



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](http://www.narfe.org) Washington Federation: [www.narfe.org/wa/](http://www.narfe.org/wa/) Tri-Cities: [www.narfe1192.org](http://www.narfe1192.org)

**Reminder: Combined January/February Edition, NARFE Magazine!**

### 2025 Chapter 1192 Officers & Board Members

<b>President, Nancy Crosby</b>	509.735.3288
<b>Vice President, Mary Binder</b>	509.378.2494
<b>Secretary, Debbie Carlson</b>	509.380.7210
<b>Treasurer, Liz Bowers</b>	509.430.1836
<b>Alzheimer's, Larry Williams</b>	509.783.8554
<b>Caller Coordinator, Darleen Wall</b>	509.308.2765
<b>Legislative, Mary Alice Binder</b>	509.378.2494
<b>Membership, Johanna Caylor</b>	509.375.0739
<b>NARFE-PAC, Mary Alice Binder</b>	509.378.8016
<b>Newsletter, Mary Alice Binder</b>	509.378.2494
<b>Public Relations, Mary Alice Binder</b>	509.378.2494
<b>Service Officer, Nancy Crosby (Acting)</b>	509.735.3288
<b>Sunshine, Faye Vlieger</b>	509.961.1095
<b>Webmaster, Larry Williams</b>	509.783.8554

### CHAPTER MEETINGS/PROGRAMS

**Meetings:** 1<sup>st</sup> Wednesdays, except July/August

11:30 a.m., CG Public House and Catering, 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

**January 8** – Karen Schultz from the local DAR chapter will provide an overview of DAR and the chapter's work within the community



**Menu: tomato bisque w/grilled cheese sandwich, salad, dessert**

**REMINDER! January's meeting is the 2nd Wednesday!**

**February 5** – Amanda Lorraine, founder/executive director, Grace Collective (formerly, Grace Kitchen), will discuss Grace's mission to support women survivors of poverty and exploitation



**Menu: baked potato buffet, green salad, dessert**

*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.

### January – February, Volume 2025, Issue 1

**President – Nancy Crosby**

We made it – 2025 is here. When I

retired from the Department of

Energy in 2003, I hoped I could enjoy

retirement for at least 20 years. I am pleased I made it,

and still have a lot I want to do, see and learn! I am also

pleased to report we have some new Chapter 1192

members, and others returning to chapter meetings and

getting re-involved. So, on behalf of your chapter board,

we hope you enjoyed a wonderful holiday season and will

have a happy and healthy 2025.



We are now busy planning the year's chapter meeting programs and outreach events. As highlighted in past newsletters, 2024 was a year of transition for the chapter as we moved our meetings from the Red Lion Hotel

Kennewick Columbia Center to the Clover Island Inn,

Kennewick, and ultimately to CG Public House &

Catering, Kennewick. The owners and staff at CG have

been wonderful to work with and very

accommodating. We continue to have

served lunches, and have a nice meeting

room and many other extras. Our

contract is in place for 2025 with menus

set through our June meeting. Menus and

programs will be in each newsletter and on the chapter

website. **The cost for lunch remains \$25!**



Regarding the newsletter, **it is very important to us that you receive chapter news!** At its December meeting,

the chapter board again discussed the costs for 50

members still receiving a printed/mailed copy as it now

exceeds a member's \$10 annual chapter dues by at least

\$2. Costs are expected to continue to rise. The board is

monitoring; but, meanwhile, another request to those 50

members receiving the printed/mailed copies. We know

for some, an electronic copy is not an option; however,

for those who could switch to an emailed copy – either

to you directly, to a family member or friend who could

download/print one for you – please consider switching.



**NOTE!**

*The chapter only uses members' email addresses for the bi-monthly newsletters, and for critical issues that may arise, e.g., a meeting change.*

## Vice President – Mary Binder



With the new year comes a renewed effort to update our chapter bylaws – my top priority for the coming months. For those not familiar with and/or needing a refresher, the current bylaws are posted on the chapter website, [www.narfe1192.org](http://www.narfe1192.org). On the

home page, click on the Chapter News tab. Questions or comments? Please let me know.

## Service Officer (Acting) – Nancy Crosby

It was a busy health benefits open season. I hope those who wanted to make changes were successful in doing so. Also, with the new Postal Service Health Benefits (PSHB) program in effect as of January 1, we are expecting there will continue to be questions and concerns. There are numerous resources available for both the PSHB and the FEHB programs. Please ask if you need assistance.

Staying with resources, a reminder about the *Tri-Cities Senior Resource Guide!* These **free guides** are available at chapter meetings and other locations throughout the region. (See our NARFE ad, pages 24-25. We will also have an ad in the upcoming 2025-2026 edition.) Take copies and share with family, friends, neighbors.



**NOTE! For our members in the Moses Lake, Yakima and Wenatchee areas, watch for these guides in 2025 for your locations!** There will be a NARFE Chapter 1192 ad in each with a number to call for NARFE information and/or if you have benefits/other questions. Updates on guide release dates will be in future newsletters.



A reminder – NARFE webinars are FREE for members! Past webinars are available on-demand, including the Q&A sessions. See page 44, January/February NARFE Magazine. Note: As this newsletter was finalized, an upcoming webinar schedule had not been released. For those receiving electronic NARFE updates, watch for webinar announcements. Updates can also be accessed at the NARFE website, [www.narfe.org/institute](http://www.narfe.org/institute).



## WSF Eastern Washington VP – Mary Binder

In the November/December chapter newsletter, I provided a recap of the NARFE Region IX Symposium, October 24-26, Three Rivers Convention Center, Kennewick. Not available at the time that newsletter went to press was a picture of the chapter's attendees (*below*). With 9 chapter members attending, our Chapter 1192 had more representation than any other Region IX chapter. Thank you for the support!



(Picture, right, seated, left to right, Mary Binder, Liz Bowers, Ellen Le Vee. Standing, left to right, Larry Williams, Johanna Caylor, Mary Goldie, Janice Lake, Dave Langstaff, Nancy Crosby.)



The new year brings some changes to the Washington State Federation-level officers for the 2-year period, 2025/2026. First, however, **a special thank you to the 2023/2024 outgoing officers!**

### Outgoing officers:

- ◆ President Cray Henry (*national-only member*)
- ◆ Vice President Mary Traxler (*Olympia/South Sound Chapter 236*)
- ◆ Secretary Linda Wallers (*Vancouver Chapter 131*)

### New officers:

- ◆ President, Tony Merola (*Olympia/South Sound Chapter 236*)
- ◆ Vice President, Kathy Brooks (*Spokane Chapter 32*)
- ◆ Secretary, Curtis Price (*Everett Chapter 193*)

### Continuing as officers:

- ◆ Treasurer, Arlene Patton (*Spokane Chapter 32*)
- ◆ Western Washington District Vice President, Bea Bull (*Bremerton Chapter 181*)
- ◆ Eastern Washington District Vice President, Mary Binder, (*Tri-Cities Chapter 1192*)

Next, some history. At one time, there were more than 30 NARFE chapters in Washington state, including



11 in Eastern Washington. Today, there are only 10 remaining with just 3 in Eastern Washington. So, a goal for me/a new endeavor in 2025 – have NARFE member reunions in Eastern Washington where at one time there were chapters, e.g., Moses Lake, Walla Walla, Wenatchee, Yakima, to name a few. Have ideas? Want to help? Please contact me. I cannot do this alone. Thank you!  
**(Ph: 509.378.2494; email: [mary\\_binder@msn.com](mailto:mary_binder@msn.com))**



## Public Relations – Mary Binder

Three October/November “outreach” events added to my goal to participate in more events in 2024 that would help get NARFE and our chapter “out there.” Success!

- ◆ **October 24** – Health fairs at the Corps of Engineers and VA hospital, Walla Walla.

Members Janice Lake and Johanna Caylor were there. Thanks! (photo, left to right)



- ◆ **November 15** – Tri-Cities Veterans Resource Expo & Stand Down, Southridge Sports & Events Complex, Kennewick. It was a VERY BUSY day. **Many vendors + many attendees = many conversations!** Thank you to chapter members John Wetterling (pictured), Johanna Caylor and Debbie Carlson for helping staff our table. We are planning to do this event again in 2025!



- ◆ **November 16** – After a 5-year absence, the Tri-Cities Wine Festival returned to the Three Rivers Convention Center (TRCC). Thanks to a query from Larry Williams, our chapter Alzheimer’s coordinator, the chapter was again approved to handle the coat check as we’d done at past wine festivals. The



\$330 in donations went to the NARFE Alzheimer’s Research Fund. Thank you, volunteers! We are hoping to do this event again in 2025, along with possibly other TRCC events needing a coat check. (Pictured above, behind the table, left to right: Ellen Le Vee; Larry Williams; Janice Lake; Frank Griffin; June Ollero; Faye Vlieger. Behind the curtains hanging up a coat, Ed Revell!)

Next, some reminders!

- ◆ The annual CFC campaign began September 1 and ends January 15. Details at: [givecfc.org/donors](http://givecfc.org/donors).



- ◆ March 13, application deadline, 2025 NARFE/FEEA Scholarship Program (for high school seniors, related to NARFE members, planning to attend college in 2025). Go to: [www.feea.org/our-programs/scholarships](http://www.feea.org/our-programs/scholarships).



## 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

- ◆ The NARFE Photo Contest ends February 3 for the 2026 NARFE calendar. Theme: “Spirit of America.” See page 5, January/February NARFE Magazine.
- ◆ Spring Senior Times Expo, Tuesday, April 15, Southridge Sports & Events Complex, Kennewick.

## Legislative/NARFE-PAC – Mary Binder

As this newsletter is finalized, the 118th Congress is almost history and the 119th scheduled to begin January 3. For some perspective and an overview, suggest the article “Transitioning to a New Congress and Administration,” pages 8-9, January/February NARFE Magazine. While there are some “knowns,” there are many “unknowns;” but a constant is the importance of NARFE members staying engaged with our elected officials and their staffs.

For example, Dallas Parr, district representative in

Congressman Dan Newhouse’s Richland office, frequently helps staff a table for the Congressman at outreach events where we have a NARFE/chapter table. She also frequently attends the monthly Tri-City Regional Chamber of Commerce luncheons chapter members also attend. In fact at the November and December luncheons she sat with me. (See photo, right.) It is a great opportunity to stay connected.



Looking ahead to June, NARFE will conduct **LEGcon25**, again as **a virtual legislative training conference**. Dates are still to be determined. See pages 4 and 7, January/February NARFE Magazine.

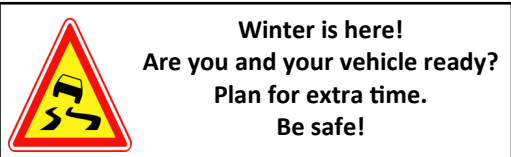
The 8-quarter, 2-year NARFE-PAC cycle, which corresponds with the legislative cycle, ended

December 31. Thank you to ALL who contributed! And a reminder – **March is NARFE-PAC month!**



**Return Service Requested**

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



Winter is here!  
Are you and your vehicle ready?  
Plan for extra time.  
Be safe!

**Treasurer – Liz Bowers**

The good news – the chapter’s finances are solid and holding steady. At the December chapter meeting, I reported that on November 1, the chapter had \$20,844; on December 1, \$21,080. I also reported that no funds for dues from NARFE national had been received since August. As of press time for this newsletter, September funds have been received, with October, November and December hopefully coming soon as the software system upgrade issues at NARFE are resolved.



I have received some input for the chapter’s 2025 budget and the board had a lengthy discussion at its December 9 meeting with a target of completing the budget at its January 27 meeting. If you have questions, please feel free to ask! Thank you.

**Membership Chairman – Johanna Caylor**

**Recruiting:** As of December 12, our Tri-Cities chapter had 474 members – 224/chapter; 250/national-only in the chapter area. This is almost the same as my report in the last newsletter.

**Welcome new members:** John Brimhall, spouse of member Phyllis Brimhall; Janet Ente, a USPS retiree; and Myrna Partida, a DOE retiree. Some opted for dues withholding, too! Welcome, and we hope to see you at chapter meetings!

**Dues withholding:** *The chapter has 108 members on dues withholding, including 12 couples!* Only \$4.33/month. SEND NO MONEY! SAVE MONEY! No more renewal worries. Contact me to learn more.

**Snowbirds:** A reminder! Keep us posted on contact information changes, even if temporary! This is especially important if you receive a mailed newsletter!

**Contact info:** Ph: 509.375.0739;  
Email: [annahojx2@gmail.com](mailto:annahojx2@gmail.com).



**TO:**

**CALLER COORDINATOR UPDATES!**

We have had some caller changes so are in the process of updating and realigning the calling lists. Therefore, a heads up to those who receive monthly calls about our meetings – you may receive the calls from a different caller. As always, if you receive a message, **please return the call.**



No longer want to be called? Let me know. Thank you.  
**Contact info: Darleen Wall, (H) 623.556.0869;**  
**Email: [jdwall2@frontier.com](mailto:jdwall2@frontier.com).**

**Sunshine News – Faye Vlieger**

*(Since the November/December newsletter)*

**Member Passing:** Russell Nelson

**Thinking of you:** Nancy Glaesemann/Chuck Clayton



**Know someone needing a little “sunshine” or a special-occasion card? Call me, 509.961.1095, or email me, [einvlieger@aol.com](mailto:einvlieger@aol.com).**

**Alzheimer’s Research Fund – Larry Williams**

November was an excellent NARFE Alzheimer’s Research Fund month for the chapter! Our “White Elephant Fundraiser” brought in more than \$3,000 between the fundraiser and individual donations. This amount, plus the \$330 from the Tri-Cities Wine Festival coat check and other donations previously received, brought the November total to \$3,600! Excellent!!



**Webmaster – Larry Williams**

See something needing updating on our chapter website, [www.narfe1192.org](http://www.narfe1192.org)? Have other suggestions for the website? Please let me know! Thank you.

