to meet our goal of \$13 million by end of Dec.

We raised \$144 during our December 14th Chapter Meeting. In the three-way raffle, the three-way split was \$48 each; therefore, the chapter received \$48, Alzheimer's Research received \$48, and the winner gave their \$48 to Alzheimer's. THANKS to all of you who are buying raffle tickets and making this possible.

I found the following on the computer on 11/27/2018:

COMMON ILLNESS LINKED TO ALZHEIMER'S

- 1) Anemia
- 2) Depression & Anxiety
- 3) Diabetes
- 4) Down Syndrome
- 5) Gum Disease
- 6) Hearing Loss
- 7) Herpes & Other Infections
- 8) High Blood Pressure

- 9) Hypothyroidism (underactive thyroid gland)
- 10) Obesity
- 11) High Blood Pressure during Pregnancy
- 12) Sleep Apnea
- 13) Vitamin Deficiencies

(Author unknown)

The following are some articles that Wally, our Region IX Alzheimer's Coordinator, has shared with us:

Artificial Intelligence (AI) could predict cognitive decline leading to Alzheimer's disease in the next five years. A team of scientists has successfully trained a new AI algorithm to make accurate predictions regarding cognitive decline leading to Alzheimer's disease. Algorithms may help doctors stream people onto prevention path sooner. This article is in October 4th ScienceDaily and can be found at <https://www.sciencedaily.com/releases/2018/10/181012092938.htm>

Alzheimer's disease (AD) is the most common form of dementia, involving memory loss and a reduction in cognitive abilities. Patients with AD develop multiple abnormal protein structures in their brains that are thought to destroy or damage nerve cells (neurons). One of these structures, the senile plaque, is made up of clumps of beta-amyloid peptide which form in the spaces between neurons. New research has revealed a role for splicing proteins in the pathology of AD. Increased phosphorylation of the SRRM2 protein, seen in AD mouse models and human patients, was found to block its transport to the nucleus. This reduced levels of the PQBP1 protein and restoring PQBP1 suggested a possible future treatment for AD. This article is in October 12th ScienceDaily and is found

at <https://www.sciencedaily.com/releases/2018/10/181004155421.htm>

While it is widely shown that possessing the ApoE4 gene is the major genetic risk factor of AD, not all ApoE4 carriers develop AD. For the first time, researchers have shown that ApoE4 linked with chronic inflammation dramatically increases the risk for AD. This can be detected by sequential measurements of C-reactive protein, a common clinical test which can be-could be done routinely in a clinical setting. This article is in October 19th ScienceDaily and is found at <https://www.sciencedaily.com/releases/2018/10/181019120713.htm>

THANK YOU again for your help in THE FIGHT AGAINST ALZHEIMER'S.

SECRETARY



I have been a member of NARFE Chapter 1025 since 2009

Attended several NARFE National Conventions

Raised in the Jerome-

Twin Falls area

Graduated Twin Falls High – 1964

Joined the Idaho National Guard at 17 ½ years of age

Moved to Boise in 1965

Opened the first Sizzler Steak House in Boise at age 19

Joined Idaho National Guard-Organizational Maintenance Shop #2 Caldwell ID, as an admin Assistant, for full time employment – 1969

On board of directors for the NG NCO Club, Gowen Field

Moved to Alaska in 1982

VP of the 5th Bn NCO Club

Became a CW2 Warrant Officer in 1985

Treasurer of the Alaska National Guard Officers Assn. Two Terms

President of the Alaska National Guard Officers Assn Two Terms

Attended Wayland Baptist University 1991-92

Life member – NARFE, DAV, NRA, AUSA, NGAUS, ANGOA, IMHS

Retired as CW3 from Army in 1995 with 32 years of service

Moved back to Idaho in 1998

Build wooden toys for grandkids and do scroll saw work

Frank (Bogy) Boguslawski, Secretary

TREASURER



Beginning this year I was elected to the Chapter Treasurer position a position I once held shortly after joining our Chapter 20 + years ago. I have decided to just take on one position for now as Elaine

and I will soon become caregivers and expect less free time for such activities. Therefore I will also soon vacate the Chapter and Federation Service Officer and the Federation Treasurer positions. I will be available to fill in sometimes and or help train a new officer for the position, however. I consider the Service Officer position one of the most important positions in our organization as the

ability help others is one of our greatest benefits.

It was suggested I include information I had shared at our chapter meeting regarding Power-of-Attorney. Because of an accident our son-in-law is not now able to speak for himself. His wife, our daughter needed certain documents pertaining to medical care and life insurance. She was advised that since she did not have power of attorney or guardianship for him they could not give her the information. Shortly thereafter she received a letter from the life insurance company addressed to Travis stating they were now aware of his condition and until guardianship or power of attorney could be documented his file was now locked. It cost her \$1,200 for an attorney to send a letter to each of the children, siblings and parents, giving them 21 days to oppose a guardianship order and if no opposition thereafter going to court to have a judge grant such an order. The moral of the story is it's free or almost free now while you are of sound mind and body but if you wait it may cost you big bucks, take a lot of time, and cause you a lot of aggravation. *Richard Ryan, Treasurer*

SUNSHINE CHAIR



Happy New Year to All! Our speaker for January will be Margarett Horton-Breeding. She will be speaking on taxes so have your questions ready. She

has offered you to contact her at MDHORTONTAX@gmail.com; or telephone number at 208 459-7171, if you have anything you would specifically like her to address.

We received word that Arlena Renzi of Boise has passed away. Our thoughts and prayers

are with her family. Hope to see most of you on January 11th! *Katie Moore, Sunshine Chair*

JOY JOHNSON O.D. DOCTOR OF OPTOMETRY

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For bona fide emergency

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 has passed on, please contact Katie Moore at (208) 466-1922. Also, as we always do at the first of the year, the chapter membership report will be available for distribution at the January meeting. If you cannot make it, but would like a copy, please call Elaine Ryan at 208 463-4857. Regarding the list, be aware that in accordance with the National bylaws, under no circumstances shall the list be shared with anyone other than NARFE officials and members.



NARFE Chapter #1025 Newsletter
National Active and Retired Federal Employees
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Federation President Keri Gibbs Installing Chapter #1025 2019-20 Officers. L-R Keri Gibbs, Federation President; Frank (Bogy) Boguslawski, Secretary; Jo Aguire, President; Richard Ryan, Treasurer; Karl Stickel, Vice President.

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

January 11 – Margaret Horton-Breeding will be reporting on taxes. Please contact her at MDHORTONTAX@gmail.com; or 208 459-7171 if you have anything specific you would like her to address.