



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! Chapter officer elections for 2026-2027 are coming this fall. See article below.**

## 2025 Chapter 1192 Officers & Board Members

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

*(Board meetings are virtual; contact Nancy Crosby for Zoom link. Next meeting: September 22, 1:30 p.m.)*

## Upcoming Chapter Meetings

**September 3** – An update on Tri-Cities Chaplaincy services and the Hospice House renovations



**Menu: French dip w/au jus; broccoli bacon salad, French fries, dessert**

**October 1** – A SHIBA update. Statewide Health Insurance Benefits Advisors'



volunteers provide free, unbiased info about health care coverage, including Medicare.

**Menu: parmesan chicken over pasta w/red sauce, seasonal veggies, 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 2025, Issue 5**

### **President (Acting) – Mary Binder**

Well, ready or not, summer will soon be over and fall is quickly approaching. With this change comes the start of our chapter's meeting season and an anniversary to note. The chapter's official charter was granted September 17, 1971. Happy anniversary Chapter 1192!



Even though our chapter did not meet in July and August, the chapter's board members continued with day-to-day chapter activities ... while still working to have some downtime, too. Here are some highlights:

- ♦ The chapter's board met in July, and a July/August newsletter was released.
- ♦ Our treasurer, Liz, paid bills and continued to monitor the chapter's finances while Debbie, our secretary, kept busy with meeting minutes and working to simplify the "taking-minutes" process.
- ♦ Our hospitality coordinator and service officer, Nancy, worked with CG Public House on our contract for the remainder of the year, including the lunch menus, and continued to field calls and assist both members and nonmembers with federal benefits questions.
- ♦ Johanna, our membership coordinator, was more-than busy checking NARFE membership reports, contacting members whose membership had lapsed and/or who had other issues.
- ♦ Faye, sunshine coordinator, sent cards to members or families needing some special thoughts or a congratulations; webmaster, Larry, posted and updated information on our chapter website; and Darleen, caller coordinator, worked to update the "callers lists" for their annual calls to all local members.

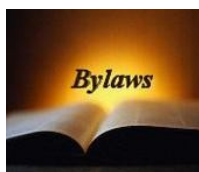
So, yes, your board members have continued to work on behalf of our chapter. A special "thank you" to each one!

As for me, I have been focused on everything from fall outreach activities and chapter programs to our chapter's fall elections for our 4 officer positions – president, vice president, secretary and treasurer for the 2-year period, 2026-2027. The elections are at the November chapter meeting and the installation at our December meeting! Please consider serving ... either in an elected or appointed coordinator position ... so our chapter can continue to be a viable reality. Thank you!

## Vice President – Vacant

For those who may have missed the announcement in the last newsletter, Nancy Crosby stepped down as chapter president at the end of June. VP Mary Binder is now serving as the acting president. That leaves the VP position vacant. Interested in filling the position until the end of the year? Please contact Mary!

Bylaws updates! During a month-long voting period over the summer, NARFE Washington State Federation members voted to approve the minor changes to the federation's bylaws. The federation secretary has forwarded the updated bylaws to the NARFE national secretary/treasurer for approval. Thanks to all who voted!



Our chapter board will review/discuss the proposed changes to our chapter bylaws at its September 22 meeting. After board approval, they will be sent to chapter members for review and approval, and then ultimately to NARFE for final approval. (For reference, the current bylaws are on the chapter website, [www.narfe1192.org](http://www.narfe1192.org), under "Chapter News.") Need a copy? Contact Mary!

## Service Officer – Nancy Crosby

Yes! Time to mark your calendars for this year's health benefits open season – November 10 to December 8! During this time, federal employees and retirees can make changes to their Federal Employees Health Benefits or Postal Service Health Benefits program health plans for 2026.



A chapter-hosted health fair with major providers will be Monday, October 20, 6 to 8 p.m., Conference Room A, Richland Library. This **FREE** event is for all current and retired federal employees and their spouses or survivors.

Also, Wednesday, October 22, 8 to 10 a.m., Conference Room 152, Federal Building, Richland, will be another health benefits event if you have questions or need assistance and cannot make the library event.

Some providers MAY be at our chapter October or November meetings ... something currently in the works. Meanwhile, call me if you have questions or need assistance contacting your provider. **(Ph: 509.735.3288; leave a message and I will return your call.)**



In the September NARFE Magazine, page 50, is the list of fall NARFE webinars. They will primarily focus on health-benefits topics, e.g., Medicare, including Parts B and D, and Medicare Advantage Plans; but also scheduled are webinars on long-term care and estate planning.

Reminder! All webinars are **FREE** for NARFE members! Can't make the date and time for a live webinar? Not to

worry. Webinars are archived. See page 5, September NARFE Magazine for more details, or go to the NARFE website, [www.narfe.org](http://www.narfe.org), and then the Federal Benefits Institute and Webinars tabs.

## WSF Eastern Washington VP – Mary Binder

As I wrote in the July/August newsletter, several Eastern Washington areas will have Walk to End Alzheimer's events this fall. Further, because of NARFE's long-standing involvement with Alzheimer's research and the more than \$16M raised, NARFE is now able to have a free table at the Walks, if space is available. I am pleased to announce



that space is available! So, besides the October 4 Walk in the Tri-Cities (see page 4 for more details) and October 11 Walk in Spokane, which the respective chapters will support,

the following Walks will have a NARFE presence this year (Note: team names bolded):

- ♦ September 13, Moses Lake. **NARFE Moses Lake.** McCosh Park Amphitheatre, 401 W. 4th Avenue, Moses Lake. Registration, 9 a.m. Ceremony, 10 a.m. Walk, 10:30 a.m.
- ♦ September 27, Wenatchee. **NARFE Wenatchee Valley.** Walla Walla Point Park, 1352 Walla Walla Ave., Wenatchee. Registration, 8:30 a.m. Ceremony, 9:30 a.m. Walk, 10 a.m.
- ♦ October 11, Yakima. **NARFE Yakima Valley.** Franklin Park, 2101 Tieton Drive, Yakima. Registration, 9:30 a.m. Ceremony, 10:30 a.m. Walk, 11 a.m.

For our NARFE members in these areas, as there is no longer a NARFE chapter close to you, this can be a chance to visit with us, introduce a current or retired fed to NARFE, participate in the Walk or even just make a donation to the NARFE team. Although donations stay local, the NARFE Alzheimer's Research Fund DOES get credit for the donations, which helps NARFE's goal to reach \$17M in total donations by the end of 2026. **[Note: For our members in the Walla Walla area, no Walk is scheduled for your area. Feel free to support the Tri-Cities team! And, for our Clarkston area members, there is a Walk in Lewiston, Idaho, September 27, Kiwanis Park. No NARFE presence is planned so if you, too, want to support the Tri-Cities or another team, please do so!]**

Finally, if you are interested in assisting me, e.g., helping staff the NARFE table and/or have ideas/suggestions, **please contact me. I could use assistance with the Walks. Thanks!** My contact information:  
Email: [mary\\_binder@msn.com](mailto:mary_binder@msn.com); phone: 509.378.2494.

**FOR YOUR CALENDAR – TUESDAY, OCTOBER 28, 10 AM!**  
**NARFE Washington State Federation Annual Meeting**  
**(Virtual via Zoom)**  
**Agenda includes federation updates, guest speakers**

## Public Relations – Mary Binder

A busy “outreach” season is about to begin! Besides the upcoming “Walk” events highlighted on page 2, this newsletter, here are other events where we will have a NARFE presence:

- ♦ **September 18**, 30th Annual All Community Senior Picnic, 11 a.m. to 2 p.m., HAPO Center, Pasco. Hosted by **active4life**. Tickets, \$5/each. Available at Kennewick, Pasco and Richland parks/recreation offices.\*
- ♦ **October 14**, the fall Senior Times Expo, 9 a.m. to 2 p.m., Southridge Sports Complex, Kennewick. Free admission.\*
- ♦ **October 18**, Stand Down & Veterans Benefit Fair, Sun Dome State Fair Park, Yakima, 9 a.m. to 2 p.m. Free!\*
- ♦ **November 14**, Tri-Cities Veterans Resource Expo & Stand Down, Southridge Sports & Events Complex, Kennewick, 9 a.m. to 3 p.m. Free!\*
- ♦ **November 15**, Tri-Cities Wine Festival, 7 to 10 p.m., Three Rivers Convention Center. The chapter is again scheduled to staff the coat check. Donations go to NARFE Alzheimer’s Research.\*

*\*The chapter will have a NARFE table/information.*

*Volunteers needed. Please contact me if you can help, have questions or need more information. Thanks!*

### Other reminders:

- ♦ The NARFE Magazine is available digitally at: [www.narfe.org/communication/narfe-magazine/](http://www.narfe.org/communication/narfe-magazine/). Going digital helps NARFE save money.
- ♦ 2026 NARFE calendar! See page 18, September NARFE Magazine for ordering information. At press time, information was not available on the 2027 calendar photo contest. Watch for updates in future NARFE magazines, this newsletter, at chapter meetings, or go to: [www.narfe.org/calendarcontest](http://www.narfe.org/calendarcontest).
- ♦ Washington State Department of Revenue’s Unclaimed Property Program – to date, close to \$1.7B has been returned to people who forgot about or did not know they were owed money! More information at: [www.claimyourcash.org](http://www.claimyourcash.org).
- ♦ NARFE Perks and your membership! Do you know about them? Have you used them? See page 5 and pages 62-63, September NARFE Magazine!

**NARFE**  
**perks**  
MEMBERSHIP PAYS

Use your NARFE Perks, and your membership will more than pay for itself!



- ♦ Your NARFE Profile – is it up to date? See page 5, September NARFE magazine, for details and instructions for making updates!



## 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

As this newsletter was finalized, August and NARFE Grassroots Advocacy Month were almost history; so soon, our U.S. senators and representatives will return to D.C. MUCH is on their plates between now and the end of the calendar year.



In the last chapter newsletter, I provided 2 examples of how engaging with our elected officials brought positive results. Knowing not all its members can personally meet with an elected official, nor do all members feel comfortable doing so, NARFE has made it easy to reach out to them through its Legislative Action Center – a “one-stop site to send a letter to Congress, and more.” (After logging in at [www.narfe.org](http://www.narfe.org), go to the Advocacy and then Take Action tabs.) For members with computer access, this is the quickest and easiest way to “send a letter” to Congress. With just a few “clicks” a pre-written letter can be on its way to our respective senators and representative. Each NARFE magazine has an “action alert” regarding a bill that NARFE’s advocacy staff is particularly focused on, and also the “NARFE Bill Tracker” section – our “monthly guide to legislation NARFE is following.” Questions? Need help? Please contact me. And, to those who have been sending letters, a sincere, thank you, and please continue to do so!

**NARFE-PAC**

Now, to NARFE-PAC. The second quarter reports, covering March 1 through June 30 of the current 2-year congressional cycle, again show STRONG PAC SUPPORT from within our region! NARFE has 10 regions with Washington being one of 5 states in its Region IX. (Alaska, Idaho, Montana and Oregon are the others.) Again, our region ranked FIRST in “mean average” contributions, even though it has the fewest members! **Thank you to all who contributed! Contributions are still needed.**



## Return Service Requested

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

**TO:**



### Treasurer – Liz Bowers

Looking back to the beginning of August, we started the month with more than \$21,000 in our Gesa Credit Union account. To note, our new CD earned us \$55-plus per month vs. the standard \$0.15 monthly interest! Therefore, we will enter the fall season with more than \$500 than at the beginning of 2025. I will continue to have updates at each chapter meeting.



### Membership Chairman – Johanna Caylor

As of mid-August, we had **484** members – **218**/chapter; **266**/national-only in the chapter area. This is an increase of one since my last report.

I have been “sleuthing” – working through our NARFE membership reports for accuracy! Several issues have surfaced that I am working to resolve. In addition I have been working to get lapsed members reinstated, others on dues withholding, etc. Please contact me if you are having membership issues! **Contact info:** Ph: 509.375.0739; Email: [annahojx2@gmail.com](mailto:annahojx2@gmail.com). I am here to help!



### Sunshine News – Faye Vlieger

(Since the July/August chapter newsletter.)

**Thinking of you wishes to member:** Layne Kruschke  
**Congratulations:** Ed Hecker (a Chapter 1192 member in Maryland). He is the U.S. Army Corps of Engineers 2024 Distinguished Civilian! During a more-than-40-year career, Ed “oversaw transformation of the Corps’ emergency response mission to preparedness for natural disasters and global military contingencies.” Congratulations, Ed!



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

### CALLER COORDINATOR REMINDERS!

Between August 25 and 31, our chapter calling team was scheduled to make its **annual calls to all LOCAL chapter members** to verify contact information and whether the member wants to be called prior to each meeting. If you did not receive a call, please let me know. If you did not return the call, please do so, or contact me. Or, if you would rather receive a text or email, please let me know!



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

### Alzheimer’s Research Fund – Larry Williams

Reminders about upcoming events:

**October 4**, Walk to End Alzheimer’s, John Dam Plaza, Richland. To register and/or donate, go to [www.alz.org/walk](http://www.alz.org/walk). Click “Find A Team.” Type “NARFE Chapter 1192” in “Team Name” box.

**November 5**, chapter “white elephant” fundraiser for Alzheimer’s Research Fund.

Think about what to bring!

**November 15**, Tri-Cities Wine Festival coat check. See page 3, this newsletter!



**New School Year!**  
Be patient. Drive safely.



### Webmaster – Larry Williams

**Reminders!** Watch for chapter news/updates on our chapter website, [www.narfe1192.org](http://www.narfe1192.org). For federation updates, go to [www.narfe.org/wa/](http://www.narfe.org/wa/).

