

THE BISON
BUFFALO BILL CHAPTER 27
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

From the President:

Happy 2012!!! We continue to face challenges in 2012. At the end of 2011, both National and State legislative bodies were still looking at Federal active and retirees benefits and salaries. We need to be in contact with all those representing us in Washington and Topeka. Wayne Stalnaker is the new legislative chair and will keep us informed. Thanks to Donna Gillett for her excellent service in this role. As NARFE members, we need to be active in recruiting new members. This will help widen our scope to inform active and retired Federal employees of what might affect their benefits. Fran Gast is doing a great job with membership but we all need to help. Billie Oertel has great programs planned and Ross Perkins is handling our financial status. Dick Hall is helping members and non-members apply for benefits and he will also be keeping us informed as the new NARFE-PAC officer. Helen Stewart will assume the role of Alzheimer's chair and we look forward to working with her. A BIG THANK YOU to Helen Gallagher for her service. Bill and Bonnie Lages will be helping in the meetings with sign in and raffle with Bill Aaron and organizing refreshments. David Knorr is the new parliamentarian and will help me keep on track during the meetings.

WOW!! What a great group of officers. Come join us at the meetings at The Heritage Center. If you want more information, please call me.

Diane Hall

Home phone: 913-651-1331

Cell phone: 913-704-8118

From the 1st VP—Membership:

“The Region V Vice President has congratulated members for their efforts in recruiting new members this fall. The Kansas new member numbers

are up. Some members are getting the information out. This time of year is very busy and part of that being busy is going to events where we see people who we do not see on a regular basis. There may be opportunities to come in contact with people who may appreciate the invitation to NARFE. Remember to get the information out to the active federal workers in your area also. We do have a good number of people who have received second notices to renew. We may have to increase our effort to retain current members.”

*Ann Murphy, Federation 2nd Vice President/Membership
Committee Chair*

I want to thank all of our members for their assistance in recruiting and retaining members. Let's keep up the good work.

Fran Gast

From the 2nd VP—Programs:

Feb. 2—Memorial Service.

Mar. 1—Lt.Col. Dawn Hilton, who is over the new DB. She is going to give a talk about the new DB and how it is run and what she does.

April 5—Gary Amble, weatherman from KCTV5, will be at our meeting and share with us all he is involved with—the weather, zoo, and how he rides his motorcycle to work in the summer.

May 3—TBA.

Billie Oertel

Do you need to contact a congressman? Below are the names, addresses, phone numbers, and email addresses where they can be reached.

LEGISLATORS' Topeka Address / Phone: **Federal:** Sen Jerry Moran, 612 Kansas Ave, 66603 (785) 233-2503, www.moran.senate.gov. Sen Pat Roberts, 444 SE Quincy, Rm 392, 66683, (785) 295-2745, www.roberts.senate.gov; Rep. Lynn Jenkins, R-2nd Dist., 3550 SW Fifth St., 66601, (785) 234-5966. **NARFE member toll free line** to Congress members: 1-866-220-0044. **Kansas State (by Dist. at Statehouse, Topeka 66612, telephone (785) 296 + ext.):** Sen Tom Holland, R-3rd, 181 East, ext. 7372, tom.holland@senate.state.ks.gov; Sen Kelly Kultala, D-5th, 300 SW 10th Ave, ext. 7357, kelly.kultala@senate.state.ks.gov; Rep Owen Donohoe, R-39th, L27 Docking Building, ext. 7682, owen.donohoe@house.state.ks.gov; Rep Melanie Meier, D-40th, 300 SW 10th Ave, ext. 7630, melanie.meier@house.state.ks.us. Rep. Jana Goodman, D-41st, 300 SW 10th Ave, ext. 6014, jana.goodman@house.ks.gov; Rep Connie O'Brien, R-42nd, 300 SW 10th Ave, ext. 7656, connie.obrien@house.ks.gov. **State legislators hot line:** 1-800-432-3924.

From the 3rd VP—Service Officer

I wish you a happy and prosperous New Year for 2012. I will be continuing as service officer for this year. Please call me @913-651-1331 or cell 913-704-9599 if you need assistance filing paper work with OPM. There are still Life Event Booklets available for those of you that have not received one yet.

I was asked to be the PAC representative for this year. I will be receiving information on PAC and talking with you at the NARFE meetings.

Dick Hall

From the Sunshine Officer:

If you know of members who are hospitalized or ill at home let me know and I will send cards. We would also like to recognize wedding anniversaries and need your help by furnishing us with that information. Please call me at 351-3386.

If you have any extra sick or sympathy cards, we could use them. Bring them to the next meeting. Thank you.

Sick cards were sent to Ursula Aponte, Juanita Gnip, Dolores Vossmer, and Mary Derrell.

Marilyn Murray

IN MEMORIAM

Members

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| Arcella Cohen | Glenn Knapp |
| Henry Ehart, Jr. | Robert Lee Logan |
| Albert E. Geison | Eleanor Sherman |
| Roland Jennings | John R. Zeuglin |

Family Members

Alice Frances, sister of Calvin and Ardel Brey
 Virginia Murphy, mother of Sandra Heim
 John Sachse, Jr., son of Rosemary Sachse
 Gordon Smith, son-in-law of Doris Arnold

Second & Third Amendments to the U.S. Constitution

Amendment II provides for “A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.”

Amendment III says that “No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law.”

These two amendments provide practical checks on the dangers of military tyranny both from without and from within. Civil control of the military is provided for by Art. I, Sect. 8; Art. II, Sect 2; and Art. III.

The **2nd Amendment** formalizes the right of the individual citizen to have effective means of self defense, as well as the means to function as militia if called. It gives civilians control of the military and has meant that control by a federal standing army of civilians has not been realized so far. In the states we have the citizens’ militia and National Guard units that continue to play a vital role in the defense of the nation. The National Guard is a much more formal military organization which must not be confused with militia. Also the federal government is prevented from infringing on the fundamental right of the people “to bear arms”. In recent years this right has been challenged by Progressives who have forgotten that it was the Boston Massacre when British soldiers killed unarmed Americans that helped convince citizens that they needed the right to bear arms.

The **3rd amendment** keeps soldiers from being uninvited occupiers of any citizen’s house be it in peace or time of war.

The original intent for Articles in the Constitution may be found in The Federalists Papers which are 85 essays written by Alexander Hamilton, James Madison, and John Jay for the New York City newspapers in 1787 and 1788 and which state the philosophical and patriotic reasons for the Constitution. They were published anonymously over the name of Publius.

Rae for the U.S.A.

From the Legislative Chair:

Quote from *The Washington Post* by Lori Montgomery: “The generous pension system enjoyed by millions of federal workers from clerks to senators and judges has emerged as a key target in negotiations between Vice President Biden and congressional leaders looking to restrain the growing national debt.” And if that is not

enough . . . Jim Miller, NARFE Kansas Legislative Representative and Ronald Richey have indicated that Gov. Brownback has “floated” his idea of a Flat Tax . . . and our income tax exemption might be somewhere in the mix. We must continue to be active with our representative and senators at both the Federal and State levels.

Wayne Stalnaker

From the Alzheimer's Chair:

First, let me introduce myself to all of you. I let Diane Hall twist my arm and agreed to be Helen Gallagher's successor for reporting on Alzheimer's. I'm not her replacement because no one could ever replace Helen, or maybe another Helen could. I'm Helen Stewart and I retired from Fort Leavenworth two and a half years ago after 46+ years of service. Helen G. has been a co-worker and friend for over 35 of those years. As my arm was twisted, I also twisted by sister's arm to help me with the Alzheimer's program. Alice Theis retired from Fort Leavenworth eight years ago after 25+ years of service. I thought this article was interesting.

Reverse Memory Loss in 12 Minutes!

"People with foggy memories who did an easy type of meditation for 12 minutes a day achieved higher scores on memory and attention tests after eight weeks than those who listened to classical music for the same amount of time, reports the Journal of Alzheimer's Disease. The techniques, called *kirtan kriya*, boosts blood flow to areas of the brain responsible for retrieving memories, explains study author Dharma Singh Khalsa, M.D.

"Try it yourself. Sit comfortably with your back straight. Then, while repeating the sounds "sa, ta, na, ma," touch your thumb to your index finger, then middle, fourth and fifth fingers. Do this out loud for two minutes, in a whisper for two minutes, in silence for four minutes, a whisper for two more minutes and out loud for two minutes." *Woman's World*, 7/10

Helen Stewart

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- Officers for 2012**
- President—Diane Hall
 - 1st VP & Membership—Fran Gast
 - 2nd VP & Programs—Billie Oertel
 - 3rd VP & Service Officer—Dick Hall
 - Secretary & Public Relations—Eileen Sturgis
 - Treasurer—Ross Perkins
 - Legislative Chair—Wayne Stalnaker
 - Newsletter Editor—Delores Vargas
 - Alzheimer's Chair—Helen Stewart
 - NARFE-PAC Chair—Dick Hall
 - Registration and Drawing—Bill Aaron & Bill Lages
 - Refreshments—Boni Lages

SAVE THESE DATES ON YOUR CALENDAR

Buffalo Bill Chapter 27 meetings for 2012 are on the first Thursday @ 1:30 p.m. at The Heritage Center, 109 Delaware.

- January—No meeting.
- February 2—Memorial Meeting
- March 1
- April 5
- May 3
- June 7
- July—No Meeting
- August 2—Annual Picnic @ 6:00 p.m.
- September 6
- October 4
- November 1—Fall Festival @ 11:30 a.m.
- December 6

Executive Board Meetings are on the fourth Thursdays at 9:15 a.m. in the Board Room of the Leavenworth Public Library.

- January 26
- February 23
- March 29 (5th Thursday)
- April 26
- May 31 (5th Thursday)
- June (NONE)
- July 26
- August 30 (5th Thursday)
- September 27
- October 25
- November 29
- December (none)

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**Helpful Translation**

This useful system of conversions may find you chuckling.

- Ratio of an igloos's circumference to its diameter: Eskimo pi
- 2,000 pounds of Chinese soup: won ton
- 365 days of eating nothing but low-calorie food: 1 lite year
- One half of a large intestine: semicolon
- 2.4 statute miles of intravenous surgical tubing at Yale University Hospital: 1 IV league
- 1 millionth mouthwash: 1 microscope
- Speed of a tortoise breaking the sound barrier: Mach Turtle

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