



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! New meeting location; September meeting date change. See below.

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., CG Public House, Kennewick
Lunch: \$25; RESERVATIONS REQUIRED

(Vegetarian, gluten free meals available, if ordered ahead)
Avoid a charge! Cancel reservations you can't keep!

Note: Executive Board meeting days/times vary.

Upcoming Chapter Meetings

September 5 – Andrew Porter, executive director, Tri-City Union Gospel Mission, will provide a Mission overview and updates.



Menu: 1/2 croissant sandwich w/turkey, bacon, avocado; tater tots; salad; dessert

October 2 – A SHIBA update! Statewide Health Insurance Benefits Advisors' volunteers provide free, unbiased help to people (all ages/backgrounds) with their Medicare questions.



Menu: pork roast, mashed potatoes/gravy, veggie, roll, 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.

September – October, Volume 2024, Issue 5

President – Nancy Crosby

September is our chapter's anniversary month. Although the chapter's first meeting was March 3, 1971, its official charter was granted September 17, 1971. So a "Happy Anniversary" to our chapter!



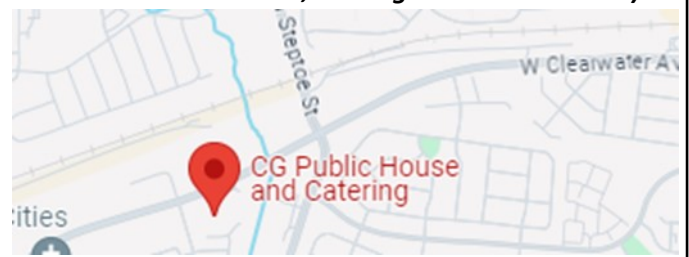
Starting in September, our chapter meetings will be in the event center at CG Public House & Catering, Kennewick. **(See box below for more details.)** As I have shared at chapter meetings earlier this year and in our July/August newsletter, with the sale, renovations and other changes at the Clover Island Inn, we needed to find a new meeting location. I believe CG will work for us, so a contract is in place for our fall meetings. Member price for lunch, at least through the end of this year, remains \$25, and includes salad, roll, entrée, chef's choice of vegetables and dessert, water and iced tea. Coffee and hot tea can be served upon request. Vegetarian and gluten-free options are available if requested in advance. Also, for members wanting to purchase something else to drink, the restaurant's bar will be open. **A reminder: the September meeting will be Thursday, September 5. Starting in October, the meetings will return to the first Wednesdays.**



CG Public House and Catering

9921 W. Clearwater Avenue, Kennewick

(NOTE: Park in front; handicapped parking available. Enter thru main doors; turn right to event center.)



And, one more reminder! Please reply to your caller's message so we can have an accurate head count for our meeting seating and meals. Thank you.

In August I sent an email to members for whom I have
(continued on page 2)

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an email address about our next chapter group activity, Saturday, September 7. Yes, a Dust Devils baseball game. Although the reservation deadline has passed, there MAY still be space. Want to attend? Please call me. **Cost is \$30, which includes admittance, BBQ and reserved seating.**



As you'll read in the newsletter, we have a **very busy** NARFE fall schedule – everything from national and Washington federation elections to outreach events; the Walk to End Alzheimer's; the NARFE Region IX Symposium here in the Tri-Cities; and, our holiday program. Some activities need volunteer help. Please attend and/or assist! Your support helps to keep our chapter alive and viable. Thank you.

Vice President – Mary Binder

As previously announced, President Nancy and I are working on updating the chapter's bylaws. Slow progress but we are making progress!



The current bylaws are on the chapter website, www.narfe1192.org, under "Chapter News." If you have not read them recently, please take the time to do so. If you have questions and/or comments, please let me know.

(Note: Need a printed copy? Please contact me.)

Service Officer (Acting) – Nancy Crosby
November 11 to December 9 will be open season for 2025 health benefits changes for both the FEHB and new PSHB programs. We are planning to host another evening health fair as we did in 2023. Date, time and location will be announced once we know when the providers will be in our area.

For Postal employees and retirees, the USPS has prepared a guide to the new Postal Service Health Benefits Program. Also, we just learned of a "catch" in OPM's proposed regulations for the USPS program involving Medicare-eligible retirees and Medicare Part D prescription drug coverage. This is a complex issue! "In its proposed regulations for the new PSHB program, OPM asked for feedback on how best to mitigate the risk of 'inadvertent disenrollment,' as well as how to educate Part D-eligible individuals on details of the new program." (Federal News Network, July 24, 2024, Drew Friedman article.)

At the September chapter meeting, we will have copies of the guide and Part D article; or, contact me for a copy if you cannot make the meeting.



REMINDER! The PSHB program WILL AFFECT current and retired USPS employees January 1.

Information on the PSHB program can be found at: www.KeepingPosted.org; www.narfe.org; www.opm.org.

I recently had another example of how important it is to have family know what to do when an annuitant passes away. In this case, I spoke to a widow who was at a loss when her husband passed. We were able to assist her. So a REMINDER! The NARFE F-100, *Be Prepared for Life's Events* is a GREAT resource for "what survivors should know." It can be accessed on the NARFE website, www.narfe.org. After logging in, at the "For Members" tab, click on Download or Order Forms. Scroll down the page to the F-100. Click on the form number to access the fillable form, which can be saved to your computer or printed. Need help or a printed copy? Please contact me!

NARFE FEDERAL BENEFITS INSTITUTE

The Federal Benefits Institute's fall webinar schedule is on page 39, August *NARFE Magazine*. There are several webinars planned to help members during health benefits open season. Yes, the webinars are FREE for NARFE members, and archived for those not able to attend the live webinar, for reference, etc.

WSF Eastern Washington VP – Mary Binder

As this newsletter goes to press, member Janice Lake and I are at FEDcon24. Highlights at the September meeting!



It will soon be time to VOTE for the 2025/2026 NARFE national officers, including our Region IX VP; proposed NARFE bylaws and standing rules amendments; and for our 2025/2026 WSF officer positions. Details regarding the national elections are in the August *NARFE Magazine*, pages 48-49; more information will be in the September *NARFE Magazine*, including a paper ballot for those wanting that option vs. voting electronically. Voting for WSF officers will be electronic between September 14 and October 14. Results will be announced and officers installed at the WSF annual meeting, October 24, which will be held in conjunction with the Region IX Symposium (see Page 3.) Please, please, PLEASE vote!



This helps show your support for those who have stepped up to help lead NARFE, and for bylaws/standing rules governing NARFE. If you have questions, please contact me. Again, please VOTE!



Caution! Postage stamp ad scam through social media on a discount for stamps. Go to www.usis.gov for more info.

Warning! Washington Secretary of State Steve Hobbs has warned voters to be "alert for faked election material on social media." Suggest www.sos.wa.gov for reliable info.

Public Relations – Mary Binder

Two upcoming “outreach” events are listed below. If you can help at the events, please contact me!

- ◆ Thursday, September 12, the 29th Annual Community Senior Picnic, 11 a.m. to 2 p.m., HAPO Center, Pasco, hosted by **active4life**. **For the first time, the chapter will have a table at this event!** Tickets are \$5/each, which includes lunch, and are available at the Kennewick, Pasco and Richland Parks and Recreation offices; Wheatland Bank. Note: The event sells out! Get your ticket soon!
- ◆ Tuesday, October 15, the fall Senior Times Expo, 9 a.m. to 2 p.m., Southridge Sports Complex, Kennewick. Look for our table! Free admission.



Region IX Symposium – Mary Binder

After about 18 months of planning and meetings, the 5-state (Alaska, Idaho, Montana, Oregon and Washington) Region IX Symposium is almost here. Dates: October 24-26. Think: mini **FEDcon** at home!



THREE RIVERS CONVENTION CENTER

Following is summary information:

- ◆ Location: Three Rivers Convention Center, Kennewick. Wanting to stay close? The Marriott SpringHill Suites, attached to the convention center, has a special “NARFE R9 Symposium” room rate (\$134/night + taxes, October 23-27).
- ◆ Registration: \$150, which includes the Thursday night social, Friday lunch, Friday banquet.
- ◆ Registration deadline: September 23.
- ◆ Registration fillable form/instructions: on the WSF website, www.narfe.org/wa. (Copies also at our September chapter meeting.)
- ◆ Reimbursement! Our Washington federation has targeted fully reimbursing the first 30 state members who register (and attend) the Symposium. (To receive reimbursement, members will need to submit a reimbursement request.) Our chapter has also budgeted funds to help offset member costs.
- ◆ Agenda – an “Event Agenda at a Glance” is at the bottom of the registration form. To note: NARFE President Bill Shackelford is planning to attend, and is looking forward to being with us, per what he shared at **FEDcon24!** Attendees will learn about the new NARFE marketing strategy; receive legislative and membership updates; have time with healthcare vendors; and for new NARFE members, a chance to ask questions/learn in a “NARFE 101” session.

This is a special opportunity to learn more about NARFE and our region, and to meet other Region IX members!

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/NARFE-PAC – Mary Binder

Urgent Action Alert! NARFE has learned that a “discharge petition” is expected to be filed September 10 in the House of Representatives in an attempt to move H.R. 82, The Social Security Fairness Act, to the House floor for a vote. Despite having 325 co-sponsors, enough to bring the bill to repeal GPO/WEP to the floor, it has been stalled in committee. An attempt around this is a discharge petition, which “in U.S. parliamentary procedure ... is a means of bringing a bill out of committee and to the floor for consideration without a report from the committee by ‘discharging’ the committee from further consideration of a bill or resolution.” (Source: Wikipedia) BUT, 218 member signatures are needed! Even if a legislator is a co-sponsor, they **MUST** come to the House floor to sign the discharge petition. At **FEDcon24**, attendees were asked to contact their legislators asking for their support, and to encourage their chapter members, other NARFE members, to also do so! The time frame is **VERY SHORT** as the House will only be in session for a brief time in September before legislators depart for their home districts until after the November 6 election. At the NARFE website, after logging in, go to the Advocacy tab, then Take Action. Scroll down to “Support Bringing the Social Security Fairness Act, H.R. 82, to a Floor Vote through a Discharge Petition” for more details and to contact our legislators.



CONGRESS


NARFE-PAC

Good NARFE-PAC news! Again, our Region IX was first in “mean” (average) contribution out of the 10 NARFE regions. At \$111.21, this far exceeded the \$66.39 mean. Thank you to all who are supporting PAC! Contributions are welcome at chapter meetings, but also can be sent to NARFE directly, and through the sustainer program. Details are in each *NARFE Magazine*.

Return Service Requested

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

TO:

 **IT'S THAT TIME!** 
Fall Membership Drive,
September 1 thru December 31.
See September *NARFE Magazine*.

Treasurer – Liz Bowers

Summer is typically a quieter time in our budget cycle. This year, besides the normal newsletter and outreach activities expenses, we purchased a supply of stamps prior to the July 14, 5-cent increase! So, as of mid-August, the chapter had about \$21,200 in its Gesa Credit Union accounts. Want more details on the chapter's finances? Please contact me.



To note, with the latest postage increase, it now costs the chapter almost \$2.25 to print/mail each newsletter to members receiving a “hard copy” vs. an electronic newsletter. That is \$13.50 for the 6 printed/mailed newsletters annually; chapter member dues are \$10. So, if you receive a mailed newsletter, please consider changing to an electronic copy, if that can work for you. Let President Nancy know if you can make the change.

Membership Chairman – Johanna Caylor

As of August 14, our chapter had **478** members – **228**/chapter; **250**/national-only in the chapter area. This reflects another drop of 10 members since my last report. I have continued to work on getting dropped members back on the roles! Dropped members, e.g., members forgetting to renew their dues, represents the primary reason for our drop in membership. Dues withholding helps members avoid this problem!



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

Call or email: 509.375.0739; annahojx2@gmail.com.

Sunshine News – Faye Vlieger

(Since the July/August newsletter.)

Members who passed: Earl Carey; Ellen Hunter (wife of member John Hunter); Myrtle Nesbitt

CALLER COORDINATOR REMINDERS!

It is that time! Before our September meeting, our “callers” will make their **annual calls** to all local members. Doing this helps us stay in touch with members, verify/update member contact information and verify their calling preference for meetings. **Please answer their calls or return messages.** We want to stay in touch, have correct information and know your preferences. Thanks!



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

Thinking of you wishes to members:

Debbie Carlson; Jim Caylor (member Johanna Caylor's husband); Lanny Ross (past Region IX VP)



Know someone needing a little “sunshine” or a special-occasion card? Call or email: 509.961.1095; einvlieger@aol.com.

Alzheimer's Research Fund – Larry Williams

Just announced: Mayo Clinic researchers “have drafted new criteria for diagnosing Amnestic Neurodegenerative Syndrome (LANS), a memory-loss disorder similar to Alzheimer's.” More details at: www.psychiatrist.com.



Saturday, October 19, Richland, John Dam Plaza. Go to www.alz.org/walk, to register with our chapter team and/or donate. Click “Find A Team.” Type “NARFE Chapter 1192” in “Team Name” box.

Webmaster – Larry Williams

NEW! Some information on the WSF site is now password protected, e.g., WSF chapter newsletters! Go to the NARFE site, www.narfe.org, log in as a member, then add “/wa” to the narfe.org address in the Search/URL bar on the homepage.]

