



FEDERAL BENEFITS EXPERTS

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.narfe.org/wa/ Tri-Cities: www.narfe1192.org

Announcements! Daylight Saving Time begins March 10; Tax Day is April 15.

2024 Chapter 1192 Officers & Board Members

President, Nancy Crosby	509.735.3288
Vice President, Mary Binder	509.378.2494
Secretary, Debbie Carlson	509.380.7210
Treasurer, Liz Bowers	509.430.1836
Alzheimer's, Larry Williams	509.783.8554
Caller Coordinator, Darleen Wall	509.308.2765
Legislative, Mary Alice Binder	509.378.2494
Membership, Johanna Caylor	509.375.0739
NARFE-PAC, Mary Alice Binder	509.378.2494
Newsletter, Mary Alice Binder	509.378.2494
Public Relations, Mary Alice Binder	509.378.2494
Service Officer, Nancy Crosby (Acting)	509.735.3288
Sunshine, Faye Vlieger	509.961.1095
Webmaster, Larry Williams	509.783.8554

CHAPTER MEETINGS/PROGRAMS

Meetings: 1st Wednesdays, except July/August

11:30 a.m., Clover Island Inn, Kennewick

Lunch: \$25; RESERVATIONS REQUIRED

(Vegetarian meals available, if ordered ahead)

Avoid a charge! Cancel reservations you can't keep!

Note: Executive Board meeting days/times vary.

Upcoming Chapter Meetings

March 6 – Sean O'Brien, executive director, Energy Forward Alliance, will provide an overview of this new alliance, and insights into the legislative process.

Menu: pasta primavera, garlic toast, salad, roll, dessert, beverage



April 3 – Favorites! Terry and Kathy Maurer, antique appraisers, return for another "world-of-antiques" update.

Bring your questions, and items for appraisal (no weapons)!

Menu: Tuscan chicken breast, veggies, potato, salad, rolls, dessert, beverage



*For Chapter and National-Only Members
Outside the Tri-Cities Area!*

You are MOST WELCOME to attend a chapter meeting, including lunch! A RESERVATION IS NEEDED. Please call Nancy Crosby or Darleen Wall by noon, Sunday, prior to a chapter meeting. See phone numbers, above.

March – April, Volume 2024, Issue 2

President – Nancy Crosby

Has spring sprung yet? I am thinking we are all looking forward to spring!



The chapter's elected officers, and its coordinators for chapter functions, e.g., our callers, Alzheimer's, legislation/NARFE-PAC, membership, website, have been busy working for the chapter through the winter months. Their efforts help keep our NARFE chapter one of the largest and most viable in the state.

Important to maintaining our viability, is our chapter meetings. Besides seeing familiar faces each month, it has been great to meet several new members and to see some members we've not seen in awhile! We work to try to ensure we have informative and enjoyable meeting programs – note the March and April meeting program information on this page. Also, staff and management at our new meeting location, Clover Island Inn, are working closely with us during this time of transition.



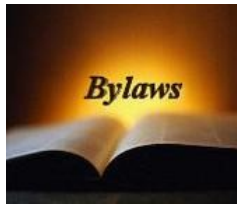
A REMINDER! Our lunch count MUST BE submitted by the Monday morning before our Wednesday meeting. We are then responsible for all the lunches we guarantee. So, if one of our callers leaves you a message about the meeting/lunch, **please return the call**. If you do not receive a call and want to attend, or need to cancel a reservation, please call me before 10 a.m. that Monday.

Looking ahead, 2024 will continue to be a busy year! There will be elections for NARFE national and state (federation) officers; big health benefits changes for postal workers and retirees with the implementation of the new Postal Service Health Benefits (PSHB) program January 1, 2025; **FEDcon24** in St. Louis, August 18-20; the NARFE Region IX Symposium here in the Tri-Cities, October 24-26; and several local and area "outreach" activities as we continue our efforts to inform current and retired federal employees and family members about NARFE. Recruiting and retaining members remain our top priority. And, we continue to need members to serve in elected positions. Please consider serving in one.

Yes, a busy year! Feel free to contact me or VP Mary.

Vice President – Mary Binder

Updating bylaws! Yes, it is again that time – for the Washington State Federation (WSF) and our chapter.



For several weeks, in my position as the WSF Eastern Washington VP, I worked with my counterpart for Western Washington, VP Bea Bull, on reviewing and updating the WSF bylaws. They were last updated in 2018. The WSF Advisory Committee approved the draft revision at a January meeting, and they are now available for all WSF chapter and national-only members to review on the new WSF website, www.narfe.org/wa/. Go to **About Us/Policies and Procedures**. Comments and/or suggestions are due by March 30. Use the **Contact US** form at the site. While most changes involve formatting and editing, please review them. It is a great way to learn more about how our federation is structured and works. **(Note: If you do not have computer access and want to review the bylaws, please contact me for a printed copy.)** The Advisory Committee will hold a special meeting, April 23, via Zoom to discuss comments, suggestions, and any additional changes, before the final revision is sent to NARFE headquarters for approval.

Next, President Nancy and I will start working on our chapter's bylaws. They, too, were last updated in 2018, and after an initial review, we noted several things that need changing. We'll provide updates on our progress at chapter meetings, in future newsletters and on the chapter website, and will be asking for members to review the revision as we move forward. Stay tuned!

Service Officer (Acting) – Nancy Crosby

As I wrote in my president's article, page 1, this will be a busy year. An example – the new Postal Service Health Benefits (PSHB) program. With implementation scheduled for January 1, 2025, we are seeing an increase in queries, from both current and retired postal workers. At this time, there are still unknowns about the program, including which healthcare providers will be offering coverage in the new program.

Following are several sources with current information: **NARFE** has a fact sheet on the Postal Service Reform Act of 2022 at: https://www.narfe.org/wp-content/uploads/2023/04/PSHB-Summary-and-FAQs_4-6-23-Update.pdf. It explains why the Postal Service is moving in this direction and answers some questions on the new PSHB and what NARFE is supporting. **OPM** has information at <https://www.opm.gov/healthcare-insurance/pshb/>. A **Postal Service** update is at: <https://www.keepingposted.org/assets/pdf/e-n-2023/eretiree-newsletter-092023.pdf>. The **APWU** (American Postal Workers Union) has information at: [USPS Reform Act FAQ](https://www.uspsreformactfaq.com/).

You may call the USPS Human Resources Shared Service Center at **877-477-3273, Option 5**, for information; and for the latest program information, email: retirementbenefits@usps.gov. We will continue to provide updated information as we receive it.

NARFE FEDERAL BENEFITS INSTITUTE

For those new to NARFE, and as a reminder to all members, here is information from the NARFE Federal Benefits Institute on its webinars: ***“NARFE provides expert guidance on federal benefits issues directly affecting current and former federal employees, as well as tips and tools to help ensure a safe and secure retirement for the federal community. Webinars are free to NARFE members; you must log in to get member pricing. If you need assistance logging in, please email memberrecords@narfe.org for help. Members have unlimited access to archived webinars.”***

WSF Eastern Washington VP – Mary Binder

Early-bird registration is now open for **“FEDcon24,” August 18-20, St. Louis, Mo.** Price is \$299. This is NARFE's biennial training conference. Watch for details in



the *NARFE Magazine* and on the NARFE website. Both the chapter and WSF are planning to provide some financial assistance to members who attend. Details will be forthcoming. Consider attending! NARFE has written that those attending will: help NARFE grow; maximize their NARFE benefits; activate their advocacy; and for mid- and late-career feds, unlock career potential with tools needed to succeed.

NARFE Region IX will be hosting an event at the Three Rivers Convention Center, Kennewick, October 24-26.



Members from the region's 5 states – Alaska, Idaho, Montana, Oregon and Washington – will be attending a symposium focusing on NARFE's future. There will be speakers from NARFE headquarters along with other information sessions. A health fair is being planned as open season will start shortly after the symposium. Other events in the planning include an evening social, sit-down dinner with entertainment, and memorial service. For area and regional members, this is a great opportunity to meet other NARFE members while not having to really travel. So, please ensure you have the dates on your calendar.



Public Relations – Mary Binder

With spring and warmer weather quickly approaching as this newsletter is finalized, I anticipate chapter “outreach” efforts will be warming up, too! To start the season – the spring Senior Times Expo, Tuesday, April 16, 9 a.m. to 3 p.m., Southridge Sports and Events Complex, Kennewick. Admission is FREE. This is a great opportunity to learn directly from vendors about senior services offered in the Tri-Cities area. Our NARFE Tri-Cities Chapter 1192 will once again have a booth at the event. Stop by and see us during your visit! For those planning ahead, the fall event is Tuesday, October 15.



A reminder – NARFE Tri-Cities Chapter 1192 is a Tri-City Regional Chamber of Commerce member. The Chamber has meetings/luncheons during most months. A benefit of Chamber membership is that our chapter members can attend the events at the member price, currently \$34. The events are a good way to interface with representatives from area businesses and services, besides learning more about the area through featured programs. Contact me, President Nancy or Treasurer Liz for more information about attending.

As I wrote in the last newsletter, my 2024 goal is to increase our “outreach” efforts. If you have ideas or suggestions, please let me know.

Final reminder! Applications for the 2024/2025 NARFE/FEEA Scholarship Program (for high school seniors related to NARFE members who plan to attend college in 2024) are due by March 14, 3 p.m., EDT. Go to www.feea.org/our-programs/scholarships.



Legislative/NARFE-PAC – Mary Binder

Let's start with NARFE-PAC. I am so, SO PLEASED to report that Region IX's support to NARFE-PAC



continues to be strong and leads NARFE in the “mean” average contribution! This lead has held for SEVERAL YEARS! Yes, several years! Example: For the quarter ending December 31, the mean average for NARFE's 10 regions was \$55.95. For Region IX, it was \$92! That is an AMAZING difference and, to me, reflects positively on the region and its 5 chapters.

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 #130, Richland, WA 99354
Phone: 509.713.7374; Fax: 509.713.7377

The Honorable Patty Murray, U.S. Senate

Phone: 202.224.2621; Fax: 202.224.0238

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

402 East Yakima Ave., Suite 420, Yakima, WA 98901
Phone: 509.453.7462; Fax: 509.453.7731

The Honorable Maria Cantwell, U.S. Senate

Phone: 202.224.3441; Fax: 202.228.0514

<https://www.cantwell.senate.gov/contact/email>

825 Jadwin Ave., Suites 206, Richland, WA 99352
Phone: 509.946.8106; Fax: 509.946.6937

As you will note in the March *NARFE Magazine* and other NARFE correspondence, March is NARFE's annual PAC month. Please help NARFE and its work for us on Capitol Hill with a contribution or additional contribution. Please also consider becoming a NARFE “sustainer,” that is, a monthly contributor through either a credit card or annuity deduction. Whether as an annual, or more frequent contributor, or as a monthly sustainer, know that ALL contributions are important and can make a difference. In my interface with our elected officials either at the local or D.C. level, I know from first-hand experience the difference NARFE's presence can make. So, thank you for considering a donation, especially in March.

Now, switching to legislation, trying to stay abreast of what is happening can be like trying to juggle without training! However, there is assistance. NARFE provides updates and “calls to action” in each magazine, and has made contacting our legislators a quick and easy process. Then, too, there are almost daily electronic updates. We also have a NARFE federation-level coordinator, Doug Rushton, who is monitoring what is happening; and, I am available to answer questions, too. Please feel free to contact me.



CONGRESS

The Washington state legislature is in regular session through March 7. For updated information on the legislature's activities, go to: www.leg.wa.gov.



HANDYMAN SERVICES

Chapter member John Wetterling is offering free “handyman” services to Chapter 1192 members. (Major repairs/those requiring permits excluded. No RVs. No night calls. Not licensed/bonded.) Recipients pay for materials. Three-day notice needed. Call: 509.545.8016.

Return Service Requested

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

March is NARFE-PAC Month
Contributions needed to
help NARFE "PPP &B!"
(Protect and Preserve Pay and Benefits)

Treasurer – Liz Bowers

The chapter's financial footing remains solid. At our chapter board meetings, the budget is reviewed and discussed to help keep the strong footing.



Example: An expense we closely monitor is the cost to print and mail our chapter newsletter. **With the increases in printing/postage over the years, it now costs more than a member's \$10 yearly chapter dues to print/mail 6 newsletters annually.** So, for those receiving mailed copies, please consider receiving the newsletter electronically. Thank you.

Membership Chairman – Johanna Caylor

As of February 18, our chapter had **512** members – **251**/chapter; **261**/national-only in the chapter area. Membership remains steady, which is good, but we need to recruit new members while retaining our current members to help NARFE "protect and preserve our pay and benefits."

Welcome New Members! Mary Chandler, Jack Heffling and Alicia Mercado!

Welcome Back! Recently reinstated member Virginia Coffman.

Snowbirds! As you return, please ensure ALL your contact information is correct! Let me know of changes so I can notify NARFE and update the chapter database.

Dues withholding: Painless! Only \$4.33/month! Send NO MONEY with your application or renewal form. I can help you with the process.

Gift memberships: A great option – for a new retiree, current employee, birthday/special occasion!

Contact info: Ph: 509.375.0739;
Email: annahojx2@gmail.com.

Webmaster – Larry Williams

Check out the NEW WSF website:
www.narfe.org/wa/.



TO:

CALLER COORDINATOR REMINDERS!

I know I am "sounding like a broken record," but our callers **really need your help** to better do their jobs! Specifically, when they leave a message, they need members to return their calls to ensure notification has been made. So, once again, a reminder to **PLEASE return their calls!** If you would prefer a text message or email rather than a call, or prefer not being called each month, please contact me.

Also, any feedback you wish to provide to make our monthly contact process more successful is appreciated!

Contact info: Darleen Wall, (H) 623.556.0869; (M) 509.308.2765; Email: jdwall2@frontier.com.



Sunshine News – Faye Vlieger

(Since the January/February newsletter)

Members who passed: Condolences to families of: Chapter President Pat Turner; Past Chapter VP John Cavanaugh; Eileen Hughes Jackson; Robert Lindsay.

Thinking of you/get well/sunshine wishes to: Bill Darke on his brother Dennis's passing; Jill Fennell on her husband Dave's, passing; (former member) Myrna Partida on her husband Arturo's passing.

Know someone needing a little "sunshine" or a special-occasion card? Call me, 509.961.1095, or email me, einvlieger@aol.com.

Alzheimer's Research Fund – Larry Williams

A change since the last newsletter – I decided to remain the chapter's Alzheimer's coordinator for a while longer.



Secretary Debbie Carlson will take over later this year. Note! Our area's "Walk" will be Saturday, October 19, John Dam Plaza, Richland! We'll again have a team! Hope you can join us!

