



REMINDER! NARFE Membership Recruiting Incentive! See Page 4.

TRI-CITIES CHAPTER 1192 NARFE NEWS

National Active and Retired Federal Employees Association
"Advocates for Current and Former Federal Employees"

NARFE: www.narfe.org Washington Federation: www.narfewa.net Tri-Cities: www.narfe1192.org

2015 Chapter 1192 Officers & Board Members

President, Lorie Bennett	509.531.2745
1st Vice President, Vacant	
2nd Vice President, Larry Williams	509.783.8554
Secretary, Mary Alice Binder	509.585.1393
Treasurer, Nancy Crosby	509.735.3288
Director-at-Large, Steve Howes	509.851.4913
Director-at-Large, Pat Turner	509.586.6239
Alzheimer's, Bill Darke	509.375.7757
Legislative, Mary Binder	509.585.1393
Membership, Johanna Caylor	509.375.0739
NARFE-PAC, Steve Howes	509.851.4913
Newsletter, Mary Alice Binder	509.585.1393
Public Relations, Mary Alice Binder	509.585.1393
Service Office, Lorie Bennett	509.531.2745
Webmaster, Larry Williams	509.783.8554

CHAPTER MEETINGS/EVENTS

Meetings: 1st Wednesdays, except July/August

11:30 a.m., Columbia Center Red Lion, Kennewick

Lunch: \$15; reservations REQUIRED

(Vegetarian plates available, if ordered ahead)

Lunch not required to attend the meeting.

Need a ride? Contact President Lorie Bennett.

Note: Executive Board meeting days/times vary.

November 4 – Chapter 1192 Annual Fundraiser for NARFE Alzheimer's Research Fund!

**Please bring items for the
"White Elephant" fundraiser!**

Menu: breaded cod, brown/wild rice



December 2 – Members of the Tri-Cities Bells of the Desert will provide a special holiday performance!

Menu: oven-roasted chicken with wild rice



SEPTEMBER TREASURER'S REPORT*

Balance forward, August 31	\$11,172.78
September income	\$ 577.29
September expenditures	\$ 374.84
Dedicated funds thru September 30	\$ 1,537.00
Balance on hand, September 30	\$ 9,838.23

(*Full reports are posted monthly on the Chapter website.)

November – December, Volume 2015, Issue 6

Chapter President – Lorie Bennett

Two years have passed so quickly since our last chapter elections! I can't believe it is time to elect our next board members. Elections will be at our November chapter meeting; the installation of officers in December. Following our chapter bylaws, a slate of candidates was presented at the October chapter meeting. However, nominations will be accepted from the floor during the

2016/2017 Officer Nominations

Lorie Bennett, president

Pat Turner, 1st vice president

Larry Williams, 2nd vice president

Mary Binder, secretary

Nancy Crosby, treasurer

Steve Howes and Liz Bowers, directors at large

November elections. If you are interested in running for a position, or know someone who is interested, please consider running or nominating someone. Being a board member is not a hard job! It does require some extra time; but, helps ensure our chapter remains alive. **5433**

Our monthly chapter meetings will continue to be at the Columbia Center Red Lion in 2016. The contract is in place, the menus will be the same as in 2015, and the cost for lunch will remain at \$15. The menus will be in our bi-monthly newsletter and on our chapter's website.

With no COLA for 2016, increases in health benefits premiums, the potential 52-percent increase in Medicare Part B premiums for some members, it is more important than ever for all of us to know what is happening, or potentially happening to our earned benefits, and to send letters to Congress! NARFE has templates on its website to make sending letters simple and quick. So, make your fingers dance and send those letters.

Thank you for your support. I wish you an enjoyable Thanksgiving and holiday season with family and friends.



2nd VP/Webmaster – Larry Williams

OPM continues to provide information about the “malicious cyber intrusion” against the U.S. government that “resulted in the theft of background investigation records.” Want updates? Go to: <https://www.opm.gov/cybersecurity>. NARFE is continuing to provide updates on its website: www.narfe.org.



OPM Security Breach Updates

Remember, too, our chapter website – find meeting minutes, treasurer reports, programs, menus, more!

Director at Large – Steve Howes

With NARFE’s strategic planning effort ongoing, our state convention rapidly approaching and then the national convention in August 2016, perhaps now is a good time for each of us to review NARFE’s mission statement to ensure we all have it in mind as our organization navigates its way through a period that could involve significant change. For quick reference, the mission statement is in each *narfe* magazine along with the president’s message. It has the guiding principles for how NARFE operates. Recommendations for future changes to NARFE’s organizational structure and function must adhere to these principles.

STRATEGIC PLANNING

We are fortunate to have full-time professional staff close to the action in Washington, D.C., and who have our best interests in mind. I think they do a good job keeping us informed through the *narfe*, the NARFE national website and email updates. We do, however, have responsibility as members to pay attention to the information and to act upon it, when necessary.

Another part of our mission statement speaks to involvement with “other organizations and associations” to promote our objectives. In my mind, this is a particularly important point. Anything that can be done to demonstrate the utility and effectiveness of the federal workforce, and the contributions of its retirees, is a worthwhile endeavor, especially given the often negative slant on news coverage. For example, I belong to NAFSR – the National Association of Forest Service Retirees. It supports the Forest Service mission and advocates for important programs with adequate funding to deal with critical national forest management concerns. Participation in similar department or agency-specific organizations is also an excellent means to reach others who may not be aware of NARFE or its membership benefits. **3443**

We are part of a great organization; but, its overall effectiveness can be greatly increased if we all are actively engaged. It takes much more than simply attending meetings and enjoying lunch to get things accomplished.

District V Vice President – Nancy Crosby

Have you marked your calendars? Yes, for our **2016 Washington State Federation of Chapters Convention!** The District V chapters – Tri-Cities, Walla Walla and Yakima – are working together to host an exciting and educational convention with a goal to have a **“A Bigger, Bolder, Better NARFE!”**



The WSFC’s executive board has agreed to offer \$50 “scholarships” to help reduce registration costs for members wanting to attend. We are working to keep the registration fee at the same \$90-level as for the 2014 convention. The registration fee will include the social reception and all convention meals.

In the weeks ahead, the convention committee will be sending out information; and, at the first of the year, the federation secretary will have all forms ready for posting on the federation website, www.narfewa.net. A key “due date” is March 21. This is when information, includ-

2016 WSFC Convention – May 15-17

Three Rivers Convention Center
and Marriott SpringHill Suites,
Kennewick
Mark your calendars!
Volunteers needed!



Photo from SpringHill Suites website

ing ads, will be due for the convention program book. The convention committee is working on the agenda. Jessica Klement, NARFE’s legislative director, has been invited to be our keynote speaker. Member ideas and suggestions for the agenda are most welcome! Again, our goal is for an exciting and educational convention that will work toward a **“A Bigger, Bolder, Better NARFE!”**

Treasurer – Nancy Crosby

At the October chapter meeting, I announced that the board approved a 2016 budget at its October board meeting. I’ll have copies at the November chapter meeting. The budget includes \$800.00 to help offset member expenses for attending our May WSFC convention. Also in our 2016 budget, \$1,000.00 to help encourage

NARFE National Convention, August 28 – September 1
Grand Sierra Resort Hotel, Reno

Legislative – Mary Binder

So, where to begin and what to focus on? There is SO MUCH happening that it is mindboggling, right? Whether it's the presidential-candidate debates, continuing resolutions to keep the government operational, the federal budget, watching the scenario unfold regarding a new speaker of the House, no COLA for 2016 or an increase in health benefits costs, our news days are full! While all of these are important, or at least interesting, I'm opting to focus one issue of prime importance to many NARFE members – the potential 52 percent increase in the Part B Medicare premium. Why might this happen? **7192**

NARFE President Richard Thissen provided the following information in the October 15 *Legislative News* email. The “hold harmless” provision in the Social Security Act states that the dollar increase in the Part B premium is limited to the dollar increase in an individual's Social Security benefit. With no COLA in 2016, an estimated 70 percent of beneficiaries will be held harmless, meaning, for most, their Part B premium will remain at \$104.90. This leaves 30 percent of beneficiaries, including CSRS retirees who do not receive Social Security benefits, to shoulder the full cost of the 2016 premium increase, resulting in a projected premium increase of 52 percent, from \$104.90 to \$159.30 per month. And if that wasn't bad enough, FEHBP premiums also are increasing more than 7 percent.



NARFE's legislative staff is monitoring this closely and working with congressional staff members. While legislation has been introduced to “guarantee that **all** Medicare beneficiaries pay the same Part B premiums in 2016 that they paid in 2015 (**H.R. 3696 and S. 2148**), NARFE is asking members for their assistance by contacting their elected officials. NARFE has made the process simple with a letter template on its website. Go to: www.narfe.org.

NARFE-PAC – Steve Howes

In my director-at-large article, page 2, I wrote that we are fortunate to have full-time professional staff close to the action in Washington, D.C., and who have our best interests in mind. I also believe we are fortunate to have our own political action committee, NARFE-PAC, that provides us a means of participating in the legislative process and potentially influencing the outcome of votes in Congress that could affect our earned rights and benefits. Again, it is

Contacting our Federal Legislators

The Honorable Dan Newhouse, 4th Congressional Dist. U.S. House of Representatives

Phone: 202.225.5816; Fax: 202.225.3251

<https://www.newhouse.house.gov>

3100 George Washington Way #135, Richland, WA 99354

Phone: 509.713.7374; Fax: 509.713.7377

The Honorable Patty Murray, U.S. Senate

Phone: 202.224.2621; Fax: 202.224.0514

<http://www.murray.senate.gov/email/index.cfm>

402 East Yakima Ave., Suite 390, Yakima, WA 98901

Phone: 509.453.7462; Fax: 509.453.7731

The Honorable Maria Cantwell, U.S. Senate

Phone: 202.224.3411; Fax: 202.228.0514

<http://www.cantwell.senate.gov/contact/index.dfm>

825 Jadwin Ave., Stes 204/204A, Richland, WA 99352

Phone: 509.946.8106; Fax: 509.946.6937

our responsibility as individual members to help fund NARFE-PAC's efforts on our behalf and to do our part by interacting with our own local congressional staff. If our personal contributions to NARFE-PAC decrease or dry up completely, so does its effectiveness in dealing with issues of importance to us.



Alzheimer's Research – William Darke

November is NARFE's Alzheimer's month and our chapter again will be having its annual white elephant fundraiser. This year rather than “auctioning” items, we will sell tickets that can be placed in a bag for each item. The more tickets you put in a bag, the more chances you have to win that item when the winning ticket is drawn.

So, please bring an item, or more, to donate, plus cash or a check!



This year NARFE had \$479,208.00 available for research projects. Four were selected for funding/partial funding. These will be directed toward answering the following questions:

- ♦ Can aerobic exercise intervention help improve brain structure and function, and reduce the risk for Alzheimer's in individuals with type 2 diabetes.
- ♦ Are levels of apolipoprotein E in the blood and cerebrospinal fluid related to the onset, progression and severity of Alzheimer's disease and dementia with Lewy bodies?
- ♦ Can the study of exosome activity lead to a novel blood test for Alzheimer's disease.
- ♦ Can novel imaging technique that detects damage to the blood-brain barrier be used for early detection of Alzheimer's.



We hope these projects are successful!



Return Service Requested

NARFE

Washington Federation of Chapters
Tri-Cities Chapter 1192
2802 W. 40th Ave.
Kennewick, WA 99337-2666

Veterans Day — November 11

Observance: Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans.

History: On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect. On November 11, 1919, Armistice Day was commemorated for the first time. President Woodrow Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory." (Source: www.timeanddate.com/holidays/us/veterans-day)



Membership – Johanna Caylor

Welcome! Michael Fedoriga; Connie Nottingham

Recruit! Recruit! Recruit! With great incentives (see "Reminders!" below), what a great time for chapter members to sign up one or more of their co-workers or former retired co-workers! If each of us could sign up just one member, what a difference this could make.

Reminders!

September 1 thru December 31!

NARFE awards recruiters \$10 for each new member & their names are entered into a grand prize drawing once for each new member.

During 2015!

The Washington State Federation of Chapters will give chapters \$20 for each new chapter member recruited.

November 9 thru December 14!

FEHB Open Season

Further, encourage those who are retirees to sign up for dues withholding. It is the painless and least-expensive membership option for retirees. Complete the form, mail it, send NO MONEY, and in 6-9 weeks, the member receives a notice from OPM with the new annuity figure that reflects the monthly \$3.67 deduction.

Further, retirees who enroll in dues withholding will receive a one-time \$15.00 combined rebate from our state federation and chapter. Need a form? Have questions? Call me, 509.375.0739, or send me an email at, caylorx2@aol.com.

Hidden numbers: September/October newsletter numbers belonged to: Edward Brost; Bruce Ginther; Scotty Kruschke. **Congratulations to Scotty!** He found his number and received \$5.00! Find 3 new numbers in this newsletter – **last 4 digits of your NARFE number**. Find it, call me, 509.375.0739, or let me know at a meeting, and you, too, can win!



Caller Coordinator – Pam Griffin

With the "snowbirding" season upon us, please remember to keep the chapter updated with address and/or phone number changes. This helps our callers, and helps with mailings such as the newsletter. Thank you. Should you need, my contact information is: **Ph: 509.492.4304; email: pgriff1@earthlink.net**.

Sunshine News – Mary Binder

Members Lyell Bingham, Ellen Rokkan and Jerry Yesberger passed away recently. Condolences to their families.

Former Member Lowell (Lupe) Ellingson also passed away recently. Condolences to his family.

Reminder: Know someone needing a little "sunshine" or a special-occasion card? Call me, or email me at: mary_binder@msn.com.



Service Office – open Tuesdays, 9:30 – 11:30 a.m., Federal Bldg., Room 137, Richland. Phone: 509.373.9536.



IT'S TIME!

Are you prepared for winter? Is your car?