

NARFE

Since
1921

President

Leslie Ravenell

804-224-3069

nell8211@gmail.com

Vice President

Jim Lynch

540 775-7002

Jplynch3@gmail.com

Secretary

Ann Mills

240 463-5614

Ann.z.mills@gmail.com

Treasurer/Editor

Stan Palen

540 538-1200

stanpalen@breezelin
e.net

Membership

Jean Starkey

804 224-0845

cbdriesters@aol.com

Service Officer

Vacant

Chaplain

Richard Ravenell

804 224-3069

Sunshine

Joan Mudd

540 663-5476

Joan.mudd@icloud.com

Alzheimer's

Lloyd Wright

804-224-8394

lloyd.wright@verizon
.net

National Association of Active and Retired Federal Employees
Virginia Federation of Chapters
Chapter 595

Serving Colonial Beach, Westmoreland, and King George

Volume 29 Issue 3

March 2024

Dear Members of Colonial Beach Chapter 595,

Right now as I write to you, Rich and I are on the Auto Train in Florida and tomorrow morning we will be in Lorton, VA. We spent a month visiting family and friends in Florida.

So now it is back to the real world. I am sorry I missed the February meeting where I know you discussed the upcoming VFN Conference. I know you remember that the chapter is prepared to assist you in funding for the conference. The early bird deadline has passed but it is not too late to sign up. If you just let Stan or me know, we can help you out. I know that I have also briefed you on different aspects of the conference but one important one is the opportunity to speak in person with the various representatives from the major health insurance companies who are part of our FEHB. In November some changes were made and some of our members were changed to a new program for prescription drugs and no real information was provided before members were changed. At the conference, you can speak to your rep and get the answer to all your questions. That is just one aspect.

Also at the meeting we will discuss NARFE PAC month which is March. So what is NARFE PAC? NARFE PAC is the best way to the best way to support FED-friendly candidates running for Congress. NARFE PAC provides political contributions to our various legislators so they in turn will support legislation that impacts our retired benefits. It also funds some of our members to attend local political events. So maybe NARFE members make monthly contributions to the NARFE PAC. More to follow at our meeting.

So I will be glad to see you at our meeting on Tuesday, March 12 at the Hunan at noon

Leslie Ravenell

President, Colonial Beach Chapter 595 NARFE

P. S. Because most of our chapter executive board members will be attending the VFN Conference in April, we are canceling the April chapter meeting.

This month Food Bank items go to King George Dept of SO Svcs

MEETING NOTICE

March 12, 2024

12 PM at the Hunan

Our speaker this month is Ann Kloeckner. Her topic is: "And Justice For Some:"

Our speaker this month is Ann Kloeckner. Ann has served as the executive director of Legal Aid Works for the past twelve years. A graduate of Swarthmore College and Villanova University School of Law, Ann is licensed to practice law in four states. Her topic: "And Justice For Some: Legal Aid's Role in Filling The Justice Gap In A Post-Pandemic World". remembers that she came to speak to our group about ten years ago; so it'll be good to see her again and get an update!

Jim Lynch

FEDweek Weekly Round Up: Mar, 2, 2024

TSP Mutual Fund Window Expenses: Fair or Foul?

With all of the discussion about the fees associated with the Thrift Savings Plan's (TSP) mutual fund window, let's take a deeper look at the individual fees and determine if, in relation to the broader financial investment industry, these expenses are fair or foul. Read at <https://www.fedweek.com/tsp/tsp-mutual-fund-window-expenses-fair-or-foul/>

Return of Schedule F Could Affect Far More Federal Employees than Estimated, Says NTEU

The return of an excepted service Schedule F in a future Republican administration could impact far more federal employees than the commonly used estimate of 50,000, the NTEU union has said after obtaining a breakdown of how OMB would have internally carried out the original, short-lived version. Read at <https://www.fedweek.com/fedweek/return-of-schedule-f-could-affect-far-more-federal-employees-than-estimated-says-nteu/>

OPM Sets Standards for FEHB, New Postal-Only Health Program in 2025

OPM has issued its annual "call letter" on federal employee health insurance, which for the 2025 plan year will see the introduction of a Postal Service Health Benefits program as a carve-out from the FEHB program.

The annual letter begins the negotiation process between OPM and health insurance companies that ends with announcements of new plan rates and terms in the fall, with a late-year open season for eligible persons to elect coverage for the following year. While for decades that has meant only the FEHB, this fall there will be a parallel open season for those who will fall under the PSHB. Read at <https://www.fedweek.com/fedweek/opm-sets->

Follow our chapter on FaceBook at www.facebook.com/narfebkq

NARFE Chapter 595
8283 Oak Wood Dr
King George, Virginia 22485

Meeting Date
March 12
At the Hunan

Address Correction Requested

We are on the Web
<https://www.vanarfe.org/Chapter-595>