KANSAS STATE FEDERATION OF CHAPTERS

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION
"CHAMPION OF THE FEDERAL RETIREE"

Volume XX NARFE Tri-River Chapter No. 2098 January 2008

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NARFE Tri-River Chapter No. 2098 meets the second Tuesday each month at rotating sites with a luncheon meeting at 11:30 a.m. in January and February and dinner meetings at 6:00 p.m. the remaining months. The newsletter is published monthly.

Chapter Officers:
John McCoy, President, (913) 731-4175
Sterling Hornbuckle, First Vice President, (913) 837-4434
Jean Nickell, Second Vice President, (913) 755-4309
Winona Hornbuckle, Secretary, (913) 837-4434
Irene Hodge, Treasurer, (913) 557-5581
Robert Hodge, Legislative Chair., (913) 557-5581
Elizabeth Smith, Membership Chair., (913) 294-2249
Helen Morrison, Alzheimer's Chair., (913 755-4020
Darrell Williams, NARFE-PAC Coord., (913) 755-4026

December 11 Meeting - Due to the snow and icy conditions no meeting was held.

Next Meeting - January 8, 2008, 11:30 a.m., First United Methodist Church, 504 Pacific, Osawatomie, south entrance, an elevator is available. Callers should turn in the names of those they are making reservations for to John McCoy, 913-755-4020, by **noon** January 5. Be sure to make a reservation if you plan to attend. If you make a reservation and do not attend, you will be expected to pay for the meal.

Meetings in 2008 - The Chapter needs your assistance in planning programs for the coming year. Whether it be something you personally would like to present or do you know someone who would address our chapter group. Please get involved with your chapter's activities and volunteer to arrange a program for one of the coming months. Any of the officers can be contacted concerning planning a program.

Sunshine - Richard Koopman recently fell on the ice and broke two bones in his ankle. He is at home and receiving nursing and therapy at home. We wish him a speedy recovery. Please remember to send a card to those who are ill or dealing with injuries.

Legislation - The second session of the 110th Congress convenes Tuesday, January 15. Following that, December consumer price news and the cost of living adjustment for FECA beneficiaries will be reported. The CPI-W for November was 205.8, 1.1% higher than the 2007 third quarter average base of 203.6. The 2.3% COLA became effective December 1 and should be reflected in your January check. Additional cosponsors to Premium Conversion, GPO/WEP Repeal, etc. will also be reported. We need to recover lapsed cosponsors and recruit senior members as well as freshman members who are not yet cosponsors. To encourage members to schedule meetings with their Members of Congress, the February NARFE Magazine will list scheduled 2008 "recesses," when most Representatives and Senators seeking re-election will conduct public meetings, hold Meet and Greet sessions and meet constituents at their district and state offices.

Sen. Pat Roberts
11900 College Blvd., Ste. 203
Overland Park, KS 61210
(913) 451-9343
or
109 Harte Sen. Office Bldg.
Washington, DC 20510-1605
(202) 224-4774

Sen. Sam Brownback
612 S. Kansas Ave.
Topeka, KS 66603
(785) 233-2503
or
303 Harte Sen. Office Bldg
Washington, DC 20510-1604
(202) 224-6521

Rep. Nancy Boyda
510 SW 10th Ave.
Topeka, KS 66612
(785) 234-8111
or
1711 Longworth House Office Bldg.
Washington, DC 20515-1602
(202) 225-6601

Membership - Make a New Year's resolution to contact a potential member and either tell them or supply them with information concerning what NARFE has done and the needed support to continue fighting for their benefits. Let them know that not only will their membership help to secure the future of their benefits but on a local level offers a chance to get together each month with friends for a good meal and useful information or entertainment. Current federal employees are especially potential members when informed of the work to assure that their benefits are there when they are ready to retire.

We have a new member, Zetta Johnson, who lives in Parker. Welcome aboard Zetta..

NARFE-PAC- Kansas has maintained it's position as the 10th largest contributor to NARFE-PAC in the nation. Kansas is also number 1 in Region V. Only six of the 46 chapters contributed to NARFE-PAC this last quarter. It is a fact of life that NARFE-PAC is a necessity to maintain the fight for your earned benefits. Get with your NARFE-PAC chairperson and help the chapter to do **our** part in this fight.

Upcoming Events
February 12 - NARFE Chapter 2098 Meeting
September 7-11 - 2008 NARFE National Convention
Louisville, KY

Senior Exercise

I came across this exercise for seniors to build muscle strength in the arms and shoulders. It seems so easy I thought I'd pass it on. The article suggests doing it three days a week.

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5-lb. Potato sack in each hand extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks move up to 10-lb. Potato sacks. Then 50-lb. Potato sacks and then eventually try to get to where you can lift a 100-lb. Potato sack in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each of the sacks.