



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

We must protect the Postal Service at all costs



EMERSON KRETZER
Missouri Federation President

Greetings fellow NARFE members. I hope everyone is doing well in these trying times. It doesn't seem like this virus is going away anytime soon. Please take any precautions that you can during this pandemic to keep yourself and your family members safe. Most of us have never been through anything like this in our lifetime.

Reports coming from the national office indicate Congress has failed to provide any raise for federal employees at this time. This is nothing new to us as federal employees, as Congress always seems to think we are fair game to help balance the budget. Please contact your representatives to let them know this is unacceptable, especially considering the many sacrifices we have made. We understand the need for sacrifice, but we are looking to see that the sacrifice is spread out, not just singling out federal employees. The House has also put out a bill to provide the US Postal Service with \$25 billion to sustain it during this pandemic. Besides being authorized by the constitution, the Postal Service is a vital government agency that reaches all across this nation each and every day. Millions of people depend on the Postal Service to deliver medications, supplies, and equipment needed on a daily basis. As a result of the pandemic, more and more people are ordering online to be able to stay home and stay safe, but also to be able to get almost any essential and non-essential supplies they may need. We must protect the Postal Service at all costs. You have no idea what the costs would be if the Postal Service were privatized, because then it would have to be profitable and millions would be without any service because companies couldn't make a profit with them. Look at the name, the last word is Service, because it wasn't designed to be profitable, but to provide a universal, reliable, and inexpensive service to all. It's time for all of us to write, email, and call congress to demand they start working for us instead of the special interest groups.

I received an invitation to attend the Hannibal chapter's June meeting. It was held at a picnic shelter at a lake near Monroe City, and it was a very good meeting except it was just a little windy. A good time was had by those in attendance. Thanks for inviting me, Richard. I was also asked to attend the Pomme De Terre chapter July meeting in Collins. The members were concerned for their chapter and were considering closing the chapter. Their long-time president had to resign due to health reasons and they were unable to find a new president. After a little discussion with the members present, I was able to get A. C. Howe, the current vice president to step up to the president position. I was also able to get Henry Garcia to step up to the vice president position. They told me they would hold these positions until at least December, in the hopes that some of the younger members might volunteer for these positions. My sincere thanks to A. C. and Henry for being willing and able to hold these positions. I strongly believe we need to keep our chapters running as long as we possibly can.

We must all be willing to reach out to new prospective members, to provide them with the knowledge of our organization, to give them

an opportunity to join. We all need to make a concerted effort to get new members to make and keep our vital organization strong and viable. We have strength in numbers, and now more than ever we need to have our voices heard in Congress, loud and clear what our federal employees want, need, and deserve for their untiring dedication to public service.

In closing, I would just like to say to you all, if you have any questions, concerns, or ideas we can use, please don't hesitate to reach out to your officers or CDL's. We are here for you and we are all in this together.

Service is the heart and soul of our organization

SHERRY HASKINS
1st Vice President & Legislative Chair

Greetings and well wishes during these interesting times.

Although we're physically-distanced, social connection with fellow NARFE members continues to lift my spirits. Along those lines, a special shout-out to – and appreciation for – our Federation and Chapter Service Officers. For me, service is the heart and soul of our organization. If you have a question regarding federal pay and benefits, please reach out to our Service Officers.

On to legislative activities and grassroots advocacy!

- In March, I emailed prospective members of the Legislative Committee for the 2020 NARFE Missouri Federation Conference (Congressional District Leaders (CDLs) and Chapter Legislative Chairs (National Legislation)). I noted that Robert Hagedorn (former Federation Immediate Past President & interim 1st Vice President/Legislative Chair (National Legislation)) and I planned to recap 2019/2020 NARFE legislative news and ask for input in identifying and prioritizing 2020/2021 grassroots action for the Missouri Federation. I also forwarded the following NARFE publications for reference:

- F-10 - Chapter and Federation Officers Manual (especially pages 6-7, 10, 22-23, 29 and 32) (Note: This manual is currently being updated by NARFE headquarters.)

- FH-7 - Federation Legislative Chair, Con-



gressional District Leader & Senatorial Leader Guide.

- In May, I again emailed the Federation CDLs and Chapter Legislative Chairs (National Legislation). I stated that, although we didn't get to meet in April in Springfield, I looked forward to supporting NARFE legislative grassroots efforts in our state and assisting with District and Chapter initiatives. I also promised to pass along pertinent legislative information I receive.

- Per the May/June NARFE Insider (a bimonthly newsletter published by NARFE headquarters for association officials/leaders):

- Seth Ickes, Grassroots Assistant, reported that "NARFE has been working hard on behalf of federal retirees and employees affected by the coronavirus. NARFE is urging Congress to improve workplace conditions for frontline federal employees, protect federal retirees' income and grant emergency funding to the U.S. Postal Service. Additionally, NARFE created a COVID-19 frequently asked questions (FAQs) webpage that addresses a myriad of coronavirus related questions; it includes information about economic stimulus payments, guidance from the Office of Personnel Management (OPM) on COVID-19, the suspension of required minimum distributions (RMDs), and more."

- Marsha Padilla-Goad, Grassroots Program Manager, noted that "NARFE's advocacy team

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

IMPORTANT PHONE NUMBERS AND ON-LINE CONTACTS

- Office of Personnel Management (OPM); Retirement Matters & Report of Death: 1-888-767-6738 • retire@opm.gov
 - Taxes: Annuitant Express, Change Tax Withholding: 1-800-409-6738
 - Federal Long Term Care: 1-800-582-3337 • www.LTCFEDS.com
 - 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

Change of address: You will receive the *Missouri NARFE News* at the address on your current *NARFE* magazine from National Headquarters. If you change your address, please notify Member Records toll-free at 1-800-456-8410, send an email message to membersrecords@narfe.org, or mail the notification to NARFE National Headquarters, 606 N. Washington Street, Alexandria, VA 22314, Attention: Member Records. Neither the editor of this publication, nor the Missouri Federation of Chapters, nor the publisher can handle such requests.

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: **Nov. 23** for the **December 2020** issue.

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Service

(Continued from page 1)

has developed two video presentations to help NARFE chapters and federations stay up to date and connected during these unprecedented times of quarantining and canceled federation conferences....

• [The presentations] can be accessed anytime: “NARFE’s Advocacy Program” and “NARFE’s Advocacy Update.” The first discusses NARFE’s overall advocacy strategy and how a collaborative effort between NARFE National Headquarters, federations, chapters and the entire membership is vital to achieving our legislative goals. The second presentation is an update of NARFE’s legislative wins in 2019 and its legislative priorities for the remainder of the 116th Congress. The videos are housed on NARFE’s advocacy webpage, www.narfe.org/

legislation, under the Advocacy Webinars bucket. You must be logged in as a member to access the presentations.” (You may also watch the videos directly via YouTube: <https://youtu.be/oh7D7WfRads>, and <https://youtu.be/rYbwEiRQxNM>)

- In June, I submitted “August recess” meeting requests via Senator Blunt’s and Senator Hawley’s websites to discuss legislation affecting active and retired federal workers. Staff from the Senators’ St. Louis district offices followed up, and we scheduled a meeting for Tuesday, July 28, 2020 at 1:00 p.m. at the Thomas F. Eagleton U.S. Courthouse, 111 South 10th Street, Suite 23.360 (Senator Hawley’s suite), St. Louis, MO 63102. Mary Beth Luna Wolf will represent Senator Blunt and Sam Saffa

will represent Senator Hawley. I emailed the Federation CDLs and Chapter Legislative Chairs (National Legislation), inviting them to attend the meeting (limited to 17 members).

Thank you for your advocacy efforts, and please continue to reach out to our Congressional Representatives and Senators via telephone, email, the NARFE Legislative Action Center (under the Advocacy tab on the www.narfe.org website), and physically-distanced in-person visits, if possible. Once we are able to safely travel and meet in larger groups, I encourage the use of Federation and Chapter funds to sponsor members’ attendance at NARFE state, regional and national conferences.

My new responsibilities in MO NARFE Federation



LAURA COWART
2nd Vice President

As your Immediate Past President, I am here to support the new President, Emerson Kretzer. In addition, as Immediate Past President, I take on the responsibility as the FEEA Coordinator.

Throughout these next two years, I will do my best to keep you informed of the various activities FEEA provides to NARFE members.

The Federal Employee Education and Assistance Fund (FEEA) is the only independent, nonprofit 501c3 organization devoted solely to providing emergency financial assistance and scholarships to our dedicated civilian federal and postal public servants and their families.

The Scholarship Program is an excellent example of what FEEA does each year. Since 1986, FEEA has offered scholarships to more than 10,000 individuals, including providing nearly 200 scholarships to the children of fed-

eral civilian employees who died or were severely injured in the line of duty during the terrorist attacks on the Alfred P. Murrah Federal Building in Oklahoma City, the Pentagon on 9/11, and the US Embassies and Consulates in Kenya, Tanzania, and Libya. Our scholarship program to date totals over \$14 million. FEEA champions the pursuit of higher education and each year supports hundreds of students with merit-based scholarships. Scholarships range between \$1,000 and \$5,000 for one year of academic study at an accredited college or university. The scholarship is not renewable; however, applicants may apply every year they are eligible whether they have received an award in the past. Most scholarships are awarded for undergraduate studies, with occasional awards for graduate study programs. The 2020 applications have been submitted, and soon decisions will be awarded to this year’s applicants. The 2021 application will be available in October/November. I will notify everyone via the NES email system and provide the application in the next issue of the Federation newspaper. The great thing about these scholarships is that they are available to children, grandchildren, and great grandchildren under the age of 25 of NARFE members who are in good standing.

In addition, as the 2nd Vice-President, Membership is my top priority. At the time of this report, Missouri Federation has 3,492 members: 1,942 Chapter members and 1,550 MO Federation National only members. NARFE membership, whether at the chapter level or national level, is vital to the wellbeing of NARFE and its recognition on Capitol Hill as the only organization solely looking out for the pay and benefits of both the active and retired federal employee or their annuitant. I encourage each and every NARFE member in Missouri (3,492 of you) to renew YOUR membership and to sign up a new member. WE all know someone who is an active or retired Federal employee who is not a member. I also want to encourage all retired federal employees to use “Dues Withholding.” The benefits are: Membership is cheaper, and you never have to worry again about your renewal. It’s automatically processed!

As our FEEA Coordinator and Membership Chair, I encourage you to contact me at any time you have a question or concern.



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LAURA COWART
Immediate Past President

Yes, NARFE Membership Recruitment is baaaack!

Effective September 1 – December 31, 2020 any NEW member you recruit will earn YOU \$20.00! You will receive \$10.00 from NARFE HQ and an additional \$10.00 from the MO Federation. Wow – what a deal!

This year's drive was just announced in the September issue of the *narfe* magazine with more details on how to recruit new members during these uncertain times being planned for the October issue.

In the meantime, here are some suggestions:

- Many of us have a spouse, recruit them!

- Send out an email to all your friends and families who are now a current federal employee or is a retired fed
- Use the phone ~ give them a personal call

Remember, these new recruits must be new members, not those who have let their memberships expire. There are three ways for a new member to join:

- Call NARFE headquarters toll free at 1-800-456-8410
- Join on-line at www.narfe.org
- Provide a new recruit with the application form in YOUR *narfe* magazine

Regardless of the way they join, they must include your NARFE membership number for you to receive credit and receive the \$20.00 (\$10 from HQ and \$10 from MO Federation). Your membership number can be found

on your *narfe* magazine mailing label.

The membership fee is still \$40.00 and will remain this amount through December 31, 2020. Remember, too, this first-year membership fee includes chapter dues as long as a chapter name or chapter number is indicated on the application!

NARFE's voice, your voice, is much louder when we stand together to fight for our earned pay and benefits! NARFE is the **ONLY** association looking out solely for your pay and benefits, the federal worker (active or retired).

Questions? My contact information (417) 496-6792 or Lncowart@gmail.com

Region V news round up



CINDY BLYTHE
Region 5 Vice President

- It is with sadness that I pass on to the members in Region V that Lea Zajac, past California Federation President and the spouse of Region 8 Vice President Helen Zajac passed away

July 12 after a long battle with bone marrow cancer. I remember Lea with great fondness – he and Helen were the first National Officers I met when I first began attending the National Conferences.

• Due to a positive COVID19 employee, the National office has been closed. Once it reopens, we will have to follow stringent requirements to have it cleaned.

• Voting for National Officers and Bylaw amendments opened for on-line only Monday. The paper ballots will be included in the August edition of the NARFE Maga-

zine. You should receive your magazine soon. Voting will be open for both online and paper until 11:59 p.m. Eastern Time on August 31, 2020. There is a 41-page document being provided by the Bylaws Committee that you can access online. It explains their recommendation on each issue. Please exercise your right to vote. I'll be happy to discuss any of the bylaw amendments with you.

- With the cancellation of FEDcon20, NARFE is pleased to offer a six-week FEDcon20 webinar series. The retail cost for all six webinars is \$510, but NARFE members can receive the entire webinar package for \$99.00 or \$45.00 for a single webinar. The webinars offered are:

- Legislative Update presented by Jessica Klement
- How to be a NARFE Voice for Change presented by Marsha Goad
- Cyber Security – What the FBI knows that you don't but should presented by John Iannarelli
- Caring for the Caregiver presented by Kim Elliot
- The 4 things you can change after you retire presented by Tammy Flanagan

- Be Prepared for Life's Events presented by Tammy Flanagan

- Go to www.narfe.org/fedcon20 to register or for more information.

• The Advocacy Department is asking for your help. The House Appropriations Committee approved its fiscal year 2021 Financial Services and General Government spending bill, which did not include a pay raise for federal employees in 2021. The full House is expected to vote on the legislation next week. It's short notice but you can access NARFE's Legislative Action Center to send a message directly to your representative.

• Not much to report with the pandemic situation ongoing. NARFE is attempting to keep business going. Staff is working from home and several projects that were very time consuming have finally been completed. Continue to be patient with HQ and contact me if you need assistance.

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Federation Executive Board quarterly meeting

Minutes of the July 23, 2020 meeting – via Zoom

GARY ANDREW
MO Federation Secretary



President Emerson Kretzer called the meeting to order at 9:34 a.m. and asked for a moment of silent reflection.

The Pledge of Allegiance was recited.

Secretary Gary Andrew called the roll. The only member absent was Maxine Rodriguez.

Motion: Approve the April FEB minutes, which were previously distributed. The motion was seconded and it carried.

Treasurer Marcy Nelson reported that the current CD comes up for renewal in August and she will then seek the best rate offered. Marcy filed tax returns for the Federation and for the Kirksville chapter. She also filed returns for Missouri chapters who had yet to file. There was a discussion about the security of publishing tax ID numbers in the Policy Manual. Chapter tax ID numbers are already on file with national headquarters. Marcy will communicate with state chapter presidents and treasurers with regard to filing of taxes. The Federation account balance is comparatively higher due in part to lower costs of virtual board meetings. Funds sent to the Federation by NARFE National were higher than expected apparently due to the new computer system being used at National Headquarters.

Motion: Approve the Treasurer's Report. It was seconded and it carried.

Region V Field Vice-President Cindy Renee' Blythe's report was previously distributed. She advised the board that although Life Members were paying chapter dues, NARFE National recorded their dues as National members and not Chapter members. Cindy further advised that chapter secretaries or treasurers should notify headquarters so that NARFE National can add those members back into the list of chapter members. Again, this problem appears to be a flaw of the new computer system. Cindy explained that if she were elected National Secretary/Treasurer, Region V President would fill her VP vacancy until an election could be held. There was a discussion with regard to regions merging. This in fact

has already happened with Regions 1 & 2 with respect to a few governing aspects. Paul Mosbaugh brought up a concern about increased dues. Cindy pointed out that National has cut expenses, but needs to do a better job of securing non-revenue income. Stephen Price suggested that National look at ads in other publications such as AARP.

President Emerson Kretzer's report was previously distributed. He attended a chapter meeting in Pomme de Terre (Chap. 1980) and convinced a few members to step in as officers. Emerson informed the Board that a new Postmaster General has enacted new mandates that have caused later mail delivery. Also, increased delivery of parcel mail has slowed the delivery of regular mail.

1st VP/National Legislative Chair Sherry Haskins' report was previously distributed. She has meetings calendered with Senators Blunt and Hawley's office for July 28.

2nd VP/Immediate Past President/Membership Chair/FEEA Coordinator Laura Cowart's report was previously distributed. She asked National Headquarters (NHQ) about recruitment incentives not yet received. The response from Dave Bowman blamed the delay on issues with the new computer system and that IT was working the problem. Incentive payments are forthcoming. NHQ is working on virtual tools for recruiting purposes. Laura emphasized the ease of Dues Withholding. Cindy added to the recruitment discussion stating that the issue has not been broached at a national board meeting.

1st CDL Craig Pettibone's report was previously distributed. He informed the board that his chapter has hosted Zoom meetings. Laura added that Zoom meetings might not be comfortable with some members. Chapters should at least attempt to communicate with members via newsletters.

2nd CDL Linda Kurz's report was previously distributed. She is seeking advice from county officials with regard to safety issues as to when Chapter 2071 can meet again. She spoke about post office funding, payroll tax and school funding. With regard to staying in touch, Sherry emphasized participating in Town Halls or virtual meetings.

3rd CDL (Interim)/State Legislative Chair Stephen Price commented that he has been in contact with chapters in his district. There has been no state legislative activity that would concern NARFE members. He stated

that his report would be submitted.

5th CDL Joanne Collins' report was previously distributed. She spoke of the importance of voting and completing the Census.

th CDL Joseph Manno's report was previously distributed. He has contacted chapters in his district to see how they are doing. His chapter (North Central) met in July.

7th CDL Paul Mosbaugh has been in communication with his chapter's (19-Joplin) officers. The chapter is attempting to publish a newsletter. He has not heard from the Branson chapter (#1437).

8th CDL Walter Cowart's report was previously distributed. He did not visit 8th District chapters in the current quarter (He resides in District 7). Paul is looking for someone in the southwest area to take over as CDL for the district.

Alzheimer's Coordinator Lois Nowlin's report was previously distributed. She will update the board with recently received donation numbers. As of June 30, National Alzheimer's reported donations of just over \$13 million dollars, just short of their \$14 million dollar goal. The Longest Day Virtual Bingo event raised \$900 with six chapters participating. Chapters should have received a Coordinator's Manual. Regional Field VP Cindy Renee' Blythe informed the board that she received an email from a NARFE member suggesting to try alternatives to Alzheimer's to show how NARFE interacts with the public. Lois reminded the board that members could still make donations despite not being able to regularly meet.

NARFE-PAC Coordinator Elbert Williams' report was previously distributed. He will revise contribution numbers when he receives data from NARFE-PAC National. Contributions from last quarter totaled \$3,526. Monies received for the 2-year congressional period came to just over \$1.7 million dollars with distributions of just over \$1 million dollars. Jill Schupp received \$1,000. Each quarter sees more money disbursed to leadership PACs than before. Craig asked if the distribution of financial support goes to one party more than the other. However, there are not statistics that covers that aspect of giving

Newsletter Editor Mary Lamping advised the board that our contract with the publisher would cover the next two issues. Michele Brown requested a digital copy of

(See Board, page 7)

After serving 30 years in the Marine Corps, I have returned to my beloved midwest to follow my childhood dream of being an Auctioneer and a Real Estate Agent.

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Board

(Continued from page 6)

the newsletter for the website. Craig suggested that Mary insert a survey to get an idea as to who reads our newsletter.

Public Relations/Webmaster Michele Brown commented about ways to stay connected with members. She will work up some analytics of our website. Laura asked if there was a Zoom training site. Michele responded that once an account is set up, Zoom provides how-to instructions including the need of a password or waiting room for security purposes. Service Officer Ronny Lenzy's report was previously distributed.

NEW BUSINESS

Gary Andrew initiated a discussion with regard to the manner in which records are maintained by the Federation Secretary. The discussion centered on the use of less paper copies and more use of technology.

Motion: Allow the Federation Secretary to maintain in a digital format meeting minutes, board reports or other select documents required to be kept by the Federation Secretary and to safely destroy paper copies already on file once digitized. The motion was seconded and it was

carried.

Gary then requested permission from the board to recycle a printer currently in possession of the Federation Secretary.

Motion: Allow the Federation Secretary to recycle 20-year old non-functioning HP printer. The motion was seconded and it was carried.

Motion: Allow Federation Treasurer to recycle a calculator as she sees fit. The motion was seconded and it carried.

The Board discussed FedCon20.

Motion: Reimburse President Emerson Kretzer in the amount of \$99 to virtually "attend" FedCon20 (six webinars). The motion was seconded and it carried.

Motion: Call to adjourn the meeting at 12:07 p.m. It was seconded and it carried.

Addendum: RE NARFE-PAC SUPPORT FOR JILL SCHUPP.

Board action without an in-person or virtual meeting, May 18, 2020: An email was sent to Elbert Wil-

liams (Federation NARFE-PAC Chair) and Linda Kurz (District 2 CDL) from Laura Kraft (Schupp's Campaign Finance Director) inviting them to an upcoming virtual event. Copied on the email was Ross Apter, Political Associate for NARFE National. Ross initiated further conversation asking if the Federation had a recommendation for support of Schupp. A series of email among Elbert, Linda, Craig Pettibone and Sherry Haskins centered on seeking recommendations from the Board. Craig believed Apter was looking for an official endorsement from MONARFE. There were already recommendations from Elbert, Linda, and Craig. In an email from Sherry to Elbert, Emerson and Gary Andrew, Sherry sought Emerson's consent to place a motion before the Board with regard to the support of Jill Schupp. Gary, as Federation Secretary was requested to bring the motion before the Board for a vote. The motion was then brought before the Board via email and unanimously passed on the 19th of May using a General Consent procedure.

Next FEB meeting: Baymont Inn & Suites, Jefferson City, MO (or online, if necessary), on October 22, 2020 at 9:30 a.m.

Show me the MOney – Treasurer's Report by Marcy Nelson



April 1 - June 30, 2020



US Bank Checking Account:

Beginning Balance: 4-1-2020	\$21,150.55
Receipts: April - June 2020	\$3195.67
Disbursements: April - June 2020	\$3,717.07
Ending Balance: 6-30-2020	\$23,108.39

Infirist Federal Credit Union:

CD Balance: 4-1-2020	\$11,092.07
Interest:	\$47.29
Ending Balance: 6-30-2020	\$11,139.36

Total Balance as of 6-30-2020.....\$31,768.51

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CRAIG PETTIBONE
District 1 CDL

NARFE Legislative Advocacy

During the Spring quarter, I urged St. Louis area NARFE members to join me in calling/writing our Missouri Senators Roy Blunt and Josh Hawley and House Members William Lacy Clay and Ann Wagner. I asked them to object to Administration’s proposed 2021 budget cuts to benefits for federal employees and retirees and the proposed reorganization of OPM without further study. I also asked NARFE members to join me in asking our Senators and Representatives to support enactment of a more accurate COLA for seniors, HR 1553, replacing the CPI-W (for Urban Wage Earners and Clerical Workers) with the CPI-E (for the Elderly), and to support HR 3934 to reform the Windfall Elimination Provision (WEP) by changing the Social Security benefit calculation for WEP- affected beneficiaries. On Postal Reform, I asked our members to heed NARFE’s call to oppose requiring current postal retirees to enroll in Medicare Part B to keep their FEHB coverage, and to support repeal of the requirement that Postal Service fully prefund its future retiree health care liabilities. I also asked members to join me in asking for support of \$25 billion in emergency funding for the Postal Service to replace lost revenue during the Covid-19 virus pandemic. NARFE has posted draft action letters concerning these proposals on its Legislative Action Center at www.narfe.org. Be sure to check them out and put them to good use.

Also, I am planning to join MONARFE 1st Vice President Sherry Hawkins and MO-2 CDL Linda Kurz in a July 28 meeting in St. Louis with Mary Beth Luna in Senator Roy Blunt’s office and with Sam Saffa in Senator Josh Hawley’s office. We will ask them to convey to their Senators NARFE’s position on these same issues we have been writing them about.

In addition, I have asked for a face-to-face meeting to press NARFE’s issues with Representative William Lacy Clay, either in person or virtually, during NARFE’s Grass

Roots Advocacy Month in August.

2020 State and Federal Elections

You may have heard by now that 2020 is an election year in both the State of Missouri and in the United States of America. Look for State and Congressional candidates who are supportive of NARFE’s legislative concerns and vote for them.

Missouri Loosens Absentee Voting Restrictions

For the 2020 August primary and the November general election, you may vote by mail if you are confined, ill, or at high risk of COVID-19. The ballot does not need to be notarized. High risk includes being over the age of 65 which applies to many NARFE members. Also, if you are a permanent absentee voter, no notary is required. All other voters may vote by mail, but ballots must be notarized. For the details, and deadlines for requesting absentee ballots, go to the Missouri Secretary of State web page sos.mo.gov/elections and complete the request form there. Whether by absentee ballot or in person, be sure to vote!

Plan Now to Vote in the NARFE National 2020 Election

Prepare to vote in the NARFE National 2020 Officer Election and action on proposed changes to 17 By-Laws and 4 Standing Rules. Approval is also sought for 2 Resolutions. In March 2020, candidate statements for President, Secretary/Treasurer and 10 Regional Vice Presidents were published online at www.narfe.org and in the NARFE Magazine. In June/July information on proposed changes to the National Bylaws and Standing Rules, and content of the two Resolutions, were also posted at www.narfe.org. Then in August 2020 the ballots will be in NARFE Magazine and online – so voting by mail or internet may begin. Voting closes on August 31, 2020, at 11:59 p.m. Eastern time.

President Kenneth Thomas is running for reelection unopposed. Secretary/Treasurer Katheryn Hensley is running for reelection against current Region V Vice President Cindy Renee Blythe. Members of Saint Louis Area Chapters and of MONARFE have had the opportunity to work with Ms. Blythe during her two years as Region V VP and found her to be responsive to our questions about

National NARFE and how it operates. She has served thoughtfully and carefully as a member of the National Executive Board. A vote for her would be well placed. There are contests in only 3 of the 10 regions---IV, IX, and X. There are no candidates in regions I and V. The proposed changes to 17 National By-Laws and 4 Standing Rules, plus the consideration of the two Resolutions, bear some study for one to understand what is being proposed. Together they comprise a 37-page file at www.narfe.org. Fortunately, there is a one-page list and a three-page summary providing a short paragraph describing each item and the Bylaws Committee recommendation for approval or rejection. Please take some time to review this information so that you may cast an informed vote.


Chapter 112 Zoom Chapter Meetings

As President of Chapter 112, Greater St. Louis, I have led my chapter into conducting virtual Zoom meetings each month in lieu of in-person meetings during the Covid-19 virus pandemic. This has worked well for both monthly chapter Board meetings and full chapter meetings. We have invited members of neighboring chapters 1240, 2071 and 1278 to join us and some have done so.

We began our use of Zoom video meetings with our Board meeting on April 7. At that meeting we made plans for future monthly Board and Chapter meetings. We also decided to send a letter to all Chapter 112 members, by email where possible and by USPS where necessary, assuring them NARFE would still be here to serve its members while operating virtually from home, and we invited them to join us for monthly Zoom meetings. In addition, we sent a similar letter to all National Only members located in Missouri’s 1st Congressional District.

On May 12, we held a practice Zoom video meeting for the Board and other regular attendees. Regular chapter Zoom meetings on the 2nd Tuesday of each month began in June and are continuing. Our guest speaker for June 9 was Mr. Mark Tatgenhorst, Geosaurus Program Director from the new Technology Entrepreneur Center/T-REX, St. Louis, Missouri. He discussed the role of the Geosaurus Technology Center at T-Rex and its mission to encourage geospatial innovation making better use of workforce data.

(See Legislative, page 9)



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Legislative

(Continued from page 8)

As in past years, Chapter 112 did not hold a regular chapter Zoom meeting at Noon on the second Tuesday of July, the 14th. Instead, Chapter 112 invited all MONARFE members to join us on Zoom video for a bingo meeting designed to raise funds for Alzheimer's Research. A notice was published in the June-July-August edition of MONARFE News. All Chapter 112 members were sent

an email from MONARFE in mid-June inviting them to participate in this special Zoom meeting. A \$15 registration fees to support Alzheimer's Research was requested by July 1. Additional contributions for Alzheimer's Research were encouraged. Gift checks payable to ALZHEIMERS ASSOCIATION- TLD may still be sent to Chapter 112 Alzheimer's Coordinator Laura Moore.

Please indicate in your check's memo section (bottom left corner) NARFE MO Federation and Chapter 112. Her address is 2619 Heger Court, St. Louis, Missouri 63110. Call Laura at 314-399-1122 if you have any questions about this event.

Chapter 2071 staying in touch with monthly newsletter

LINDA KURZ
District II CDL



Chapter 2071 is the only chapter assigned to CD#2 and we have not been able to meet in person this quarter, however we have stayed in touch with a monthly newsletter. Following are excerpts of what we shared.

May: Happy Mother's Day! I hope that all of our members are remaining safe and healthy and have found a way to keep up their spirits. You have heard that city and county are re-opening in phase 1 starting May 18 and expect to be following guidance from the governor's office. Restaurants "may offer dining-in service, provided that the limitations on social distancing and other precautionary public health measures, including proper spacing of at least six feet between tables, lack of communal seating areas to parties that are not connected, and having no more than ten people at a single table, are properly adhered to. The continued use of drive-thru, pickup, or delivery options is encouraged throughout the duration of this Order." Young's (where we normally meet) have stated that they will follow this order and follow what other area restaurants are doing.

I was surprised to read the April NARFE magazine on

pension exclusion from State Income Tax. According to HB444 that was passed in Missouri during the Bush Administration up to \$85,000 of federal pensions were to be excluded from State tax after 5 years of graduated implementation. For Missouri, on page 45, it states that "Taxpayers with AGI under \$85,000 (single, HH, MFS, QW) or \$100,000 (MFJ) may exempt the greater of \$6,000 or 100% of any federal, state or local pension income, up to a maximum of \$38,437 per taxpayer. Taxpayers with AGI exceeding the limitation may qualify for a partial exemption..." That appears to be a change in the HB444 law.

June: We saw a successful launch of SpaceX on May30 and its docking at the International space station. Its return is expected sometime in November. But this joyous occasion was dashed by the terrible murder of George Floyd in Minneapolis on May 25. It wasn't the first such outrage but this time we hope and pray that it will stop and that real change will result. Make your vote count.

It is now a worldwide movement of action because discrimination and exploitations occur and continues in most countries. Legislative initiatives are developing in many countries and I hope they follow through, not just as a temporary expression. Here, House Democrats in co-sponsorship of 200 Congresspersons have proposed the Justice in Policing Act of 2020 which proposes to set standards to guide state and municipal responses to this tragedy. It pro-

poses to prohibit all chokeholds, lower the legal standards to pursue criminal and civil penalties for police misconduct, ban no-knock warrants in drug-related cases, make racial and religious profiling hate crimes and establish a national registry of police misconduct.

(Meanwhile it passed the House. The Senate passed its version which was denounced by the Democratic Senators and now any action on policing reform is shelved for this term.)


On Senator Blunt's website he reports that on June 3, he sent a letter to Attorney General Barr from which I quote the following excerpt: "In the wake of the recent tragic deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery, Americans are rightfully demanding justice and accountability. To that end, I write to urge you to use your authority as the nation's top law enforcement officer to root out misconduct in local police departments and to help restore trust between these departments and the communities they serve.

Unfortunately, news reports indicate that the Department of Justice has walked away from pattern-or-practice reviews in recent years. Additionally, the Department of Justice implemented a policy change in November 2018 that placed tighter restrictions on the use of consent decrees, making it more difficult to pursue reforms where

(See Chapter 2071, page 10)



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Chapter 2071

(Continued from page 9)

they are needed. I ask that you immediately resume the robust use of pattern-or-practice reviews and reinstate a policy that allows greater latitude for officials to enter into consent decrees."

Unfortunately, we were not able to meet in June. On Thursday, June 4, Kim Corlew offered us a webinar entitled "Coping with Social Isolation." Here are some bullets from that presentation: For many of us, companionship, conversation and even the physical closeness of a simple hug is essential to our well-being. And like with any challenge we may face, there are ways we can cope and overcome. With that, let's walk through some tips to help you feel connected during this time of distancing. Calm your anxiety by pausing for a 5-minute break doing something that relaxes you. Be consistent with stress-relieving activities like exercising, practicing yoga, journaling, spending time outdoors and regular meditation. As much as you're able, try to maintain a consistent routine. This includes the basics like when to wake up, eat, and go to bed, as well as activities you can look forward to like a weekly game night, movie night, or pizza night. Part of your daily routine should also be spending time outside. Go for a daily walk, enjoy your morning coffee outside and even just take regular breaks to step out and breathe some fresh air. Exercise releases endorphins in the body. Endorphins can elevate your mood and help you feel more positive. Do a deep clean of your home. Organize your closet or garage. Daily routines, eating habits, exercise sessions, meditation breaks ... all these tips are centered around aspects of our life we can control right now.

July: Please note that the August issue of NARFE magazine will include a ballot for national officers and proposed bylaws and rules changes. You may want to look closely again at the June/ July issue which will contain proposed national bylaws/rules changes and you can review national officer candidate statements in the March NARFE issue. Of course, all of this will be on line through NARFE.org for information as well as for voting.

I hope all of you will be voting in the August primary and the November election. Per the Secretary of State (sos.mo.gov/elections) anyone can request a mail-in ballot either by printing it off the website or by contacting the St. Louis County Board of Elections (314)615-1800 or through their website: www.stlouisco.com/your-government/elections. Voters who are confined, ill or at high risk of Covid-19 can vote by mail without notary. High risk includes being over 65. Actually, all persons in Missouri may request to vote

by mail, but if not high risk, will need to have their ballot notarized.

You can find the themes for the August Advocacy Month on NARFE.org. And here is what Sherry Haskins (our new Federation First Vice President and Federation National Legislation advocate) shared. The focus is on two issues: Reform of the Windfall Elimination Provision (WEP) and support for more accurate cost-of-living adjustments (COLAs) for seniors.

1. WEP Reform legislation: The Equal Treatment of Public Servants Act, H.R. 3934/S 3401, Public Servants Protection and Fairness Act, H.R.4540. If passed these would provide to current WEP affected individuals a rebate and replace the current WEP formula with a new one that in the future equalizes benefits for certain individuals with non-covered employment. (It would help to have someone fully affected by WEP to join us.)

2. The Fair COLA for Seniors Act, H.R. 1553. This important legislation would change cost-of-living adjustments for federal retirees by measuring seniors' spending habits using the Consumer Price Index for the Elderly (CPI-E).

Some Progress of Legislative Actions:

Fed Agent- June 22: The Merit Systems Protection Board (MSPB) - aptly titled for its role in ensuring only the most committed and qualified public servants remain working for the federal government - has been without a quorum and unable to fully function for over three years.

Gov Executive- June 25: The Justice Department reportedly determined last year that a White House plan to dismantle the Office of Personnel Management was illegal - information the White House withheld from Congress while moving ahead with the plan anyway. "It is depressing that the administration covered up a clear legal opinion by the Department of Justice finding that its plan to dismember and dissolve OPM was unlawful," Rep. Jamie Raskin, D-Md., told Government Executive.

Roll Call- June 25: The President's claims about voting by mail have only gotten more preposterous, with a tweet this week that "MILLIONS OF MAIL-IN BALLOTS WILL BE PRINTED BY FOREIGN COUNTRIES, AND OTHERS. IT WILL BE THE SCANDAL OF OUR TIMES!" (The all-caps are his.) He has also claimed ballots would be stolen from mailboxes and, saying the quiet part out loud when referring to Democratic proposals to make voting

easier during the pandemic, "if you ever agreed to it, you'd never have a Republican elected in this country again."

Fed Week- July 1: President Trump has issued an executive order downplaying the role of educational credentials in competitive service job qualifications and vacancy announcements, saying that they should be "based on the specific skills and competencies required to perform those jobs." "The federal government will no longer be narrowly focused on where you went to school, but the skills and the talents that you bring to the job. We want that skill to be there. We want it based on merit. We've looked at merit for a long time, and we've been able to get that done," Trump said at the signing ceremony.

Federal News Network- July 6: We know President Donald Trump included a 1% federal pay raise for civilian employees next year in his most recent budget proposal, which he made public back in the "before times" on February 10. Military members are on track for a 3% pay raise next year, and House subcommittee members may say civilian federal employees should get the same. Or House members could, if they're feeling especially generous, recommend a 3.5% federal pay raise, as a bicameral pair of Democrats introduced with standalone legislation way back in late January. In today's climate a 3.5% federal pay raise seems rather unlikely for 2021. Congress rarely passes standalone legislation that deals with federal pay, and in an election year where many senators are campaigning throughout much of October, there's little time for the votes.

Fed Manager- July 7: The FY 2021 National Defense Authorization Act (NDAA) has passed out of the House Armed Services Committee with a provision extending paid parental leave benefits to all federal employees. Most federal employees were granted paid parental leave in the FY 2020 NDAA, but in what has been described as a technical error due to rushed drafting, several agencies were excluded from receiving the benefit. The provision within the FY 2021 NDAA would extend coverage to the excluded agencies.

Federal News Network- July 8: House appropriators are silent on federal pay for now, increasing the likelihood that a planned 1% raise for civilian employees next year will advance as the president intended. A draft budget bill for 2021, which the House Appropriations Subcommittee on Financial Services and General Government released Tuesday afternoon, makes no mention of a federal pay raise for General Schedule employees next year.

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Chapter newsletter is key to keeping members informed



JOANNE COLLINS
District 5 CDL

Eric Bahl, President of Chapter Number 1164 in Independence is doing the best job of communicating with each and every chapter member by sending them a magnificent monthly newsletter.

Eric emails and uses USPS regular mail for the newsletter

with very timely information needed for a dues-paying NARFE member. Chapter Number 1164 had to move their meeting place for several months last year, so the newsletter was the key to keeping all members informed on national, state and local NARFE news. We congratulate Eric and thank him so much. If any member needs help with this manner of communicating, please contact him.

Chapters in District 5 operate on a 9-10-month meeting schedule, so we have been restricted to meeting in

person since April. COVID-19 regulations have forced us all to utilize teleconference calls and Zoom meetings. Since our national headquarters closed, we are depending on our Service Officers more than usual. We thank them for their extra special attention. Chapter 20 donated new large-size underclothes to the KCMO Salvation Army's Men's Shelter, and we encourage our members to donate to their local charities. Please remind our members to respond to the US Census Bureau survey and to Vote in all elections. Until we meet again, please BE SAFE.

Reaching out to NARFE chapters in District 6



JOE MANNO
District 6 CDL

At the April 22, 2020, Zoom virtual board meeting I was installed as the District 6 CDL along with all the Federation Officers for 2020-2022.

I contacted the District 6 chapters (307 St Joseph, 683 Hannibal, 1915 North Central, 1944 Northland Excelsior Springs, 2256 Kansas City North) to give them my contact numbers and to inform them they should contact me if they have any legislative or NARFE questions.

I contacted Congressman Sam Graves to inform him that I was the District 6 CDL and told him of the chapters I was responsible for, I gave him and his St Joseph District Office my contact numbers.

My wife Mary and I could not participate in the NARFE Alzheimer's ZOOM Bingo event, but we did

send in a donation.

I have contacted my chapters to see if they have been meeting during the COVID-19 crisis.

Chapter 2256 President Olga D'Harlingue said that they have not been meeting. She said that they will not be meeting any time soon since the virus is rising again.

Chapter 1944 President Gary Snyder said they met in November 2019, and February & March 2020. They did not meet in December, January, April, May, and June. In December they had to cancel because the hospital did not have a cook for them. The January meeting was cancelled because of the weather. No meetings in April, May and June because of Covid-19 and their meeting place being a hospital. Hopefully, they can find a different place to meet.

I talked to Emerson Kretzer and he said their chapter 307 has not been meeting.

I talked to Richard Daggett, President of Chapter 683, and he said that they have not been meeting because they

meet at the Hannibal Senior Nutrition Center and it is closed. They were able to meet at the Mark Twain State Park for a picnic, and Emerson Kretzer attended the picnic meeting. Richard said he is worried that a lot of the chapter members do not want to go to public places.

I attended Chapter 1843's (State Chapter) Zoom meeting on June 3rd with Chapter President Patricia Barrett conducting the meeting.

My chapter 1915 was not able to meet for two meetings because the restaurant where we meet was closed. We were able to hold our May meeting. On July 13 I attended my home chapter's (1915) meeting at the Murray's Buffett and Grille restaurant in Chillicothe, MO. Following a meal, we held a business meeting. After the meeting Gifford Boswell and Mary Manno performed an audit of the Chapter's checking account in accordance with the NARFE Chapter and Federation Officers Manual checklist. We also held a bake sale for the benefit of NARFE Alzheimer's Research. Baked goods were made by Sharon Bryant.



Hope everyone had a great summer! Welcome to Fall.



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Will a NARFE member residing in Congressional District 8 volunteer to be CDL?



WALTER COWART
District 8 CDL

At the beginning of public service recognition week, May 3rd, the Springfield News-Leader published my letter in the opinion section. I think Mary Lamping is going to republish it in our next Federation newsletter. (Editor's Note: Walter's letter was printed on Page 9 of the Missouri NARFE News (June-August 2020 Volume 4, Issue 1).

On the evening of May 4th, I attended a virtual town hall meeting moderated by Zack Dunn. Democratic governor candidate, Nicole Galloway, and congressional candidate, Kathy Ellis, running as a Democrat for the 30-county 8th district, responded to eight questions asked by the public. The questions were wide ranging from do you support vote by mail, to young Democrats organizing. As a 32-year-old state auditor having been Boone

county Treasurer and a mother of three young sons, Nicole was in a unique position to respond to those questions. I look forward to a similar review of positions offered by Governor Mike Parsons and Congressman Jason Smith when and if they have such an interview.

In the morning of May 11th, I cast my vote electronically for the 28 delegates of my choice to represent Congressional District 7, from Greene county, at the Missouri Democratic State Convention. Although I am a committeeman representing ward 44 in Greene county, and a candidate, I am not known well enough to be elected. However, I did vote for myself.

Show-Me Welcome night kicking off the Democratic State Convention on June 12th began about 15 minutes late as the Zoom technical difficulties were being ironed out. Finance director, Jordan Hunt, introduced party chair Jean Peters Baker who did a fine job introducing the various speakers/candidates who all kept it short, as requested. The highlight of the evening was Stacy Abrams, founder of "fair fight." By the time she spoke at 6:19 PM

there were almost 600 listeners on board. There have been about 8000 subsequent views and 350 donations. The convention began at 10 AM on Saturday June 13th and ran all day. We heard from former Vice President Joe Biden, Senator Bernie Sanders, Mayor Pete Buttigieg, Senator Elizabeth Warren, State Auditor Nicole Galloway and Representatives Lacy Clay and Emanuel Clever.

The convention was moderated by party chair Jean Peters Baker who did an excellent job. The candidates running as district committee members as well as at large members were represented by many young and older men and women.

As a resident of Congressional District 7, I am asking for a NARFE member residing in Congressional District 8 to contact me if you are interested in becoming the CDL in your District. You do not need to be a chapter member. Having already cast my vote in the August 4th primary, by mail, I am more assured than ever that such a voting method is without a doubt fraud free and will increase participation in our democracy.

Chapter 1843 Newsletter – August 28, 2020

TRICIA BARRETT
Chapter 1843 President / Secretary

From the President of NARFE Chapter 1843: Hi everyone, let's all enjoy the final days of August. We made it!! Hope you all are well and getting some fresh air. We voted to reimburse up to 10 members who may have enrolled to participate in the FEDCON virtual convention.

Please let me know if you have registered for the FEDCON - email is best tricia-barrett@sbcglobal.net. Our membership is 174 as of this writing. If you have not yet voted for the National officers, please do so by Monday, August 31. The President, Ken Thomas, is unopposed. There is a two-way race for the office of secretary-treasurer. There are also several bylaws and resolutions on the ballot. Your August 2020 issue of NARFE magazine has the information you need and a ballot with an enve-

lope if you choose to vote by mail. It does require a first-class stamp. I voted online. If you have an email account registered with NARFE, you will have received a notice to vote. You can use the link in the email to access the NARFE.org system and complete your vote online.

Please, PLEASE, members of Chapter 1843, let me know of your address changes, passing of members, and anything you think would be of interest to the membership. It is a great pleasure to hear from all of you!

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Minutes of Missouri State NARFE Chapter 1843

Location: Electronic Zoom Meeting

Call to order at 2:02 p.m. Attending were Pres/Sec’y Patricia Barrett, Treasurer Foy Rudy Spann, 1st Vice President Norman Garton, Mary Hill, Associate Member Joe Manno.

The Pledge of Allegiance was led by Patricia Barrett.

Agenda: Norman Garton motioned to approve the agenda. Seconded by Rudy Spann, all ayes to accept the agenda as written.

Minutes of the June 3, 2020, meeting were previously submitted and accepted as written.

Treasurer’s Report: Rudy Spann gave the treasurer’s report. The treasury balance was \$7,062.06 as of August 22, 2020. No bills were outstanding. The treasurer’s report was accepted. No payments are outstanding as of the date of the meeting.

Old Business: The FedCon has been converted to virtual webinars for the members. Federation President Emerson Kretzer will sign up for the FedCon, record the webinars, and make them available for all MONARFE members.

The minutes of the Chapter meetings will be published in the MO NARFE newspaper from now on, instead of a mailed newsletter.

New Business: Since the FedCon is virtual with a small fee, Joe Manno motioned and Mary Hill seconded to reimburse Chapter members who registered and paid the fee. All ayes.

Joe Manno moved and Norman Garton seconded to amend the motion to reimburse up to 10 members who have registered and paid the fee, up to \$990. All

Account Transactions Missouri State Chapter 1843					
1/1/2020 Through 8/22/2020					
Num	Date	Payee	Category	Amount	Running Balance
Opening Balance as of 1/1/2020					6,626.92
Month Ending 1/31/2020					
	1/31/2020	EFT Deposit-NARFE Payment	NARFE Payment	73.09	6,700.01
Total Month Ending 1/31/2020				73.09	
Month Ending 2/29/2020					
1006	2/3/2020	Missouri Federation of Chapters	State NARFE Dues	(172.00)	6,528.01
	2/27/2020	Deposit-Joe Manno	Associate Membership Dues	10.00	6,538.01
	2/28/2020	EFT Deposit-NARFE Payment	NARFE Payment	67.36	6,605.37
Total Month Ending 2/29/2020				(94.64)	
Month Ending 3/31/2020					
VOID	3/17/2020	MO FED OF NARFE - CONF	Ad in Conference Program	0.00	6,605.37
	3/25/2020	EFT Deposit-NARFE Payment	NARFE Payment	58.01	6,663.38
Total Month Ending 3/31/2020				58.01	
Month Ending 4/30/2020					
	4/27/2020	EFT Deposit-NARFE Payment	NARFE Payment	43.52	6,706.90
Total Month Ending 4/30/2020				43.52	
Month Ending 5/31/2020					
	5/28/2020	EFT Deposit-NARFE Payment	NARFE Payment	84.12	6,791.02
Total Month Ending 5/31/2020				84.12	
Month Ending 6/30/2020					
	6/30/2020	EFT Deposit-NARFE Payment	NARFE Payment	86.34	6,877.36
Total Month Ending 6/30/2020				86.34	
Month Ending 7/31/2020					
	7/17/2020	EFT Deposit-NARFE Payment	NARFE Payment	152.02	7,029.38
	7/28/2020	EFT Deposit-NARFE Payment	NARFE Payment	32.68	7,062.06
Total Month Ending 7/31/2020				184.70	
Grand Total				435.14	7,062.06

ayes, motion passed.

Members are reminded to vote online for the National Candidates by August 31st, 2020.

Members are reminded to contact their Representatives to support USPS funding.

At 2:30 PM Joe Manno moved, and Norman Garton seconded to adjourn the meeting.



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Missouri Alzheimer's quarterly report



LOIS NOWLIN
MO Alzheimer's Coordinator

NARFE Alzheimer's Research fundraising National totals:

• As of May 31, 2020, our members have raised \$13,555,233.43. This includes \$802.72 raised by the States from the 2019 Longest Day and \$74,881.00 raised from the 2019 Walk to End Alzheimer's contributions, both donations are included in NARFE \$14 million goal for NARFE Alzheimer's Research.

• NARFE Alzheimer's Research fundraising goal is to raise \$14 Million by December 31, 2020. We are \$444,766.57 away from accomplishing our goal. Please encourage chapter members to continue their support and participate in our fight for the first survivor of Alzheimer's.

• During May 2020, our members raised a total of \$12,356.03 down \$30,713.03 from this time in May 2019.

• We have raised \$304,951.66 during the first 11 months of FY 2020 compared to \$376,001.75 in FY2019, a decrease of \$71,050.09.

• During the first 11 months of FY 20 Region V has raised a total of \$43,073.56. Region V continues in 3rd place following Region X and Region III.

Thanks to all of our Federation chapter members for their continuous support in our ongoing fundraising efforts for NARFE Alzheimer's Research Fund. During the COVID-19 pandemic, donations are needed even more for those living with Alzheimer's disease and their caregivers for care, support, other resources and research. In the absence of chapter meetings, chapter members can still make donations by sending checks made payable to NARFE Alzheimer's Research to your chapter Alzheimer's Coordinator or chapter Treasurer. Or you can complete the coupon for NARFE Alzheimer's Research donation from the back of the NARFE monthly magazine. Check must be made payable to NARFE Alzheimer's Research and must include the member's chapter number.

Alzheimer's Association 2020 Longest Day

Chapter 112 would like to thank everyone who donated and participated in Bingo via Zoom fundraiser for Alzheimer's Association – The Longest Day (TLD). This fundraiser supports awareness for the care, support and research efforts of the Alzheimer's Association. Bingo via Zoom was new to those participating, but everyone enjoyed the games. There were eight Bingo winners. The donations for TLD totaled \$900. The \$900 funds raised were submitted and will be counted toward NARFE Alzheimer's Research \$14 million goal. I would also like to thank the planning committee – Laura Moore - Chapter 112, Lois Nowlin – Chapter 112 and Michele Brown Chapter 1240 our technical expert. Remember, for someone with Alzheimer's disease, a family member or an in-home caregiver, every day is a Long Day!!!

Chapter Donations

Chapter 1278 - Jefferson County \$15.00

Chapter 1915 – N. Central \$60.00

Chapter 11 – Springfield \$15.00

Chapter 1240 – N. St. Louis County/Florissant \$85.00

Chapter 2071 – W. St. Louis County \$30.00

Chapter 112 – Greater St. Louis \$695.00

2020 Alzheimer's Association Walk to End Alzheimer's

You can register your team for the 2020 Alzheimer's Walk to End Alzheimer's at alz.org/narfewalks.org.

• Funds raised through the Walk to End Alzheimer's support the full mission of the Alzheimer's Association, which includes care, support programs and research for communities across the country.

• Every dollar raised by your chapter members benefit those affected by Alzheimer's disease in your community. The Breakdown is: 77% Alzheimer's Care, Support, Research, Awareness and Advocacy; 18% Fundraising and 5% Administrative charges. The Alzheimer's Association exceeds the rigorous standards of America's most experienced charity evaluator, the Better Business Bureau Wise Giving Alliance. The Association also holds a National Charity Seal from the Alliance.

• Don't forget to seek participation or donations from

your friends, family, neighbors and others (i.e., hairstylist, barber, your other organization, just to name a few).

• Your passion, dedication and generosity in the fight to end Alzheimer's is greatly appreciated. With the uncertainty of the Coronavirus Pandemic, the plans for the 2020 Walk to End Alzheimer's in your location may still be developing. Many, if not most, of the 2020 Walks to End Alzheimer's will be virtual only. On the Alzheimer's website is the following statement concerning this year's Walk to End Alzheimer's: "This year's event won't be a large in-person gathering — instead, we invite you to walk in small teams of friends and family while others in your community do the same." Our support is needed now more than ever. You can register your team or make a donation on the website at alz.org/narfewalks.

I forwarded the schedule and location of the Walks to the chapters previously by email. Find your walk at alz.org/walk or call 1-800272-3900 (Editor's Note: refer to Page 12 of Missouri NARFE News June-August 2020 Volume 4, Issue 1, for the schedule of the 2020 Walk to End Alzheimer's for the Missouri and the southern Illinois area)

Alzheimer's Semipostal Stamp Update

The Alzheimer's stamp was retired from sales at the end of November (<https://about.usps.com/what/corporate-social-responsibility/activities/semipostals.htm>). The House and Senate persuaded the USPS not to destroy the remaining 491.8 million unsold stamps and included language (passed by Congress and signed by the President) to extend sales of the stamps beyond November 2019 in report language accompanying the FY 2020 appropriations agreement. The Postal Service has called for comments to proposed changes to the regulations governing the discretionary Semipostal Stamp Program by July 10, 2020. The proposed rule would revise the provisions governing the Postal Service's discretionary Semipostal Stamp Program to provide more flexibility to the Postal Service to manage the program. Revisions include removing restrictions on the duration of sales of semipostal discretionary stamps and the number of discretionary semipostal stamps that may be offered at any one time. If adopted, this would allow for the reinstatement of sales of

(See *Alzheimer's*, page 16)

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NARFE Grassroots Advocacy in St. Louis

On Tuesday, July 28, members of NARFE in the St. Louis metropolitan area visited the downtown offices of Senator Roy Blunt and Senator Josh Hawley. Social distancing and masks were the order of the day due to the coronavirus pandemic.

Sherry Haskins scheduled the meeting with the Senators' District Office Directors and emailed NARFE issue briefing papers so that the district office staffers would know in advance what topics we were going to discuss.

Sherry Haskins and Joyce Johannsen spoke about the need for Windfall Elimination Provision (WEP) reform or repeal. Joyce pointed out how she is affected by the Windfall Elimination Provision by cutting the amount of her earned social security benefit because of her federal retirement annuity. She came well prepared with numbers detailing the effect of WEP on her finances.

Linda discussed the postal service reform bills requiring current and future postal retirees to enroll in Medicare Part B or lose their federal health insurance benefits altogether. Postal retirees should retain the choice as to whether to add Medicare to their existing retiree health benefit coverage because, she said that if the rules are changed after a person retires, then what other changes to an annuitant's earned benefits might be considered in the future?

Craig stated that NARFE is opposed the administration's plan to eliminate and reorganize OPM, which had the potential to subject the federal workforce to political influence and undermine OPM's ability to carry out the programs—notably, retirement services and healthcare benefits—upon which federal employees and retirees rely. NARFE supports language in the FY20 National Defense Authorization Act (NDAA) commissioning a study to detail the challenges facing OPM and recommend solutions. Craig also spoke about NARFE opposition to chained CPI for calculating cost of living allowance raises; NARFE support for a modest 2021 pay raise for federal employees; and NARFE objections to the administration's 2021 budget cuts to benefits for federal employees and retirees.

Craig and Sherry advocated for fair COLAs for seniors using the CPI-E to calculate cost of living raises for seniors receiving Social Security and federal retirees.

Laura Moore discussed Alzheimer's support in congress and thanked Senator Blunt's office for its good work in gaining funds for Alzheimer's research and funding. All members present advocated for retaining federal employees' pay and benefits. NARFE opposes the following proposals from President Trump's fiscal year 2021 (FY21) budget:

- Eliminating cost-of-living adjustments (COLAs) for current and future Federal Employees Retirement System (FERS) retirees and reducing COLAs for Civil



L to R: Linda Kurz, CDL 2 and Chapter 2071 President; Craig Pettibone, CDL 1 and Chapter 112 President; Mary Beth Luna Wolf, District Office Director for Senator Roy Blunt; Sherry Haskins, MO Federation 1st Vice President and Legislative Chair - National; Joyce Johannsen, Chapter 2071 NARFE/PAC Chair



L to R: Mary Beth Luna Wolf, District Office Director for Senator Roy Blunt; Sherry Haskins, MO Federation 1st Vice President and Legislative Chair - National; Joyce Johannsen, Chapter 2071 NARFE/PAC Coordinator; Laura Moore, Chapter 112 Alzheimer's Fundraiser Coordinator; Sam Saffa, District Office Director for Senator Josh Hawley

Service Retirement System (CSRS) retirees by 0.5 percent each year.

- Eliminating the FERS annuity supplement for new retirees.
- Basing federal annuities on the highest five years of salary instead of the highest three years of salary for new

retirees.

- Reducing the rate of return on the Thrift Savings Plan (TSP) G Fund, which would deprive millions of federal and military retirees of a key portion of their retirement investment.

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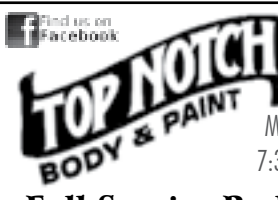
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Alzheimer's

(Continued from page 14)

the Alzheimer's Disease Research Semipostal Stamp. Here is the full text of the published document: www.federalregister.gov/documents/2020/06/10/2020-12412/semipostal-stamp-program

We are asking that each of you please take the time to mail your favorable comments to the Manager, Stamp Products & Exhibitions, U.S. Postal Service®, 475 L'Enfant Plaza SW, Room 3300, Washington, DC 20260. Email and faxed comments are not accepted. And please share this with others in your organizations and networks. The fact that the Postal Service has published this is a testimony to the power of our combined advocacy as they cite an "interest in and demand for a lengthier period of sale for individual offerings from customers, stakeholders and congressional policymakers" as the impetus for the proposed changes. Please continue to remind your Federation Presidents, Chapter President, and Chapter Members that it is important to contact their Senators and Congressional Liaisons and anyone you think may help achieve this goal. Your ongoing support to "Help Stamp Out Alzheimer's" is appreciated.

Alzheimer's Association Donations

As a result of operating procedures established due to COVID-19, Alzheimer's Association employees are working from home. There is limited number of staff processing mail in the office. There will be a delay when checks are processed (approximately two weeks). Please continue to send in donations/gifts as normal. Checks may show up processed on the next month's report due to the delay in processing. If you have any questions do not hesitate to call me.

The Chapter Alzheimer's Coordinator Manual has been revised. A copy of the manual has been forwarded to chapter Alzheimer's coordinators by email, with instructions also as how to download the manual from the NARFE website. Please advise chapter coordinators to review the manual and ensure compliance. Federation and Chapter Presidents should also be provided a copy of the manuals. If you have any questions regarding the content of manual please let me know as soon as possible. In addition to the monthly reports, I am including additional sources of information:

1) FH-12 Pamphlet which provides a detailed description of NARFE's participation in the Alzheimer's Research Program. This pamphlet is posted on narfe.org website under the link for **Officer Resource – Online Report and Forms** – then the link for **NARFE Program Information**. You can post the pamphlet on the Federation and Chapter websites so that members have access to the pamphlet. You can also make copies of the pamphlet for chapters.

2) There is a new NARFE Materials Order Form. It can be found on NARFE's ALZ Website here: <https://alz.org/media/Documents/narfeorder-form.pdf>

3) The new NARFE Material Order Form as has two new important additions! * New Care & Support hand-out which list some of the resources offered by the Alzheimer's Association in Alzheimer's care, support and research. As a NARFE member, you have exclusive access to our care and support resources. * New Care & Support refrigerator magnet. The new form also identifies those brochures that can be ordered in Spanish. Please

discard the previous NARFE Materials Order Form.

Alzheimer's/NARFE e-newsletter


I hope that everyone was able to sign up for the Alzheimer's/NARFE monthly e-newsletter. Here is the direct link to sign up for the NARFE monthly newsletter (the link also lives on alz.org/narfemembers) <https://alz.org/forms/narfe>. Please let me know if you are having any difficulty signing up for the Alzheimer's/NARFE monthly e-newsletter. Please encourage chapter members to sign up to receive this free monthly NARFE/Alzheimer's newsletter. This is a great resource for NARFE members; and, especially now, it may be a critical resource for information and hope. Let me know if you have any questions.

Don't forget to network with your local Alzheimer's Association. To ensure our members are informed, to facilitate Alzheimer's awareness, and to minimize confusion, please review, forward and discuss the information from this report to your federation chapters/chapter members and federation presidents. Please contact me if you have any questions at 314-540-0195.

With the uncertainty of the Coronavirus and during this difficult time please take care of yourself and one another. Please practice safe measures - social distancing, handwashing, face mask - for you and your family. Be safe and stay well. We are all in this together and must believe that this too shall pass.

Thank you for your diligence in facilitating our fundraising efforts and raising awareness toward the fight to end Alzheimer's.

Coronavirus resources for Feds on FEEA website



MARY LAMPING
MO NARFE News Editor

<https://feea.org/coronavirus/>

The FEEA (Federal Employee Education and Assistance) fund provides valuable services for federal employees and their relatives through the scholarship and emergency lending programs. The FEEA is helping federal employees

navigate the coronavirus pandemic. The FEEA website coronavirus resources page has blocks with links to the following programs:

- FEEA Emergency Assistance Program during the coronavirus pandemic
- FEEA Pandemic Mask Program: Request a mask
- Federal Employee Resources
- Public Health Institution Resources
- Federal Agency Resources for All Americans
- Federal Sector News & Other Resources
- Managing Anxiety, Stress, and Isolation
- Telework Tips

- Educational Resources for Elementary and Middle School Students
- Educational Resources for High School Students
- Navigating Financial Struggles
- Ideas to Help Pass the Time

I found the **ideas to help pass the time** link to be very fun. There are links to virtual museum tours, virtual onstage plays, virtual concerts, webcams around Hawaii, a choice of six dives you can watch, and books that you can borrow for free to read on your computer or other digital device from OpenLibrary.org.

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ELBERT WILLIAMS
NARFE PAC Coordinator

On June 30, NARFE-PAC completed the 6th of eight quarters of collecting and disbursing member contributions for the 2-year 2019-2020 congressional campaign and election cycle. Although the election is soon, on Nov 3, we still have a couple of months to make a difference by accomplishing NARFE-PAC's collection/disbursement goals and influencing the election of more Fed-friendly legislators for 2021-22.

NARFE headquarters reports that PAC activities are going at full throttle despite the delayed opening of our DC offices, and that we are close to reaching the 2-year goals of raising \$1.75 million and disbursing \$1.25 million or more toward protecting our earned benefits. But as of June 30, those goals had not been met. All members are encouraged to contribute now via the mail campaign (everyone should have received a NARFE-PAC letter) or by online donation at narfe.org. The cancellation of federation conferences and regular chapter meetings has resulted in fewer donations and signing-up of new NARFE-PAC sustainers. It's the sustainer program that provides stable funding throughout the year, and through crises like the Covid-19 disruption of regular operations, and is the backbone of NARFE-PAC which is a critical component, along with local chapter activities, of NARFE grass roots advocacy.

August is grass root advocacy month. A recent example in Missouri of grass roots advocacy at the chapter level resulted in the award of \$1000 to a non-incumbent challenger. Here is how it worked. Local chapter members became aware that Jill Schupp, a MO state senator, was challenging the incumbent Missouri Congressional District 2 Representative Ann Wagner, who is known for her lack of support on NARFE issues. The Schupp campaign office was contacted, informed about current NARFE issues and the NARFE-PAC process, and given a copy of the official NARFE Questionnaire, which is required by headquarters for awards to non-incumbent candidates. A conference call with the candidate and NARFE members was set up by Linda Kurz (CDL Dist. 2), and later, NARFE members were invited to a virtual fundraiser. Jill Schupp filled out and sent in the questionnaire requesting PAC money. The

local meetings were reported to headquarters along with positive recommendations for a PAC award. Ross Apter, national PAC coordinator, spoke with Jill Schupp to discuss her support of our issues, resulting in the NARFE-PAC Board approval of a \$1000 disbursement to her campaign.

During Apr-May-Jun 2020, \$3,526 was contributed by Missouri chapter members, and an additional \$2,440 by national-only members in Missouri. The seven Region V states contributed \$19,875 for the quarter. The cumulative contributions for the last eighteen months in Missouri total \$25,934 from 334 Missouri chapter members, and another \$13,013 from 223 national-only members residing in Missouri. The Region V totals to date are \$114,991 contributed by 1,527 chapter-members plus \$43,691 from 846 national-only members in the region.

Nationwide, Apr-May-Jun contributions of \$303,382 brought the cumulative total to \$1,730,928. This grand total amount includes \$622,377 from national-only members, \$740 from eight international members, and \$72,253

from other sources, such as lapsed members who are temporarily not members of a chapter or federation.

The cumulative 2019-2020 disbursement total at the end of the sixth quarter, Apr-May-Jun, was \$1,074,000. disbursements to date include \$579,000 (up \$125,000) to legislators, \$270,000 (no change) to non-candidate political committees, and \$225,000 (up \$33,000) to leadership PACs. The non-candidate disbursements are annual political committee membership fees, usually paid during the first quarter to buy access to party leadership events throughout the year.

The nationwide candidate disbursements this quarter of \$125,000 went to 89 legislators, with 32 of them being first-time recipients of NARFE-PAC money. Within Region V, one Iowa legislator received \$2000. In Minnesota, a \$2500 and a \$3000 disbursement were made. The first disbursement this cycle in Nebraska was for \$1000. And in Missouri, a non-incumbent challenger received \$1000. To date, no legislators in two Region V states, North Dakota and South Dakota have received NARFE-PAC money.

2019-2020 SESSION OF CONGRESS	Contributions by Members		Disbursements	
	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
Qtr-4 OCT-NOV-DEC 2019	\$1,030	\$5,726	\$68,163	\$152,500
Qtr-5 JAN-FEB-MAR 2020	\$5,690	\$21,276	\$384,365	\$300,500
Qtr-6 APR-MAY-JUN 2020	\$3,526	\$19,875	\$303,382	\$157,500
Chpt. Mbrs. Total	\$25,934	\$114,991	\$1,730,928	
Nat'l. Only Total	\$13,013	\$43,691	<\$622,377>	
TOTAL TO DATE:	\$38,947	\$158,682	\$1,730,928	\$1,074,000
2019-20 NARFE Goals			\$1,750,000	\$1,250,000

In addition to the NARFE-PAC goals to raise \$1.75 million in member contributions, and to disburse \$1.25 million for political purposes, there are national goals to increase the number of PAC sustainers by 20% (current increase is at 11%), and to send NARFE members to 110 local fundraisers (we are currently at 78).

Again, you may contribute to NARFE-PAC at any time – either online at narfe.org, or by phone, or by mail. The records of PAC contributions (down to chapter totals) and disbursement details are available online to all members at narfe.org on the NARFE-PAC page. If you have additional questions or need assistance, contact me at elbertw@charter.net, or you may contact the national PAC Coordinator Ross Apter at rapter@narfe.org



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Voting in Missouri 2020

MARY LAMPING
MO NARFE News Editor

Absentee Voting vs. Mail-in Voting

Information on Elections and Voting in Missouri can be found on the Missouri Secretary of State's website: www.SOS.MO.gov

The state of Missouri allows for **absentee** voting if you are:

- Absent from your county on Election Day;
- Incapacitated or confined due to sickness or disability, including caring for a person who is incapacitated or confined due to sickness or disability;
- Restricted by religious belief or practice;
- Employed as an election authority;
- Incarcerated, although all necessary qualifications for voting have been retained;
- A member of the U.S. armed forces in active service, or dependent, or spouse;
- A civilian employee of the U.S. government working outside the United States;
- A registered voter in the state of Missouri, and has moved after the 4th Wednesday prior to an election (October 7, 2020 for the November 3 general election);
- A former resident of Missouri and is authorized to vote for federal offices by federal law;

- A participant in the Missouri Safe-at-Home program (under sections **589.660 to 589.681**.)
- **(2020 only)** Has contracted coronavirus or is at-risk due to any of the following: * Is age 65 or older * Lives in a long-term care facility * Has chronic lung disease/asthma * Has a serious heart condition * Is immunocompromised * Has diabetes * Has chronic kidney disease and are undergoing dialysis * Has liver disease

(2020 only) The state of Missouri allows for **Mail-In voting** for all registered voters.

Note that "absentee" and "mail-in" are two different types of ballot. If you're not traveling out of town or have some other approved reason to give for voting absentee, you must use the mail-in system. (Among the approved reasons for voting absentee is being 65 or older — so anyone in that age group can vote absentee without having to get notarization.)

Below are the main differences between absentee and mail-in balloting:

- A mail-in ballot must always be notarized AND it can only be returned by mail.
- An absentee ballot doesn't need to be notarized if your reason for absentee voting is illness or being incapacitated AND it may be returned either in person or by mail. If you receive an absentee ballot and later decide not to vote absentee, you may take your absentee ballot to a polling location and have an election official destroy

the ballot so that you may vote in person.

- If you have a mail-in ballot, you are obligated to vote only by mail.

Whether you are going to cast your vote in the 2020 general election November 3 by absentee ballot or mail-in ballot, your ballot application must be received at your local election authority by October 21, 2020. You may complete and submit your absentee application in person, by email, by USPS mail or by fax. If you request a mail-in ballot, the form states that: "If selecting this option, this form must be delivered to your local election authority in person or by mail only." Your Request for Missouri Absentee or Mail-In Ballot for the November 2020 general election can be found at www.sos.mo.gov/elections

To find your Missouri local election authority look online: www.SOS.MO.gov/Elections/GoVoteMissouri/LocalElectionAuthority

Mark these two important dates on your calendar: If you are not registered to vote, the deadline to register for the 2020 general election is October 7, 2020. The deadline for absentee or mail-in ballot application is October 21, 2020.

If you need a notary for your absentee or mail-in ballot, the Missouri Secretary of State's website has a list of free notaries in Missouri on their website at:

www.SOS.MO.gov/Elections/MailInNotary

(See *Voting*, page 19)



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Voting

(Continued from page 18)



ABSENTEE NOVEMBER 2020

STEP 1

Complete an application to request an absentee ballot in person or by mail, email or fax.

STEP 2

After receiving a ballot, fill it out and have envelope notarized, if needed. (See exemptions below.)

STEP 3

Return your ballot to your local election authority.

ABSENTEE: Who is Eligible?

You're eligible to vote absentee **without a notary** if due to:

- Incapacity or confinement due to illness
- In 2020, has contracted coronavirus or is at-risk due to any of the following:
 - Is age 65 or older
 - Lives in a long term care facility
 - Has chronic lung disease/asthma
 - Has a serious heart condition
 - Is immunocompromised
 - Has diabetes
 - Has chronic kidney disease and is undergoing dialysis
 - Has liver disease

You're eligible to vote absentee **with a notary** if due to:

- Religious beliefs or practice
- Working as an election worker
- Incarceration, if still eligible to vote
- Certified participation in an address confidentiality program*
- Absence on election day from your election jurisdiction

* Pursuant to 599.660-599.681 RSMo.

STUFF TO KNOW

- If you are eligible, a **notary is not required.**
- **Oct. 21 at 5 p.m. is the deadline to request an absentee ballot by mail for the Nov. 3 election.**
- Absentee ballots may be requested in **person** up until the **day before Election Day.**
- Ballots may be turned in **by mail or in person.**
- Your ballot must be **received by 7 p.m. on Election Day.**



MAIL-IN NOVEMBER 2020

STEP 1

Complete an application to request a mail-in ballot in person or by mail.

STEP 2

After receiving a ballot, fill it out and have the return envelope notarized.

STEP 3

Return your mail-in ballot through the **U.S. mail only.**

MAIL-IN: Who is Eligible?

You're eligible to vote by mail-in if you are a registered voter!

MAIL-IN PROCESS

-  Fill out mail-in ballot application.
-  Deliver to election authority by mail or in-person.
-  Receive and fill out mail-in ballot. Have envelope notarized.
-  Return to election authority through U.S. mail in time for its receipt **by Election Day at 7 p.m.**

STUFF TO KNOW

- Request a mail-in ballot from your **local election authority.**
- Mail-in ballots may be requested **in person.**
- **Oct. 21 at 5 p.m. is the deadline to request a mail-in ballot by mail for the Nov. 3 election.**
- Unlike absentee ballots, mail-in ballots **MUST BE** mailed back through **U.S. mail.**



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Social distancing and seniors



RONNY LENZY
Service Officer

Social distancing doesn't mean exactly the same thing as quarantine or isolation, the common thread is less human interaction.

Socializing is a natural part of life; and, even in the best of circumstances, it can be difficult for seniors to engage with other people. Retirement, the death of a spouse or close friend, or health problems can contribute to a sense of loss and isolation, says Matt Narreff, M.D., Chief medical officer for Erickson Living. This can be compounded by the fact that many seniors live alone and may not be able to get out at all because of health problems.

Along with eating well, exercising and preventive health care, being social has been found to be one of the most important things seniors can do to stay healthy, says

Teri Dreher R.N., C.C.R.N., certified patient advocate.

Results of numerous studies have shown the negative effects of a lack of socialization on people of all ages especially older adults. A lack of social interaction is associated with numerous health problems, Dreher says. Some of these are high blood pressure, heart disease, weakened immunity, anxiety, depression, and cognitive decline.

Any change in routine can cause stress; and seniors, even those in good health, should be on the lookout for physical signs of stress. Some common symptoms of stress are headaches, back pain, generalized muscle pain, insomnia, appetite changes, indigestion, or poor concentration. The list goes on and on, says Dreher.

Everyone has been bombarded with advice over the past several months about how to deal with major changes in their daily routines, which can trigger feeling of loneliness. A few straightforward guidelines, Dreher says will help.

We all need to hear a human voice, Dreher continues, so make sure you talk directly with someone at least once daily.

One of the best treatments for stress, anxiety, or a low mood is exercise. Get outside if you can.

When faced with long, unstructured days, small goals can help. Choose three productive things to do every day, Dreher says. It gives you a sense of purpose.

Experts recommend limiting television and to avoid having the news on all day, whether it is on TV or the radio. If the radio is on, make sure it is mostly playing music or a positive talk program.

Reading can be relaxing, but be choosy. Fiction is a great escape, Dreher says, but it might do more for your emotional well-being to read something instructive or inspirational that can lift your spirits.

Be willing to be flexible, and if one strategy does not work well for you, try another.

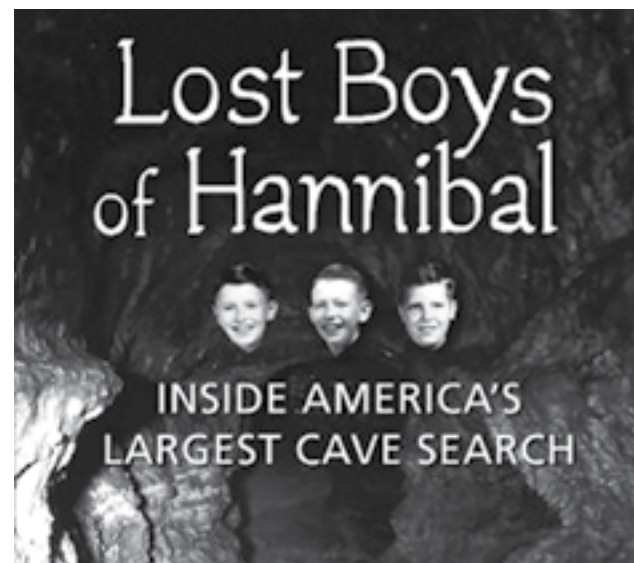
The Lost Boys of Hannibal: A podcast and a book

MARY LAMPING
MO NARFE News Editor

I listened to the podcast called "The Lost Boys of Hannibal." (Find it at LostBoysOfHannibal.com). The podcast tells the story in ten episodes about three boys who got lost in 1967 in Hannibal, Missouri, and were never found. The three boys were 13-year-old Joel Hoag, his 10-year-old brother Billy, and their 14-year-old friend Craig Dowell. On May 10, 1967, the boys set out after

school to explore some of the underground cave openings around new Highway 79 construction. The boys, having grown up hearing the stories about Tom Sawyer and Huck Finn, were old hands at exploring the caves that surrounded their Hannibal neighborhood. On Wednesday May 10, 1967, a witness saw the boys walking toward Murphy's Cave with flashlights and a shovel. The podcast enumerates several witnesses' statements of the boys' activities on that day. The podcast hosts give several guesses of their own about what happened to the boys

(See *Lost Boys*, page 23)



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Lost Boys

(Continued from page 21)

and why they were never found. One especially grisly hypothesis is that they were kidnaped by a serial killer. The listener has to come to his or her own conclusion.

I was intrigued by the podcast and wanted to learn more so I checked the book on which the podcast was based out of the library. The book is also titled "The Lost Boys of Hannibal" written by John Wingate and published in 2018. The author was 13 years old and lived nearby when the boys went missing. Mr. Wingate had been a classmate of Joel Hoag when they were in the early grades of elementary school. The Wingate family

moved to a town some distance from Hannibal; and when John heard the news on the radio about the search for his friends, his father and he drove to Hannibal to watch the cave explorers and equipment conduct the search. The book recounts the 10-day search in the caves of Hannibal. I was interested to learn that the search for the three lost boys was the largest cave search – involving more people, equipment, and time – in the history of the United States before or since. The author tells lots of details about caving in the U.S. and in Missouri and also tells of the personalities involved in the two major caving societies in

the U.S. The time was the very beginning of cave rescue and recreational caving, and one man wanted his organization to be the first and best known in the United States. The book was very interesting and left me with sadness for the loss of three children and for their surviving families. The author gives a few different hypotheses about what might have happened. The most likely scenario is that the three were trapped underground. You're left at the end of the book with the knowledge that the haunting, sad, and nagging mystery of those boys that after 53 years will never be solved.



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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.

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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.

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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.

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