

**NARFE Chapter 1192**  
**February 4, 2015 Chapter Meeting Minutes**

**CALL TO ORDER** President Don Binder called the chapter's monthly meeting to order at noon, Red Lion Hotel, Kennewick, Wash. He introduced the elected officers and welcomed 23 members and 3 guests (Mary, wife of member Phil LaMont; Sue Lindsay, former NARFE member who is considering rejoining; and today's program speaker, Lindsay Tucker.) Don led the Pledge of Allegiance and then asked for a moment of silence for reflection.

To accommodate the speaker's schedule, the program preceded lunch and the meeting.

**PROGRAM** – Music therapist, Lindsay Tucker, provided a presentation on music therapy – what it is, how it works and the training involved to be a therapist. She started her presentation playing her guitar, singing a song and having audience participation with “egg shakers” she brought. Lindsay then explained that music therapy is “therapy with music as the main tool.” To be a certified music therapist requires a 4-year degree, which includes 1,200 hours of clinical training, and passing the American Association for Music Therapy's board exam to receive national credentials. Lindsay received her degree in 2014 from Seattle Pacific University after a 6-month internship in the San Diego area, and sat for her board exams in November. She grew up outside Paterson, Wash., and after receiving her degree, returned to the Tri-Cities area. Lindsay is working independently – teaching violin, her primary instrument, and building her music therapy practice. She shared a number of stories that provided examples of how music therapy can be used, e.g., with infants in a neonatal unit, soldiers with PTSD, and with those suffering from Alzheimer's. She also referenced 2 movies with a focus on music therapy, “The Music Never Stopped” and “Alive Inside.” She concluded with a thought-provoking quote from a renowned music therapist, Deforia Lane, “Music has the power to move a person between different realities: from a broken body into a soaring spirit, from a broken heart into a connection of shared love, from death into the memory and movement of life.” The feedback from members on this informative presentation was very positive.

**The meeting resumed at 12:45 p.m.**

**BOARD/CHAPTER MINUTES/TREASURER REPORTS/PROGRAM SIGN-UP SHEETS, ETC.**

Note: chapter minutes and treasurer reports are on the chapter's website and at meetings. Event sign-up sheets, the latest chapter newsletter, and miscellaneous handouts and NARFE forms/publications are also at meetings.

**OFFICER/DISTRICT/COMMITTEE REPORTS**

**President/Legislative** *Don Binder.*

- January food drive – Don thanked members for the \$100/cash/check and 82 lbs./food, which went to the Tri-Cities Food Bank. (In 2014 the donations were \$15/cash and 155 lbs./food.)
- 2014 tax forms – Don queried members to ensure all had received their forms.
- Don said he needed 1 non-board member to assist 2 board members conduct the annual audit of the chapter's 2014 financial records. The audit will be at Treasurer Nancy Crosby's house. Liz Bowers volunteered.
- Membership – the Washington State Federation of Chapters (WSFC) is again offering chapters a \$20 incentive for each new chapter member recruited during the year. In 2014, the chapter recruited 47 new members so received \$940. Don also encouraged all retirees who are not on dues withholding, and who are not life members, to consider dues withholding. It is a way to save money – only \$3.97 withheld monthly from the annuity and a \$15 rebate for signing up.
- 2015 NARFE Legislative Training Conference, Washington, D.C., March 14-17. Registration is now closed. Mary and Don are planning to attend.
- Representative Dan Newhouse – Don said he is making progress on getting contact information for Rep. Newhouse, but it has been slow. He is trying to schedule an appointment to meet with Rep. Newhouse when he and Mary are in D.C. in March for the Legislative Training Conference's day on Capitol Hill.

- Federal legislative update – Don highlighted several items:
  - To date, no bills have been introduced in the 114<sup>th</sup> Congress that would negatively impact retirees, including the Chained CPI.
  - Rep. Mark Meadows (R-NC) is the new chairman of the House Oversight and Government Reform subcommittee on government operations. He has said he plans to meet with employees in a different agency each month. Despite party differences, he has a positive relationship with the committee’s top Democrat, Rep. Gerald E. Connolly (D-VA). Both are “committed to making government more effective and to a fair approach to federal employees.”
  - Further, Rep. Connolly and Senator Brian Schatz (D-HI) have re-introduced The FAIR Act – legislation that would provide for a 3.8 percent pay increase for federal employees in 2016 versus 1.3 percent in the President’s budget. NARFE supports this legislation.
  - Rep. Carolyn B. Maloney (D-NY) has introduced the Federal Employees Paid Parental Leave Act, which would “provide 6 weeks of paid leave to federal employees for the birth or adoption of a child.” At the August 2014 NARFE convention, members voted to add this issue to NARFE’s 114<sup>th</sup> Congress Legislative Program. NARFE President Thissen attended a Capitol Hill press conference with Rep. Maloney and other legislators.
  - The Wounded Warriors Federal Leave Act unanimously passed in the House Committee on Oversight and Government Reform. The act “provides service-disabled veterans employed by the federal government with 104 hours of paid sick time for medical leave at the beginning of their employment ... making it easier for wounded veterans to schedule medical appointments and keep up with their rehabilitation from service-related injuries.” Don said he believes this act will pass.
  - Included in the President’s budget are 6 proposed changes to Social Security, Medicare and other aspects of retirement that could have the most immediate impact on retirees and people planning to retire soon. They are: amending the Social Security Act to ensure coverage for same-sex, legally married couples wherever they live; expanding retirement savings options for part-time workers; funding the depleted Social Security Disability Insurance Trust Fund by moving money from the Social Security Old-Age and Survivors Insurance fund; adding a premium surcharge to Medigap plans that give participants coverage with little or no deductible; closing the Medicare Part D prescription drug “doughnut hole” by 2017; making generic drugs more available.
  - The new FEHBP Self-Plus-One enrollment option will be available January 2016. It will be included in “Open Season” options November 9 to December 8.
- State legislative update – Don said he now will be providing state information pertinent to the chapter at each meeting. NARFE is stressing the importance of doing so. Chris Farrell, who has been in NARFE’s legislative department, is now NARFE’s senior analyst, working directly for NARFE President Dick Thissen, and focusing on state legislative issues.
  - Jason Mercier, Government Reform director, Washington Policy Center, regularly has articles in the *Tri-City Herald*, e.g., Sunday, February 1, “Put the public back in ‘public hearings.’” Jason’s office is in the Tri-Cities and has spoken at a chapter meeting. Don said he will try to get him back for a future meeting.
  - Of current interest – Governor Inslee’s push on “cap and trade” and rolling back any environmental impacts, which would make Washington’s regulatory requirements more restrictive than California’s.
- Don shared that an article Mary wrote for the August/September/October 2014 WSFC *Federation Reporter*, appeared in NARFE’s November *Recruiting & Retention Journal*. Also, in the January 2015 *NARFE Insider*, there is a photo of U.S. Rep. Derek Kilmer (WA-6<sup>th</sup>) presenting a certificate of appreciation to Bremerton Chapter 181 member Don Palmer. Don had a “rare copy of a video on the 75<sup>th</sup> anniversary of NARFE’s founding.” The video is now available on NARFE’s website, [www.narfe.org](http://www.narfe.org). (Click on the “Officer Resources” heading, scroll down to “Resource Library” and click on the link for “History of NARFE” video.)
- Reminder: 2015 meeting lunch menus are posted on the chapter’s website, and the 2-month menu is in the chapter bi-monthly newsletter.
- Reminder: give program and chapter activity ideas to Mary.

**1<sup>st</sup> Vice President/Service Office/Special Programs** *Lorie Bennett.*

- Lorie reported that she has spent a couple of weeks gathering and compiling information documenting the history of the chapter's service office from its beginnings in 1992. She had a handout with highlights, including a list of volunteers who have worked in the office over the years. Former chapter member Estelle Bellefeuille was a primary force in getting the service office established. Members wanting to learn more about the service office's history are welcome to come to the office.
- For Tri-City American hockey fans, tickets are only \$10 for the February 27 game. Contact Nancy Crosby for details.
- The Columbia Gorge Sternwheeler is returning to the Tri-Cities, April 17-26. Lorie provided a handout.
- Lorie also had a handout for the Bechtel National Planetarium at the Columbia Basin College. Larry Williams reported that we have a speaker for the June chapter meeting from the planetarium.
- As a reminder to members, Lorie shared that she hadn't used the OPM website in quite a while to check her personal retirement information; therefore, she now has to get a new password.

**2<sup>nd</sup> Vice President/Webmaster** *Larry Williams.* No report.

**Secretary/Sunshine/Newsletter/PR** *Mary Binder.*

- March/April newsletter articles are due to Mary by Friday, February 6. The newsletter will be out before the next chapter meeting.
- Copies of the February/March/April WSFC quarterly *Federation Reporter* were available at the meeting. The newsletter is also on the WSFC website, [www.narfewa.net](http://www.narfewa.net).
- Photo submissions for NARFE's annual calendar photo contest are due by February 15. Submission details are on the NARFE website, and Mary provided a handout at the meeting. She encouraged members to consider entering.
- The application period for NARFE's annual scholarship program started February 1 and ends April 24. Graduating high school students who will be attending college and are related to a NARFE member are eligible to apply for the \$1,000 scholarships. Applications and information were at the meeting, are in the *narfe* magazine and on the NARFE website. Mary encouraged members to think about students who may qualify – whether in their own family, other NARFE member families, or in families of potential NARFE members, which could be a reason to join!
- The 2015 Senior Life Show is scheduled for June 18, Three Rivers Convention Center. The chapter is again planning to have a table with NARFE information.
- Sunshine – Mary reminded members to let her know about members who may need cards – whether for a special occasion, for an illness, for the loss of a family members, etc.

**Treasurer's Report** *Nancy Crosby.*

- Balance on hand as of December 31, \$10,051.52. January receipts were \$1,701.60 and disbursements, \$782.47, leaving a balance of \$10,970.65. Projected obligations are \$1,883.00, leaving an unobligated balance of \$9,087.65.
- **Monies collected at the February meeting** Luncheon, \$345; Alzheimer's Research Fund, \$42; NARFE-PAC, \$72; Newsletter, \$15; 50/50 Raffle, \$24 collected/\$12 awarded and donated to NARFE-PAC.
- Nancy said the chapter's banking is being transferred to the NARFE Premier Federal Credit Union. Local banking can be done through local Numerica Credit Union branches or Global Credit Union (inside the Kennewick Yoke's). One of the advantages and reasons for the change is to get interest on the chapter's checking account. The board will discuss moving some money into some type of savings account.

**District V Vice President** *Nancy Crosby.*

- The next WSFC executive board meeting is Thursday, February 12. Nancy, and Mary and Don Binder are scheduled to attend in their federation roles. She asked members to let her, or the Binders, know if there is something they'd like discussed at the meeting.
- Nancy said she will be trying to attend, for free, the Spokane chapter's retirement seminar, April 13-14. [Our chapter's board has been considering doing these seminars again in our area, as we did a number of years ago. The seminars can be a good moneymaker. Currently, DOE puts

on retirement seminars but only for their employees.] Flyers were available at the meeting for members knowing employees who might benefit from the seminar.

- Region IX is planning its 2<sup>nd</sup> leadership training conference, May 2-3, just prior to the Oregon federation's convention near Portland, Ore. Mary and Don are planning to attend; other chapter members are also welcome to attend.
- Nancy said she has found more interest in having a District V (Tri-Cities, Walla Walla and Yakima chapters) training workshop vs. attending the Region IX training. She is tentatively targeting May 28. [Note: This is a change from May 23 announced at the meeting.] Besides training, the WSFC 2016 convention would be an agenda item as the district V is the host.
- 2016 WSFC convention – Nancy said she is hoping a theme will tie into the new “Bigger, Bolder, Brighter” Tri-Cities community branding initiative. She also reported that the hotel construction is coming along and even though the hotel has been sold to a new owner, the contract we have in place transferred to the new owner.
- Nancy said she will be visiting the Walla Walla and Yakima chapters sometime after the February 12 WSFC executive board meeting.

**Directors at Large** *Steve Howes and Pat Turner.* No reports.

**Alzheimer's** *Chairman Bill Darke.* Mary Binder shared that her mother and brother had been contributing to Alzheimer's. When they learned about NARFE's Alzheimer's Research Fund, they opted to give to it. They either write a check or provide cash that Mary gives to Bill. Mary said this is a way non-NARFE members can support NARFE's designated charity.

**NARFE-PAC** *Chairman Steve Howes.*

- Contributions at the January meeting – \$21.
- Steve provided highlights of the 2014 contributions. To note, the chapter was 5<sup>th</sup> in the state in contributions with 137 contributors and \$2,810. Steve said he would like to see the chapter be first in the state so suggested a 2015 goal of \$3,500. Also, NARFE's 2015 goal is \$1 million.
- New PAC contribution levels are in the current chapter newsletter (and in the *narfe* magazine).
- March is NARFE-PAC month. Steve reminded members to bring money to contribute!

**Membership** *Chairman Johanna Caylor.* No report.

**Caller Coordinator** *Pam Griffin.* No report.

**NEW BUSINESS** None

**February Birthdays** Pam Griffin

**February Anniversaries** None

**Drawings** Debbie Lopez, free lunch; Mary Binder, \$12, 50/50 drawing (donated to NARFE-PAC)

**Next Exec Board Meeting** Tuesday, March 3, noon, Tri-City Country Club; all welcome

**Next Chapter Meeting** Wednesday, March 4, Red Lion Hotel, Kennewick; doors open at 11:30 a.m. Program begins at noon, followed by lunch and business meeting.

**March Chapter Meeting Program** Lynn Tompkins, executive director, Blue Mountain Wildlife, will provide an overview of the Wildlife's mission through wildlife rehabilitation and public education. She is planning to bring some birds. (*Steve Howes*)

**ANNOUNCEMENTS** – Director-at-Large Steve Howes announced that the U.S. Fish and Wildlife Service will host a “Winter Birds” program at McNary National Wildlife Refuge, Burbank, Saturday, February 14, 9 a.m. to noon. Events include: a live bird program by Lynn Tompkins from Blue Mountain Wildlife in Pendleton; other wildlife presentations; art activities; and, guided bird-viewing tours. Steve said he would be one of the tour guides. He provided a handout with details.

**MEETING ADJOURNED** 1:40 p.m.

Prepared by:  
*Mary Alice Binder*  
Secretary