



KANSAS FEDERATION NEWSLETTER

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OCTOBER-NOVEMBER 2006

**JOHN F. SURRITTE
FEDERATION PRESIDENT**

PRESIDENT/FEDERAL LEGISLATION

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NARFE has just completed its National Convention. We offer congratulations to Richard Thissen, our National Field Vice-President, who ran un-opposed. Dick has been a pleasure to work with my two-plus years on your Federation Board. He is very supportive of our goals and works daily to protect your interests. Thanks to all of you who attended the convention from Kansas. Personal commitments kept Linda and I from attending.

We also offer congratulations to Ms. Margaret Baptiste, newly elected President; Bill Austin, newly elected Vice-President; Nathaniel Brown, newly elected Secretary and Richard Ostergren, re-elected Treasurer. All of these folks, excluding Mr. Ostergren, will be new to their positions and will need the help of all of us in Kansas in order to be successful in protecting our interests over the next two years. On behalf of the Federation Board, I pledge we will help them be successful. It's in our interests to do so.

Ms. Judy Park, NARFE Legislative Director, out-lined what we have accomplished over the past two years on our National Legislative Program. She noted our success over the past two years in gaining support for our Legislative proposals, Premium Conversion and WEP/GPO Repeal. However, even though in Kansas, all of our Representatives, except for Congressman Tiaht, support Premium Conversion, it will not pass this year because Republican Congressman, Bill Thomas will not report it out of committee. It is also supported by both of our Senators; however Republican Senator, Charles Grassley, will not report it out of committee.

On WEP/GPO Repeal, only two Kansas Representatives, Congressmen Moore and Moran, support us. Neither Kansas Senator supports us. This is an issue which needs to be passed since it greatly hurts many survivor annuitants in our State by reducing their Social Security, which they earned over their careers, because they receive a Survivor's Benefit when their husband or wife passes on. This is fair legislation to help our members and is not a handout or welfare. It is simply giving

folks those benefits they worked for and earned.

I mention all of the above because as Ms. Park states, even though as retirees we cannot strike, WE CAN VOTE. If we do not like what Congress has done in protecting our interests over the past two years, we can vote our interests on November 7th this year. Some might say this is selfish, I say it is protecting our survival.

The delegates, at the National Convention, approved the following National Legislative Goals for the 110th Congress:

- . Preserve our present benefits;
- . Enhance our present benefits; and
- . Additional priorities.

FIRST VICE PRESIDENT/PAC COORDINATOR

**Gary E. Townson
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I hope your Summer was as eventful as mine. In August I attended the National Association of Postal Supervisors' National Convention in Las Vegas. (Yes, I contributed some to the local economy but only as a tourist. I stay away from the gambling.) This month I attended the NARFE National Convention in Albuquerque, New Mexico. Both Conventions were informative but exhausting! As you may have seen elsewhere, We elected a new President, Vice-President and Secretary in New Mexico. The Treasurer, running unopposed, is the only returning member of the national Executive Board. Our Region 5 Field Vice President, Richard Thissen was also unopposed so he remains our leader. The proposal we were championing, which would have established a single dues structure covering national, federations and chapters received 62.17% of the votes cast. As a change to the national By-Laws it required 2/3 of the votes to pass. Since it failed to get that amount, it did not pass.

I have been notified that, due to the persistence of Jim Ryun's constituents, Nancy Boyda has received some NARFE-PAC funds for her campaign to unseat Cong. Ryun. I was also informed that Dennis Moore of District 3 has also received some PAC support from us. Be sure to exercise your right to Vote in November..

Some future dates to put on your Calendar;

NARFE Legislative Conference March 3-6, 2007
Bethesda MD

Kansas NARFE Convention April 29, 30 & May 1 2007
Junction City KS

CONK (College of NARFE Knowledge) August 27-29,
2007 S. Sioux City NE

Hope you have an enjoyable Fall.

SECOND VICE PRESIDENT/MEMBERSHIP

Thomas E. Raby

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The big news, this month, is the national convention. The NARFE website has all the details, and the next issue of Retirement Life will have even more, with pictures. As always, I encourage all members to go to conventions. It is never dull.

Jane and I drove to Albuquerque (I told you I could spell it, John). We went through Oklahoma and spent Saturday night in Amarillo. We got to Albuquerque in time for lunch on Sunday. We were able to register, check in with many of the Kansas folks, and get into our hotel before 3:00pm. The area around the convention center was a ghost town on Sunday. The welcoming ceremonies were very nice. Many members went out to "Old Town" on Sunday, but we waited till Monday evening.

Monday was very busy with speakers and then by-laws resolutions. Tuesday was nominating time and then, Region caucuses. This made for a relatively easy day. The true test was Wednesday, when we stood in line to vote for national officers, and by-laws. Most of us spent 2-3 hours in line. Too many members had the "doe-in-the-headlights" look when they went into the booth. There was practice voting, but many didn't do it.

Thursday started with a short "run-off" vote on site selection for 2010. We then moved back to by-laws, and had the drawings for Alzheimer's prizes.

We came home the long way; via Santa Fe, Taos and Las Vegas, NM, where we bought 5 pounds of pinion nuts. The weather was beautiful and the traffic was light and we spent the night in Colorado Springs. Friday we took the short cut to Limon, CO and aimed for Kansas. I say aimed because we had wind gusts crossing I-70 up to 50MPH. The traffic was not bad so we were able to visit with the grand kids at K-State and still get home before dark. We'll do it all again in 2008.

SECRETARY

Carol R. Ek

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National Convention – Albuquerque, New Mexico

It was my pleasure to represent Kansas at the National Convention carrying my own Chapter's vote and those of Chapters 1933, Tri-County, Herington; and 1996, Scott City. Kansas had twenty (22) delegates in attendance carrying one-hundred twenty-two (122) votes. Only two Chapters in the State were not represented either by delegates or those delegates carrying proxy votes. One Thousand, Four hundred and 21 (1,421) delegates and visitors attended the convention.

Many of the resolutions which I had hoped would pass did not and many of the officers elected were not of my choice, but hopefully the future of NARFE is secure in the hands of a new governing board.

It's now all of our choices to work hard to keep our Chapters secure by electing Chapter officers who we know will represent us well for the future. Most of you elect your officers in October so be certain your Secretary has the information for officers and chapter chair persons to get the F-7 in the mail before January 1, 2007. **Include all e-mail addresses available.** Communication is so much easier for all of us with use of e-mail.

Albuquerque is a beautiful city with very friendly people. Helen Gallagher, from Chapter 27, Buffalo Bill, Leavenworth, Kansas, was my traveling partner this year. She and I enjoyed many of the tours which New Mexico is so famous for. Helen was a fun and loyal friend to travel with.

Chapter 2100, Fredonia, Kansas, Celebrating 20 years

Several Federation Officers and Richard Thissen, National Region V Vice-President, will be helping the Chapter celebrate their 20th Anniversary on September 23, 2006. We're making this anniversary party a recruiting party at the same time. Hopefully, we will recruit new members and new people to carry on as officers in the NARFE tradition.

Kansas Convention 2007 in Planning Stages

September 6, 2006, President John Surritte and I visited Junction City, Kansas, home of the 2007 Kansas State Convention. We visited with the Officers and Chairperson of Chapter 383, Old Trooper Chapter, who will be hosting the convention and completed a tour of the Convention Center. The convention center is about two (2) years old and is very beautiful. The hotel is attached with an air controlled walk way so no one should have a problem if they don't want to get out. The Chapter members have plans underway to provide a very good convention. Make

your plans now to attend April 29-May 1, 2007.

Corrections Made

Area 1A Chapter 1948: President Louise Kneisel E-Mail to: hkne@carsoncomm.com

Area 2 Chapter 2077: President Spencer Ambler E-Mail to: shambler_3139@oceks.com

Area 3 Chapter 0739: Secretary/Treasurer Robert S. Heller E-Mail to: kitsjamjarr@nckcn.com

Chapter 2137: Secretary/Treasurer Shirley J. Walkden E-Mail to: shirley.walkden@sbcglobal.net or shirley.walkden@gmail.com, and Regular Mail Address to: 1409 Sunrise, Salina, KS 67401-6350

Area 4 Chapter 1794: Vice-President Mary I. Christie E-Mail to: michristie@carrolsweb.com

Area 5 Chapter 2085: Secretary Clarene Goodheart E-Mail to: loren4@aol.com

TREASURER

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I be looking forward to seeing the Board members in Junction City in October. Will enjoy showing them our nice Convention Center. For the Board members who attended the National convention, please submit your vouchers as expeditiously as possible.

AREA 1 VICE PRESIDENT

Agnes Shellhammer
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Five members of Shawnee Mission Chapter attended the National Convention. Topeka Chapter also had delegates there. It was different than the other three that I have attended. I hope everything we accomplished is for the best, but that remains to be seen.

AREA 1A VICE PRESIDENT
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To meet with old acquaintances and make new ones, to listen to the pros and cons, the debates on a myriad of issues, proposals, rejections and then take part in the voting on motions and elections, these are some of the course of things, as it happened at the NARFE National Convention at Albuquerque, New Mexico, September 10 through September 14th. Now, as we have all returned to our "Federation Domain," we must deliver the gathered information to the members of our chapters, those who were not able to attend.

After the Call to Order of each General Session, a moment of silence was offered in remembrance of 9/11 and for the U. S. military who are serving in harms way all around the world. The first special guest was the Honorable Martin J. Chavez, Mayor of Albuquerque who provided a formidable welcome to the entire assembly. Ms. Linda M. Springer, Director of OPM delivered the Key Note Address. Other special guests introduced during the convention, U.S. Representative Heather Wilson (R-NM-1), Dale Goff, National President, NAPUS and Charles Mapa, President, National League of Postmasters.

At the top of the chart, let us begin with the elections of our new National Officers. Former National Vice President Margaret L. Baptiste was elected National President. Region X National Field Vice President Bill R. Austin was elected National Vice President. Arizona Federation President Nathaniel "Nat" Brown elected National Secretary. National Treasurer Richard C. Ostergren ran unopposed and was re-elected by acclamation. Electronic voting machines were use by all voting representatives, casting ballots for national positions and resolutions that were placed on ballot. Our Region V National Field Vice President Richard C. Thissen, who was unopposed, was re-elected by acclamation. (Actually, the votes by the Voting Representatives of Region V in caucus was completely unanimous)

There were approximately 126 resolutions plus several attached to those in publication and a number of Courtesy Resolutions brought to the floor of the assembly. The Resolution Committee rejected a numerous amount, however, many were "withheld" in order to debate the rejections. I feel that there are too many to elaborate on in short time and without being redundant

with respect to other Area Vice Presidents who will no doubt give overview of some of the most important issues, I intend to visit the chapters in my area, as soon as possible, and personally deliver and/or discuss the issues/items passed and rejected.

Five cities vied to host the 2010 National Convention. Those cities were: Grand Rapids, Michigan; Palm Springs, California; Dallas, Texas; Reno, Nevada and Kansas City, Missouri. None of the cities received a majority of the votes on the first ballot. Grand Rapids, Michigan and Reno, Nevada received the highest votes, which caused a run-off for the selection. Grand Rapids, Michigan received 3,074 votes, or 55.75 percent of the total in the run-off. As a reminder, the 2008 National Convention will be held in Louisville, Kentucky. It is very important to set and confirm your reservations and registrations ahead of the required times in order to prevent being boxed out of the host hotel and having to settle for lodging 5-10 miles from the convention center. Take it from me as having the experience of waiting too long and having the agony of settling for any alternative available.

Region V, FVP Richard Thissen passed out information pertaining to CONK. The 2007 Region V College Of NARFE Knowledge is scheduled for August 27-29, 2007. Location: Marina Inn, South Sioux City, Nebraska. Room Rates: \$78.00 (Single/Double) (Includes Buffet Breakfast) \$72.00 (Single/Double) (W/O Breakfast) Registration Fee: \$60.00 (Approx) (Includes Monday Evening, Tuesday Noon and Evening Meals). My advice is to register as early as possible in order to confirm your lodging.

AREA II VICE PRESIDENT

Gale D. Beck

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I have not visited any NARFE Chapters in Area 2 since the convention last spring; however I am scheduled to attend the Tri-River Chapter 2098 meeting, Tuesday, October 10: Osage City Chapter 2099 Friday October 27th. and of course have visited Iola Chapter 2077. Plans will be made to visit the Ottawa chapter 785 and Emporia chapter #384.

The National NARFE Convention held in Albuquerque, N.M. has taken much of my time as it has for others who took the time to attended. Now to get the word out. Each NARFE member can help get the word out by reading this Federation Newsletter, the

October NARFE Magazine, and tracking the Legislative Hot Line and NARFE on the web site www.narfe.org. Ask your chapter members to keep current on issues that affect them and to get involved in the upcoming election this coming November.

What forth coming events should you be involved in besides chapter meeting? Keep your chapter members informed and "involved". in Legislation, and Membership. I have sent each chapter President in Area 2 and those who Joan and I carried Proxies for outside Area 2, the comments made by Judy Park, NARFE Legislative Director, comments she made at the National Convention. Please see that your membership sees and hears these comments. They are important if we are to keep our earned benefits.

The College of NARFE has been announced: Dates will be August 27-29th, 2007 at South Sioux City, NE. Place these dates on your agenda and encourage your membership to attend. The NARFE Legislative Conference will be in early March 2007. Why not attend?

Training here in Kansas is on the agenda. While all of Kansas cannot be covered at one time, when it is announced for your area make plans to attend.

AREA IIA VICE PRESIDENT

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The officers of the Fredonia NARFE Chapter, 2100 and Federation officers have been working to strengthen their chapter. They have been a chapter since 1986 making this their 20th year anniversary. We will help them celebrate their 20th Anniversary

As some chapters do, they have not added many new members during that 20 year period and now the membership has matured to the point it is difficult to find persons willing and able to carry out the duties of the officer's jobs. I would like for each of you reading this article to ask yourself to look at the chapter to which you are a member, or the chapters you service if you are an Area V.P. to see if this same situation is affecting any of those you are involved with. If you and I find a similar problem developing, we need to act immediately in helping the chapters with a remedy.

It is too early to tell if this chapter can be saved or not but several dozen retired and active persons in their chapter area have been identified by indi-

viduals remembering who has retired and are now living in their area. We were not able to find even fifty percent of the number of retirees OPM states live there. We started calling all the prospects we could find and inviting them to the Chapter meeting to be held September 23 at Fredonia.

Just recently the chapter mailed out a letter to each of the prospects with a copy of the most recent NARFE magazine and some other NARFE information. Carol Ek deserves a lot of credit for this effort as she has been a big help in working with the chapter officers and me in getting this meeting set up.

Several of the NARFE Federation Officers and Richard Thissen, Region 5 Vice President plan to attend with the purpose of showing these prospects the advantages they have in becoming an active member of NARFE and this chapter. We should know before you receive this newsletter if our joint effort will strengthen this chapter. We all hope it does.

I hope to be able to report a favorable outcome in our next newsletter, but regardless, I will tell you what worked and what may not have worked. We can all learn from an effort like this.

AREA III VICE PRESIDENT

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Thanks to the NARFE members who took time to attend the National Convention in Albuquerque. Area 3 was represented by 3 delegates and they were all from Manhattan Chapter 366.

We also appreciate the delegates who carried proxies for the rest of the Area 3 Chapters. We are sure that you seriously considered your vote before casting it our behalf. Thanks!

AREA IV VICE PRESIDENT/EDITOR

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It was a privilege to attend my 6th National NARFE Convention this month in Albuquerque. Jane and I were also privileged to carry proxies for some of the Chapters in Kansas who could not attend. Even though I was assigned some proxies for chapters outside of Area IV, I tried to do what was best for them AND NARFE since they had indicated that they trusted my judgment on NARFE matters. Jane and I

have sent a report of the convention to the chapters that we were requested to represent. President Surritte has the names of new National officers listed in his column.

Kansas had 22 members attend the convention this year. It is indeed heartening to see these members take of their own time and expenses to represent YOU, THE MEMBERS OF KANSAS, AS WELL AS THOSE WHO ARE NOT MEMBERS. The next time you see one of the persons who attended the convention, take time to thank them for caring about YOUR and our benefits. **Better yet, recruit a new member so that we can have sufficient backing for the protection of our EARNED benefits.**

The next National convention will be in Louisville, KY in 2008 and the 2010 convention will be in Grand Rapids, Michigan. The next State convention will be in Junction City on April 29, 30 and May 1, 2007. If you cannot attend a National Convention, why not attend a State Convention?

SEE PAGE 8 FOR THE LATEST OPM RATES FOR OUR HEALTH BENEFITS FOR NEXT YEAR! IT MAY BE GOOD NEWS, FOR ONCE!

AREA V VICE PRESIDENT

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Thank you is extended to the Kansas delegation that carried Chapter proxies to the National Convention in Albuquerque, New Mexico, September 10-14, 2006. It is a satisfying business process that allows Chapter representation by proxy.

Legislative issues of repeal of GPO and WEP and passage of premium conversion remain on the forefront. This legislation is like the drought in Northwest Kansas; rain showers develop but do not move and fade away to repeat the process another day. However, someday the weather will change and the drought will be broken which will allow the rain showers to develop and move through the entire area where all plants of life benefit. With NARFE's continued determination for employee / retiree legislation for benefit fairness, Congress will someday see the need for change.

AREA VI VICE PRESIDENT

Bob Cranmer

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I have very little to report this time. I had knee replacement August 15th and I am just starting to drive again. Other wise I am doing well.

I have contacted one chapter this month and I will try to get with it next time.

STATE LEGISLATIVE CHAIR

Jim Miller

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During the Sept. 9-15 national NARFE convention, several resolutions were submitted that were almost viciously critical of Judy Park and the NARFE Legislative Dept. Fortunately, those were deleted by the convention Legislative Committee. President Charles Fallis praised Judy and the staff as being, loyal, dedicated and the best legislative group in Washington, D.C. His comments were reinforced by several NARFE delegates. With that as a promo...the incomparable Judy Park provided a history (the past) of NARFE accomplishments; what's happening now (the present) and the dangers of complacency due to our nation's financial status. (The future.) Judy set the record straight on NARFE's legislative success when she pointed out that federal retirees have lost NOTHING in the our benefits during the past twelve years.

There have been threats and those have been defeated. What does all this have to do with Kansas State Legislation, our tax free annuity status, and the fact that the Kansas Legislature is out of session? A lot! Ford Motor Company recently announced the forced retirement of 75,000 workers. General Motors similar. In 1980, 84 percent of ALL workers were covered with pension plans and health insurance to be carried into retirement. In 2006, only 31% were offered these benefits and the number drops every month. Presently, 93 % of employers will place restrictions on company provided benefits. The result will be (1) private sector workers denied coverage and retirees who have lost benefits will start looking at federal retiree benefits with what Judy Park calls THE ENVY FACTOR. (2) These workers / retirees will pass on their righteous indignation about our benefits package to Congress , state, county and city officials, demanding the same benefits (best idea) or taking ours away. (BAD idea!) What can we do? If we're not on a

first name basis with our Kansas Legislator, now would be a good time to work on that! No need to ask how they would vote on repeal of our exemption, please! Just let them know who you are and that you vote!

Second, Ron Richey, Topeka Chapter State Legislative Chairman and I will begin contacting the Legislative Directors for retiree and active organizations who share our concerns. This is no time to sit back and hope nothing threatens. And yes, you can use this for recruiting! We need the recruits and they will certainly need a strong NARFE!

SERVICE OFFICER

Jodine A. Elwick

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Greetings from Your State Service Officer:

Fall is in the air and the weather is wonderful. We still need more rain even though things are still green.

The old saying: "An Ounce of Prevention is Worth a Pound of Cure," is as good today as it was first stated.

We are fortunate that we have good health insurance that helps insure those steps of prevention. The following Medicare preventive services are covered no matter what type of Medicare health plan you have.

The amount you pay varies depending on the type of plan, if you have type B Medicare and your supplemental health plan:

Cervical and vaginal cancer screenings:

Medicare covers Pap tests and pelvic exams every 24 months.

Colorectal cancer screening: This type of cancer is most common in people over age 50 and risk increases with age. Screenings covered include a fecal occult blood test (annually): flexible Sigmoidoscopy (every four years): colonoscopy (every four years): colonoscopy (every two Years is at high risk , every 10 years if not): and barium enema (every two years if at high risk, every four years if not). There is no minimum age for a screening colonoscopy.

Prostate cancer screening: Medicare covers a digital rectal exam annually as well as a Prostate Specific Antigen (PSA) Test. Doctors emphasize the importance of getting both tests done as a PSA test alone may not indicate an existing cancer.

Shots: Medicare covers the following shots:

Flu (annually), Pneumonia (once) or a booster may be needed and Hepatitis B (series of three and are for people at medium to high risk) The cost under Part B is 20 percent of the approved amount.

Bone mass measurement: Medicare covers this screening every two years whether you are at risk for a fracture. Osteoporosis, a disease in which the bones become less dense or weak, can lead to increased risk for fracture. There are medications to treat and manage this disease.

Diabetes screening, supplies and self-management training. The new coverage pays the costs for a fasting plasma glucose test. Diabetes is a medical condition in which your body doesn't make enough insulin or has a reduced response to insulin. Diabetes threatens to be one of healthcare's next pandemics.

Glaucoma tests: This eye disease is caused by high pressure in the eye. It can cause loss of sight without warning or symptoms. An annual screening is covered and you should ask your doctor to check for cataracts and macular degeneration. **(This could save your eye sight !!!) Additional information is available in a free booklet titled, "Guide to Medicare Preventive Services," available at www.medicare.gov or by calling 1-800-633-4227 (TTY use 1-877-486-2048.**

A HEALTHY LIFESTYLE, EARLY DETECTION OF DISEASE, INJURY PREVENTION AND SELF-MANAGEMENT FOR THOSE WHO HAVE CHRONIC DISEASE CAN LEAD TO A MORE HEALTHY FUTURE.

May you have a healthy future!

KANSAS ALZHEIMER'S CHAIR

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Through the end of August, the Kansas chapters have collected \$13,750.26 which computes to \$2.69 per member. Thank you! At the state convention in April the Alzheimer's Committee set a \$3.30 per member goal for calendar year 2006. With your continued support we can make that goal.

Options for Alzheimer's Research fundraising in general and fundraising at the state convention are currently being considered by the Federation Executive Board. Negative comments have been received about the 'flea market' quality of some of the items donated for the auctions and that

many very nice articles bring in very little money. Also, we currently have limited table space this year which may impact the silent auction, if we decide to do one. If you have any comments or suggestions about future convention fundraising activities, please get back to me. We will be finalizing plans for next year's convention at our October 25th Board meeting. Your input is appreciated.

For those of you with internet access, the regular monthly contribution submission form is available on the KS NARFE website (ksnarfe.org) as option # 32. If you need an original of this form and do not have internet access, just contact me and I will send one to you.

Quotation:

Wrinkled was not one of the things I wanted to be when I grew up.

--Anonymous

NARFE NETTER / HISTORIAN

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Again many thanks to all the people who have sent me corrections and updates of the e-mail addresses. With so many people switching to broadband connections it is interesting to keep up with the changes.

For people who do have a broadband or phone line connection with a server other than AOL, if you are interested in an AOL connection it is now completely FREE of charge. This includes several e-mail accounts and instant messaging.

At KSNARFE.org item # 37, I have added a link to the USPS (United States Postal Service) web site. This is an online post office including sales of stamps etc. Also if you need someone's zip number it is available from the web site.

Also at item #9 is the current M-110 report from NARFE HQ.

At item # 14, several new chapter newsletters have been added by courtesy of the chapter newsletter editors.

These newsletters will be retained online as part of the Federation archives.

IMMEDIATE PAST PRESIDENT/ PUBLIC RELATIONS

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Summer is almost over and most KS NARFE Chapters are becoming active. Public Relations is a

key element in all NARFE activities.

Having recently attended the National NARFE Convention at Albuquerque, New Mexico - I observed that Public Relations played a definite part in essentially all activity. On of the big issues was the election of National Officers for the coming two years. There was initially one candidate for the office of President, Dan Galvan. Two more candidates were nominated. Margaret L. Baptiste and Charles W. Carter. A great deal of PR was exhibited. Vice President candidates were Bill R. Austin and Ronald Bowers. Secretary candidates were Nathaniel "Nat" Brown and Steve Henderson. Final vote came up with President Margaret L. Baptiste winning the position with 52.23% of the votes. Bill Austin won the Vice President position with 72.69% of the votes cast. The Secretary position was close - Brown with 50.49% and Henderson with 49.51%. I thought of issues concerning our **earned benefits** in the US Congress and at our state level! It goes back to how well we do our job with letting the right people know.

The proposition concerning the uniform dues failed - 62.17% for the proposal. Close - maybe next time.

The representatives of the five proposed 2010 Convention sites all exhibited good PR for their location. Dallas, TX, Grand Rapids, MI; Kansas City, MO; Palm Springs, CA and Reno, NV. were voted on Wednesday. The two highest votes went to Grand Rapids and Reno. The Electronic Voting Machines made the run-off voting go quickly. Grand Rapids, MI will be the site of the 2010 NARFE Convention.

NARFE nears the \$6.5 Million in **Alzheimer's fund raising**. That didn't happen without good PR. The Alzheimer's Committee set a new goal of \$8 Million. The Committee also selected three research projects to fund for a total of \$580,000. This brings to 35 the total of Alzheimer's research projects NARFE has funded. William H. Thies, PhD., vice president of medical and scientific affairs of the Alzheimer's Association and Harry Johns, president and CEO of the Alzheimer's Association both expressed heartfelt thanks to NARFE members for their generosity. This is good PR material for our use in recruiting and retaining NARFE members.

We need to gain and retain NARFE members to do the job of protecting our **earned benefits**. Each of us have a responsibility for extending PR to all eligible persons of NARFE membership. Again and again, I heard of people just not knowing about NARFE.

Keep your PR hat on at all times. Listen, ask, ask & ask again, until that eligible person is added to

our numbers. Remember, numbers count when it comes to our organization have an influence.

NARFE is counting on you.

EDITOR'S NOTES.

Good News: Cola now stands at 3.5% for next year.

Bad news: Medicare Part B will go up \$5.00 per month as it now stands. We are being means tested to determine the actual rate. Most will only go up \$5.00 per month.

Good news: (Maybe). OPM announces the latest data on FEHBP rates for 2007. In some cases the rates will either go up or down. On second reading, that is not correct. They will either go up, go down, or stay the same. To go to the OPM web page do the following:

1. To get the latest, go to www.opm.gov.
2. At the right of the page, click on Health Insurance
3. On this page, click on 2007 FEHBP rates
4. At the top of this page, click on WEB Pages Non Postal Rates
5. Near the top of this page, click on Fee for Service plans.
6. The right side of this page lists the rates for monthly premiums.

APWU- High Self	+ 1.03
APWU-High Family	+ 3.14
APWU-CDHP Self	+ 0.00
APWU-CDHP Family	+0.00
Blue Cross Standard Self	-1.67
BCBS Standard Family	-2.80
BCBS Basic Self	+0.00
BCBS Basic Family	+0.00
GEHA High Self	+0.42
GEHA High Family	+1.19
GEHA Standard Self	+0.00
GEHA Standard Family	+0.00
GEHA High Deductible Self	+0.00
GEHA HDHP Family	+0.00
Mail Handlers High Self	+32.59
Mail Handlers High Family	+68.62
Mail Handlers Standard Self	+5.25
Mail Handlers Standard Fam.	+6.72
Mail Handlers Consumer Option	
Self	-18.32
Family	-41.49
NALC High Self	+2.87
NALC High Family	+6.13