



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.narfewa.org Tri-Cities: www.narfe1192.org

To note! New lunch cost, see below. Save the chapter money – receive the newsletter via email!

2023 Chapter 1192 Officers & Board Members

President, Pat Turner	509.539.5659
Vice President, Nancy Crosby	509.735.3288
Secretary, Mary Alice Binder	509.378.2494
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, John Wetterling	509.545.8016
Newsletter, Mary Alice Binder	509.378.2494
Public Relations, Mary Alice Binder	509.378.2494
Service Officer, Ellen LeVee	509.438.4284
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., Columbia Center Red Lion, Kennewick

Lunch: \$25; reservations REQUIRED

(Vegetarian/special meals available, if ordered ahead)

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

Note: Executive Board meeting days/times vary.

Upcoming Chapter Meetings and Programs

January 4 – Michael Novakovich, Columbia Industries’ new CEO, is scheduled to provide an overview of CI and its programs.

Menu: pasta marinara, garlic bread, veggies, salad, dessert



February 1 – Jason Mercier, director, Center for Government Reform, Washington Policy Center, is scheduled to provide an update on the 2023 state legislative session. This is Jason’s annual update to the chapter.

Menu: roasted pork loin w/maple-mustard sauce, mashed potatoes, salad, dessert



March 1 – Cynthia MacFarlan, founder/executive director, Therapeutic Riding of Tri-Cities, will provide a presentation on TROT and its services.

Menu: soup or stew w/sandwich, salad, dessert



January – February, Volume 2023, Issue 1

Chapter President – Pat Turner

HAPPY NEW YEAR! As we begin

2023, I thought it appropriate to

remind everyone why we joined

NARFE and why it is important

to keep supporting this wonderful

organization. I am going to do this using the NARFE

Mission Statement:



- ◆ *To support legislation and regulations beneficial to federal civilian employees and annuitants and potential annuitants under any federal civilian retirement system and to oppose those detrimental to their interests.*
- ◆ *To promote the general welfare of federal civilian employees and annuitants and potential annuitants, to advise and assist them with respect to their rights under retirement, health and other employee and retiree benefits laws and regulations, and to represent their interests before appropriate authorities.*
- ◆ *To cooperate with other organizations and associations in furtherance of these general objectives.*

I am filled with pride as I review the programs in our chapter that support the NARFE Mission Statement. For example, we have a strong “service office” with Ellen LeVee as our service officer and helping those needing assistance. She was especially busy during the recent health benefits open season!

Then, too, we have a strong legislative program led by Mary Binder to keep us informed of proposed state and federal legislation that could affect our benefits. Mary also promotes an effective public relations program that keeps us connected to our community, which has helped in garnering several new chapter members this year. In fact, we recently learned that with at least 10 new members in 2022, our Tri-Cities chapter led all Washington State Federation (WSF) chapters in new members! We will continue our recruiting efforts and welcome help.



We have other committee coordinators also engaged in doing their part to help NARFE and our chapter be successful. Want to be more involved or have questions? Please let me or any board member know. Thank you, and to all, a happy, safe and healthy 2023!

Vice President – Nancy Crosby

As we begin a new year, including for NARFE, I am thankful to all members, officers and committee coordinators who have been so supportive of our Tri-Cities Chapter 1192. Our chapter is one of the few in our

Washington Federation (WSF) that has: monthly chapter meetings (except July and August); regular (virtual) board meetings; informative and entertaining meeting Programs; and, good member participation in our activities and special events.



This year will give all members opportunities to be involved at the chapter- and/or federation-levels. Further, we will continue to work to keep our members informed of benefits and legislative changes that could affect current federal employees, retirees and/or annuitants.

We continually look for suggestions on ways to improve our meetings, including program ideas. Then, too, all members are invited to sit in on our virtual board meetings. Just let me know if you want to be “invited” so I can send you the Zoom link or call-in information.



Best wishes to you and your families. I hope you have a healthy and exciting year.

Service Officer – Ellen LeVee

Now that we are in a new year, there are several things members should consider reviewing, and then making necessary changes, if applicable:

- ♦ **Medicare Part B Reimbursement.** For FEHB plans and options providing at least some level of reimbursement, rather than waiting until the end of the year, members can request the reimbursement as soon as they receive their Social Security statement or other proof that they have Medicare Part B being deducted from an annuity or paid via quarterly statements. Both spouses are eligible to receive reimbursement, provided each has Part B coverage. If just one spouse has Part B, including a non-federal spouse, only that spouse is eligible for the reimbursement.
- ♦ **Designation of Beneficiaries.** Review your information for the Thrift Savings Plan (TSP) and life insurance for beneficiary and/or address changes. The TSP-3 form, *Designation of Beneficiary*, is no longer available. When TSP changed its website, some of the beneficiaries did not get transferred. To change or check beneficiary information, go to the TSP website. (Life insurance beneficiaries are changed via OPM Services.)
- ♦ Complete or review the NARFE F-100 (09/21),

Be Prepared for Life’s Events, What your Survivor’s Should Know,” or a similar document. The F-100 is NARFE’s guide for organizing your personal and financial information. A fillable version is on the NARFE website, www.narfe.org. Also, I have a few printed copies.

- ♦ OPM online services. Your online accounts must be linked with www.login.gov. If you have multiple OPM services online accounts, each login.gov account requires a separate email address. If you have not linked your accounts, this would be a good time to do so. You will then be able to obtain your 1099-R earlier than the mailed copy. Linda Silverio, immediate-past Region IX vice president, compiled information from OPM online services into a tutorial that goes through options for retirees for viewing, printing and making changes. The tutorial is at <https://youtu.be/UvLKyoWZHFk>.



If you need assistance, please email me at ejleeve22@charter.net, or call me at 509.438.4284. (Leave a message; your call will be returned.)

WSF District I Vice President – Mary Binder

The year ended with a mixture of nostalgia and optimism. I was taken down several “memory lanes” while working through records from closed or closing District I chapters (see below updates); pleased with results from several “outreach” events resulting in several new NARFE members and more visibility for NARFE as an organization; and encouraged by several changes at the Washington State Federation (WSF) level that should be administratively helpful, and include more recognition for chapters’ outreach activities and resulting 50-percent matching funds from the WSF back to the respective chapters. For example, Tri-Cities Chapter 1192 received \$545 in these matching funds for 2022, which went back to the chapter’s treasury.



Last year started with 6 chapters in WSF’s District I. The district covers Eastern Washington. This year we start with 5 chapters, but 2 of those are closing.

To recap: Spokane Chapter 32, Tri-Cities Chapter 1192 and Colville Valley Chapter 1247 are active; Columbia Basin Chapter 856 is officially closed; Wenatchee Chapter 239’s closure paperwork is at NARFE headquarters as this newsletter was finalized; and, Yakima Chapter 238 had a special meeting December 8 with a unanimous vote to close the chapter from those who attended the meeting or provided input prior to the meeting. So, the closure process for this chapter has started, too.

While heart-wrenching to see chapters close, it is reality in today’s world for many organizations. The GOOD NEWS – MOST chapter members are maintaining their NARFE membership, either in a new chapter or as national-only members. This is key for NARFE’s future!

Public Relations – Mary Binder

Where and how to “outreach” to the community about NARFE, with an emphasis on reaching prospective members, remains the primary focus for the chapter’s public relations and membership initiatives. In reality, these 2 functions are so linked that we often now just refer to them as “outreach.”

Last year was a good “outreach” year for the chapter, resulting in several new members and more visibility with an array of local organizations who are recognizing NARFE as a go-to resource. To note, Ellen LeVee, our chapter service officer, helped several individuals during the recent health benefits season who were referred to her by individuals we’d met at the fall Senior Times Expo.

As noted in President Pat’s article, page 1, the chapter led the Washington federation in new members for 2022! The federation provides \$25 to chapters for each new member recruited during the year! A check is scheduled to be sent to the chapter in January based on the total number of new members as of December 31. Thank you to everyone who helped in our 2022 outreach efforts.

The chapter’s positive recruiting results have caught the attention of other federation chapters, too. In fact, recently, a counterpart from another chapter contacted me and asked for a presentation at a meeting of that chapter about the Tri-Cities chapter’s outreach efforts, that is, what are we doing differently!

We continue to look forward to seeing even more prospective members we met in 2022 at future chapter meetings. Also, mark your calendars for April 18 and the spring Senior Times Expo – again at the Numerica Pavilion, Southridge Sports Complex, Kennewick.

Other upcoming events and reminders:

- ◆ The annual Combined Federal Campaign (CFC) ends January 14. For donation details, go to: givecfc.org.
- ◆ February 10 is the deadline for NARFE’s annual photo contest! Details at: www.narfe.org/photocontest.
- ◆ Applications for the 2023/2024 NARFE/FEEA Scholarship Program are at www.feea.org/our-programs/scholarships. (Note: the program is for high school seniors related to NARFE members and who plan to attend college in 2023.)
- ◆ The new *Tri-Cities Senior Yellow Pages, 2022-2023*, is at area senior centers, senior care and retirement facilities, and all 3 Sterling restaurants. It is free. Note the chapter ad on page 14!

THANK YOU



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

Legislative – Mary Binder

New year, new 2-year congressional cycle. The 118th Congress, covering 2023/2024, convenes in January.

In the fall, NARFE announced its advocacy positions for the new Congress. Information is on the NARFE website, www.narfe.org. “These positions provide an extensive and specific enumeration of NARFE’s member-endorsed positions on legislative and administrative policies and will serve as a guide for NARFE’s advocacy endeavors in 2023 and 2024.” After logging into the website, click on the “Advocacy” tab, then “Advocacy Update” on the drop-down tab. Go to page 3, and look for “NARFE Announces Its Advocacy Positions for 2023-2024.” Also, staying engaged with our elected officials is as important as ever!

The state’s 2023 legislative session begins January 9. It is currently scheduled to end April 24. As noted on page 1, Jason Mercier from the Washington Policy Center is scheduled to provide the chapter an update on the session at the chapter’s February meeting – always informative!

NARFE-PAC – John Wetterling

In mid-January, the 8th quarter NARFE-PAC results for the 117th Congress should be on the NARFE website.

The 118th Congress, 2023/2024, brings new NARFE-PAC goals. They are on the NARFE website, as noted above.

So, yes, it’s time to think again about contributing to NARFE-

PAC – at chapter meetings, via the magazine, on the NARFE website. OR, what about being a “sustainer,” that is, monthly contributions via a credit card or from your annuity?

Remember: Disbursements to elected officials or candidates are **not** based on party affiliation nor is dues money used! **NARFE is “political” but nonpartisan.”**



Return Service Requested

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

TO:

Reminders!

NARFE publishes a 2-month *NARFE Magazine* in January/February and July/August.

March is NARFE-PAC month. Watch for details in the March *NARFE Magazine*!

Treasurer – Liz Bowers

At the December chapter meeting, I announced that I was estimating we'd spend about \$2,400 more than what we took in for 2022. As all accounting could not be done prior to this newsletter going final, I will provide more updates at upcoming chapter meetings.



The 2023 budget has been drafted, reviewed by the executive board, and a revision submitted to the board for another look/see. It is similar to the 2022 budget and an agenda item on the board's January 30 meeting.

Membership Chairman – Johanna Caylor

As noted elsewhere in this newsletter, the chapter had a great recruiting year in 2022! As of December 14, we had 218 chapter members, 143 national-only members, for a total of 361, which means we are maintaining our numbers despite the passing of several members.

2022 new members include: Kimberly Armel; Liz Bracken; Paula Call; Diane East; Al Farabee; Gae Neath; Nancy Pochert; Randall Reynolds; Beki Van Buren; Judy West

2022 transfer-ins include: Fon Adams; Gil Gloria; J Van Buren

TTY phones – recently, one of our elderly members with hearing challenges got a TTY (TeleTYpe) phone through Washington State. It was free. I have details. Feel free to contact me.

Snowbirds! Please ensure we have your "away" contact information, if applicable.

Have questions? Please call/email me: 509.375.0739; annahojx2@gmail.com.



Sunshine News – Faye Vlieger
(Since the November/December newsletter)

CALLER COORDINATOR UPDATE!

A special THANK YOU to our callers who rallied to the weather situation prior to the December chapter meeting and made second calls to members with reservations to double check on those reservations. To note: If the chapter commits to a number of meals and there are no shows, the chapter has to cover the costs.

So, PLEASE return calls when our callers leave messages! If you want us to use an alternate method for contacting you, PLEASE let me know.

Contact information:
Darleen Wall, (H) 623.556.0869;
Email: jdwall2@centurylink.net.



Condolences to: the families of members Arlon Bold, Dennis Maupin, Beverly Spicci on their passing; to member Darleen Wall on her mother's passing



Thinking of you to member:
Clark Crouch

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

Our annual November white elephant fundraiser had more items than ever before! From all sources, we raised about \$2,800 for the NARFE Alzheimer's Research Fund. Thank you for the items and contributions!



Webmaster – Larry Williams

Forgot a meeting date, program or lunch menu? The chapter website, www.narfe1192.org, has the information! Also, the WSF website, www.narfewa.org, has a wealth of federation current and historical information!

