



# SPOKANE CHAPTER 32 NEWSLETTER

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Advocates for Current and Former Federal Employees

February 2012

## PRESIDENT'S MESSAGE *Arlene Patton*

National has updated the Membership Roster (M-114 Report). Spokane-Chapter 32 has a total of 950 members, of which 883 are Chapter voting Members. With all the outreach efforts we continue to hold steady on Chapter 32 members. Thanks to everyone involved. I want to welcome all new members and encourage you to attend the Chapter Meetings, held on the second Monday of each Month, except July and August. Social Hour starts at 11:30, business meeting starts at 12:30. Hope to see you out for the Chapter meetings.

NARFE Opens the 2012 Scholarship Competition. Applications are available on line or in the February 2012 NARFE Magazine. Applicants must be high school seniors planning to attend an accredited college full time in the fall/winter of 2012. They must be sponsored by a parent, grandparent, or great-grandparent who is a current NARFE member. Applications must be postmarked no later than April 27, 2012. A total of 60 scholarships of \$1,000 will be awarded.

## LEGISLATION *Bill Beatty*

**NARFE's national and federation leaders urgently request that each of us participate in a nation-wide call-in on Wednesday, February 15.** At that time a House-Senate Conference committee will be discussing an extension of the payroll tax cut over the next 12 months. The particular bill before the committee is one that requires federal workers to pay most of the \$65 billion cost of the extension. This would be done by among other things freezing pay, increasing mandatory pension contributions, raising the current high three to a high five, and revamping the entire federal retirement system for new employees.

Although the foregoing proposals apply to active employees, the negative impact of retirees will be significant. By making federal employment less attractive, and reducing the number of experienced employees via buy-outs and attrition, the quality of the federal services will be reduced. More importantly, if sacrifices by active employees are used to finance the payroll tax cut, then Congress will need to look elsewhere for ways to reduce the deficit. Our benefits, which are already in the sights of demigods and the uninformed, will surely be next. What can we do? We can:

1. Call Congress using NARFE's toll free number, 1-866-220-0044, and ask to be connected to Representative McMorris-Rodgers, and Senators Murray and Cantwell. Their telephone numbers are also listed in this newsletter.
2. Tell the staff person who answers the phone that you are a constituent and an active or retired federal employee. You may want to add a brief comment regarding the nature of your work.
3. Tell the staff person that there is a large federal presence in Eastern Washington, and any plan that pays for the payroll tax cut by taking money from the pockets of federal employees, which comprise fewer than 2% of America's middle class, is unacceptable, unfair, and certainly not a shared sacrifice.
4. Add that federal community has already contributed it fair share with a two-year pay freeze resulting in \$50 billion in savings. Making \$65 billion in further cuts to pay and earned benefits of federal workers will unfairly single out those who devoted their working lives to the service of their country.

## FEBRUARY CHAPTER MEETING *ALERT LOCATION CHANGE*

Monday February 13, 2012  
Timber Creek Grill Buffet  
9211 E Montgomery Ave  
Spokane Valley  
Lunch at 11:45 Meeting at 12:45

## SERVICE OFFICER *Gene Owen*

The recent 3.6% COLA we received also resulted in an automatic increase in Federal Income Tax withholding for many annuities. This increase was printed on your notice of annuity adjustment received from OPM, in late December. If you wish to change the amount of your withholdings, you can call OPM on their tax hotline at (800) 307-8298, or by email at [retire@opm.gov](mailto:retire@opm.gov). You will need your CSA or CFS number plus your personal ID number (PIN) to enter the system. OPM will confirm your revised deduction and the month the change will be effective.

Remember, although changes to your medical plan became effective January 1<sup>st</sup>, the changes to your medical plan costs won't be reflected until the February annuity check. You will receive another explanation in January from OPM telling you what your February check will be.

## PROGRAM NOTES *Pat Hegerberg*

January: Due to scheduling conflicts, our speaker, Pam Almedida, Executive Director for Greater Spokane County Meals on Wheels, was unable to attend. We hope to reschedule for a later date.

February: Sister Pat Millen, Executive Director of St Joseph Family Center and Dr. Catherine Armstead, Ph.D., Clinical Director, will discuss services and programs offered through St. Joseph Family Center.

March: Amy Shives. She was featured in the December 29, 2011 Spokesman Review. She was diagnosed with early onset Alzheimers last year at age 54. Mark Havens, the local interim director for the Inland Empire Alzheimers Association, will accompany her.

## SUNSHINE *Estelle Bailey & Tina Kaul*

Eighteen (18) new NARFE members have joined Chapter 32 as a result of the member volunteers promoting NARF at the VA Preretirement Seminars held in December, 2011 and January, 2012. Welcome to all!

Get well wishes have been sent to Betty Salamone. Our sincere condolences to the family of deceased member, Robert E. Mildes. Our sympathies also to Karen Baker on the loss of her father.

**ALERT!!!!!!**  
**Meeting location change**  
New Location:  
**Timber Creek Grill Buffet**  
**9211 E Montgomery Ave**  
**Spokane Valley, WA**

National Active and Retired Federal Employees Association 32  
 Spokane Washington Chapter 32  
 3905 S. Tekoa Street  
 Spokane, WA 99203

Non-Profit Organization  
 US POSTAGE PAID  
 Spokane Washington  
 Permit # 383

NARFE on the Web:

National: [www.narfe.org](http://www.narfe.org)  
 WSFC: [www.narfewa.net](http://www.narfewa.net)  
 Spokane: [www.narfespokanewa.org](http://www.narfespokanewa.org)

**MEMBERSHIP** *Ken Kaul*

In a message from NARFE President Joseph A. Beaudion, he stressed that NARFE's size and expertise are recognized by both Members of Congress and our coalition partners in the federal community. NARFE has earned this status because NARFE members are a dependable voice and are in constant contact with their Senators and Representatives. Evidence of our respected position has come in the form of invitations to testify before House (1/25) and Senate (2/1) committees. To continue to earn this respect as an "honest broker" so critically important in the face of unfair attacks on the federal workforce, it is absolutely essential that NARFE maintain sufficient members.

Without wanting to get into a political discussion, it is my opinion that my fellow employees, both retired and active, made a commitment to produce certain results in a contract with the Congress for defined benefits. It is so very important to maintain the integrity of our retirement system. We all sacrificed to make a difference and we should not be ashamed of the benefits we have now. Fellow federal employees hold your head high and be proud of the work you have done and are doing.

Now it is time to maintain our membership in NARFE and to recruit others to assure that the contract with the federal government is honored. We have strength in numbers. NARFE is the only organization dedicated to preserving and enhancing the rights and obligations to and for federal employees and retirees. NARFE has accepted the challenge and is taking action

**NARFE NEEDS YOU AND YOU NEED NARFE!**

**Retiring and Running**

When we say "Active and retired" we're not kidding. One of our members, Mary Ann Bosky, recently ran in the Portland Marathon (26.2 miles) and finished 1st in her age group. She finished in a time of 5 hours and 38 minutes. This was her 12th marathon. Her goal is to run a marathon with her daughter, Barbara and 2 of her grandchildren, who are also runners. Imagine - 3 generations of runners.

**ALERT: MEETING LOCATION CHANGE**

**DATES FOR YOUR CALENDAR**

Feb 13 Chapter Meeting  
 Feb 27 Board Meeting  
 Mar 12 Chapter Meeting  
 Mar 13, 14 Pre-Retirement Seminar, FERS  
 Mar 26 Board Meeting  
 April 16 Chapter Meeting  
 April 19 District I, V Joint Workshop

**ALZHEIMER'S** *Jean Flechel*

The annual report from the Alzheimer's Association which I have quoted in the past has a chapter on the early diagnosis and the benefits of early detection. "For people affected by irreversible cognitive decline or dementia, a formal and documented diagnosis helps them and their relatives understand what is happening and opens access to valuable support services. In this way, diagnosis might reduce the anxiety and emotional burden experienced by affected individuals and their families. Diagnosis also could allow affected people and caregivers alike to take steps to reduce the risk of accidents requiring medical care."

More emphasis is being given to diagnosing younger people so that treatment and counseling can start sooner. February is our regular collection month so we will be passing the basket for your contributions. Checks should be made out to NARFE Alzheimer's Research, with no other information on the "pay to" line, but you should enter Chapter 32 on the memo line.

**A Two-Day Preretirement Seminar for Federal Employees and Spouses**

**Spokane Falls Community College**  
**March 13 & 14, 2012 - FERS**

For information & to register, contact:  
 Jo Steiger, NARFE Workshops,  
 16015 N Glencrest Dr., Spokane, WA 99208  
 E-mail: [jojets@comcast.net](mailto:jojets@comcast.net)  
 Phone: (509) 468-9438

<b>CHAPTER 32 OFFICERS AND COMMITTEES</b>				
<b>Officers and Directors:</b>		<b>Committees:</b>		
President	Arlene Patton	747-1589	Alzheimer's	Jean Flechel 838-8081
Vice President	Kathy Brooks	624-9465	Awards	Gary Johnson 928-2322
Secretary	Roger Bosky	443-0686	Legislation	Bill Beatty 747-2249
Treasurer	Chris Boettger	468-9438	Membership	Ken Kaul 448-3542
Directors	Pat Hegerberg	448-5343	NARFE-PAC	June Christie 443-6819
	Tina Kaul	448-3542	Newsletter	Kathy Brooks 624-9465
	Lois Pace	325-9245		Harry Lippincott 443-0570
	Gary Johnson	928-2322	Nominating	Art Hathaway 235-8509
	Milton Maas	448-8722		Bob Elmore 838-4061
	Gene Owen	922-7800		Milton Maas 448-8722
	Bob Elmore	838-4061	Program	Pat Hegerberg 448-5343
	Ken Kaul	448-3542	Public Relations	Kathy Brooks 624-9465
	Phil Moyle	467-3477	Raffle	Frances Baker 226-5391
			Seminars	Ken Kaul 448-3542
			Service	Gene Owen 922-7800
			Sunshine	Tina Kaul 448-3542
<b>Service Center.....625-1359</b>				

<b>ELECTED OFFICIALS</b>
President Barack H. Obama 202-456-1414 <a href="http://www.whitehouse.gov">www.whitehouse.gov</a>
Senator Patty Murray 10 N Post, Suite 600 Spokane, WA 99201 509-624-9515 <a href="http://www.murray.senate.gov">www.murray.senate.gov</a>
Senator Maria Cantwell 920 W. Riverside Ave., Suite 697 Spokane, WA 99201 509-353-2507 <a href="http://www.cantwell.senate.gov">www.cantwell.senate.gov</a>
Representative Cathy McMorris Rodgers 10 N. Post, 6 <sup>th</sup> Floor Spokane, WA 99201 509-353-2374