



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

Introducing the new NARFE Federation and National Logo



LAURA COWART
Missouri Federation President

While writing this report, we are experiencing long summer days that bring on warm temperatures. I hope this finds all of you staying hydrated, cool, and enjoying all that summer has to offer.

As I begin the second year of my two-year term, lots of changes are happening with NARFE. We have a new logo/tagline that rolled out at the Federation President/National Executive Board Meeting in Scottsdale, Arizona, July 7 through 11, 2019.

The meeting took place at the Westin Kierland Resort & Spa. They will host next year’s bi-annual conference, August 30 – September 1, 2020. In addition to the new logo/tagline, NARFE is constantly working on ways to improve our brand, by adding NARFE perks to save you money whether it’s traveling, insurance services or personal services. Check out the latest NARFE magazine. NARFE’s continued existence also requires gains in non-dues revenue which, in the past, have been through our NARFE calendars and cards sent each year. These non-dues revenue methods no longer have the same impact as they once did, and new ways are needed.

As in previous off years of the bi-annual conference, the new Region V Vice-President, Cindy Renee Blythe will hold College of NARFE Knowledge (CONK) September 25 through 27, 2019. This will be the fourteenth year for this conference and will include all seven states in Region V – Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota and South Dakota. This is an excellent opportunity to participate in training sessions covering topics such as Elder Law, Financial Planning, NARFE’s new branding initiative and much, much more. The deadline to register is September 18th.

Both CONK and the National Annual Conference next year are excellent ways to use your chapter’s membership funds to send YOUR members to learn and be informed. Don’t miss out on these opportunities.

There is a NEW Associated Management System (AMS) that rolled out in early June. I encourage all members to login to narfe.org and pull up your profile and update the information shown. For instance, those who joined when you were an active federal employee may still be shown in the membership record as an active federal employee and YOU are the one that must make the change to show your current status. Also, review all your other data to make sure address, phone number, and email address are correct. You can even include a picture of yourself!

Our Missouri Federation has a vacancy in the 8th Congressional District for a CDL/SL/District Officer. If you live in the 8th Congressional District and wish to serve, please contact me immediately. My contact information is shown in this publication. This is open to any Missouri Federation National-only member as well as chapter members. The 8th Congressional District includes the following towns:

Cape Girardeau, Rolla, Poplar Bluff, Sikeston, Farmington, Jackson, West Plains, and Kennett. The MO NARFE Chapters that are located in Congressional District 8 are: Poplar Bluff (Chapter 684); West Plains (Chapter 695); and Ava (Chapter 2283).

The National Executive Board Membership Committee has developed, and the NEB has approved, an even better membership renewal form that will include a business reply envelope, no postage needed. For retirees, if you want an even easier and better way to renew your membership, choose DUES WITHHOLDING. The application is in your NARFE magazine. You will NEVER need to worry about renewing your membership again be-

cause a small amount will be automatically deducted from your monthly annuity check! In addition, it’s cheaper!!

And, finally, there is a 2019 Referendum that will require your vote. There are eight items that need to be corrected before the 2020 election next year. This referendum will be available on the narfe.org website August 20th and will be published in the September NARFE magazine. Use your voice and please vote. The deadline to cast your vote is September 30, 2019. Additional instructions for voting will be included on the website and also in the magazine.

And, as always, do not hesitate to contact me, I’m just a phone call away!

News from the National Executive Board Meeting

CINDY RENEE BLYTHE
Region 5 Vice President

The time between the last Federation Executive Board meeting and this one has seemed to fly by. I know that a lot of work has been done by all the members, and I thank them for keeping our organization viable.

I attended the National Executive Board meeting July 8 through 10, 2019, at the Westin Hotel, Scottsdale, Arizona. On Sunday, July 7, I attended the Investment Committee Meeting. As a member of the committee, I recommended that we begin taking regular draws out of the investment fund and reinvest back into the organization. In previous administrations, this process was followed; however, in the last four years no draws have been taken. At the end of the fiscal year, NARFE will contact the broker and have some investments liquidated; although this will balance the financial records, it appears to the members that NARFE has not followed budgeting standards. In fact, this is not true. We have investments that are performing well; and, rather than let



the operational budget carry a negative balance, we should be withdrawing funds. Specifically, moneys in the Life Member Investment Fund has not been withdrawn as specified in the investment policy. The National Secretary/Treasurer will consider my recommendation and discuss it further with the National President.

The first morning of the NEB meeting was spent in conjunction with the Federation President’s Meeting. The purpose of the joint meeting was for the Federation Presidents to work closer with Headquarters personnel and to serve as a pre-meeting for the 2020 National Conference. National President Ken Thomas welcomed all who attended and proposed the question “Will NARFE survive another 100 years?” Ken reminded everyone that we have the best advocacy department of anyone on Capitol Hill. Jessica Klement and her staff do a tremendous job staying abreast of the changing issues. NARFE is now made up of 42% national only members. There is a proposal before the National Executive Board to merge two federations.

(See *Region 5*, page 4)

More inside...

State Officers / Chapter Presidents	pages 2-3
NARFE Executive Board Meeting	pages 6-7
Meeting at Senator Roy Bount’s Office.....	page 11
Happy 70th Springfield Chapter!	page 14

NARFE Membership Application	page 18
2019 CONK Application.....	page 20
Call for Elected Officer Nominations	page 23
A Trip to Meet Jimmy Carter	pages 29-30

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



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

MISSOURI FEDERATION STATE OFFICERS

..... www.MONARFE.org

EXECUTIVE OFFICERS



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



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



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



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



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

DISTRICT OFFICERS



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



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



DISTRICT III
Mary Ann Stegeman
604 Mesa Ave.
Jefferson City, MO 65101
Phone: 573-893-3824
Email: maryannstegeman1@gmail.com



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



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



DISTRICT VI
Vacant



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



DISTRICT VIII
Vacant

COMMITTEE CHAIRPERSONS



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



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



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



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



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



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



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



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



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



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CHAPTER PRESIDENTS

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

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

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

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

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

CHAPTER 313 - Jefferson City
Mary Ann Stegeman
Phone: 573-893-3824
Email: marystege@embarqmail.com

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

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

CHAPTER 695 - West Plains
Dolores Larsen
Phone: 417-938-4312
Email thru Ruth Stevens: rrstel100@yahoo.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CHAPTER 2256 - Kansas City North
Olga D’Harlingue
Phone: 816-599-1837
Email: olgadhargmail.com

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

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

IMPORTANT PHONE NUMBERS AND ON-LINE CONTACTS

- Office of Personnel Management (OPM); Retirement Matters & Report of Death: 1-888-767-6738 • retire@opm.gov
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- 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
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 - 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

Missouri NARFE News published by: *M.D. & Associates, LLC*

GUIDELINES FOR PUBLICATION

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

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

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

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

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



The Missouri NARFE News

2019 PUBLICATION SCHEDULE

Articles must be submitted to the editor by: **Nov. 22** for the **December 2019** issue.

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



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MISSOURI NARFE NEWS – SEP 2019 – VOL 3 ISSUE 2
Published by Missouri NARFE Federation
Four times per year: March, June, September, December
3917 NE Troon • Lee's Summit, MO 64064

Region 5

(Continued from page 1)

The rebranding initiative is in full swing. The vendor who operated the General Store is being replaced. New id badges will soon be available; however, there is no need to replace yours until a change in office is made. For those federations and chapters that have and use banners, Ken suggested using a table covering instead. The table covering is stylish and can be utilized anywhere. The banners are an older image and the table covering is new age.

After Ken's report and an update of the rebranding initiative from Barb Sido, the National Executive Board members were excused for our business meeting. One item on our agenda was the budget. Membership income has changed: 80% of new members are joining as National Only. We approved headquarters to open a line-of-credit (LOC) no greater than \$500,000.00 with the Bank of America. This LOC will stop the current practice of selling investments on short notice to cover operating deficits.

As in previous years, we approved the granting of ten FEEA Scholarships: one per Region. This latest award of scholarships will eliminate the current fund. With the establishment of the new Memorandum of Understand-

ing, NARFE will only have one fund.

We passed the motion to establish a ballot oversight committee. This committee will be responsible for receiving the ballots and reviewing them for correctness. The oversight committee will work with the company that will process the ballots. The company has not been chosen yet.

Tuesday was spent reviewing and changing the Policy and Procedures Manual. It was a long task but a necessary one. The changes will be made in headquarters and will be published on the NARFE website for use. A date for publication was not forthcoming at our meeting. Kathryn Hensley, NARFE National Secretary/Treasurer, led a discussion regarding the new template for Federation Bylaws. We did not have a copy to review during our meeting. She indicated that her office was finally finished with the manual and template and that it would be on the website soon. I know this is an issue we need to discuss further during this meeting so I will save those comments for later.

The Bylaws Referendum is coming in September. The July issue of the *NARFE* Magazine listed all eight (8)


bylaw resolutions to be voted on. The ballot will not have options to "accept all" bylaws or "reject all" bylaws. The Bylaws Committee will not print their recommendation on whether a bylaw should be accepted or rejected. All of the bylaw resolutions will be printed in the September issue of the *NARFE* magazine. All members in good standing as of July 22 will be eligible to vote. Online voting will begin August 20, and the paper ballot will be printed in the September issue of the magazine.

The House of Representatives approved the Middle-Class Health Benefits Tax Repeal Act. The bill repeals the Cadillac tax, a 40% excise tax on high-value employer-sponsored health insurance. The tax would not have gone into effect until 2022.

August is Advocacy Month. Check out the NARFE website for issue letters to send to your members of Congress.

Don't forget CONK in September. The agenda is almost complete. There will be training sessions on TSP and Elder Law and long-term investment strategies. September will be here quickly – send in your registration before the deadline!

The stronger the membership, the Louder NARFE's voice will be heard



EMERSON KRETZER
2nd Vice President

Greetings to all. It's been a long hot summer so far. First we had a flooding spring and now we are having a long hot, dry, summer. I hope everyone is taking precautions with all this extreme weather. The most important thing is to stay hydrated and stay out of the extreme heat.

At my rural letter carrier state convention, we were honored to have our NARFE State President, Laura Cowart, speak to the members in attendance giving them all excellent information on what NARFE is and what it does for federal employees. She was very well received. I had a table for NARFE set up outside the convention area and was able to sign up eight new members for sure, with several other people taking information and applications with them. Hopefully we can pick up some more new members from this.

We received our membership numbers for May, and we lost another 1,719 members during that period. So far

in 2019 we have lost 5,272 members. We have gained in 2019 so far--- 3,869 new members, and reinstated 4,384 members for a total of 8,253 gained, but at the same time we have lost a total of 13,525: 174 cancellations, 11,002 dropped for non-payment, and 2,349 reported deaths. We really need to reach out to the members dropped for non-payment and see if we can get them to come back to NARFE. Our total membership now stands at 196,283. Remember, the stronger our membership is, the stronger our voice will be heard. I'm still challenging each one of you to recruit one new member this year. Membership is all our responsibility and we must all pitch in and do our part for a stronger organization.

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Summary of the NEB & Federation Presidents meeting



LAURA COWART
Missouri Federation President

July 7 through 19, 2019, the National Executive Board and fifty Federation Presidents met at the Westin Kierland Resort and Spa in Scottsdale, Arizona. This site will be the host of next year's FEDcon20 being held August 30 through September 1.

When you log in to narfe.org you will find a link to the National Executive Board meeting summary on the left side of the home page. In addition, I wish to share some of my observations as a first-time attendee to this meeting.

NARFE has 54 Federations. Of those 54 Federations there were 50 Federations represented by Federation Presidents or their representatives. In addition, there were fifteen guests among whom was Jon Dowie the former National Secretary/Treasurer.

President Ken Thomas stated all Federations should include funds in future budgets for the new NARFE logo that was rolled out during our meeting. President Thomas also stated that Headquarters is working on a new membership application form that will be more focused on chapter inclusion information. This new form was approved during the third day of our meeting.

The Federation Presidents had one full day and two half-day breakout sessions away from the National Executive Board. We had a webinar with AMS staff at Headquarters to discuss areas that needed to be addressed and corrected. Reports are being added and updated daily, and this work will continue. Each NARFE member was requested to check his or her own profile for accuracy and update it or make changes where needed. I encourage Missouri NARFE members to review and make changes to his or her profile as needed.

The Referendum in your August *NARFE* magazine has eight (8) items that need to be CORRECTED before the 2020 election. Please review this referendum on narfe.org or look at your magazine. The Deadline to vote is September 30. Please use your One Member, One Vote ability and vote on these eight (8) items.

The Federation Presidents also formed five work groups that included five topics, and each group was



asked to select three and discuss the group's findings and solutions the next morning. We were also challenged to identify four things that separate NARFE from other organizations. There were many interesting and useful ideas on all fronts that were presented to the National Executive Board.

Overall, it was a hectic, busy, and energizing three days. It was very warm outside but very cool inside. The resort was beautiful, and management was extremely helpful and friendly.

St. Louis area chapters meet with Senator Hawley's staff assistant

CRAIG PETTIBONE
District 1 CDL

Mary Ann Wehrle, Linda Kurz (both from Chapter 2071), and I met with Sam Saffa, Senator Hawley's staffer in St. Louis on June 26. We shared our concern about another potential government shutdown; dissolving OPM by moving retirement and health and

insurance benefits to GSA and politicizing Human Resource Policy by moving it to the White House; Postal Reform which threatens to reduce after-retirement benefits; and the President's budget proposals which will further reduce federal employees' benefits. Sam Saffa took notes and promised to pass our concerns to Senator Hawley.

L to R: Wehrle, Saffa, Kurz and Pettibone





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NARFE Missouri Federation Executive Board (FEB)

Minutes of the 2019-2020 First Quarter Meeting – July 25, 2019



SHERRY HASKINS
MO Federation Secretary

President Laura Cowart called the meeting to order at 9:35 a.m. and asked for a moment of silent reflection.

The Pledge of Allegiance was recited, led by 2nd VP Emerson Kretzer.

Secretary Sherry Haskins called the roll. Absent: 5th CDL Joanne Collins (excused), Legislation Coordinator (State) Stephen Price (excused).

Immediate Past President Robert Hagedorn moved that the April FEB minutes and the April Federation Conference minutes, which were previously distributed, be approved. Seconded. Carried.

Treasurer Marcy Nelson’s report, which was previously distributed, was filed for audit.

Region V Field VP Cindy Renee Blythe’s report was previously distributed. In addition, Cindy mentioned that the contractor for the new Association Management System – Member Experience (AMS-MX) (which replaces the OAM (Online Activities Module) for generation of reports, etc. for NARFE federation and chapter officers) is working with NARFE headquarters IT staff to address issues identified thus far.

President Laura Cowart’s report was previously distributed.

2nd VP/Membership Coordinator Emerson Kretzer’s report was previously distributed. Also, Emerson noted that the largest membership drop is for non-payment of dues. Laura asked CDLs to contact chapter officers and encourage them to reach out individually to members as they receive renewal notices. She also noted that the NARFE national membership drive runs September 1 through December 31, and moved that the Missouri Federation pay members \$10 for each new member recruited during the national drive (in addition to the \$10 paid by

NARFE headquarters). Seconded. Carried.

Immediate Past President/FEEA Coordinator Robert Hagedorn’s report was previously distributed.

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

2nd CDL Linda Kurz’s report was previously distributed.

3rd CDL Mary Ann Stegeman’s report was previously distributed.

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

5th CDL Joanne Collins: No report.

6th CDL Joseph Manno’s report was previously distributed.

7th CDL Walter Cowart’s report was previously distributed.

Alzheimer’s Coordinator Lois Nowlin’s report was previously distributed. Lois also mentioned that NARFE-specific information on the Walk to End Alzheimer’s (NARFE teams registered thus far, information on registering a team, etc.) can be found at www.alz.org/narfe-walks.

Legislation Coordinator (State) Stephen Price: No report.

NARFE PAC Coordinator Elbert Williams stated that he will submit his report for publication in the fall newsletter once quarterly PAC collection/disbursement data is received from NARFE headquarters.

Newsletter Editor Mary Lamping reported that she plans to visit another chapter and write a profile article for publication in the fall newsletter.

Public Relations Coordinator/Webmaster Michele Brown’s report was previously distributed.

Service Officer Ronny Lenzy’s report was previously distributed. Ronny also suggested the use of a benefits-related Q&A (question and answer) column in future Federation newsletters.

- OLD BUSINESS**
1. Federation Bylaws revision – election by acclamation (when one nominee): The proposed amendment (“Shall the sentence “If there is only one candidate for a position, the candidate shall be elected by acclamation” be added to the second paragraph of Article VIII, Section 2 of the NARFE Missouri Federation Bylaws?”) carried, with 76 yes votes and 3 no votes. Sherry will submit the proposed amendment to NARFE headquarters for approval. [See also number 6 under New Business.]
 2. AMS-MX training: Laura noted, as Cindy mentioned, that NARFE headquarters continues to work with the contractor to resolve issues identified by users/members.
- NEW BUSINESS**
1. Appointment of interim 1st VP/ Legislative Coordinator (National): Walter moved that Robert Hagedorn be appointed as interim 1st VP/Legislative Coordinator (National), completing Gregory Campbell’s unexpired term. Seconded. Carried. (Greg resigned June 26 due to health concerns.)
 2. Appointment of interim 8th CDL: Laura will continue to reach out to NARFE Missouri Federation members who reside in the 8th Congressional District to consider serving as interim 8th CDL.
 3. Federation Policy Manual – allowances for FEB members: The discussion was tabled, pending further research by Cindy regarding compensation for certain Board members for use of home for Federation business. (Reference: Federation Policy Manual, Section IV.A., dated January 24, 2019.)
 4. “Calls” – fall newsletter: The Board members reviewed and approved the following documents for publication in the fall newsletter – Call for Elected Officer Nominations, Call for Appointed Officer Nominations, Call for Conference Committee Member Nominations, Call for Federation & National Bylaws Amendments & National Standing Rule Amendments, Call for Federation Resolutions.

(See FEB page 7)

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FEB

(Continued from page 6)

5. Federation Presidents Meeting: Laura attended the meeting, held July 7-10 in Scottsdale, AZ, and briefed the Board on several items, including membership challenges, initiatives to increase non-dues revenue, NARFE re-branding (logo, etc.), updates to AMS-MX (addition of reports, etc.), and National Bylaws Referendum voting (online and via mail) in August and September.

6. Federation Bylaws template: Noting the Revised Federation Bylaws: A Preferred Standard (F-21A) emailed to Federation officers on July 26 by NARFE headquarters, Cindy stated that a deadline has not yet been set for submission of revised bylaws by federations. Linda moved that we submit our current proposed amendment [see number 1 under Old Business], acknowledging that a full

revision of the bylaws using the F-21A template will be submitted later. Seconded. Carried.

Emerson Kretzer moved for adjournment at 2:36 p.m. Seconded. Carried.

Next FEB meeting: Baymont Inn & Suites, Jefferson City, 9:30 a.m., on October 24, 2019.

CALL FOR FEDERATION TRAINEES

Per section V.E. of the Federation Policy Manual,

“1. On October 26, 2006, the Missouri [Federation] Executive Board [(FEB)] decided to begin a **mentoring program to train potential NARFE leaders**. Mentoring asks experienced leaders to help new and potential leaders feel more comfortable about accepting leadership in a chapter or federation.

2. Training workshops held during the annual Federation Conference are intended for training chapter leaders. Any dues paying member interested in a chapter leadership position who desires training beyond what is provided in workshops should inform one of the [FEB] members at the conference or any other time by phone, e-mail or regular mail in order that a mentor can be assigned.

3. To participate in the mentoring program for the

Federation Secretary, Treasurer, [Congressional District Leader (CDL)], or [an Appointed Officer position], any dues paying Federation member may notify [an FEB] member by phone, e-mail or regular mail of his/her interest prior to the annual Federation Conference. Training will begin after the Conference by approval of the [FEB]. The incumbent officer will provide the training throughout the year, most likely at quarterly [FEB] meetings, which the trainee may attend as a guest. **The [FEB] may approve mileage expenses for this purpose if funds are available.** The trainee may be reimbursed for lodging expenses according to the rules which apply to the [FEB].

4. The Federation may issue a **call for interested trainees for this program through the Federation newsletter or website when appropriate**. The person being trained shall be called an Assistant Officer during

the training period. There are no special qualifications other than an interest in learning the work of the mentor.

5. **This training does not guarantee nomination or election to the position.**

6. At the end of the training year, the trainee may declare candidacy for the position for which training was received when a call for candidates is requested. However, it is understood that election of Federation Officers will proceed as described in Article IV of the Federation Bylaws in which mentoring is not required.”

If you are interested in nominating yourself or someone else (with their permission) to serve as a Federation Trainee, please follow the directions below.

Notify a Federation Executive Board member by phone, e-mail or regular mail.

In your response, please provide your

Name _____,
membership number _____, and
trainee nomination(s).

Federation Secretary: _____

Federation Treasurer: _____

Congressional District Leader (CDL) for District 1: _____

Congressional District Leader (CDL) for District 2: _____

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Congressional District Leader (CDL) for District 7: _____

Congressional District Leader (CDL) for District 8: _____

Alzheimer’s Coordinator: _____

Federation NARFE PAC Chair: _____

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Webmaster & Public Relations Chair: _____

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Federation Service Officer: _____

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CRAIG PETTIBONE
District 1 CDL

During the spring quarter, I repeatedly used the NARFE Legislative Action Center, and urged other St. Louis area NARFE members to do so, to tailor written letters to Senators Blunt and Hawley, and to Representatives Clay and Wagner. I expressed my and NARFE’s concerns about the proposed reorganization of OPM and about the President’s and the Senate Budget Committee’s proposed cuts to pay and benefits for Federal employees and annuitants. Each responded that they would keep our concerns in mind as these issues are considered in Congress.

I chaired monthly chapter Executive Board and chapter meetings for my home chapter (112), Greater St. Louis Area. Our program for Tuesday, May 14, featured comments from those of us who attended the MONARFE 66th Annual Conference in Independence, Missouri, April 23-25. Our program for Tuesday, June 11, featured a speaker from the Gateway Region YMCA. He spoke about YMCA Programs for Active Older Adults. On July 9, members of Chapter 112, along with guests from Chapter 1240 (North St. Louis and Florissant), Chapter 2071 (West St. Louis County), and Chapter 1278 (Jefferson County), toured the renovated Soldiers Memo-

rial Military Museum in downtown St. Louis and then had lunch at the Lemp Mansion Restaurant and Inn, the 151-year-old historic home of beer baron “Billy” Lemp.

On June 5, I led a delegation of NARFE members from Chapter 112 (Greater St. Louis), Chapter 1240 (North St. Louis and Florissant), and Chapter 2071 (West St. Louis County) to a meeting with Mary Beth Wolf, Office Director for Senator Roy Blunt’s St. Louis, Missouri, office. She listened to our concerns about the need for continued COLA adjustments for federal employee pay and retiree annuities, and about barring the shifting of OPM operational responsibilities to GSA and OPM policy responsibilities to the White House Office of Management and Budget without any reasonable case being made for it. We asked her to share our concerns with Senator Blunt.

On June 26, I led a delegation of NARFE members from Chapter 112 (Greater St. Louis), Chapter 1240 (North St. Louis and Florissant), and Chapter 2071 (West St. Louis County) to a meeting with Sam Saffa, Office Director for Senator Josh Hawley’s St. Louis, Missouri, office. He listened to our concerns about the need for continued COLA adjustments for federal employee pay and retiree annuities, and about barring the shifting of OPM operational responsibilities to GSA and OPM policy responsibilities to the White House Office of Management and Budget without any reasonable case being made for it. We asked him to share our concerns with Senator Hawley.

On July 10, I led a delegation of NARFE members from Chapter 112 (Greater St. Louis), Chapter 1240 (North St. Louis and Florissant), and Chapter 2071 (West St. Louis County) to a meeting with Steven Engelhardt, Communications Director for Representative William Lacy Clay, in his St. Louis, Missouri, office. The plan was to meet with Rep. Clay via teleconference, but he was called away to an emergency hearing on immigrant detention centers at the southern border. Matt Alexis, Clay’s Legislative Assistant, sat in for Representative Clay. Mr. Engelhardt and Mr. Alexis listened to our concerns about the need for continued COLA adjustments for federal employee pay and retiree annuities, and about barring shifting OPM operational responsibilities to GSA and OPM policy responsibilities to the White House Office of Management and Budget without any reasonable case being made for it. We asked them to share our concerns with Representative Clay who has supported NARFE concerns on these issues. We asked Mr. Engelhardt about the status of construction of the new NGA (National Geospatial-Intelligence Agency) complex in North St. Louis, and he told us groundbreaking was expected next spring. In addition, we asked Mr. Engelhardt about status of plans to replace the aging “Goodfellow” federal office building in North St. Louis. He told us Mr. Clay is actively discussing this issue with GSA and local agency officials.

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House passes Bills favorable to Feds; Bills languish in the Senate

LINDA KURZ
District 2 CDL



Our Chapter 2071 (West St. Louis County) membership chair, Diane Hall, was invited by the Hannibal chapter members to brief them on happenings at the Federation Conference of April. None of their members could attend. Several of our Chapter 2071 members attended the Federation Conference in Independence and all shared their memorable moments from the conference at our May chapter meeting. Since our chapter group spent the most at the Alzheimer's auction, we received a prize of many sample bottles of different kind of spirits which we passed around for members' selection during our May meeting. It lifted the social spirit at our meeting during which we saw a presentation on Modern Africa and their Economic Boom from a new chapter member, Regina Dennis Nana. Regina retired from US-AID and worked many years in different African countries. Whereas we might be imagining African cities to be like an outback they are like our large city centers and in some cases more advanced in architecture and apparent development. As in many countries the rural areas are not as modernized and can often appear neglected.

On May 20, I joined other St. Louis World Affairs Board members in a tour of Boeing as a South Korean delegation checked out the new F35 and Boeing 777, which are assembled here in St. Louis. I was prepared to meet with Congresswoman Wagner who was listed as attending this meeting. Unfortunately she was not in town or attendance. Therefore, after the Boeing meeting, I stopped by her office in Manchester unannounced and spoke with Jordan Fears and Emily Hollander who was also there. Since they recognized me I was welcomed in. I brought Missouri's statistics on federal employees and issue papers on current issues with me and we had an impromptu meeting. Apparently Mrs. Wagner had to excuse herself from the Boeing meeting because she was out of State. They reassured me that Mrs. Wagner was not sup-

porting the President's budget.

On June 5, Chapter 2071 members (the Halls, Dennis Reichert and I) joined Craig Pettibone and Judith Smart in a scheduled visit with Mary Beth Wolfe in Senator Blunt's Office. His office has moved to the Thomas Eagleton Court Building in downtown St. Louis for greater security. Sam Saffa, Senator Hawley's staffer, was to join us but was not able to do so. Craig, who retired from OPM, explained why moving OPM to GSA would be disastrous. We also discussed other issues. Mary Beth took many notes and I'm confident she will present our NARFE concerns to Senator Blunt. She reiterated that the Senate passes its own budget and rarely pays attention to the President's budget proposal. We also thanked Senator Blunt for introducing a bill on "Commercial Facial Recognition Privacy Act of 2019". This bill, when signed by the President will prohibit businesses from storing and selling any facial recognition information they use for their own protection. We also thanked him for signing a resolution to discourage the President from imposing tariffs on Mexico. Everywhere I read about this proposal it was suggested that such a measure could put our economy into recession and possibly do the same for the global economy.

On June 26 Craig Pettibone, president of Chapter 112, Mary Anne Wehrle, and I from Chapter 2071 were able to meet Sam Saffa at the Eagleton Federal Courts building as arranged by Craig. Sam is the only staffer in the St. Louis field office of Senator Josh Hawley. Sam is still using his own cell phone to respond to requests. The office was under renovation and did not have a computer or other usual office equipment. Sam listened to our concerns, took many notes, and promised to pass them onto Senator Hawley.

Several of our members and I joined Chapter 112 on their Alzheimer's bus trip to the newly renovated Soldiers Memorial in downtown St. Louis on July 9. The memorial now honors veterans of all wars, not just WWI. It features interactive displays including videos; for instance one was taken when St. Louis reservists departed for Desert Storm. We noted that there were no artifacts or mention

of the role of Army reservist Master Sergeant Robert Ellis, a surgical nurse from St. Louis assigned to the 439th Military Police Detachment. When Master Sergeant Ellis arrived in Iraq, he was tasked to be the private nurse to watch and keep Saddam Hussein alive. He got to know Saddam well over the eight months of his assignment and wrote a book about his experience. It was called "Caring for Victor." Victor was Saddam's code name. Robert Ellis has since died, and he deserves to be recognized and celebrated in this memorial museum.

On July 10, Craig Pettibone led a delegation to Congressman Lacey Clay's office. Craig Pettibone, LaVerne Isenberg and Laura Moore attended from Chapter 112-Greater St. Louis. Deloris Ivy representing Chapter 1240-Florissant and I representing Chapter 2071 met at Clay's south city office. It was remarkable that there were no security measures at this address, but there is also no indication as to the occupant.

Unfortunately, Congressman Clay, who usually meets with us via a closed circuit TV system, had just been called away to an emergency meeting on funding for asylum seekers detention centers. So we left information and questions.

We moved our Chapter 2071 July meeting to July 11 and celebrated Freedom Day as we do every year. We invite other chapters to join us for this special catered luncheon. Craig Pettibone (President), Lois Nowlin (Regional Alzheimer's chair), Elbert Williams (Federation PAC chair) and Judith Smart (former Federation Secretary) of Chapter 112- Greater St. Louis joined us. Jeanette and Richard Rosenkoetter (former Federation Treasurer) from Chapter 1240- Florissant, and Barbara (President) and Al Sapia from Chapter 1278- Jefferson County also attended.

Progress of Legislative Actions:

Early May was the time for Congress to start negotiating the budget for the following fiscal year (FY). The Senate asked its Governmental Affairs Committee to come up with \$15 billion in savings over 5 years from

(See *Bills*, page 10)

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Bills

(Continued from page 9)

government agencies which, as instructed, could include a proposed 8% increase in FERS retirement premiums over 8 years. That's an increase of 2% over the President's budget proposal. Furthermore, the Senate instructed its other committees to present their budget proposals to the full Senate by July 31, including how to reduce the deficit by \$92 billion over five years. They are not recommending any reforms in Social Security or Medicare (Heritage.org Mar 27, 2019).

The House in May punted their budget to the Senate with a proposed two-year discretionary cap in an effort to avoid a shutdown in September. Since the proposed discretionary cap is equal to the proposed military spending, a battle was to be expected during the budget reconciliation process. The House Appropriations Subcommittee sent its spending bill to the Senate in early June proposing a 3.1% pay raise for federal employees in FY20 and blocking the move of OPM to GSA (NARFE 6/4/19).

The second week of July, Secretary of the Treasury Steven Mnuchin announced that we might hit the debt ceiling in early September (RollCall 7/15) and that the Administration wanted a bill to raise the debt ceiling before Congress adjourned for August.

The House passed their National Defense Authorization Act (HR 2500) along party lines, in which they included many amendments, one of which would implement 12 weeks of paid family leave; another would block the breakup of OPM and move to GSA. It also contains a 3.1% pay raise for the military, the same as they passed in another bill for federal employees. (Fedsmith.com 7/12). The House has passed other bills favorable to federal employees and the general public. However, when these reach the Senate they are added to a backlog of forwarded bills. Senator Mitch McConnell decides when and if they are ever addressed in this session of Congress.

The next step was for the Senate to pass their FY20 Budget proposal, then to reconcile divergences from the House bill and hope that the President would sign it into law. Expecting a negotiation deadlock, the GOP was proposing a continuing resolution to take us to January 2020 in order to avoid a shutdown.

Then RollCall.com reported on July 18 that the Trump Administration (Steven Mnuchin, Treasury Secretary and Mike Mulvaney, Chief of Staff), House and the Senate leaders agreed on a two-year discretionary budget cap and raising the debt ceiling. The agreement, which remained to be negotiated, also included an agreement to offset \$150 billion of additional cost over the next two years.

The House budget cap proposal, described earlier, was stripped of amendments that might not be supported by the President (such as no money for the border wall or stopping his government reform proposals) and was passed to the Senate. The Senate accepted the House proposal and approved it by a 67 to 28 vote. The budget cap added \$324 billion to the spending limit plus \$157 billion for overseas military operations (rollcall.com 8/1/19). The President signed it. A shutdown is avoided, and the amount to be offset was cut in half to \$77 billion to be made up mostly of customs user fees (Congressional Record 7/25/19 pg. H7401) taking effect in fiscal 2027 (rollcall.com 8/1/19).

The debt ceiling was "suspended" until July 2021, not raised. That means the original sequester of 2011 could be applied in 2021 unless the debt ceiling is raised then to a level higher than for the current two-year budget.

After the August recess, eleven appropriations bills need to be passed by the Senate. They have only passed the Defense Appropriation bill. But stay vigilant because

federal benefit cuts and reorganization proposals could be included. There is support in the Senate to oppose the OPM move to GSA unless the White House provides proof of claimed savings. The House already passed ten appropriations bills and needs to approve the remaining two drafted bills. During the reconciliation with the Senate, additional changes may be introduced in order to gain the President's signature.

Senators Lankford (R-Okla.) and Hassan (D-NH) introduced the "Prevent Government Shutdown Act" (S-589) before the recess. This bill is one of many advocated to permanently end government shutdowns. It would introduce a stopgap continuing resolution (CR) until funding is passed and would ban travel by Congress, their staffers and OMB until budget bills are signed into law. It would also require a daily quorum call to motivate lawmakers and prevent other bills from receiving a vote during the stalemate. This bill apparently has Mitch McConnell's and the President's verbal support to gain co-sponsors, per Lankford (Government Executive 7/29/19).

Meanwhile, the President continues to move behind the scenes to politicize agencies and reduce federal employment. By proposing to move a portion of or full agencies to an out-of-DC location, employees retire or are forced to quit. Mick Mulvaney was quoted in Federal Times 8/7/19 speaking particularly about the USDA move: "It's nearly impossible to fire a federal worker.... But by simply saying to people 'you know what, we're going to take you...outside the liberal haven of Washington, D.C., and move you out into a real part of the country' and they quit. What a wonderful way to sort of streamline the government....It's really, really hard to drain the swamp, but we're working hard at it."

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Meeting at Senator Roy Blunt's office



CRAIG PETTIBONE
District 1 CDL

On June 5, I led a delegation of NARFE members: Dennis Reichert, Marybeth Smith, Linda Kurz, and Richard and Diane Hall (all from Chapter 2071), Judith Smart (from Chapter 112 Greater St. Louis area), other members from Chapter 1240 (North St. Louis and Florissant), to a meeting with Marybeth Wolf, Office Director for Senator Roy Blunt's St. Louis, Missouri, office.

She listened to our concerns about the need for continued COLA adjustments for federal employee pay and retiree annuities, and about shifting OPM operational responsibilities to GSA and OPM policy responsibilities to the White House Office of Management and Budget without any reasonable case being made for it. We asked her to share our concerns with Senator Blunt. Marybeth also informed us that Sam Saffa (SAM_SAFFA@HAWLEY.SENATE.GOV) is running Senator Hawley's St. Louis Office.



Pictured left to right, **Dennis Reichert** (2071), **Craig Pettibone** (C112), **Marybeth Smith**, **Linda Kurz** (C2071), **Judith Smart** (C112), **Richard Hall** (2071), **Diane Hall** (2071).

Setting up a Meeting with my Congressional Representative for Grassroots Advocacy

MAXINE RODRIGUEZ
District 4 CDL

In April, I attended the Federation Conference in Independence, Missouri. Congratulations to the Blue Springs Chapter for a great job. I am looking forward to attending the next conference in Springfield, Missouri. I

continue to be active in my chapter.

Currently, District 4 has only four chapters. The four chapters in District 4 are: Cass County (Chapter 1012), Golden Valley/Clinton (Chapter 1463), Mexico (Chapter 1859), and Pomme De Terre (Chapter 1980). Each chapter continues to have regular meetings and keep updated on NARFE news.

I have contacted Vicky Hartzler's office to set up a meeting during the month of August. I have received no response yet.

I have been asked to speak at the September meeting of the Pomme de Terre, Chapter 1980, meeting. I am looking forward to it.

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Visiting NARFE Chapters in Congressional District 3



MARY ANN STEGEMAN
District 3 CDL

I have been chairing the Jefferson City, Chapter 313, meetings. The attendance is low;

however members are very interested in the activities of NARFE concerning their earned benefits.

I attended the Washington, Chapter 991 monthly meeting in early April, then planned to attend their August Chapter meeting. Members also are concerned about the earned benefits and low attendance. The secretary will be

sending their newsletter which also includes their annual request for donations for Alzheimer's research.

I have been in contact via e-mail and phone with Chapter 1278, Jefferson County. I have not visited this Chapter yet due to health reasons and distance. I am planning to attend their August Chapter meeting.

Chapter 1915 - North Central – Welcomes 3 new members

JOE MANNO
District 6 CDL



On April 24 and 25, 2019, Mary and I attended the 66th Annual MO NARFE State Conference at the Hilton Garden Hotel in Independence, MO. We enjoyed everything about the conference, and the Blue Springs chapter members should be proud of the effort they put in to hosting the conference. Great speakers, great overall program, and the hotel and food were very good. The format for the conference involving training is so much better than the way we used to do conventions where we spent most of the time talking about issues that had to be voted on and not enough on training. It would really be great if we could get some National only members to attend these conferences and maybe get them interested in being part of the Federation or a local chapter. Also, it would be nice if we could get

more chapters represented at the conferences.

On May 11, 2019, I attended my home chapter's (1915 North Central) meeting at Royal Inn Pizza Restaurant in Chillicothe, Missouri. Gifford Boswell gave the legislative report; his report was filed with the secretary. Mary Manno gave the report on the 66th annual MO NARFE State Conference in Independence. She also presented the Alzheimer's certificate to the chapter. We received the certificate for being the Number 1 per capita donor in the state. I informed the members that the MO NARFE 67th annual Conference will be held at the Oasis Hotel & Convention Center in Springfield, Missouri, on April 22 and 23, 2020. Following the meeting the chapter held a bake sale for NARFE Alzheimer's Research. Baked goodies were provided by Mary Manno.

On June 25, 2019, I sent a request to Congressman Sam Graves's Kansas City District Office for a meeting with him or a member of his staff during the August Congressional recess. The purpose of the meeting is to discuss legislation affecting active and retired federal workers. In

the request I informed him that Emerson Kretzer, MO NARFE Federation 2nd Vice President, would also be in attendance. On June 26, 2019, I received a reply from Joe Hegeman Field Representative for Congressman Graves confirming our meeting at the St Joseph District Office on Tuesday August 6, 2019, at 10:30 am.

On July 13, 2019, I attended my home chapter's meeting at the Royal Inn Pizza Restaurant in Chillicothe, Missouri. I informed the chapter that we have three new members (active employees) and our total chapter membership is now 34. These members were recruited by Emerson Kretzer at the Rural Carrier convention in Branson, Missouri. Thank you Emerson! Chapter Secretary Barbara Graves presented our revised chapter bylaws that were recently approved by the National Secretary/Treasurer. I gave the members information on the upcoming CONK that will be held in Sioux City, Iowa, September 25-27, 2019, at the Hilton Garden Inn. Following the business meeting we held a bake sale for the benefit of NARFE Alzheimer's Research. Baked goodies were supplied by Sharon Bryant.

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Legislative outreach in District 6

JOE MANNO

District 6 CDL

Emerson Kretzer, Missouri Federation 2nd VP, Mary Manno Chapter 1915 – North Central, and Joe Manno District 6 CDL met at Congressman Sam Graves office in

St. Joseph, Missouri, with Joe Hegeman, Field Representative for Congressman Graves on August 8, 2019.

We discussed and left current NARFE issue papers on proposed cuts to earned pay and benefits, more accurate COLAs for seniors, support for a Federal employee pay raise of 3.1 percent, and Postal reform legislation in the

116th Congress.

The photos here show Emerson Kretzer, Joe Manno, and Mary Manno with with Joe Hegeman, Field Representative for Congressman Sam Graves at Sam Graves's St. Joseph, Missouri office on August 8, 2019



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Are you taking advantage of all of NARFE's channels of communication? Every member of NARFE receives a copy of *narfe* magazine in the mail, of course.

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Happy 70th Springfield Chapter!



WALTER COWART
Former District III Officer

Following the Federation Conference in April, I visited the Shepard of the Hills Chapter #1437 to pass on information from the conference.

During Public Service Recognition Week, the Springfield News-Leader published my

letter on the service of Federal Employees. I had some good feedback from those who read it.

I solicited, and obtained, a proclamation from Springfield Mayor Ken McClure which I read to members of Springfield Chapter 11 proclaiming the 70th anniversary of Chapter 11 on June 10th.

I accompanied Federation President, Laura Cowart, as she spoke at the annual convention of the Rural Mail Carriers of Missouri in Branson in June. Once again, she was well received by the Postal Workers, and several at-

tendees joined NARFE due to the fine efforts of Emerson Kretzer, 2nd VP of the Federation.

I attended the Federation Presidents/National Executive Board meeting in Scottsdale, Arizona, July 7-10th as a guest. I will soon share some news from that meeting with the chapters in Missouri's 7th District.

As August is Advocacy Month, I will be urging all members in southwest Missouri to contact our congressional members and/or staff to continue to promote the efforts of NARFE.



On June 12th, at their regular monthly meeting, Springfield Chapter 11 members celebrated the chapter's 70th anniversary. Walter Cowart, CDL MO 7th, read a proclamation issued by the Springfield Mayor, Ken McClure, recognizing the day as Springfield Active and Retired Federal Employees Day. The chapter was the first chapter chartered in the Missouri Federation on June 10th, 1949. The minutes of the initial meeting were read by the secretary, Alice Duwe.



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NARFE-PAC: One of the three major components of NARFE’s Grassroots Advocacy



ELBERT WILLIAMS
NARFE PAC Coordinator

It was reported from national headquarters that NARF-PAC had another strong quarter as we finished the 2nd quarter of the 2019-2020 congressional cycle. NARFE-PAC remains one of the three major components of the overall NARFE grassroots advocacy effort. However, the contributions collected in April-May-June have not yet been made available on the NARFE website. Apparently, the accuracy of the new as-

sociation management system (AMS) database containing the PAC data has not been fully tested and verified. While the PAC collection totals have not been released, the disbursements data is available and presented below.

The contributions that can be reported are those from attendees at the April 24-25 Missouri Federation Conference. During those two days, 21 Missouri NARFE members contributed \$640 to PAC, and one new sustainer signed up. Those are good numbers considering the conference had only 75 attendees, it’s not an election year, and most of those members also contribute to PAC directly or at their chapter meetings. As was reported for PAC nationwide, the Missouri PAC is also strong.

The total disbursement for the second quarter, April through June, was \$88,500. Disbursements included \$83,500 to 55 legislators, and \$2,500 each to two leadership PACs, one for Pennsylvania Republican Rep. Fitzpatrick and the other for Alaska Republican Sen. Murkowski. Within Region V, there were two disbursements to Minnesota Democratic legislators: Representative Angie Craig and Senator Tina Smith. Reported last quarter, but included in the Apr-Jun disbursement totals, are the two checks to Missouri Democrat Representative Cleaver totaling \$1,500. The first PAC disbursement this election cycle to a non-incumbent candidate has been made. It was to Ben Ray Lujan, a Democrat in New Mexico running for the Senate.



2019-2020	Contributions by Members			Disbursements
SESSION OF CONGRESS	MISSOURI	REGION V	USA	USA
Qtr-1 Jan-Feb-Mar 2019	\$4,370	\$18,341	\$264,979	\$196,000
Qtr-2 Apr-May-Jun 2019				\$88,500
Total to Date:	\$4,370	\$18,341	\$264,979	\$284,500
2019-20 NARFE Goals:			\$1,750,000	\$1,250,000

As reported last quarter, NARFE PAC collection and disbursement goals have both been increased by \$250,000. For 2019-20, the PAC goal is to raise \$1,750,000 and to disburse \$1,250,000 to legislators and to national political committees. Further goals are to send NARFE members to 110 local fundraisers and increase the number of monthly sustainers by 25%.

The complete records of PAC contributions and disbursements are available online to all members at narfe.org on the NARFE-PAC page.

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Powers of Attorney come in different types



RONNY LENZY
Service Officer

Why is a power of attorney so vital? Because your agent can act in case you become incapacitated. To serve this purpose, a power should be “durable,” meaning it will remain in effect if you become incompetent. Other powers

of attorney may not be recognized if a court finds that you can no longer manage your affairs.

As part of your estate planning, don’t forget to include a power of attorney. This document names someone else to handle your affairs if you can’t. The three major types are:

- **Limited power of attorney.** This document gives an agent authority to act on your behalf under specific circumstances such as a home sale closing that you can’t attend. This type of power might be granted for a limited

period of time.

- **General power of attorney.** This document grants broad authority to your agent, who at any time can write checks to pay your bills, sign contracts on your behalf, take distributions from your IRA, and so on. If this power is “durable,” it will remain in effect even if you become incapacitated.

- **Springing power of attorney.** This document is not effective when you execute it. Instead, it “springs” into effect upon certain circumstances, such as your becoming incompetent. You can state in the document what is needed to verify your incompetence, such as letters from two physicians stating you no longer can manage your affairs.

Without a durable power of attorney, a family member might have to petition a court to appoint a guardian to act in your best interests. Guardianship proceedings can be expensive and contentious; you might wind up with an unwelcome individual managing your finances. To avoid such a scenario, name someone you trust as an agent on

your durable power of attorney.

A health care power of attorney, sometimes known as a health care proxy or a medical power of attorney also should be part of your estate plan. This document names an agent to make decisions about your medical treatment if you become unable to do so.

The agent named in your health care power does not have to be the same person that you name as agent for a “regular” power of attorney, one that affects your finances. For your health care power, you should select someone in your family who is a medical professional or someone you trust to see that you get all necessary care. Financial expertise is not required.

Depending on state law, a health care power may have to be signed in the presence of two qualified witnesses, and it might have to be notarized. It may go into effect when a doctor (whom you can name) states in writing that you lack the ability to make or communicate health care decisions.

Conflicted: is USDA’s move from DC to KC good news or bad?



ROBERT HAGEDORN
Past President & FEEA Chairman

As Immediate Past President I enjoy some latitude in selecting a topic for my quarterly reports. Part of my responsibilities include statewide leadership in the Federal Employee Emergency Assistance program. I have done a comprehensive report on that and, absent some crisis, further elaboration would be redundant. I have found a topic relevant to NARFE and to Missouri. It is complicated and challenging.

In the early part of this summer I had occasion to visit Washington as a tourist with family including teenage grandchildren. It was a wonderful trip allowing me to impose on them some of the insights I have gleaned from 30 plus years of travelling to the Capitol. On one of the tours we passed the headquarters of the United States Department of Agriculture. It is among the largest of the federal buildings and houses one of the largest populations of staff.

Recently senior USDA leadership announced a decision to relocate a portion of that staff to the Kansas City area. The news is exciting and welcomed by the civic and business communities of Kansas City on both sides of the state line. The nearly 600 jobs to be transferred offer substantial economic benefits to our area.

The news is not greeted so enthusiastically by NARFE and the employees to be transferred. The affected employees were given less than 60 days’ notice of the relocation of their jobs and were advised that failure to accept the transfer would result in termination of their employ-

We should work within NARFE to strengthen the protections for those active employees who might face similar hard choices in the future.

ment. The termination date occurred during my vacation in Washington, and it was reported that less than half of the affected employees opted to transfer. The reporting attributed the proposed move to a political motive of moving controversial research functions away from the central authorities in Washington.

The combined Congressional delegations of Kansas and Missouri are unanimous in their enthusiastic support of the move. That includes my Congressman and Mis-

souri NARFE stalwart Representative Emanuel Cleaver. While not speaking for him or any other legislator I am sure some of them would have preferred a less heavy handed approach to the personnel transfers, while recognizing that a move to Kansas City is not a sentence of removal to the end of the earth.

There are multiple flights daily from Kansas City to Washington. Modern communications make the participation in meetings and the transfer of data cheaper and more easily accessible than ever. The agency could arguably be described as overpopulated and crowded at USDA headquarters. There are many ways the move makes sense.

The conflict and concern comes from the way the transfer was handled. We are in a period when Federal employees are challenged economically and in the extension of simple respect. Too often the political winds guide decisions which have long lasting negative effects on those who serve the public as federal employees. Regardless of the reasons for the USDA moves, the way it was handled is horrible.

We welcome those who have chosen to transfer to our area. I am confident we can fill the positions left vacant by those who chose not to transfer. We should work within NARFE to strengthen the protections for those active employees who might face similar hard choices in the future. The A in NARFE is for Active and we want to serve the active employees.

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- Get monthly issues of *narfe* magazine with news and insights for the federal community.
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- Visit the Member Perks page for a full listing of the many time-, money- and hassle-saving benefits available only to NARFE members.
- The opportunity to get involved at the local level by joining a chapter in your area.

1Q6

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☐ YES. I want to join NARFE for the low annual dues of \$40.

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I am a (check all that apply)

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☐ Please enroll my spouse

Spouse's Full Name

Spouse's Email

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Looking to meet others in the federal community and participate in NARFE at a local level? Call **800-456-8410** to learn about a NARFE chapter in your area.

Or, if known, add Chapter # to join now

MAY WE THANK SOMEONE? If applicable, please provide the name, membership and chapter number of the member who introduced you to NARFE:

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Recruiter's Membership ID

Recruiter's Chapter Number

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NARFE respects the privacy of our members. Personal information is used to provide content and relevant communications to our members, and will not be sold or rented to third parties without your express permission.

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Public relations champions must “Know your Public”



MICHELE BROWN
Public Relations & Webmaster

of the NARFE public.

The “internal public” is the members of NARFE. Usually these members live in a particular locale. They

are familiar with local issues and will take action with congressional representatives. It is important to get emails, newsletters and chapter meeting information to the internal public.

The “external public” is the general public. It is important to increase their awareness and generate favorable recognition of federal workers and retirees. The NARFE Public Relations Handbook states, “Getting messages out to the general public is most often achieved through media relations or the process of interacting with the media. Reporters, editors, and journalists serve as “gatekeepers,” connecting NARFE’s message to their audience of readers. In other words, they provide NARFE with widespread

access to the general public. Getting media coverage is challenging today. Press can file reports any time of the day, news outlets have reduced staff size, and social media can be flooded with inaccurate or misleading news. Successfully gaining media interest and coverage comes from strategic, planned outreach efforts centered around newsworthy, substantive information.”

Remember that your chapter may have a Public Relations Champion, but everyone is responsible for NARFE public relations.

Again I want to remind you to visit the Federation website at www.monarfe.org.

WEB ANALYTICS			
July 1 – Sept 30 2018	Oct 1 – Dec 31 2018	Jan 1 – March 31, 2019	April 1 – June 30, 2019
Total Users	117	151	181
Unique Users	105	133	164
Total Sessions	155	255	245

NARFE Working Hard for YOU! 98 Years Strong

The National Active and Retired Federal Employees Association (NARFE) is the only association dedicated to safeguarding and enhancing the benefits of America’s active and retired federal employees, and their survivors. NARFE is an advocate for both active and retired federal employees before Congress and the White House. Membership in NARFE totals 300,000 federal workers and retirees. • NARFE sponsors and supports legislation to protect the earned retirement benefits and general welfare of members. NARFE’s years of experience on Capitol Hill and in federal agencies have made NARFE a respected name among members of Congress and a key player in the federal community.

College of NARFE Knowledge (CONK)

Register for Region V CONK 2019. CONK is held every other year – so you won’t get another chance to go to CONK until 2021. Ken Thomas, National NARFE President; Barb Sido, NARFE Executive Director; Jessica Klement, SVP Legislative Department; and Harry Healey, Region V PAC Coordinator will give presentations and answer your questions. You’ll get updates from all seven of the Region V Federation Presidents. Three training sessions are planned: TSP – when should I start withdrawals; Inheritance Law Changes;

and Financial Planning for the Long Run. There will be updates on Alzheimer’s fundraising efforts and PAC fundraising. There will be a presentation explaining the new AMS (Association Management System) the database for member records used by chapter and federation officers.

CONK will be at the Hilton Garden Inn in Sioux City. The registration form is printed on page 20 of this paper. The correct phone number to call for reservations is 1-712-255-4200.

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2019 CONK
College of NARFE Knowledge
September 25-27, 2019
Hilton Garden Inn Sioux City, Iowa
Invitation & Registration Form

This is your invitation and registration form to attend the 14th Biennial College of NARFE Knowledge (CONK).

The registration fee is \$95 which will include the Wednesday evening dinner; Thursday noon luncheon, and Thursday evening dinner. Breakfast is included with your hotel registration. The conference registration deadline is September 18th, 2019. Late registration will be \$95.

The hotel registration deadline is September 4, 2019, telephone: 1-712-255-4200. Address 1132 Larsen Park Road, Sioux City, IA 51106. The room rate will be \$114 (single) or \$119 (double) plus taxes. The Personal Online Web link, <http://hiltongardeninn.hilton.com/en/gi/groups/personalized/S/SUXGIGI-CNK-20190925/index.jhtml> provides 24-7 reservation access.

Please submit a separate registration form for each person attending.

Name: _____
Address: _____
Chapter # _____ Location: _____
Member () Guest () # of Times Attending CONK _____

Please indicate meal choices below (circle one for each meal) for Wednesday dinner, Thursday lunch; and Thursday dinner.

- Wednesday Dinner: (1) Lemon Garlic Chicken
(2) Glazed Pork Chops
(3) Beef Short Ribs – all choices served with house salad, fresh baked bread, and coffee
- Thursday Lunch: (1) Roast Beef Sandwich – served on artisan bread or as a wrap with fresh fruit, chips, cookie
(2) Chicken Salad Sandwich – served on artisan bread or as a wrap with fresh fruit, chips, and a cookie
(3) Chicken Caesar Salad – served with a baguette and a cookie
- Thursday Dinner: (1) Mustard Crusted Salmon
(2) Herb Roasted Chicken
(3) Beef Medallions – all choices served with house salad, fresh baked bread, and coffee

If you have special meal needs, please circle here and put special request on the reverse side.

Mail form and payment made payable to College of NARFE in care of Cindy Renee' Blythe, 10262 Fairview Rd, Burlingame, KS 66413. Any questions may be directed to 785-589-2266 or 785-256-1450.





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Things happening in and around CONK

Please return only page 1 with your check when making your reservation.

Barbara Sido, NARFE Executive Director, is the keynote speaker Friday morning. I have asked Barb to discuss the Branding Initiative and explain how NARFE will be directly affected.

Jessica Klement, Director of Legislation, will bring us the updates on the legislation program, and what the Legislative Department is looking forward to in the future.

There will be training session from a local attorney who specializes in annuities. He is affiliated with Principal Financial in Des Moines, IA.

Mike Nakashima, Innovate Financial Inc, Richfield, Minnesota, will be presenting a training session on financial planning dos-and-don'ts.

I am still working on a couple speakers. I have invited Ken Thomas, NARFE National President, but do not have his confirmation yet.

Over the years, CONK has become a premier training conference. This is an opportunity for you to not only catch up on NARFE issues but also gain valuable knowledge from the breakout training sessions being provided.

As always, this will be a non-political conference. This is their opportunity to listen to our concerns in a very diplomatic setting; as well as give us their ideas and knowledge for the betterment for the "Future of NARFE". Remember the past is the past, we cannot undo it; but we can be a part of a new tomorrow.

I am sending this invitation to all members of Region V; however, I need your help getting a copy to the members who do not have e-mail address in the NARFE website. Finances and time will not allow me to send individual invitations to those who do not have e-mail available.

For those of you who have a little time to stay over; or come in early, you can see some beautiful sites in the area. I don't know the area really well but there is the beautiful Trinity Heights Garden ("The Queen of Peace") which is a 30 acres park with the most beautiful sculptures. I understand it is a wonderful experience to visit the museum and gaze upon the hand carved human size carving of the Last Supper, you will never forget the peace it brings.

The renowned "Lewis and Clark Museum" is just down the road from the hotel. Sioux City is chocked full of history. Feel free to extend your hotel stay and enjoy visiting the historical sites!

And, within a 5-mile radius, you can travel from South Sioux City, Nebraska; to West Sioux City, South Dakota; to Sioux City, Iowa.

Looking forward to seeing you all at the 14th College of NARFE Knowledge beside the beautiful Missouri River.

Cindy Renee' Blythe

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Region 5 is second place nationally in Alzheimer’s research fund donations



LOIS NOWLIN
MO Alzheimer’s Coordinator

NARFE fundraising National total as of June 30, 2019, is \$13,174,598.05. During June 2019, our members raised a total of \$23,004.31. This is an increase of \$5,856.37 from this same time in June 2018. We have raised \$399,006.06 in the first twelve months of FY 2019 compared to \$414,805.46 in FY 2018. Special thanks to you and your chapter members for the creative and positive efforts in encouraging and soliciting support in making contributions for NARFE Alzheimer’s Research Funds.

Region V continues to maintain our second place ranking with a total of \$62,996.24 in fundraising donations, 2nd to Region X. Of the seven states within Region V, Missouri Federation is in third place with a total of \$9,838.64 in fundraising. Kansas and Iowa rank first and second respectively.

Reminders:

2019 Alzheimer’s Association Walk to End Alzheimer’s is just around the corner: If you have not registered your teams, you and or your team can go to alz.org/narfewalks to find your local Walk dates, to register your team, to make donations, to follow your team and other NARFE teams’ progress. It is not too late to register.

The totals raised during the 2018 Walk by Region V was \$5,366. In 2017 and 2018, Willmar, Minnesota was the front runner for Region V.

So far MO Federation has two teams that have signups for their Walks (the NARFE MO Federation and Chapter 1843 – MO State Chapter). Team MO NARFE Federation has raised \$700. Our goal is to exceed last year’s donations of \$1,730.

Request for exhibit tables for the walk should be

completed before August 31, 2019. NARFE MO Federation will have an exhibit table to be used for NARFE Alzheimer’s recruitment for new members and networking opportunities. We can also display NARFE and NARFE Alzheimer’s disease research program literature, along with *NARFE* Magazines, articles and, of course, membership applications. If your team is interested in setting up a table during your local Walk, type this URL into your computer’s Internet browser address bar: <https://bit.ly/2TGbp9G> If you have any questions about requesting an exhibit table please call me.

Our chapter members occasionally ask how the donations raised for the Walk to End Alzheimer’s are used. Every dollar you raise benefits those affected by Alzheimer’s disease in your community. Funds raised through the Walk to End Alzheimer’s will be distributed in your community and will focus on the immediate needs of community members and their families who are affected by Alzheimer’s. The money raised for NARFE Alzheimer’s research focuses on the future. Funds raised through Walk to End Alzheimer’s support the full mission of the Alzheimer’s Association, which includes care and support programs for communities across the country. Beginning in 2019 any funds raised by NARFE through its national Walk team will count towards our \$14 million fundraising goal for the Alzheimer’s cause by the end of 2020. Funds raised outside of Walk to End Alzheimer’s will continue to fund U.S. based research. The funds raised for the Alzheimer’s Association Walk to End Alzheimer’s is divided in the following categories: 77% Alzheimer’s Care, Support, Research, Awareness and Advocacy; 17% Fundraising and 6% Administrative charges. You can reference the breakdown of the use of the funds raised for Walk to End Alzheimer’s going to the following link: <https://bit.ly/2aqojWw>

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

Alzheimer’s Semipostal Stamp

There is a bill that has been reintroduced to extend the availability of the Alzheimer’s Semipostal Stamp. On November 30, 2017, the United States Postal Service (USPS) began issuing a new stamp to promote Alzheimer’s awareness and support research under authority provided through the Semipostal Authorization Act. Under this law, the USPS will issue five semipostal stamps for 10 years, with each stamp being available for up to two years. The recently introduced legislation would keep the Alzheimer’s semipostal stamp available for an additional six years without preventing the USPS from issuing the next stamp. Proceeds from the sale of the stamps, which costs 60 cents — five cents more than a normal first class stamp — go toward Alzheimer’s research funding at the NIH. There will be additional information regarding the Alzheimer’s semipostal stamp in an article in the August edition of *NARFE* magazine.

Just a reminder to use the following resources to share articles/information and to find the latest in Alzheimer’s news to share with your chapters and members. It may be helpful to bookmark these links in your browser.

- 1. Recent News from External News Sources:
<https://bit.ly/2HcsFyo>
- 2. NARFE enews (based on subscription rate it looks like many NARFE members are not receiving this communication):
<https://bit.ly/33K4a51>
- 3. Recent Alzheimer’s Association News:
<https://bit.ly/2HreAxx>

Don’t forget to network with your local Alzheimer’s Association.

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

Thanks to NARFE NARFE MO Federation and Chapter Members for your support in the fight to see a world without Alzheimer’s.



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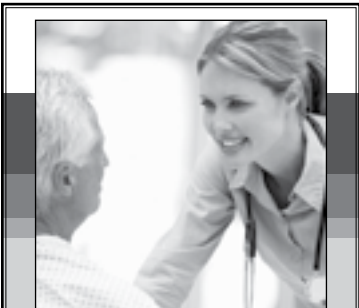
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CALL FOR ELECTED OFFICER NOMINATIONS

Your reply must be received via one of the following methods by **October 23, 2019**:

- mail to NARFE MO Federation; c/o Sherry Haskins, Federation Secretary; 8843 Rusdon Ln; St Louis, MO 63126
- email to sherrylhaskins@gmail.com

In your response, please provide your

Name _____,

Membership number _____, and
candidate nomination(s).

You may nominate yourself or another member (including current officers for an additional term) with their knowledge.

ELECTED FEDERATION OFFICERS

Members may hold only one elected office at a time. The winter Federation newsletter and the Federation website will include a ballot of nominated candidates, and will request your votes. Those elected must attend the Federation Conference April 22 & 23, 2020 at the Oasis Hotel & Convention Center, 2546 N. Glenstone Ave., Springfield, MO 65803 for installation.

Federation President: _____

Federation 1st Vice President: _____

Federation 2nd Vice President: _____

Federation Secretary: _____

Federation Treasurer: _____

Congressional District Leader (CDL) for District _____ (# of the district in which you reside): _____

Congressional District Team Member for District _____ (# of the district in which you reside): _____
(Team members participate in legislative activities, advocate on NARFE's behalf, and visit Congressional and Senatorial Offices (if able) at least once per year.)

(This call will be included in the fall Federation newsletter; posted on the Federation website, www.monarfe.org; and emailed to all members with an email address listed in their NARFE account.)



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CALL FOR APPOINTED OFFICER NOMINATIONS

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- mail to NARFE MO Federation; c/o Sherry Haskins, Federation Secretary; 8843 Rusdon Ln; St Louis, MO 63126
- email to sherryhaskins@gmail.com

In your response, please provide your

Name _____,

Membership number _____, and
candidate nomination(s).

You may nominate yourself or another member (including current officers for an additional term) with their knowledge.

APPOINTED FEDERATION OFFICERS

Members running for appointed office should not also run for elected office, although it is not prohibited by the Federation Bylaws. Candidates will be considered for appointment by the Federation President, and will be notified of the results by the Federation Secretary. Members in appointed positions must attend the Federation Conference April 22 & 23, 2020 at the Oasis Hotel & Convention Center, 2546 N. Glenstone Ave., Springfield, MO 65803 for installation.

Alzheimer's Coordinator: _____

Federation NARFE PAC Chair: _____

Missouri Legislative Chair: _____

Webmaster & Public Relations Chair: _____

Federation Newsletter Editor: _____

Federation Service Officer: _____

(This call will be included in the fall Federation newsletter; posted on the Federation website, www.monarfe.org; and emailed to all members with an email address listed in their NARFE account.)



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- email to sherrylhaskins@gmail.com

In your response, please provide your

Name _____,

Membership number _____, and
candidate nomination(s).

You may nominate yourself or another member (including current officers for an additional term) with their knowledge.

Candidates will be considered for appointment by the Federation President, and will be notified of the results by the Federation Secretary.

Rules: _____

Audit: _____

Budget: _____

Bylaws & Resolutions: _____

Nominations & Elections: _____

Membership: _____

Time & Place: _____

NARFE PAC: _____

Alzheimer's: _____

(This call will be included in the fall Federation newsletter; posted on the Federation website, www.monarfe.org; and emailed to all members with an email address listed in their NARFE account.)



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CALL FOR FEDERATION & NATIONAL BYLAWS AMENDMENTS & NATIONAL STANDING RULES

Your reply must be received via one of the following methods by **October 23, 2019**:

- mail to NARFE MO Federation; c/o Sherry Haskins, Federation Secretary; 8843 Rusdon Ln; St Louis, MO 63126
- email to sherrylhaskins@gmail.com

In your response, please provide your

Name _____,

Membership number _____, and
proposed amendment(s).

You may nominate yourself or another member (including current officers for an additional term) with their knowledge.

BYLAWS/STANDING RULES AMENDMENTS

If you desire to propose an amendment to the Federation or National Bylaws or National Standing Rules, please provide the information below. The winter Federation newsletter and the Federation website will include a list of proposed amendments, and will request your votes.

1. Title (*in 10 words or fewer; what this amendment proposes to do*): _____

2. Bylaw Article & Section or Standing Rule affected (*including current wording*):

3. Specific change proposed (*including wording, if adopted*):

4. Reason change should be adopted:

5. Estimated cost: _____





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CALL FOR FEDERATION RESOLUTIONS

Your reply must be received via one of the following methods by **October 23, 2019**:

- mail to NARFE MO Federation; c/o Sherry Haskins, Federation Secretary; 8843 Rusdon Ln; St Louis, MO 63126
- email to sherrylhaskins@gmail.com

In your response, please provide your

Name _____,

Membership number _____, and
proposed resolution(s).

You may nominate yourself or another member (including current officers for an additional term) with their knowledge.

If you desire to propose a Federation Resolution, please provide the information below. The winter Federation newsletter and the Federation website will include a list of proposed resolutions, and will request your votes.

1. Title (*in 10 words or fewer; what this resolution proposes to do*):

2. WHEREAS (*the reason that the Federation should take the proposed action*):

3. BE IT RESOLVED (*proposed action Federation should take*):

4. Estimated cost: _____

(This call will be included in the fall Federation newsletter; posted on the Federation website, www.monarfe.org; and emailed to all members with an email address listed in their NARFE account.)



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MEMBERS' FORUM

A trip to meet Jimmy Carter

JUANITA LEE

Member, Chapter 11

Jimmy Carter first came to my attention during the 1976 Presidential Election Campaign. It was the first campaign in which I was eligible to vote and Mr. Jimmy Carter won that election. Shortly after his presidency, I started my career working for the United States Federal Government. I like to think that the 1976 campaign had something to do with my awareness of the government and was part of what inspired me to seek federal employment. It seems fitting then, that within a few weeks of my retirement from federal service, I had the opportunity to meet Former President Jimmy Carter.

One of the monumental occurrences of my life – meeting a United States President – came with a simple invitation to attend a Sunday school class. Well, maybe not so simple . . . About 14 years ago, in the little Missouri town of Marshfield, Nicholas Inman started an annual Cherry Blossom Festival. At the festival, there are many esteemed guests who present programs on various topics – most notably – programs relating to presidents of the United States. At this year's festival, Jan Williams, a teacher to Amy Carter, spoke about some of her experiences with the

Carter family. During her discussion, she mentioned that Jimmy Carter was still teaching a Sunday school class in the little church she attends in Plains, Georgia. She offered an open invitation to visit. I chuckled to myself with the thought of – Oh, yeah, wouldn't that be the dream . . . just go to Former President Jimmy Carter's Sunday school class! Sure . . . Yeah . . . Right . . . Wait a minute . . . Could she be serious? I could do that . . . Yes, I could! I could go to Plains, Georgia, and attend Jimmy Carter's Sunday school class!

I was excited with the thought of that opportunity and at the end of her presentation, I quickly approached her to ask if she was really serious about being able to attend her Sunday school class. She asked that I give her something to write with, and after I found a pen and a scrap of paper, she wrote down her name and phone number with the instruction to call her. Just like that!

I was determined not to just put this on my – List of Things To Do Someday – but to follow through on it quickly. I waited a day or two (I thought it only polite to give her the chance to get home and unpack her suitcase) and then called her. I asked if the following Sunday would be too soon to attend. She replied, "Perfect." I was immediately in quest of flight, hotel, and rental car arrangements.



(See *Carter*, page 28)



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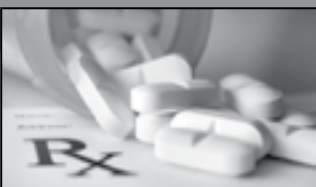
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Carter

(Continued from page 29)

The hardest part of preparing for the trip was deciding what shoes to wear (a respectable pair of pumps was chosen). All went smoothly and on a beautiful Sunday morning in May, my new friend, Jan Williams, showed me to my seat on the front row of Jimmy Carter’s Sunday school class at the Maranatha Baptist Church in Plains, Georgia. The lesson he taught was from Acts 9: 23-31; 13: 1-3.

After the Sunday school lesson and right before the regular worship service began, Jimmy Carter came out to take a seat in the congregation and stopped to shake my hand and welcome me to church (and yes, many others as well). Former President Jimmy Carter shook my hand!

Because of who he is, I admit it was a bit hard for me to

stay focused on the message but it was very inspiring. The whole experience was inspiring. The way the people in the church and community welcomed visitors and shared their famous leader was both generous and public-spirited.

Before leaving Springfield, I happened to mention to the Director of my Sunday school class where I’d be the following Sunday. He related to me that he had always wanted to ask Jimmy Carter to come teach at our class. I laughed – and said I’d see what I could do about inviting him. Well, I didn’t get to invite Mr. Jimmy Carter to teach our class, but I did, perhaps, the next best thing. I got a DVD recording of the service for the day I had attended and when I returned home to Springfield, I played

the DVD for my Sunday school class. So, in a way . . . we were able to have Mr. Jimmy Carter teach our class. In lieu of popcorn, we munched on peanuts (from Plains, Georgia, of course!). Jimmy Carter’s message was well-received and so continues to inspire.

One of the challenges Mr. Jimmy Carter asked of his audience was to reach out to another person. During my journey to Plains, I was able to reconnect with a friend who is living in Georgia and who I had worked with at my very first federal position at Yokota Air Force Base in Japan. Here’s to meeting friends – old and new – and to meeting Former President Jimmy Carter. It was an honor!

Profile of Hannibal Chapter 683



MARY LAMPING
MO NARFE News Editor

I attended the Hannibal chapter’s regular monthly meeting on Thursday August 8, 2019. The chapter has a private meeting room in the Hannibal Nutrition Center in Hannibal. It’s very comfortably arranged with round tables, and lunch is ca-

tered by the Nutrition Center staff. A filling, hot lunch plus beverage costs each member about \$6.50, which is a bargain. The Hannibal chapter made the venue change for their meetings when Jim Stephens was chapter president. The chapter had been meeting at churches around the area. The women’s auxiliary of the churches would prepare and serve a hot lunch. As time caught up with Hannibal, fewer and fewer churches were able to provide that service. The fit with NARFE and the Hannibal Nutrition Center has been a good one: one service agency supporting another service agency.

The people I met were very friendly and outgoing. They laughed and joked with one another in a way that people who have been friends for a long time will. Bob and Nell Reidmeyer, were looking forward to celebrating their 68th wedding anniversary the following week.

After lunch was finished, the meeting was called to order. The chapter president, Larry Buck, had a home repair emergency and had to miss the meeting. Richard

(See *Hannibal* pag30)

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Hannibal

(Continued from page 30)

Daggett, who had been Missouri Federation president from 2005 to 2007, did the honors. We heard the chapter secretary's report and the treasurer's report. The membership chairman, Jim Stephens, reported that the chapter gained three new members. All three new members are from the U.S. Army Corps of Engineers. One is an active employee, and two are retirees.

The program of the meeting was arranged by Richard Cerriti, who served as the mayor of Hannibal for a time; and, I was told, knows everybody in town! Two people from Douglas Community Services – Court Appointed Special Advocates for Children – came to discuss their organization. The program speaker was Rebecca Morrell, CASA Volunteer Coordinator. She gave a very informative presentation about volunteers in the community being assigned to a child who is in foster care to visit with, get to know, and to advocate for the child's best interest in court.

I saw the connection between this day's chapter program emphasizing community and how the people of the Hannibal chapter's long history of serving their community. Several of the members told me about their chapter's efforts helping with activities at Mark Twain Lake in conjunction with the U.S. Army Corps of Engineers and several other community service organizations. The NARFE Hannibal chapter signed a Cooperative Association Agreement with the U.S. Army Corps of Engineers and sixteen other regional organizations to form the FOREST (Friends of Recreation & Environmental Stewardship) Council. In previous years chapter members have helped children to build bird houses and butterfly houses

at Mark Twain Lake events. The Hannibal chapter built deer blinds for handicapped hunters. They're planning now for another big event coming up this November where they will again help kids to build bird houses at Mark Twain Lake. The chapter has helped the Boy Scouts with Flag Day ceremonies, helping the boys to retire flags in the proper way.

The Alzheimer's fundraisers for the Hannibal chapter are creative in their activities. In past years they've had breakfast with Santa fundraisers. Richard Daggett who is sporting a full white beard confessed that he was the one who had the starring role! From time to time the chapter has held fundraising sausage and pancake breakfasts. In 2010 Hannibal won awards for highest per capita raised for Alzheimer's (\$55 per member) and highest total Alzheimer's research funds raised (\$6,215).

Many of the Hannibal chapter members apologetically said that they're not as active now as they once were because the chapter's membership numbers are declining and the members are getting older and just can't do all the things they once did. I sympathize with that because I have seen and heard that same situation in my short time on the Federation Execu-



tive Board. Here's a hope that younger members will step up now to provide community outreach and to support the NARFE mission of supporting legislation and regulations beneficial to federal civilian employees and annuitants.




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