Missouri NARFE News

Volume 3
Issue 3
Dec 2019 - Feb 2020

The Official Publication of the Missouri National Active and Retired Federal Employees

The Springfield Chapter 11 looks forward to welcoming you to the "Spring to Springfield"

Oasis Hotel & Convention Center
2546 North Glenstone Ave.
Springfield, MO 65803
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The 2020 Conference will begin at noon on Wednesday, April 22 and conclude mid-afternoon April 23. Room rate is $104 per night for attendees. Breakfast is included with your room reservation. The Hotel will extend the room rate 3 days before and after the Conference.

Hotel reservations must be made directly with the Hotel by **March 21, 2020**. State that you are attending the MO NARFE Conference.

Conference registration is $55 per person and the banquet is $60 per person. We will have the traditional live auction to benefit Alzheimer's at the banquet.

Registration will be open in January.

Online registration at www.MONARFE.org is recommended. If you prefer to register by mail and pay by check, you may send this form with payment in full to: MO NARFE.

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April 22-23, 2020 • Springfield, MO

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Registration: $55 x number of attendees: $_____

Banquet: $60 x number of attendees: $_____

Total enclosed: $_____

Make checks payable to: **MO Fed of NARFE**

*(See **Conference,** page 4)*

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NARFE NATIONAL HEADQUARTERS
606 North Washington St • Alexandria, VA 22314
Phone: 703-838-7760 • Fax: 703-838-7785
Email: hq@narfe.org • Website: www.narfe.org

REGION V VICE PRESIDENT
Cindy Renee Blythe
10262 Fairview Rd.
Burlingame, KS 66413
Phone: 785-589-2266
Email: mrsdocbusyb@yahoo.com

MISSOURI FEDERATION STATE OFFICERS

www.MONARFE.org

EXECUTIVE OFFICERS

PRESIDENT
Laura Cowart
2715 S. Kimbrough Ave, 115-B
Springfield, MO 65807
Phone: 417-882-8709
Cell: 417-496-6792
Email: lncowart@gmail.com

1ST VICE PRESIDENT
Robert Hagedorn (Interim)
3917 NE Troon
Lee's Summit, MO 64064
Phone: 816-377-9044
Email: RobertDHagedornLLC@gmail.com

2ND VICE PRESIDENT
Emerson Kretzer
1210 Sacramento
St. Joseph, MO 64503
Phone: 816-262-0043
Email: eakiv@yahoo.com

SECRETARY
Sherry Haskins
8843 Rusdon Lane
St. Louis, MO 63126
Phone: 619-417-1315
Email: sherrylhaskins@gmail.com

TREASURER
Marcy Nelson
300 SW Stonewood Ct.
Blue Springs, MO 64014
Phone: 816-805-6416
Email: marcylatenser@Comcast.net

NARFE
FEDERAL BENEFITS EXPERTS

DISTRICT OFFICERS

DISTRICT I
Craig Pettibone
507 Middleton Ct.
St. Louis, MO 63122
Phone: 314-698-2890
Email: cpettibone@verizon.net

DISTRICT II
Linda Kurz
7425 Hwy FF
Lonedell, MO 63060
Phone: 636-629-3987
Email: linda_krz@yahoo.com

DISTRICT III
Mary Ann Stegeman
1729 London Way
Jefferson City MO 65109
Phone: 573-606-8363
Cell: 573-694-1850
Email: maryannstegeman1@gmail.com

DISTRICT IV (Interim)
Maxine Rodriguez
8305 Spring Valley Rd.
Raytown, MO 64138
Phone: 816-353-4731
Email: maxinerdrgz@yahoo.com

DISTRICT V
Joanne Collins
911 Main St. #904
Kansas City, MO 64105
Phone: 816-506-5488
Email: mommajmc@gmail.com

DISTRICT VI
Vacant

DISTRICT VII
Paul Mosbaugh (Interim)
3418 Hackberry Lane
Joplin, MO 64801
Phone: 417-623-2599
Email: mosbaughp@cableone.net

DISTRICT VIII
Walter Cowart (interim)
2715 S. Kimbrough Ave., 115-B
Springfield, MO 65807
Phone: 417-882-8709
Email: luvendacowart@gmail.com

COMMITTEE CHAIRPERSONS

ALZHEIMER'S COORDINATOR
Lois Nowlin
1303 Mackay Pl.
St. Louis, MO 63104
Phone: 314-540-0195
Email: lono29@sbcglobal.net

NARFE-PAC
Elbert Williams
304 W. Old Watson Rd.
St. Louis, MO 63119
Phone: 314-962-0802
Email: elbertw@charter.net

LEGISLATION–State
Stephen Price
2316 Green Meadow Dr.
Jefferson City, MO 65101
Phone: 573-634-2574
Email: sprice809@hotmail.com

LEGISLATION–National
Robert Hagedorn (Interim)
3917 NE Troon
Lee's Summit, MO 64064
Phone: 816-377-9044
Email: RobertDHagedornLLC@gmail.com

MEMBERSHIP
Emerson Kretzer
1210 Sacramento
St. Joseph, MO 64503
Phone: 816-262-0043
Email: eakiv@yahoo.com

NEWSPAPER EDITOR
Mary Lamping
117 North Van Buren Ave.
Kirkwood, MO 63122
Phone: 314-717-5202
Email: MLMary47@gmail.com

PUBLIC RELATIONS/WEBMASTER
Michele Brown
12839 Fox Hollow Ct.
Florissant, MO 63033
Phone: 314-741-0540
Email: meb114@swbell.net

SERVICE OFFICER
Ronny Lenzy (Interim)
115 West 99th Terrace, #112
Kansas City, MO 64114
Phone: 816-761-0301
Email: ronlenzy@aol.com

FEEA COORDINATOR
Robert Hagedorn
3917 NE Troon
Lee's Summit, MO 64064
Phone 816-377-9044
Email: RobertDHagedornLLC@gmail.com

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CHAPTER PRESIDENTS

CHAPTER 11 - Springfield
Wes Duwe
Phone: 316-619-8429
Email: wduwe28@gmail.com

CHAPTER 19 - Joplin
John Fredrickson
Phone: 417-642-5688
Email: n/a

CHAPTER 20 - Greater Kansas City
Marion Gray
Phone: 913-780-5951
Email: marion115@juno.com

CHAPTER 112 - Greater St. Louis
Craig Pettibone
Phone: 314-698-2890
Email: cpettibone@verizon.net

CHAPTER 307 - St Joseph
Kim Chestnut
Phone: 660-928-3629
Email: kimberelyac@gmail.com

CHAPTER 313 - Jefferson City
Mary Ann Stegeman
Ph: 573-606-8363, Cell: 573-694-1850
Email: maryannstegeman1@gmail.com

CHAPTER 683 - Hannibal
Larry Buck
Phone: 573-305-5866
Email: larryrbuck@hotmail.com

CHAPTER 694 - Poplar Bluff
Ann Barnes
Phone: 573-785-6396
Email thru Mildred Coursey:
edwardrcoursey@gmail.com

CHAPTER 695 - West Plains
Dolores Larsen
Phone: 417-938-4312
Email thru Ruth Stevens:
rrste100@yahoo.com

CHAPTER 787 - Kirksville
John Merkley
Phone: 660 342-2532
Email: jmerkley1942@gmail.com

CHAPTER 991 - Washington
Diane Schatte
Phone: 636-239-7548
Email: thru Roger Davis:
rsdavis@fidnet.com

CHAPTER 1012 - Cass Co.
Steve Morrison
Phone: 816-589-5708
Email: steve8719@sbcglobal.net

CHAPTER 1164 - Independence
Eric Bahl
Phone: 816-478-0172
Email: ericbahl@comcast.net

CHAPTER 1240 - Florissant
Thresa Wilson
Phone: 314-741-8088
Email: thresa.stl@gmail.com

CHAPTER 1278 - Jefferson Co.
Barbara Sapia
Phone: 636-938-9905
Email: rocketcitybarb@charter.net

CHAPTER 1437 - Branson
Marvin Fausett
Phone: 417-739-3288
Email: marvin082@centurytel.net

CHAPTER 1463 - Clinton
James Hegendeffer
Phone: 660-890-2093
Email: hegenjm@gmail.com

CHAPTER 1843 - MO State
Patricia Barrett
Phone: 573-372-8101
Email: tricia-barrett@sbcglobal.net

CHAPTER 1859 - Mexico
Adelaide Minor
Phone: 573-672-3202
Email thru Leslie Rosenkrans:
leslierosenkrans@gmail.com

CHAPTER 1915 - No. Central
Joseph Manno
Phone: 660-255-4655
Email: joenmary@greenhills.net

CHAPTER 1944 - Excelsior Springs
Gary Snyder
Phone: 816-781-7456
Email: ggsnyder2@gmail.com

CHAPTER 1980 - Pomme de Terre
James C. McCarty
Phone: 417-998-9320
Email: jmccarty@positech.net

CHAPTER 2041 - Blue Springs
Mary A. Barber
Phone: 816-229-0894
Email: censustaker50@hotmail.com

CHAPTER 2071 - W. St Louis Co.
Linda Kurz
Phone: 636-629-3987
Email: linda_krz@yahoo.com

CHAPTER 2256 - Kansas City North
Olga D'Harlingue
Phone: 816-599-1837
Email: olgadhar@gmail.com

CHAPTER 2283 - Ava
Danny Lawler
Phone: 417-736-2504
Email: lawler@telebyte.com

Note to Chapter Officers: Please notify the Editor of any changes to this information.

IMPORTANT PHONE NUMBERS AND ON-LINE CONTACTS

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- Thrift Savings Plan: 1-877-968-3778 • www.tsp.gov
- Social Security: 1-800-772-1213 • www.ssa.gov
- Members Records (Email or Address Change): 1-800-456-8410 • memberrecords@narfe.org
- National NARFE website: www.narfe.org
- National Headquarters NARFE Service Officers: 1-800-456-8410
- NARFE Legislative Hotline: 1-877-217-8324
- Fed. Legislation - White House: 1-888-225-8418 • Direct Line to Congress: 1-866-220-0044
- Congressional Voting Records: www.votesmart.org • www.issues2000.org

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GUIDELINES FOR PUBLICATION

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Contributor's Instructions: *The Missouri NARFE News*, The Official Publication of the Missouri National Active and Retired Federal Employees will be in print every third month (tri-monthly). To ensure a quality product we need help and support from you, the members. Material may be edited for grammar, clarity and length. Because of the volume, they will not be acknowledged. Please use the following instructions as a guide for your article submissions. If you have questions please feel free to contact the Editor.

It is incumbent on all federation officers to submit appropriate articles and pictures of events occurring in their area of responsibility. Chapter officers and members are encouraged to submit brief articles and pictures of general interest about Chapter happenings.

Please identify the event and the individuals in the picture and mark the Chapter number on the back of each photo. Photos cannot be returned, so you should not send originals. Articles related to legislative matters and recruiting techniques are especially encouraged. All materials should be submitted to the Editor, Mary Lamping, 117 N. Van Buren Ave, Kirkwood, MO 63122, or MLMary47@gmail.com. You are encouraged to use email as much as possible to submit your articles. Articles should be submitted in MS WORD or WORKS (either by mail or email attachment) to the Editor. If you cannot submit in Word or Works, copy and paste the article in the text of an email. Typed, single-spaced material is also acceptable. In order to meet the publisher's deadline, the editor must receive material no later than the date published in the Editor's box on the next page.

Privacy: The Federation respects your privacy and will do everything to protect it in the *Missouri NARFE News*. The Federation Executive Board has adopted a policy to only print individual names and phone numbers, but not mail or email address (except the Federation Executive Board). Contributors should be aware and comply with this policy when submitting your articles.

Federal Income Tax: Dues payments and gifts or contributions to NARFE are not deductible as charitable contributions for federal income tax purposes. Membership dues include subscription to this newspaper.

The Missouri NARFE News

2020 PUBLICATION SCHEDULE

Articles must be submitted to the editor by: **Feb. 22** for the **March 2019** issue.

EDITOR:
Mary Lamping
117 N. Van Buren Ave.
Kirkwood, MO 63122
Phone: 314-717-5202
MLMary47@gmail.com

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Conference

(Continued from page 1)

50/50 Raffle Tickets for the 67th NARFE Conference

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CONK 2019 packed with valuable information

LAURA COWART
Missouri Federation President

Warm greetings to all.

Since my last quarterly report, I attended the "on-line" quarterly meeting of State Chapter 1843 along with Sherry Haskins, Federation Secretary. This was my first opportunity to join them and I appreciated their invitation. I updated them on the happenings of the Federation as our board meeting was a few days prior.

In late September I traveled to Sioux Falls, Iowa, for the bi-annual College of NARFE Knowledge (CONK) where I was joined by several Missouri NARFE Chapter members including the last five presidents of the Federation. The meeting was packed with valuable information, not only as a NARFE member, but also for anyone seeking information on Estate Planning and Financial Planning. Ken Thomas, NARFE National President and Barb Sido, NARFE National Executive Director joined us for this event. They each provided us with updates from headquarters. In addition to Ken and Barb we joined in with Jessica Klement, Staff Vice President, Advocacy, on a **GoTo**Meeting where she provided updates on advocacy and where NARFE's primary focus is: No cuts to earned pay & benefits, Postal Reform, TSP Modernization Act, guaranteed pay for federal employees during a government shutdown, Federal pay raise and much more. Jessica stated over 3,000 Grassroots activities occurred during August Advocacy month. Klement also stated NARFE continues to support efforts to provide relief for retirees affected by WEP/GPO (Windfall Elimination Provision/Government Pension Offset). Johann DeCastro, CPA, Staff Vice President, Finance & Administration conducted a **GoTo**Meeting in which he provided updates to the new AMS reporting system. The main focus of the team is to get all reports up and running and available to Federations and Chapters alike. Harry Healey, Region V PAC Coordinator and Lois Nowlin, Region V Alzheimer's Coordinator provided updates too. Lastly, Cindy Renee Blythe, Region V Vice President requested each Federation President provide a 5-minute update on the state of their Federation. Only the Nebraska Federation President was unable to attend and present a report.

I participated in the Walk to End Alzheimer's on Saturday, September 21, as a member of NARFE Chapter 11, Springfield, MO. More on this event in the newspaper.

We are in the middle of our Fall Member Recruitment drive that ends December 31. I know by the time many of you read this report the recruitment season will be over, but NARFE members' goal should be to increase membership – whether it will be a national-only member or a chapter member. We must grow NARFE's membership to have a bigger, more powerful impact "on the Hill."

The "Call for Candidates" was in the September issue of the Missouri NARFE Federation Newspaper. As a NARFE member, each time you have an opportunity to voice a vote, do so; if not for yourself, then for someone you know who would be a good and responsible leader for NARFE at the Chapter, Federation or National level. WE need you!

"NARFE NewsLine" is a new format being used by headquarters that is published weekly on the narfe.org website. This new format includes the President's message, Advocacy update, NARFE news, Federal update, Finances, Health, Consumer Tips and a Federal Benefits question of the week – just to name a few. This new format encompasses everything into one email which makes it easier to get all the news at once!

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May you live in interesting times

ROBERT HAGEDORN
1st Vice President (Interim)

"May you live in interesting times" is said to be an ancient Chinese curse. As federal active and retired employees, the members of NARFE are encountering several interesting situations which offer more opportunity for peril than for advancement of our interests.

The functions of the Office of Personnel Management are being moved to the General Services Administration. In the past month we have seen federal employees in the National Weather Service threatened because, in the process of doing their jobs, they announced there was no hurricane threat to the state of Alabama. More recently there are challenges to the required protection guaranteed to federal employees who use the legal whistleblower process to call attention to potential illegal actions.

As this is being written in early October, there is a two-year budget agreement covering the last and the current fiscal year, but the appropriations process for the new fiscal year is unresolved. A continuing resolution, CR, is in place until mid-November and negotiations are ongoing. The impeachment inquiry is straining relations between the parties responsible for working things out to keep the government funded and open. It is important for each of us to follow the process and to be in touch with our Senators and Representatives through the upcoming season.

NARFE offers valuable information on the issues impacting federal employees and retirees. If you are not following the legislative issues through the *NARFE* Magazine and through NARFE.org, I urge you to do so. The news outlets and most of the social media will be focused on the impeachment proceedings. NARFE keeps track of issues directly impacting federal employees. Legislative updates are posted regularly and are on point for NARFE issues.

"May you live in interesting times" is said to be an ancient Chinese curse. As federal active and retired employees, the members of NARFE are encountering several interesting situations which offer more opportunity for peril than for advancement of our interests.

On another matter, I had the opportunity to attend the College of NARFE Knowledge, CONK, recently in Sioux City, Iowa. Our new Regional Vice President, Cindy Renee Blythe, put together an interesting and informative agenda as the Region V CONK maintains its status as the premier event of its kind in the country.

The new national president, Ken Thomas, was there, as was Barbara Sido, the executive director. The new national website was discussed and the new branding effort was highlighted. The branding focus will be on NARFE as the "Go To" source for federal employee benefits. The website will be a key vehicle for communications going forward.

President Thomas spoke to his employment background in IT (information technology). He also claimed he was an advocate for Chapters in NARFE. The activity at the national level is overwhelmingly moving toward IT as the future. Chapters are challenged to find and train officers.

NARFE Legislative Director, Jessica Klement, participated via teleconference. She and her staff deserve accolades for their work in keeping federal employee and retiree benefits off the table when cuts are being discussed. That effort has been successful to date. It requires our support in working with her and her staff in an ongoing dialogue with our elected federal legislators.

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EMERSON KRETZER
2nd Vice President

We are still experiencing losses with our membership, and we need to figure out how to stem these losses. We definitely need to reach out to our members who have not renewed their membership to see what we can do to get them to come back to NARFE. We are also going to have to actively recruit new prospective members to join our organization. NARFE should sell itself as a unique organization that is specifically designed for the sole purpose of protecting the pay and benefits of only federal employees. For just that fact alone, federal employees should join, not counting the magazines we get or the seminars put on by NARFE pertaining to TSP, Social Security, Retirement, Medicare, to name a few. It's going to take all of us working together to do this. Reach out to any family or friends you may have that are federal employees and encourage them to join. We have strength in numbers; and this is what we need to influence Congress, since we all know we are their favorite target for budget talks. We need NARFE while we are working at our careers, and we definitely need them in our retirement. I'm still challenging each and every one of you to recruit at least one new member this year. It would be a tremendous boost to our organization.

I have attended my chapter meetings when possible, and I strongly suggest everyone to attend their chapter meetings also. This is a good way to get out information to all our members. It is always interesting to hear everyone talk about their careers and find out where everyone worked. Our organization consists of people from all aspects of our government. Take the time to find out about your fellow members; you might be surprised at some of things they've done or the places they have been. We contain a wealth of information amongst our members. Until next time please be safe. I hope to see you at a meeting soon!

NARFE Missouri Federation Executive Board (FEB)

Minutes of the 2019-2020 Second Quarter Meeting – October 24, 2019

SHERRY HASKINS
MO Federation Secretary

President Laura Cowart called the meeting to order at 9:31 a.m. and asked for a moment of silent reflection.

The Pledge of Allegiance was recited, led by Immediate Past President Robert Hagedorn.

Secretary Sherry Haskins called the roll. Absent: 2nd VP/ Membership Coordinator Emerson Kretzer (excused), 3rd CDL Mary Ann Stegeman (excused), State Legislation Coordinator Stephen Price (excused). Visitor: Former 7th CDL Paul Mosbaugh.

5th CDL Joanne Collins moved that the July FEB minutes, which were previously distributed, be approved. Seconded. Carried.

Treasurer Marcy Nelson's report, which was previously distributed, was filed for audit. Marcy also noted that she had received notices from the IRS for two chapters that did not file 2018 returns (IRS 990-N (Electronic Notice (e-Postcard) for Tax Exempt Organizations)). She responded to the IRS that the chapters had closed in 2017, and that she had filed their final returns in 2018.

Region V Field VP Cindy Renee' Blythe's report was previously distributed. In addition, Cindy mentioned that federations and chapters are required to have an annual meeting. She suggested that the Federation divide the 2020 federation conference program into 1) annual meeting items (President's report, Treasurer's report, election results, etc.) and 2) other items (training, presentations, etc.).

President Laura Cowart's report was previously distributed.

1st VP/National Legislative Coordinator (interim) and Immediate Past President/FEEA Coordinator Robert Hagedorn's report was previously distributed.

2nd VP/Membership Coordinator Emerson Kretzer's report was previously distributed.

1st CDL Craig Pettibone's report was previously distributed.

2nd CDL Linda Kurz's report was previously distributed. Also, Linda noted that she had spoken with Congresswoman Ann Wagner (MO-2) at a local chamber of commerce annual meeting, conveying NARFE members' concerns.

3rd CDL Mary Ann Stegeman: No report.

4th CDL Maxine Rodriguez's report was previously distributed.

5th CDL Joanne Collins' report was previously distributed.

7th CDL Walter Cowart's report was previously distributed. Walter also mentioned that he had visited the Branson

*(See **FEB,** page 8)*

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FEB

(Continued from page 7)

chapter on October 23 with Federation President Laura Cowart.

Alzheimer's Coordinator Lois Nowlin's report was previously distributed.

State Legislative Coordinator Stephen Price: No report.

NARFE PAC Coordinator Elbert Williams' report was previously distributed.

Newsletter Editor Mary Lamping reported that she had provided information to a South Carolina NARFE member regarding starting a federation newsletter. Laura noted that, at the Federation Presidents' annual meeting last August, some presidents were not aware of federation newsletters. Laura forwarded the Missouri Federation newsletter publisher's contact information to the presidents.

Public Relations Coordinator/Webmaster Michele Brown's report was previously distributed. Michele also stated that $228 is due by 11/18/19 for the annual Federation website subscription and domain protection. Linda Kurz moved to approve payment of $228 for the annual Federation website subscription and domain protection. Seconded. Carried.

Service Officer (interim) Ronny Lenzy's report was previously distributed.

OLD BUSINESS

1. Federation Bylaws revision – election by acclamation (when one nominee): Secretary Sherry Haskins emailed the proposed amendment ("Shall the sentence 'If there is only one candidate for a position, the candidate shall be elected by acclamation' be added to the second paragraph of Article VIII, Section 2 of the NARFE Missouri Federation Bylaws?") to NARFE National Secretary/Treasurer Kathryn Hensley. Ms. Hensley approved the amended bylaws, contingent upon inclusion of other revisions reflecting current Headquarters template language. Sherry noted at the FEB meeting that, per the bylaws, the Federation membership must vote on and approve all proposed changes to the bylaws (including Ms. Hensley's revisions). Sherry Haskins moved that the Federation Bylaws revision be tabled (and referred to the Federation Bylaws and Resolutions Committee) until NARFE Headquarters finalizes the federation bylaws template. Seconded. Carried.

NEW BUSINESS

1. Federation Policy Manual revision to reflect Bylaws revision: Pending. (See item 1 under Old Business.)
2. Appointment of interim 6th CDL: The position remains vacant.
3. Resignation of 7th CDL and appointment of interim 8th CDL position: Walter Cowart resigned his position as 7th CDL in order to be considered for the interim 8th CDL position. Robert Hagedorn moved that Walter Cowart be appointed as the interim 8th CDL. Seconded. Carried.
4. Appointment of interim 7th CDL: Ronny Lenzy moved that Paul Mosbaugh be appointed as the interim 7th CDL. Seconded. Carried.
5. "Call" submissions (elected & appointed officer nominations, bylaw & standing rule amendments, resolutions): Linda Kurz moved to extend the nominations deadline to November 22. Seconded. Carried.
6. CD vs. money market savings account: Treasurer Marcy Nelson reported that a 9-month CD at US Bank would earn about $200, whereas the current Federation money market savings account at the same bank is only earning a few dollars a year. Joanne Collins moved that the Federation's money market savings account funds be moved to a 9-month Certificate of Deposit (CD). Seconded. Carried.
7. Name change to remove "Chapters": Marcy also noted that the current name on the Federation's US Bank accounts is "Missouri Federation of Chapters NARFE". In order to accurately reflect the Federation's name (per the 2016 NARFE National Bylaws revision specifying optional chapter membership), Robert Hagedorn moved to change the name on all Federation US Bank accounts to "Missouri Federation of NARFE". Seconded. Carried. *
8. CONK expense item – Federation President's attendance at the biennial conference: Joanne Collins moved that the Federation President be reimbursed for expenses to attend CONK (College of NARFE Knowledge) (i.e., the Region V biennial conference) based on receipts for travel, registration fees and hotel. Seconded. Carried.

Robert Hagedorn moved that the Federation Policy Manual be amended to reflect the previously approved motion. Seconded. Carried.

Robert Hagedorn moved for adjournment at 12:11 p.m. Seconded. Carried.

Next FEB meeting: Baymont Inn & Suites, Jefferson City, 9:30 a.m., on January 23, 2020.

* Treasurer Marcy Nelson stated that, in order to change the name of our bank accounts, US Bank requires a copy of the minutes approving the name change. Also, the minutes must include a list of all Federation Executive Board (FEB) members and their positions:

*(See **FEB,** page 8)*

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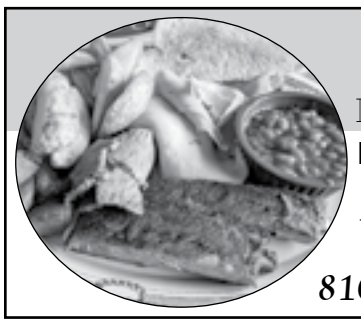
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FEB

(Continued from page 8)

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- Emerson Kretzer, 2nd VP/Membership Coordinator
- Sherry Haskins, Secretary
- Marcy Nelson, Treasurer
- Craig Pettibone, 1st Congressional District Leader (CDL)
- Linda Kurz, 2nd CDL
- Mary Ann Stegeman, 3rd CDL
- Maxine Rodriguez, 4th CDL
- Joanne Collins, 5th CDL
- Paul Mosbaugh, 7th CDL (interim)
- Walter Cowart, 8th CDL (interim)
- Lois Nowlin, Alzheimer's Coordinator
- Stephen Price, State Legislation Coordinator
- Elbert Williams, NARFE PAC Coordinator
- Mary Lamping, Newsletter Editor
- Michele Brown, Public Relations Coordinator/Webmaster
- Ronny Lenzy, Service Officer (interim)

MO District 1 news roundup

CRAIG PETTIBONE
District 1 CDL

Legislative Advocacy

During the summer quarter, I repeatedly used the NARFE Legislative Action Center, and urged other St. Louis area NARFE members to do so, to tailor written letters to Senators Roy Blunt and Josh Hawley and to Representatives William Lacy Clay and Ann Wagner expressing my and NARFE concerns about the proposed reorganization of OPM, and about the President's and the Senate Budget Committee's proposed cuts to pay and benefits for Federal employees and annuitants. Each responded that they would keep our concerns in mind as these issues are considered in Congress. I also worked with leaders of Chapters 1240, 1278 and 2071 to arrange meetings with staff in St. Louis Area offices of Senators Roy Blunt and Josh Hawley, and Representatives Ann Wagner and William Lacy Clay.

Chapter 112 Activities

I chaired monthly Executive Board and chapter meetings for my home chapter 112, Greater St. Louis Area.

At our Chapter 112 August chapter meeting, our guest speaker was Mr. Michael J. Amantea from the U.S. Census Bureau in Columbia, Missouri. He spoke about the Bureau's "mission to count everyone once, only once, and in the right place" in the upcoming 2020 census. Through a Partnership Program, the Census Bureau seeks to make connections with trusted voices like NARFE members throughout the state and form Complete Count Committees (CCCs). With guidance, training, and materials from the Bureau, these CCCs have two primary missions: 1) To encourage, engage, and educate the public in their localized area about the effects the Census has on their communities (specifically self-governance and funding) and 2) To identify any "Hard-to-Count" populations that need to be counted. If you would like to help with the CCCs, volunteer to Mr. Amantea at 573-776-3105, or e-mail him at Michael.J.Amantea@2020Census.gov.

Also, if you would like to work with the 2020 census, the Census Bureau is hiring some people for both part-time and full-time positions. Available part-time positions are posted at 2020census.gov/jobs. Available full-time positions are posted at USAJOBS.gov.

Fundraiser with Rep. William Lacy Clay (D-MO-1)

I and three other NARFE members enjoyed an opportunity to speak with Rep. William Lacy Clay at a September 19 reception and fundraiser held at the Racquet Club in West End St. Louis. NARFE-PAC gave him a $2,000 check. We urged him to support changing the COLA adjustment formula from the CPI-W (Consumer Price Index for Urban Wage Earners and Clerical Workers) to the CPI-E (Consumer Price Index for the Elderly) as the standard for determining the annual COLA. We also asked him to support legislation to authorize Parental Leave for Federal employees. Mr. Clay assured us that he is looking out for NARFE member interests. The four NARFE members who attended were Craig Pettibone, CDL for MO District 1 and President Chapter 112; Delores Ivy, Member Chapter 1240; Elbert Williams, NARFE-PAC Chair for MONARFE and Newsletter Editor for Chapter 112; and Bill Otto, 1st Vice President for Chapter 1240.

College of NARFE Knowledge (CONK)

I attended CONK along with about 80 people at the Hilton Garden Inn in Sioux City, Iowa, September 24 and

*(See **District 1,** page 10)*

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District 1

(Continued from page 9)

25. Sioux City was an island in the midst of Missouri River flooding and Missouri highway construction along I-29 from Kansas City to Sioux City. Getting there was an adventure. NARFE President Kenneth Thomas was the keynote speaker. He said he was a "chapter man" and said recruiting new members is critical for NARFE's continued success. He also said that edits to the new Administrative Management System (AMS) are continuing month by month. Thomas has withheld payments to contractors since June to pressure them to do a better job in meeting NARFE contract requirements. NARFE Executive Director Barb Sido discussed the use of the new "benefits experts" brand to tell people what NARFE is about. She played a new brand video that is available on the NARFE website. To see the video, go to: https://youtu.be/f-bH6n4cA0Y. A detailed CONK report is on the chapter website, www.narfe.org/chapter112.

In response to my question, Executive Director Barb Sido added that these Congressional District Leaders have access to National Only members through the new AMS. They may report their activities to these members. They can mention chapter activities and invite them to participate. Just do not push chapter membership only.
In response to my question, Executive Director Barb Sido agreed that chapters have not been mentioned in NARFE Magazine and that consideration should be given to publishing examples of good chapter grassroots and operating practices for engaging, retaining, and attracting new members.

Fall Recruiting Efforts

Chapter 112 is working with the other St. Louis area chapters 1240, 1278, and 2071 to recruit new members. Each chapter is working to set up recruiting tables and/or distribute NARFE information at St. Louis area health benefits fairs this fall. We are also working to identify members who can cover 1-3:30 or 3:30 – 6 shifts at the BCBS health fairs and 10-2 shift at NGA fair. BCBS Health Benefits Fairs October 24 at Watson Road Holiday Inn and October 31 at Sheraton Westport Plaza, 1-6 PM; NGA Health Benefits Fair November 19 from 10-2. BCBS invites hundreds of active and retired employees to attend. Literally hundreds of NGA employees attend the NGA fair. We hope to see many NARFE members at these health benefits fairs and recruit many new ones.

LINDA KURZ
District 2 CDL

AUGUST: On August 15 Dr. Dawnetta Woodruff, DVM, presented her program on compassionate end of life care for treasured pets at our Chapter 2071 meeting. She makes house calls and also takes care of euthanasia and burial of pets. St. Louisans' can find out about her program at www.lapoflove.com or call 314-827-5606.

SEPTEMBER: Michael Amantea of the US Census Bureau spoke at our September Chapter 2071 meeting about the 2020 census. The importance of participating and answering factually in the census can't be overstated. He related the story of a small town in Minnesota, of some 150 or so residents, where everyone thought the census was a joke and therefore all reported to be millionaires. Later their town was required to change from their lagoon sewer system to a septic based system. They applied for a government grant but were denied because they were found not to qualify. Because of the high reported incomes of residents, it was assumed that no government financial assistance was needed. Census information gets incorporated into grant -qualifying formulas. It is important to reflect answers factually in order to benefit locally from government grants and funds. If interested, one can check on local mail-in response Rates at census.gov/censusexplorer/2010ratemap.html and view predictive 2020 participation rates as well as explore the data the Census has collected for at census.gov/roam. Available Census jobs are posted at 2020census.gov/jobs for part-

(See **COLA,** page 11)

2020 COLA doesn't keep up with FEHB premium increases

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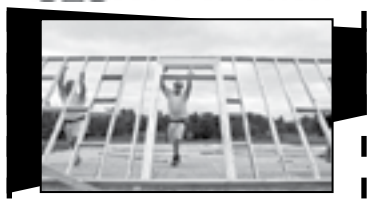
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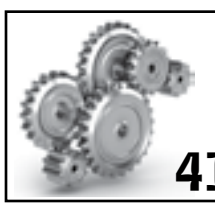
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COLA

(Continued from page 10)

time positions and USAJOBS.gov for full-time positions. Though the Census is not currently scheduled to go live until March 2020, these positions are available now as the Census Bureau is currently engaged in canvassing operations.

Dennis Reichert, Sherry Haskins, and I of chapter 2071 and Craig Pettibone of chapter 112 visited with Jordan Fears in MO District 2 Congresswoman Wagner's office on September 19. Mr. Fears is responsible locally for helping constituents with their government problems. He listened to our concerns and promised to provide our information to the legislative director in Mrs. Wagner's Washington D.C. office. He reported that Mrs. Wagner has started a bill for paid family leave which would be cost neutral by borrowing from Social Security benefits. So look for that information in a future NARFE magazine bill tracker.

OCTOBER: Bill Otto, member of chapter 1240, and 2016 candidate for Congress from MO District 2, and previous MO State Representative and an Air Traffic Controller until the Reagan Administration debacle, was our speaker at the October 3, Chapter 2071 meeting. He gave a history of legislation impacting federal employees since the Reagan Administration.

I attended the College of NARFE Knowledge, which Chuck Jackson, former National President and past officer of chapter 2071 started, in Sioux City, Iowa from Sept. 25-27. National President, Ken Thomas, gave the keynote address. He informed us of the reduction of HQ staff and therefore the emptiness of the current building. Because it is not up to code, NARFE will not be able to rent out the empty space without costly upgrades. A National Executive Board committee has recommended that the building be sold and that NARFE either look for a smaller building or lease space. He mentioned that HQ is withholding money from the AMS (Association Management System) contractor until the many features that are not working as promised are fixed. Executive Director, Barb Sido, also spoke. She encouraged folks to maintain chapters because she recognizes that they are strong movers of membership recruitment, advocacy, and Alzheimer's and NARFE PAC contributions. She reiterated that the change in the NARFE LOGO was necessary in order to gain the attention of current employees. Please use the following link to watch the NARFE membership recruitment video: youtu.be/f-bH6n4cA0Y.

The bad news in early October is that FEHBP premiums are expected to increase by an average of 5.6% whereas the COLA will be more like 1.5%-1.6% and the federal pay raise will more likely be 2.6%. The President recently proposed this change. Before the start of his re-election campaign he had asked for a pay freeze. The Senate has not passed any budget bills, but failed to mention a federal pay raise or blocking the President's reorganization proposals, including moving OPM to GSA, in their proposed Defense budget. They did propose a 3.1% raise for the military. Unless these are included in the final reconciliated appropriations bill, the President's proposals will go into effect. In fact, an Executive Order published the first week of October orders quick implementation of the President's reorganization proposals. These proposals suggest relocations of parts of agencies the President apparently dislikes. The Administration has discovered that proposing relocations, without pay for moving expenses, results in retirements or resignations, thus clearing the road for political appointments to run agencies in accord with the President's wishes. All of this is happening in the background of distracting media attention to impeachment. The government could still shut down around Thanksgiving if there are no reconciled budget bills passed by then. Meanwhile the House has passed bills to continue FEHBP benefits and credit viability for feds during shut downs, but what will the Senate do to these before a shut down? And what happened to preventing future shutdowns as they promised after the last one?

EDITOR'S NOTE - *Very Important!*

The advertisers in our publication make it possible for us to receive this newspaper free of charge to our Federation. Of course, producing such a publication is not free or inexpensive. The publisher, layout artists, printer, mail preparers, US Post Office and others involved, all need to be paid for their work in order to keep doing what they do. So, please take note of our advertisers, use their products and services when appropriate, and take the time to thank them for their ad. They will appreciate knowing their ad was noticed and appreciated.

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NARFE ensures benefits to Fed employees & retirees

PAUL MOSBAUGH
District 7 CDL (Interim)

Anna Ruth and I attended the 14th Biennial College of NARFE Knowledge (CONK) held at the Hilton Garden Inn in Sioux City, Iowa, on September 25 through 27, 2019. We found this to be a very interesting and informative meeting. I am sorry that I took so long to attend such an important event.

The meeting started with Cindy Renee Blythe, Region V Vice President, giving the opening welcome. Region V includes the following states: Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota. She has a lot of territory to cover.

Ken Thomas, National President, was the first speaker, and the title of his talk was "Moving into the Future with NARFE." Things are changing in all organizations as people don't join clubs or groups as they had in the past. They watch TV or go online for information. Most chapters have problems getting people to take officer positions in their chapter so we lose NARFE leaders and chapters close. We are becoming like AARP. More people are joining the National Organization, 43% of new members joined at the national level, instead of chapters. The chapters need to offer members more services and help; not just fellowship. The mission of NARFE is to make sure that legislation and regulations are beneficial to all Federal employees and retirees and to oppose any laws that are detrimental to our Federal community. Chapters also exist to advise and assist all Federal civilian employees in their rights to their earned health and retirement benefits. This means that all chapters must have a Service Officer who can offer help and support to Federal employees both active and retired.

The second speaker was Jessica Klement from National Headquarters Advocacy Department whose presentation was "What is New in Legislation?" They are still lobbying for a 3.1% Federal pay increase for 2020.

Speaker Barbara Sido, NARFE Executive Director, informed us about the branding initiative and new NARFE logo. The changes being made to our organization will prepare NARFE for the future; she is up to date on what needs to be done and willing to do it, we should be able to go a long way with her!

Speaker Harry Healey, Region V NARFE PAC Coordinator, discussed where the funds go when we donate to the PAC. The funds go only to individuals that support the needs of NARFE members.

The last speaker was Lois Nowlin, Region V and Missouri Federation's Alzheimer Coordinator. NARFE Alzheimer's Research fund has been operating since 1985. Last year NARFE members donated more than $13 million which all goes to Alzheimer's research to fight for a world without Alzheimer's. NARFE is the Number 1 contributor to this fund; Missouri is Number 5 in the nation in contributions.

For more information on all the Missouri Federation news, read the Missouri NARFE News every quarter.

Communicate with your elected Representatives

JOANNE COLLINS
District 5 CDL

During my recent recuperation from a lumpectomy and hip replacement this summer, I forgot to cast my vote on the NARFE 2019 Bylaws until the last day. I voted immediately and contacted my chapter presidents to remind them to tell their members of the importance of voting (which is my favorite public service over these last sixty years) before the midnight deadline. The online ballot was very easy to complete and submit. We also got the final results in the next *NARFE* Magazine, which I thought was fast action. Hopefully, the NARFE Standing Bylaws & Resolutions Committee will improve our election process for voting on national presidents, regional vice-presidents and proposed bylaws and standing rule amendments in 2020.

This has been the best time to communicate and/or visit with our nationally-elected officials or staff to thank them for supporting our legislation and ask them to consider all our proposed bills during the 116th Congress when they return to DC. Those chapter members that were able to attend the 2019 CONK Conference have "sharpened their skills" to educate our federal representatives. I purchased the NARFE's 116th Congressional directory which is very helpful to locate and identify staff who are resourceful and provide valuable follow-up which is very important. We should keep our members' stories and concerns on their minds. We deserve to be heard and receive their sincere feedback.

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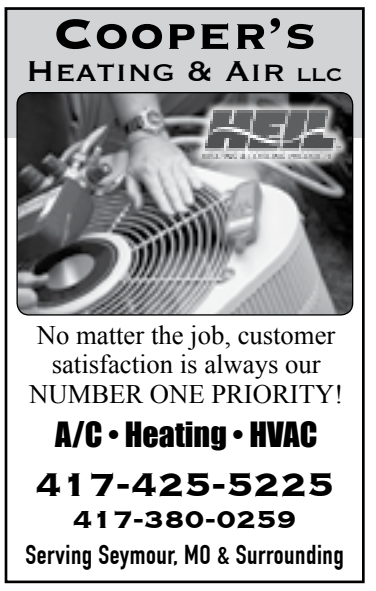

A visit with the Pomme De Terre chapter

MAXINE RODRIGUEZ
District 4 CDL

I have attended my Chapter 1012, Cass County, meetings.

In September I attended the meeting of the Pomme De Terre Chapter (Chapter 1980). They had good attendance. I was the guest speaker, and I provided information to the members regarding the direction NARFE is taking. I was also able to answer questions and invite the membership to the annual Federation Conference in April 2020 in Springfield, Missouri.

Other chapters within the district are staying active. I provide information to them as I receive it. I also encourage them to check the Missouri Federation website at monarfe.org.

Springfield chapter welcomes special guest speaker

WALTER COWART
District 8 CDL (Interim)

On August 28 I attended the annual Greene County Democratic meeting at our local Phelps Grove Park. The event was well attended.

On September 11, the monthly meeting of Springfield, Chapter 11 was very special. As the meeting date was the anniversary of the 9\11 attacks, our guest speaker was Charles R. Kirkland. Mr. Kirkland is the Assistant Federal Security Director Generalist at Springfield Branson National Airport (SGF). Mr. Kirkland is responsible for overseeing security operations for the seven Spoke Airports within Missouri aligned under the St Louis International Airport. He gave us a real inside look at TSA including hiring and training.

On September 25 I attended the College of NARFE Knowledge (CONK) meeting in Sioux City, IA. The Missouri Federation was well represented. As both NARFE National President, Ken Thomas, and NARFE Executive Director, Barb Sido, attended, spoke, and answered questions, the session was especially rewarding.

Treasurer's report

MARCY NELSON
MO Treasurer

Total available September 30, 2019 - $29,790.62

Checking Account:

Beginning Balance: 7-1-2019	$21,420.44
Receipts:	$1,518.16
Disbursements:	$4,189.54
Ending Balance: 9-30-2019	$18,709.46

Savings Account:

Beginning Balance: 7-1-2019	$11,033.57
Interest earned	$1.86
Credit Union Share Account	$5.00
Account Closed Total Withdrawn	$11,040.43
Ending Balance: 9-30-2019	$0.00
US Bank Money Market: 9-30-2019	$11,041.56

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NARFE Missouri Federation PAC report

ELBERT WILLIAMS
NARFE PAC Coordinator

With the slightly delayed release of the third quarter (Jul-Aug-Sep 2019) report of NARFE-PAC contributions by chapter and federation, we get a new and revised version from NARFE's new Association Management System (AMS). A welcomed feature of the new AMS reports is a state-by-state breakdown of NARFE-PAC contributions by national-only members. We see the number of national-only members who contributed, and their total contributions, each quarter. This allows total PAC contributions from Missouri members to be calculated by adding the national-only member total to the chapter-specific member total. The AMS report also shows that the nationwide USA total amount includes contributions from members residing outside the country, and from lapsed members not currently in a chapter or federation. The records of PAC contributions and disbursements are available online to all members at narfe.org on the NARFE-PAC page.

Total member contributions and national disbursements as of Sep 30, 2019 are shown in the chart below. During just the third quarter (Jul-Aug-Sep) of the two-year 2019-2020 congressional cycle, $6,576 was contributed by Missouri members, and $27,745 by members throughout Region V. The cumulative contribution totals for the last nine months include $15,688 from 274 Missouri chapter members, and another $6,843 from 154 national-only members in Missouri. The Region V totals to date are $68,112 contributed by 1,224 chapter-members plus $21,924 by 552 national-only members.

Nationwide, third quarter contributions of $430,421 brought the cumulative total to $975,019. This total amount includes $325,828 from national-only members. Also included in the USA nine-month grand total is $640 from international members, and $14,599 from other sources such as lapsed members, that do not show up in chapter or national-only totals.

Disbursements nationwide during July, Aug and September are double that of the previous quarter. This quarter, 69 legislators received $89,000 from NARFE-PAC. The disbursement included 41 first time recipients. Another $90,000 went to 17 new "leadership PACs", each formed to support a specific senator or representative.

The only disbursement within Region V this quarter was to a Missouri legislator. In September, Rep William Lacy Clay (MO 01) was given $2000 at a fundraiser in St. Louis. The fundraiser was attended by members of the Greater St. Louis and the Florissant chapters.

In addition to the NARFE-PAC collection and disbursement goals shown below, there are two more goals for 2019-20. NARFE members have attended 51 local fundraisers so far this cycle, almost halfway to the national goal of 110. The other goal is to increase the number of PAC sustainers (monthly givers) by 20%. Nationwide, we are at 14% growth. In Missouri we currently have 23 sustainer-members, with no change this cycle. A 20% growth requires 5 new sustainers in 2019-20.

2019-2020	Contributions by Members			Disbursements
SESSION OF CONGRESS	MISSOURI	REGION V	USA	USA
Qtr-1 Jan-Feb-Mar 2019	$4,370	$18,341	$264,979	$196,000
Qtr-2 Apr-May-Jun 2019	$4,742	$22,027	$279,619	$88,500
Qtr-3 Jul-Aug-Sep 2019	$6,576	$27,745	$430,421	$179,000
Chapter Mbrs Total:	$15,688	$68,113	$975,019	
National-Only Total:	$6,843	$21,924	<$325,829>	
TOTAL TO DATE:	**$22,531**	**$90,037**	**$975,019**	**$463,500**
2019-20 NARFE Goals:			**$1,750,000**	**$1,250,000**

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RONNY LENZY
Service Officer

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To get this credit taxpayers must have paid real estate taxes or rent at the home that they occupied.
Secondly, taxpayers must truthfully state that they did not employ illegal or unauthorized aliens.
The final test is whether the taxpayer or their spouse was 65 years of age or older and either (taxpayer or spouse) was a resident for the entire calendar year.

The Department of Revenue no longer offers free preparation of the Missouri individual income tax return and/or Property tax credit by Department of Revenue employees. For tax assistance, information visit the IRS website at: tinyurl.com/h3tvqdw

NARFE MO Federation Alzheimer's quarterly report

LOIS NOWLIN
MO Alzheimer's Coordinator

NARFE fundraising National total as of August 31, 2019, is $13,209,607.69. During August 2019, our members raised a total of $13,789.44. This is a decrease of $4,777.55 from this same time in July 2018. We have raised $35,009.64 in the first two months of FY 2020 compared to $45,557.31 in FY 2019.

As we have entered FY2020, Region V continues to maintain our 2nd place ranking with a total of $4,190.59 in fundraisings donations, 2nd to Region X. Our Federation chapter fundraising figures will be available later.

Reminders:

2019 Alzheimer's Association Walk to End Alzheimer's: St. Louis is the last of the Greater Missouri Alzheimer's Chapter scheduled for the Alzheimer's Association Walk to End Alzheimer's. The Walk in St. Louis is scheduled on Sunday, October 27, 2019, at the Enterprise Center, 1401 Clark. Registration starts at 12:00 pm. You can still register and/or make a donation online, at alz.org/narfewalks or at the site up until the day of the Walk. Donations for the Walk can be made until December 15, 2019. You can also follow your team's and other team's progress at alz.org/narfewalks.

NARFE Funds raised for the Alzheimer's Association Walk to End Alzheimer's now count toward our new $14 Million National Goal Totals.

Team NARFE MO Federation will have a table in the vendor area during the Walk in St. Louis. We can display NARFE and NARFE Alzheimer's disease research program literature, along with *NARFE* Magazines, articles and of course membership applications. There should 2-3 members at the table. Members can rotate manning the table. The Springfield Chapter had a table for their walk, see their picture below.

Our national NARFE Goal is $100,000.00. Nationally, we have raised a total of $64,852.00, which is 64% of our national goal. There is a total of 68 teams, (288 participants and 1012 gifts).

Chapter 11, Springfield, participants in the Walk to End Alzheimer's. Pictured are (left to right) **Rod Chana**, **Laura Cowart**, and **Bill Deal**

*(See **Alzheimer's,** page 16)*

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Alzheimer's

(Continued from page 15)

The members of Missouri Federation have done a great job in our fundraising efforts for the Walk to End Alzheimer's. Thank you for your hard work.

Chapter	Total Gift Amounts	Chapter	Total Gift Amounts
112 - Greater St. Louis	$2415.00	11 - Springfield	$305.00
1240 - N. St. Louis County	$475.00	1843 - MO State	$120.00
2071 - W. St. Louis County	$430.00	**Total**	**$3745.00**

The End of Alzheimer's Starts with You. I hope that your team will join us in the Alzheimer's Association Walk to End Alzheimer's this year.

Alzheimer's Semipostal Stamp

The US Postal Service has just posted the sales figures through September 2019: 7.5 million stamps (500 million stamps were printed) have been sold to raise $991,000 for NIH funded research: about.usps.com/corporate-social-responsibility/semipostals.htm.

Also, as you know, bipartisan, bicameral legislation was introduced in June (H.R. 3113/S. 1728) to require the USPS to extend sales of the stamp beyond November 2019. The bills were referred to the Committees on Oversight and Reform and Energy and Commerce in the House and to Homeland Security and Governmental Affairs in the Senate. We currently have 97 co-sponsors in the House and 22 in the Senate.

We are continuing to advocate for the passage of these bills so all who care to can continue to purchase and use these stamps to honor our loved ones, raise public awareness, and provide funds to the NIH for research for better treatments, prevention, and a cure.

Please ask all NARFE Members to continue contacting their Congressional Leaders in both the Senate and the House asking them to support the Bill to extend the Semipostal Alzheimer's Stamp.

URGENT: This can be done by a telephone call to our leaders, a letter, or a visit to their office/s as they will soon be in recess again and at home. So please get this information out right away.

Just a reminder to use the following resources to share articles/information and to find the latest in Alzheimer's news to share with your chapters and members.

1. Recent News from External News Sources:
https://alz.org/news/browse-by-news-type?newstype=ExternalNews

2. NARFE enews (based on subscription rate it looks like many NARFE members are not receiving this communication):
https://www.alz.org/get-involved-now/our-partners-sponsors/honorable_donors/narfe/narfe_newsletter_archives

3. Recent Alzheimer's Association News:
https://www.alz.org/e-news/e-news_archives

This is a reminder for Chapter Alzheimer's Coordinators to network with your local Alzheimer's Association. Thank you for your diligence in facilitating our fundraising efforts and raising awareness toward the fight to end Alzheimer's.

Thanks to NARFE Missouri Federations and Chapter Members for your support in the fight to see a world without Alzheimer's.

What is the difference between Alzheimer's and typical age-related changes?

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

What to do if you notice these signs. If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor. With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research. For more information go to www.alz.org.

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LEGISLATIVE OUTREACH IN MISSOURI

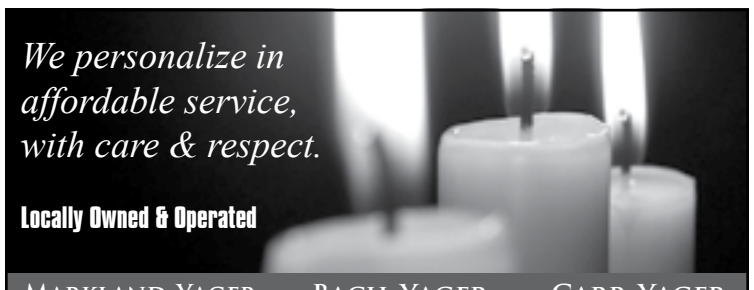
Linda Kurz, Missouri Federation CDL 2 District Officer and President of Chapter 2071, briefly spoke with Mrs. Wagner, U.S. Representative for Missouri's 2nd congressional district, at the Regional Chamber and Growth Association (RCGA) celebration of their 182-year anniversary. Linda thanked Mrs. Wagner for her support of Paid Family Leave for Federal employees and asked her to support increases in Federal employee benefits. Linda had only a few seconds before another person sought Ann Wagner's attention.

MO NARFE FEDERAL BENEFITS EXPERTS MISSOURI FEDERATION

MO NARFE members meet with Ann Wagner's Director of District Relations

Linda Kurz, MO Federation CDL 2, led a delegation of Missouri Federation members on a visit to U.S. Congress Representative Ann Wagner's Ballwin, Missouri, office to meet with the Director of District Relations, Jordan Fears. The NARFE Federation members shared their concerns with Mr. Fears, especially the proposed movement of OPM to GSA; postal reform; and a 2020 Federal pay raise. He mentioned that Congresswoman Wagner was proposing a bill to pay for family leave that is cost neutral. This bill will establish a national paid parental leave program within the Social Security Administration. The program would provide partial wage replacement for workers across the country who temporarily need to take time off from their jobs to take care for and bond with a newborn infant or newly adopted child. The workers' wage replacement would be an advance on their expected Social Security payments whenever they retire and collect a Social Security annuity.

(left to right): **Sherry Haskins**, MO Federation Secretary; **Jordan Fears**, Director of District Relations in Congress Representative Ann Wagner's Ballwin, Missouri, office; **Linda Kurz**, MO Federation District Officer CDL 2; **Craig Pettibone**, MO Federation District Officer CDL 1; and **Dennis Reichert**, Chapter 2071 West St. Louis County, chapter member



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Equal Treatment Under Missouri Income Tax Code – Missouri Legislators Meet with Chapter 1164, Independence

ERIC E. BAHL
President, Chapter 1164

Chapter 1164, Independence, invited Missouri State Senator John Rizzo and Missouri State Representative Rory Rowland to talk to our group. Chapter 1164 member Gary Marshall detailed the three Supreme Court rulings that state that the taxation of military pensions and civil service pensions must be on equal basis. We will see if anything gets resolved on this issue. We had good attendance, including Joanne Collins, District V CDL. Also resolved is the fact that Missouri will not require individuals 75-years of age or older to serve jury duty. These issues indicate that more than national issues are of interest/concern to our members!

U.S. Representative William Lacy Clay Reception & Fundraiser with St. Louis Area NARFE Representatives

CRAIG PETTIBONE
District 1 CDL

Delores Ivy, Chapter 1240; Elbert Williams, Federation NARFE-PAC Chair and Chapter 112 member; Bill Otto, Chapter 1240 First Vice President; and I enjoyed an opportunity to speak with U.S. Representative Lacy Clay at a September 19 reception and fundraiser held at the Racquet Club in downtown St. Louis. NARFE-PAC gave him a $2,000 check. We urged him to support changing the COLA adjustment formula from the CPI-W (Consumer Price Index for Urban Wage Earners and Clerical Workers) to the CPI-E (Consumer Price Index for the Elderly) as the standard for determining the annual COLA. We also asked him to support legislation to authorize Parental Leave for Federal employees. Mr. Clay assured us that he is looking out for NARFE member interests.

Pictured from left to right are **Craig Pettibone**, CDL for MO District 1 and President Chapter 112; **Delores Ivy**, Member Chapter 1240; **Rep. William Lacy Clay**; and **Elbert Williams**, NARFE-PAC Chair for MONARFE and Newsletter Editor for Chapter 112.

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Introduce your chapter to the MO Federation

MICHELE BROWN
Public Relations & Webmaster

Over the past few months I have given information on how to get the message to the "public" about the benefit of belonging to NARFE and the work accomplished by the members of NARFE. The focus this month will be on sharing chapter information with the NARFE Federation. Events at your chapter can be shared in the newsletter and on the website. What better way to let the Federation know what you are doing to support NARFE. This can include congressional visits (the cameras always come out there) or chapter events like a visit by a celebrity or public official. It is very easy. You just need to provide your chapter and:

- Name of the event
- Date of the event
- Location of the event
- Purpose of the event
- Relevance of the event, explaining why it is important.
- Pictures (along with names of persons in the photos)

You can email them to MLMary47@gmail.com for the newsletter and meb114@swbell.net for the website.

Remember that your chapter may or may not have a Public Relations Champion, but everyone is responsible for NARFE public relations.

Again, I want to remind you to visit the Federation website (www.monarfe.org).

Web Analytics

	Oct 1 - Dec 31, 2018	Jan 1 - Mar 31, 2019	Apr 1 - June 30, 2019	July 1 - Sep 30, 2019
Total Users	117	151	181	191
Unique Users	105	133	164	180
Total Sessions	155	255	245	248

CHAPTER NEWS

Springfield chapter marks 9/11 anniversary

WALTER COWART
District 7 CDL (Interim)

The monthly meeting of Springfield's Chapter 11 was very special. As the meeting date was the 18th anniversary of the tragic day, known to everyone as September 11th, our guest speaker was Charles R. Kirkland who is the Assistant Federal Security Director Generalist at Springfield Branson National Airport (SGF). Mr. Kirkland is responsible for overseeing the security operations for the seven airports in Missouri aligned under the St. Louis International Airport. We all learned many things we did not know about TSA and its training, recruitment and other policies. After a 30-year career as a Military Policeman serving, among other places, at Guantanamo Bay, Mr. Kirkland seemed perfect for his job which began in March 2012.

Charles Kirkland is seated at the table between two Springfield Chapter 11 members

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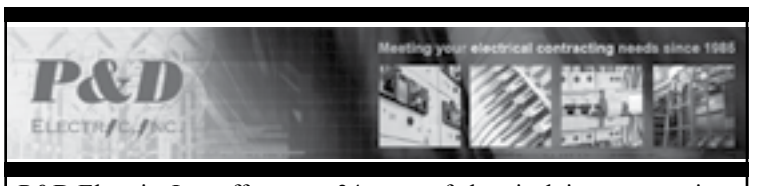
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Independence Chapter 1164 FEHB presentation for 2020

ERIC E. BAHL
President, Chapter 1164

On October 17 Chapter 1164, Independence invited representatives from AETNA, GEHA, and Blue Cross Blue Shield to talk to us about the Federal Employees Health Benefits packages for 2020. I set this up almost a year ago. I invited all members of the three greater Kansas City Chapters via email to the meeting. We had 35 people in attendance. AETNA and GEHA discussed their plans and handed out brochures. Ron Miller, from BC/BS, did not attend. About half way through the meeting I got word that he had encountered a scheduling conflict. We learned that there are interesting benefits in each of the health insurance programs. It was beneficial to hear and compare different companies' offering at the same time.

NARFE Chapter 11 participates in first Alzheimer's Walk in Springfield

LAURA COWART
MO Federation President

The monthly meeting of Springfield's Chapter 11 was very special. As the meeting date was the 18th anniversary of the tragic day, known to everyone as September 11th, our guest speaker was Charles R. Kirkland who is the Assistant Federal Security Director Generalist at Springfield Branson National Airport (SGF). Mr. Kirkland is responsible for overseeing the security operations for the seven airports in Missouri aligned under the St. Louis International Airport. We all learned many things we did not know about TSA and its training, recruitment and other policies. After a 30-year career as a Military Policeman serving, among other places, at Guantanamo Bay, Mr. Kirkland seemed perfect for his job which began in March 2012.

Laura Cowart, Federation President and Chapter 11 member, pictured with **John Fuge**, Chapter 11 Alzheimer's Chair, at the Walk to End Alzheimer's in Springfield, Missouri

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St. Louis area chapters attend the Walk to End Alzheimer's

The Walk to End Alzheimer's was held in St. Louis on Sunday, October 27 at the Enterprise Center. There were ten members representing the three St. Louis area NARFE chapters: 112 (Greater St. Louis), 1240 (Florissant), and 2071 (West St. Louis County). NARFE had an information and recruitment table and handed out literature to many Walk participants. Altogether the Walk to End Alzheimer's in St. Louis raised $1,377,553; NARFE MO Federation Team has raised $4,100!

Every Walk dollar raised benefits those affected by Alzheimer's disease in the community where the Walk was held. Money raised in the community helps with Alzheimer's support and outreach to community members through:

- Online message boards through **ALZConnected**.
- In-person support groups, connecting those facing the disease with a network of help in their community.
- A free nationwide 24/7 Helpline (800-272-3900) offering information and referrals.

Members of NARFE from the St. Louis area gather before the walk at the NARFE information and recruitment table at the Walk to End Alzheimer's in St. Louis.

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Meet Chapter 1278, Jefferson County

The meeting of NARFE Chapter 1278, Jefferson County, was held at noon on Tuesday November 26, 2019, at the Ponderosa Steak House in Arnold, Missouri (3601 Jeffco Blvd, Arnold, MO 63010). There were fifteen chapter members in attendance. The chapter enjoys a large, private meeting room at Ponderosa.

Chapter members ordered and ate their lunches and spent time socializing before the meeting began. Three members who had retired from NGA (National Geospatial Intelligence Agency) greeted each other warmly as they hadn't seen each other in some time. They were excited because their former agency happened to be in the news that day with a ground-breaking ceremony of a new NGA facility in north St. Louis. The current NGA is in south St. Louis at 2nd and Arsenal. The facility started life in 1827 as the old St. Louis Arsenal, supplying small arms to the U.S. Army and American settlers as the U.S. expanded westward. Over the years the mission and agency names of the facility have changed: in 1952 the facility became the Air Force's Aeronautical Chart and Information Center, ACIC was folded into the Defense Mapping Agency in 1972, DMA became part of the National Imagery and Mapping Agency in 1996, which changed its name to NGA in 2003.

The speaker for this day's program was Kim Corlew, Blue Cross Blue Shield Account Manager for Missouri. Kim was very thorough in her presentation telling what current enrollees can expect to see with their Blue Cross Blue Shield coverage in 2020. There were lots of good questions from members, but there were no questions that Kim couldn't answer. Many NARFE members especially enjoy attending the annual health insurance briefings at their chapter meeting so that they can receive information on any changes to their plan in the year ahead.

Barb Sapia called the meeting to order after the Blue Cross Blue Shield presentation. Barb retired from AVSCOM (U.S. Army Aviation Systems Command). Her section transferred to Huntsville, Alabama, and she spent five years commuting between Huntsville and St. Louis.

The meeting continued with a legislative update, treasurer's report, and an Alzheimer's report. Barb described the Webinars that will be available on the NARFE.org website in December. A member's birthday that day was noted and congratulated. There was free chocolate! I was told to point that out! The meeting ended with an invitation to Chapter 1278's Christmas holiday party which will be at Ponderosa on December 17.

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NARFE MO Federation 2020-2022 Elected Officers

BALLOT

Please circle your choice for each candidate. Even though there may only be one candidate running for a position, it is imperative that there be a vote for (YES) or against (NO) each candidate. See candidate statements on the following pages of this newspaper.

Ballots must be received by January 23, 2020.

Email to: monarfevoting@gmail.com

Mail to: MO Federation of NARFE c/o Michele Brown
P. O. Box 372090
St. Louis, MO 63138

2020-2022
Elected Officers Ballot

Federation Position	Name	VOTE	
President	Emerson Kretzer	YES	NO
1st Vice President	Sherry Haskins	YES	NO
2nd Vice President	Laura Cowart	YES	NO
Secretary	Gary Andrew	YES	NO
Treasurer	Marcy Nelson	YES	NO

Congressional District Leaders (CDL)

1st District CDL	Craig Pettibone	YES	NO
2nd District CDL	Linda Kurz	YES	NO
3rd District CDL	Mary Ann Stegeman	YES	NO
4th District CDL	Maxine Rodriguez	YES	NO
5th District CDL	Joanne Collins	YES	NO
6th District CDL	Joe Manno	YES	NO
7th District CDL	Paul Mosbaugh	YES	NO
8th District CDL	Walter Cowart	YES	NO

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2020-2022 Candidate Statements

Federation President Nominee
Emerson Kretzer

Greetings Federation NARFE members. I have been nominated to be your next Federation President. My career with the federal government was with the US Postal Service as a rural letter carrier for almost 34 years, retiring in June 2018. I have been a member of NARFE since 2003. I am currently the Service Officer for chapter 307 in St. Joseph. In 2012, I was elected to the Missouri Federation Board as the 6th District Officer, the position I held until 2018 when I was elected as 2nd Vice President on the state board. I was also active in the Missouri Rural Letter Carriers Association on their state board as Executive Committeeman for 3 years, Vice President for 3 years and President for 3 years before my retirement. I have been married to Denise, my wife, for 40 years and we have one daughter Stephanie 39 years old. I promise to do my best for the association if elected and will continue the hard work of my predecessors.

1st Vice President Nominee
Sherry Haskins

I worked for several agencies over my 27-year Federal government career, including the National Aeronautics and Space Administration, the Department of the Army, the Social Security Administration, the Department of Labor, and, most recently, the National Archives and Records Administration. Positions held include Student Trainee (Engineering), Equal Employment Opportunity Counselor, Management Assistant, and Human Resources Specialist. I also served as a Supply Corps Officer with the U.S. Navy, with duty stations in Okinawa, Japan, and West Palm Beach, Florida.

I participated in the Secretary trainee program, mentored by Secretary Judith Smart, from January to April 2017. I was elected to the position of Missouri Federation Secretary in April 2017 at the Hannibal convention. As Secretary, I endeavor to ensure accurate and thorough records of Federation activities, as well as facilitate communication among Missouri Federation members.

As Federation 1st Vice President/National Legislation Coordinator, I hope to increase grassroots advocacy by supporting the work of the Federation's eight Congressional District Leaders, as well as outreach efforts by Chapter Legislative Coordinators.

I am a member of Chapter 2071, West St. Louis County.

2nd Vice President Nominee
Laura Cowart

As I currently serve as your Federation President, my tenure expires at our April 2020 conference in Springfield, Missouri. With the background of previously serving as the Springfield, Chapter 0011 President, 2nd VP of the MO Federation Board, 1st VP of the MO Federation Board, I ask for your vote during our upcoming election.

Federation Secretary Nominee
Gary Andrew

I have been nominated to serve as Secretary of Missouri NARFE for the upcoming term. As a member of Chapter 2071 in West St. Louis County, I currently co-share the chair of our Membership Committee.

I retired from federal service as a Paralegal Specialist after fifteen years with the Office of the Federal Public Defender, Capital Habeas Unit. My last three years I was Chief Paralegal (Supervisor). My work entailed a great deal of record keeping and constant communication with attorneys, investigators, fellow paralegals and staff.

Prior to my employment with the FPD, I was a paralegal for ten years at a mid-size law firm practicing in the area of complex business litigation and white-collar criminal defense.

I look forward to serving as Federation Secretary, fulfilling the duties and responsibilities of that office.

Federation Treasurer Nominee
Marcy Nelson

I've been a member of Blue Springs Chapter 2041 of NARFE since 2003 and have been treasurer of the chapter since 2015. I was elected Federation Treasurer in 2017 and have enjoyed the experience so far. As a member of the host chapter, I served on the planning committee and as treasurer for the 2019 Missouri Federation Conference. I attended the 2016 National NARFE Convention and 2018 Conference, the 2017 College of NARFE Knowledge and both the 2016 and 2017 Missouri Federation Conventions.

As Federation Treasurer, I have assisted chapters with filing their electronic IRS Form 990-N postcard return. At the 2018 conference, I provided training to new chapter treasurers from around the state. I would like to continue assisting chapters and helping maintain the Missouri Federation as an active, productive part of NARFE.

NARFE
FEDERAL BENEFITS EXPERTS

*(See **Candidates,** page 25)*

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Candidates

(Continued from page 24)

CDL 1 Nominee
Craig Pettibone

I am currently the MONARFE Congressional District Leader in Missouri District 1, which is represented in the U.S. House of Representatives by William Lacy Clay. Also, I am President of NARFE Chapter 112, Greater St. Louis. On behalf of MONARFE and NARFE, and in coordination with Chapter 112, and the other two St. Louis area Chapters 1240, and 2071, I maintain liaison with St. Louis area staff for Senators Roy Blunt and Josh Hawley, and for Representatives Clay and Ann Wagner. We also meet periodically with Representative Clay. I attended the 2017 NARFE Legislative Training Conference in Washington, DC, and 2017 and 2019 College of NARFE Knowledge. My Federal career spanned thirty-five years in Human Resource Management (HRM) with the U.S. Office of Personnel Management, Washington, DC, followed by seven years as federal HRM consultant in Washington, DC with GRA, Inc. I have been a long-time adult leader Troop Committee Chair, District Vice Chair, and District Commissioner in Patriot District of National Capital Area Council (NCAC), Boy Scouts of America. Recipient of NCAC's Silver Beaver Award. I'm a longtime community association officer and leader in Lake Braddock Community Association, Burke, Virginia. Education: University of Wisconsin, Bachelor of Business Administration in 1965, and Juris Doctor in 1968.

CDL 4 Nominee
Maxine Rodriguez

I retired from the Federal Government in 2004 after 34 years of service. I joined NARFE in 2005. In 2007 I was elected as secretary for my chapter and continue to serve in that position. I live in the Kansas City area and am involved with other local organizations.
I have served on the State Federation Board as Service Officer and 2nd Vice President. I am completing my first term as Congressional District Leader for the 4th district.

CDL 6 Nominee
Joe Manno

Retired from the Federal Aviation Administration (FAA) as an Aviation Safety Airworthiness inspector and an Air Safety Investigator in 2003 after 24 years of government service. In 2004 joined Missouri NARFE (chapter 1915) and in 2005 was elected chapter president (still President), elected District 6 Officer (2009), elected MO Federation Vice President (2012), elected MO Federation President (2014) served until 2016. Continued with the Executive Board as Immediate Past President and FEEA Coordinator. July 2017 appointed interim Congressional District Leader (CDL) for the 6th Congressional District of Missouri. January 2018 Elected to 6th District CDL.

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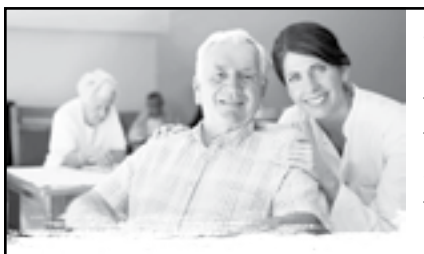
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4. Feed your brain
Eat less fat and more antioxidant-rich foods.

5. Work your body
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6. Jog your mind
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7. Connect with others
Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

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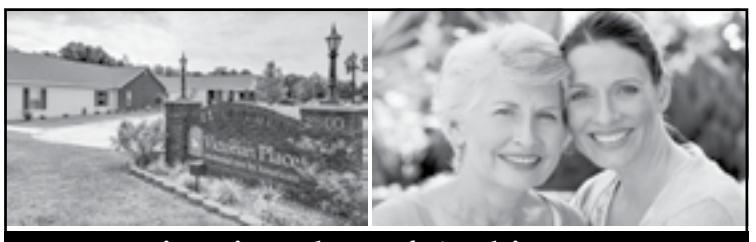
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FEHB Insurance premiums set to increase in 2020

CINDY BLYTHE
Region 5 Vice President

The first, and probably the most important, item is the Blue Cross and Blue Shield premiums listed in the November NARFE magazine are incorrect. The premiums for code 160 Standard Self + One should be employee $578.83, government $1,092.96 and the total of $1,671.09 for the monthly rates. The biweekly rates as published are correct.
Pursuant to the 2019 referendum, the National Bylaws have been updated. They are posted on the national website.

Health care premiums are increasing an average 5.6% for active and retirees; while the COLA looks to be 1.6%. The COLA for active military has been set at 3.1% and NARFE has not given up the fight to try and get an even percentage for the civilian side.

The 14th Biannual College of NARFE Knowledge (CONK) is concluded and I would call it successful! Attended by 85 Region V members, the three-day conference featured keynote speakers National President Ken Thomas and Executive Director Barbara Sido. Ken spoke about the importance of chapter membership and how chapters are the means to keep NARFE fluid. Barb gave a presentation on NARFE's brand initiative and how the brand will move our organization into the future. Barb showed the video that can be used for member recruitment. You can use the following link to see the video (titled NARFE Reveals new Brand. Run time is 1 minute 50 seconds): youtu.be/f-bH6n4cA0Y. The training sessions included financial topics, elder law such as wills and estates, and how to protect your investments to pass down to your family. Plans are already being made for the next CONK in 2021. There is an ongoing issue between the National Secretary/Treasurer and Federations concerning the updating of Federation bylaws. Kathryn's take is that the template recently created by her office must be followed word-for-word and she is denying approval of bylaws based on her view of conformance. I have requested the item be added to the agenda for the next NEB meeting in November. I also sent an email to Ken asking that this be addressed before any further damage can be done to the conference season for the Federations.

I attended the Minnesota Federation Executive Board, Nebraska Federation Executive Board and the Kansas Federation Board meetings. The Minnesota Federation has sound leadership and is looking to expand their strength in the CDL/SL arena. The Nebraska federation is experiencing issues with leadership. Right now, they have no candidates lined up for President, Secretary or Treasurer. Nebraska has their annual conference every two years so they are currently in the process of planning the conference for May 2020. They do understand the ramifications of not getting candidates lined up. Kansas, on the other hand, is almost ready for their 2020 conference. The conference will be held in Salina, Kansas, on April 27 and 28, 2020.

A brief report on the AMS situation: the top six issues are being addressed with the vendor.
Reports on the Member Side:

- A220 – Staff has evaluated and returned to vendor.
- Congressional Districts – Staff testing.
- M112 – Vendor final testing.
- M130 and M131 – Assigned to vendor's developers.
- M110 – Staff testing.

The sixth issue is on the financial side.
The next National Executive Board meeting is scheduled for November 5 through 9, 2019, at the Headquarters office. Topics on the agenda are as follows:

- Ballot Oversight Committee Charter discussion by Rodney Adelman
- Gain/Loss Report status
- Manual Revision (F-10, et al) recruiting materials
- NARFE General Store status
- National headquarters location by Cindy Blythe
- Operational Plans 2019 & 2020 review and discussion
- Supporting Members category discussion
- Website redevelopment
- Written, not oral, update reports by the oversight members of the following committees: Building, Centennial, Membership, and Non-Dues Revenue
- AMS report
- Association restructuring
- Budget and Finance Committee report
- Bylaws and Resolutions Committee report
- Combining struggling Federations
- Elimination of National Executive Board
- Investment Committee report
- March 2020 National Executive Board meeting dates and location
- Policy Manual status by Colette Trohan
- Morgan Stanley report by Deborah Elmes
- Proposed 2020 budget review
- Review of all NARFE Headquarters departments by Barb Sido
- Year-end 2019 budget review

A very ambitious agenda. I'm sure we will work our way through a lot of the items but probably not all. If you have an item for discussion during the National Executive Board, please bring it to my attention.

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Chapter Meeting Information

Chapter 11, Springfield. Meets 2nd Wednesday, 10:30 am, at the Jimmy's Egg, 3837 S. Campbell Ave., Springfield, MO. (316) 619-8429.

Chapter 19, Joplin. Chapter 19, Joplin, Meets 2nd Tuesday, 11:30 am at First United Methodist Church, 501 West 4th St, (except July, August and December) (417) 642-5688.

Chapter 20, Greater Kansas City, MO. Meets 1st Saturday monthly (2nd Saturday in July & Sept), 1 pm at Metro Police Station Community Room, 7601 Prospect. (816) 761-0301.

Chapter 112, Greater St. Louis. Meets 2nd Tuesday monthly (except July & December). Lunch at 11 am; meeting at noon. Miss Sheri's Cafeteria, 5406 Southfield Center, St. Louis. (314) 698-2890.

Chapter 307, St. Joseph. Meets 4th Saturday, 12 Noon (except December) at Bandana's BBQ Restaurant. (816) 262-0043.

Chapter 313, Jefferson City. Meets 3rd Tuesday, 12 Noon at Perkins Restaurant, 1722 Jefferson St., Jefferson City, MO. 573-606-8363 or 573-694-1850.

Chapter 683, Hannibal. Meets 2nd Thursday, 11:30 am at various locations. (573) 735-4713.

Chapter 694, Poplar Bluff. Meets 2nd Wednesday, 12 Noon at Twin Towers. (573) 785-0296.

Chapter 695, West Plains. Meets the 4th Tuesday (except December), 12 noon, at Chen's Garden Chinese Restaurant, 1705 Gibson Ave. (417) 938-4312.

Chapter 787, Kirksville. Meets the 2nd Tuesday (except January, February, and July), 11:30 am at Wooden Nickel Restaurant, 114 S. Elson Street, Kirksville. (660) 342-2532.

Chapter 991, Corncob Pipe Capital/Washington. Corncob Pipe Capital/Washington, meets 2nd Wednesday of the month, 1 pm, at Ponderosa Steakhouse in Washington. (636) 239-7548.

Chapter 1012, Cass County. Meets 1st Friday, 11:00 am at Foxwood Springs in Raymore, MO (even months). (816) 322-6230.

Chapter 1164, Independence. Meets 3rd Thursday, 1:30 pm at St. Pauls' Lutheran Church. (816) 478-0172.

Chapter 1240, N. St. Louis Co. / Florissant. Meets 3rd Tuesday, 12 Noon at Harmony United Methodist Church, (except July & December). (314) 837-7057.

Chapter 1278, Jefferson County. Meets 4th Tuesday, 12 Noon, at Ponderosa in Arnold, at the corner of Jeffco and Richardson. (636) 282-9637.

Chapter 1437, Shepherd of the Hills / Branson. Meets 4th, Wednesday, 11:30 am, at The White Fish House in Branson, January to October. The Joint Meeting time and place will be determined at the October meeting. (417) 739-3288.

Chapter 1463, Golden Valley, Clinton. Meets on the 2nd Wednesday at 12 Noon at the Clinton Senior Center. (660) 351-2790.

Chapter 1843, Missouri State NARFE Chapter. Meets on line and via telephone at 11:00 am on the 3rd Monday of May, September, and December, and in person at the annual Federation Conference in April. (573) 372-8101.

Chapter 1859, Mexico. Meets 4th Tuesday, 11:30 am January, March, May, July, September and November at Paris Senior Center, Paris, MO. (573) 672-3202.

Chapter 1915, N. Central. Meets 2nd Saturday, 12 Noon, at Royal Inn Chillicothe. January, March, May, July, September and November. (660) 255-4655.

Chapter 1944, Northland, Excelsior Springs. Meets 2nd Saturday, 12 Noon at Excelsior Springs Hospital. (816) 781-7456.

Chapter 1980, Pomme De Terre. Meets 1st Wednesday, 11:30 Lunch, 12 Noon for meeting, at Smith Restaurant, Collins. (417) 998-9320.

Chapter 2041, Blue Springs. Meets 2nd Thursday, 11:00 am, at Club Room, HyVee Grocery, Hwy 7 and Hwy 40. (816) 229-1218.

Chapter 2071, West St. Louis County. Meets 1st Thursday, 11:00 am at Young's Ice Cream Parlor and Grill, Valley Park, MO. (636) 629-3987.

Chapter 2256, Kansas City North. Meets 1st Friday of even months, 11:15 am, at various locations. (816) 384-1260.

Chapter 2283, Ava. Meets 3rd Wednesday of January, March, May, July, September, and November, 11:30 am, at Subway in Hartville, MO. (417) 736-2504.

Please call your Chapter President if you have any questions or comments.

A 'Failed' Alzheimer's Drug Could Actually Work After All, Surprise Analysis Shows

Seven months after clinical trials for a promising Alzheimer's drug were halted and the treatment was declared a failure, a new analysis suggests it was actually effective, and the company that makes it plans to move forward in securing federal approval.

The astonishing reversal on aducanumab, an antibody therapy that targets a protein called amyloid beta that builds up in the brain, comes after new data from the discontinued studies showed that at high doses the drug reduced cognitive decline in patients with early Alzheimer's.

"It could be a game-changer for the field," said Rebecca Edelmayer, director of scientific engagement at the Alzheimer's Association.

"It could be one of the first disease-modifying therapies approved for Alzheimer's disease."

An estimated 5.7 million Americans 65 and over have Alzheimer's, and the Alzheimer's Association expects that number to mushroom to nearly 14 million by 2050 in the absence of new treatments.

A handful of drugs approved by the Food and Drug Administration can alleviate some symptoms, but in the past 16 years no new drugs have been approved for the disease. That may now change.

The drugmaker, Biogen, said that patients receiving aducanumab experienced "significant benefits on measures of cognition and function such as memory, orientation and language."

They also saw benefits in activities of daily living, including conducting personal finances, performing household chores and traveling independently outside the home.

Biogen said it plans to pursue regulatory approval for aducanumab in the United States and continue discussion on it with regulatory agencies internationally. The announcement sent the company's stock price soaring Tuesday morning.

The company had stopped the trials in March after an independent monitoring board said the drug offered little hope of success, sending waves of disappointment through the scientific community after earlier trials had looked promising.

"The field was really pinning its hopes that aducanumab would be positive, would show results," said Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center and the Mayo Clinic Study of Aging, who consulted with Biogen on the drug but was not involved in the studies.

"It did call into question whether attacking amyloid at all was a viable strategy."

But analysis that included data gathered in the months after the monitoring board's analysis appeared to show that one of the trials had in fact met its primary goal, though the other had not.

The FDA said on Monday that Biogen could file for approval for the drug; the company expects to do so in early 2020. Biogen said it aims to offer it to patients who were previously enrolled in those studies.

If approved, aducanumab would become the first therapy to reduce the clinical decline of Alzheimer's disease. It would also bolster the theory that treatments that remove or reduce amyloid beta, which creates plaques associated with the disease, are an effective approach.

Other therapies now in the clinical trial pipeline include those that address inflammation, the immune system, blood vessels and synaptic cell health. Experts say an effective treatment for the disease is likely to involve a combination of several therapies.

"We need to continue these different approaches because we think that a treatment is potentially going to be complex," Edelmayer said.

While Petersen called the news "a bright light" after

*(See **Alzheimer's,** page 31)*

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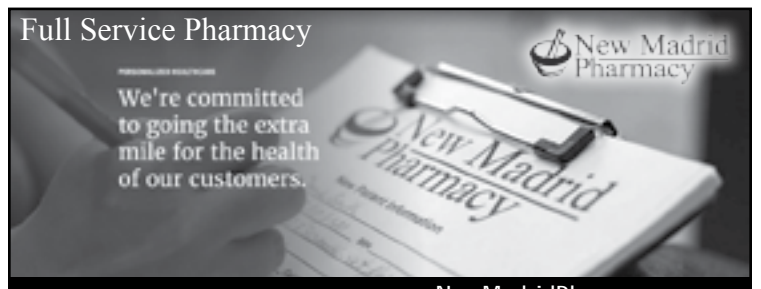

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Alzheimer's

(Continued from page 30)

"so many failures in the field," he cautioned that it is not clear the FDA will approve the drug, particularly in light of the fact that one of the trials failed and traditionally two successful trials have been required for approval.

In the failed trial, fewer people had received the high dose of the drug for a sufficient period of time, he said, adding that people in a subset of that trial who had received higher doses had seen improvement.

"The challenge, of course, is to convince the FDA that therefore those are believable," he said.

As the news boosted the stocks of Biogen and other companies with amyloid-targeting therapies, Baird analyst Brian Skorney warned in a note to clients that given the failure of such therapies in the past, the company faces an "uphill climb" in making the case to regulators that the positive results were "nothing more than random chance."

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