



NARFE Chapter 242 Sarasota
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Sarasota Chapter 242 Newsletter

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There are still some spaces left on the Chapter 242 Board! Call, email or speak to anyone above to learn more about serving your NARFE Chapter in the role of Second Vice President, Secretary, Programs Director or Public Relations.

Chapter Meetings	Board Meetings
3rd Thursday	3rd Friday
@10:15 am at Mellow Mushroom Sarasota	10 am at Fruitville Public Library
October 20th	October 21st
November 17th	November 18th
December 15th	January 20th

President's Message

NARFE Chapter 242 President Bill Vander Heyden

October 20, 2022

In TIME magazine in early 1950, T. S. Elliot said: "The years between 50 and 70 are the hardest. You are always asked to do things, and yet you are not decrepit enough to turn them down." Seventy years later we might want to update his quote: change 50-70 to 60-80 and lose the word "decrepit" for.....well, your choice. But his point remains, especially for federal employees, retired or active. It is in our DNA to respond when asked to do things.

With that thought in mind, I want to welcome three new members to the Board: Jim Sylvester as our new Membership Chair, Vivian Abalon as our new Sunshine Chair, and Miles Toder as our Legislative Chair. Jim is already doing an outstanding job on our Herald Tribune advertising campaign, building on a foundation that Tammy Flanagan began. Be sure to watch for our ads (5" by 5") in the days leading up to each Chapter meeting. Using his years of service in the State Department, Miles Toder expressed his willingness to serve the Chapter as our new Legislative Chair. Vivian Abalon is a WW2 Army Air Corps veteran who went on to federal civilian service. You do the math! If she wants to help.....need I say more?

In our Herald Tribune ad, you will notice that we invited the Bradenton Chapter to join with us to advertise. There are benefits to both of us besides getting to know one another, especially when it comes to funding and receiving help from the Florida Federation.

On a sad note, the Venice Chapter notified us that they have ceased operations as of July 1, 2022. At one time they were one of the most active in the State under President Steve Shoub, but when their members were asked "to do things," no one stepped forward. Our Webmaster sent an invitation by email to their members to transfer to us if they want to continue Chapter life.

Please look over the Calendar of Events in the Newsletter. It will list more than I am including here. The Florida State Conference in Jacksonville

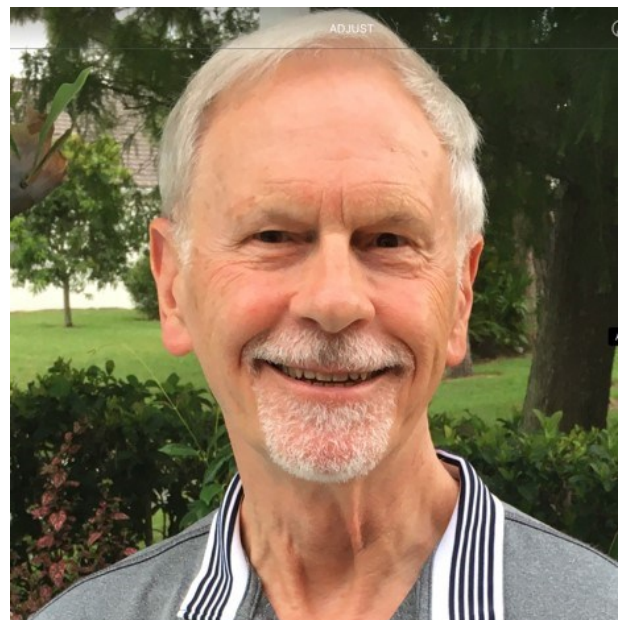
is coming up the week before our October Chapter meeting. We all received the registration forms around September 09. If you were not able to attend the National Conference in Scottsdale, perhaps this one is for you.

The Walk to End Alzheimer's also takes place in October. See Clara Schaefer's write-up in this Newsletter. Please help sponsor our own Chapter's Team. You can donate to sponsor either Clara, me, or the team if you do not want to play favorites!

So yes! Whether you are between 60 - 80 or older, we are still asking you "to do things." The Board yet has openings to fill: We need a Secretary. We need a Public Relations Officer. We need a Program Chair. Just review NARFE's mission statement as laid out in the newsy NARFE Magazine to see how essential all of our parts are to safeguarding the earned pay and benefits of some of the finest citizens I know.

Peace out and God bless our men and women in Uniform,

Bill Vander Heyden, President/Chaplain 242



Let's Meet! (new location)

Thursday, October 20, 2022 at 10:15 am

You must have a reservation and pay in advance to attend this program and luncheon!

Reservations must be confirmed with your treasurer, Dick Fredlund **by October 12** by:

- **Phone:** 941-924-1303
- **Email:** dfredlund@aol.com
- **Text:** 941-323-3250

Payment is due **no later than October 14**. Check for **\$20 payable to NARFE Chapter 242**,

**Mail to: Dick Fredlund
8339 Eagle Crossing
Sarasota, FL 34241-9438**

Menu: Please make your selection with your reservation:

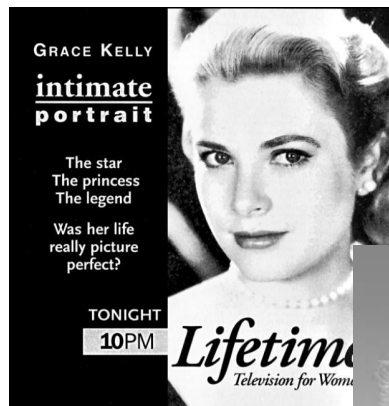
1. **The Elevated Cobb:** Made with antibiotic-free Springer Mountain Farms **chicken**, apple-wood smoked **bacon**, fresh **avocado**, crumbled **blue cheese** and sliced Roma **tomatoes** on a bed of chopped romaine **lettuce**. Service with balsamic **vinaigrette** on the side.
 2. **Steak & Cheese Hoagie:** Mayo, lettuce, and Roma tomatoes, melted provolone, **choice of:** grilled, shaved all-natural ribeye steak, grilled onions, mushrooms and green peppers.
 3. **Pizza:** Hand-tossed & stone-baked 10 inch with Mellow red sauce base and mozzarella, buttered and sprinkled with parmesan. Topped with spinach and roasted tomato (can be made vegan).
- Gluten Free meals will be accommodated upon guest's arrival.
 - Prices are a group rate, therefore substitutions / modifications will be made only for dietary needs.

Includes: self-serve beverage station & cookies

When: Please arrive by 10:15, program begins at 10:30 am, lunch served at 11:30 am

Where: **Mellow Mushroom**, 6727 S. Tamiami Trail, Sarasota, FL 34231.

Program: Sit back and learn more about the movies! Danny Canton, Director of Photography and Cinematographer for many movies and TV documentaries and the Intimate Portrait TV Series (36 episodes from 1993—2003). Danny will share his reel of work and a film of people that he has worked with. Listen as Danny shares stories of some of his experiences on the sets of movies and documentaries around the world! Danny teaches classes at the Sarasota Film Society.



Presenter: Danny Canton, Director of Photography and Cinematographer:

Mark Your Calendars



For these 2022 NARFE Dates

Month	Date	Event
October	13, 14, 15	Florida Federation State Conference, Jacksonville, FL. Forms were emailed on September 09 to all members. Contact: Nancy Abney 563.528-4101
	20	Chapter 242 meets at 10:15 am New location: Mellow Mushroom 6727 S. Tamiami Trail Speaker: Danny Canton, Cinematography Director
	21	Chapter 242 Board meets at 10:00 am Fruitville Public Library All members welcome
	29	Walk to End Alzheimer's See article in Newsletter by Clara Schaefer
November	17	Chapter 242 meets at 10:15 am Mellow Mushroom on Tamiami Trail Federal Health Insurance Updates Presentations by BC/BS and Aetna planned
	18	Chapter 242 Board Meets at 10:00 am Fruitville Public Library All members welcome
December	15	Chapter 242 meets at 10:15 am Mellow Mushroom on Tamiami Trail Holiday program to be determined A Chapter tradition — time to bring along a donation to All Faiths Food Bank

Alzheimer's Report

October 29 Walk to End Alzheimer's!



Hello Everyone,

Hope this newsletter finds you and your families well and happy. Our Friends & Family NARFE242 team has been registered for the

October 29, 2022 Walk to End Alzheimer's.

This year, the **Oct 29th Walk** is being held at **Nathan Benderson Park**. You can also walk in your neighborhood or on a favorite trail.

If you will be attending the October 20th Chapter meeting at the Mellow Mushroom, we are asking that you please consider supporting your local NARFE Chapter 242 in the fight to end Alzheimer's by making a donation to our team, Friends and Family NARFE242, at that time.

Every dollar you donate will help the Alzheimer's Association® provide research, care and support to all those facing Alzheimer's and all other types of dementia.

If you are not able to attend the October 20th luncheon, you can still donate to the Walk to End Alzheimer's by going on-line to our fundraising page for the Walk.

Donations can be made on-line OR by check as follows:

1. **Online:** Click or enter into your browser: <https://act.alz.org>

Scroll down to find a team—enter

Friends & Family NARFE242

Click on search and follow the prompts to donate to an individual (individual will get credit towards their goal and team receives credit for donation) or our Team to become a team member.

2. **Mail in a check.** Check donations should be made out to the Alzheimer's Association. Mail the check to the Alzheimer's Association along with the form available on the fundraising page.

If you cannot access a form contact Clara Schaefer or Bill Vander Heyden and we will e-mail you one.

Clara Schaefer can be reached at:

cshaker20@gmail.com

Bill can be reached at:

billvan2062@gmail.com

Thank you for your support and stay well,

Clara



NARFE National News

606 N. Washington St., Alexandria, VA 22314-1914

Federal Benefits Institute: Visit by using the tab at www.narfe.org

Upcoming Webinars

Understanding Medicare Advantage Options

Thursday, October 13 | 2 p.m.

Which FEHB Plan is Right for You? (Employee Edition)

Tuesday, October 25 | 2 p.m.



Alexandria, Va. – [William “Bill” Shackelford](#) of Centreville, VA, has been elected the National President of NARFE, the National Active and Retired Federal Employees Association. His two-year term begins January 1, 2023. In this role, he is responsible for providing general oversight of and strategic direction to the association.

“I am so grateful to the many members of NARFE who have placed their trust in me, and I look forward to serving the dedicated public

servants who stand with this organization and its mission,” Shackelford said.

“We must remain guided by NARFE’s mission and continue to defend the earned pay and benefits of federal employees, retirees and annuitants, which is done through our grassroots advocacy efforts. As NARFE adapts and evolves in line with our strategic plan, I look forward to working with chapter and national-only members alike, and together, we will make NARFE viable and stronger,” he said.

Before running for national president, Shackelford was regional vice president for Region X, which includes Virginia, West Virginia, Kentucky, Tennessee and North Carolina. He has served as president and first and second vice president of the Virginia Federation and as the service officer, newsletter editor, vice president and president of Fairfax Chapter 0737.

Shackelford retired in 2006 from the Federal Bureau of Investigation (FBI) after 34 years of service. He holds a Bachelor of Science degree in judicial administration from American University and an associate degree in law enforcement science from Northern Virginia Community College.



HOT TOPICS

Connect with Members

FEDCon22 Recap Reports

NARFE Florida, Inc. [FEDHub](#) community page!

Check Out the Retirement Zone!

FEDCon22 Highlights

Westin Kierland Resort, Scottsdale, AZ August 21—23, 2022

From FEDHub: Dear Members, I have just returned home from a most rewarding Conference. Much thanks are extended to All the planners and Conference organizers for what I consider having been a most successful Conference. Well, what did I miss you may ask. Well. I'm so glad you asked. If I were still in high school, I'd say lunch. The lunches were absolutely delicious. The rolling coffee bar was right on the money. Two of the NARFE National candidates for President, Gary Roundtree and Bill Shackelford each shared their vision for NARFE and the expertise they would bring to the position. BTW, a show of hands was requested to see who had already, or who had not yet voted for NARFE National president. Alarmingly, 50% of those in attendance had not yet voted. Folks, you only have five days to cast your ballot. The Westin Kierland Resort and Spa is a massive 250 acre preserve, 240 miles south of the southern rim of the Grand Canyon. Back to the Conference. Keynote Speaker Kevin Brown exegeted the facets of the Hero Effect. I believe all who heard him were thoroughly touched by his message. If one listened and really heard his message, he gave an individual prescription to each of us for NARFE's improvement and rejuvenation. The workshops were phenomenal, and all were relevant to what NARFE needs. So, by now you're asking, what is the correlation between decluttering and NARFE, or how does searching genealogy enhance NARFE? Believe it or not, the latter was covered at a recent CAB training session and the former addressed us as historians as



the last to tell a story.

Evelyn J Seabrook

Eustis FL, [NARFE Florida President]

Alzheimer's at FEDCon22: During the Alzheimer's presentation at FEDCon22 I was impressed with NARFE's participation in advancing Alzheimer's research. My sister-in-law is starting on her "journey," and as is the case so often, my brother is on duty 24/7 in a new role as caregiver. *During* FEDCon22, I learned that NARFE members have donated **approximately \$600,000 in 2022**

towards Alzheimer's Research. Maryland chapters / members donated a total of \$200,000; Virginia \$150,000, Oregon \$15,000; followed by

West Virginia and Pennsylvania both contributing well over \$10,000. 77% of donations goes directly to research while 17% is used for additional fundraising and 6% towards administrative expenses. We were reminded to never use Chapter dues for donations to Alzheimer's. The Alzheimer's 24/7 Helpline number is 800.272.3900 (TTY 866.403.3073). Thank you NARFE for supporting this very worthy and relevant cause.

Tammy Flanagan, Bradenton, FL
(Editor Chapter 242 Newsletter)

National conference: 2024

St. Louis, MO

Hyatt Regency St. Louis at the Arch

BENEFITS

Updates and Information YOU can use!



June was the first month of Converge operations and there was high participant interaction with the TSP, particularly around withdrawals, distributions, loans and account set up. Highlights include:

- Increases in loan, withdrawal, and hardship transactions were likely due to pent up demand from the black-out period prior to the transition and increased interest in the 2nd general purpose loan.
- There was a reduction in court order transactions and death processing attributed to working through validations with the new vendor.
- Over 1.1 Million accounts were set up in June with a majority of plan interactions taking place over web, mobile app, and chat.
- The contact center continues to encounter backlogs and delayed response times.

Excerpts from the July 26, 2022 minutes of the Federal Retirement Thrift Investment Board:

Mr. Ramos (Director of the TSP) explained that the contact center delays were due to very high call volumes. The contact center averaged **34,000 calls daily in June and averaged 42,000 calls daily in the first two weeks after transition. During June, the contact centers received just under a million calls as compared to 181,000 calls in June of 2021.**

Converge Update

Presented By
Tee Ramos, Director of Participant Services
April 27, 2021



tsp4gov @ f t y

Designating Beneficiaries

You should designate a person or persons, your estate, or a trust to receive your TSP account after your death.

To designate a beneficiary or beneficiaries, **log in to My Account on [tsp.gov](https://www.tsp.gov) or use one of the Thrift-Line options** listed at the beginning of TSP booklet 31, Death Benefits (<https://www.tsp.gov/publications/tspb31.pdf>).

Your beneficiary designation must be on file with the TSP at the time of your death. They cannot honor a will or any other document.

By law, the TSP must pay your properly designated beneficiary(ies) under all circumstances. For example, if you designate your spouse as a beneficiary, a beneficiary participant account will be set up for that spouse after your death, even if you are separated. If you divorce (and even remarry) but do not make a new beneficiary designation, your TSP account will be paid to the individual designated on your record, even if this person has given up all rights to your TSP account. Consequently, if your life situation changes, you may want to make a new beneficiary designation that changes your current one.

If you die with a balance in your TSP account and did not designate beneficiaries for that account, the account will be distributed according to the following order of precedence required by law:

1. To your spouse
2. If none, to your child or children equally, with the share due any deceased child divided equally among that child's descendants
3. If none, to your parents equally or to your surviving parent
4. If none, to the appointed executor or administrator of your estate
5. If none, to your next of kin who is entitled to your estate under the laws of the state in which you resided at the time of your death

Advocacy Happenings

See what NARFE is doing for YOU!

September 20, 2022

NARFE Applauds Committee Action, Urges House Vote on Social Security Fairness Act

Alexandria, Va. – *In response to the House Committee on Ways and Means' advancement of the Social Security Fairness Act, H.R. 82, which would repeal the windfall elimination provision (WEP) and the government pension offset (GPO), both of which reduce Social Security benefits for many retired public servants due to their receipt of a government pension, NARFE National President Ken Thomas released the following statement:*

“WEP and GPO have deprived public servants of their full Social Security benefits for far too long. Federal workers, teachers, police officers, firefighters and others earned pensions through their service, and earned Social Security benefits separately through their or their spouses' private-sector—or other covered—employment. Yet those earned Social Security benefits are reduced simply because they earned their public sector pension.

“NARFE has pressed for repeal of these onerous penalties for decades. Bills have been introduced each Congress, often accumulating cosponsors from a majority of House members. Yet not once has the bill been considered by committee—until today. By approving the Social Security Fairness Act, the House Committee on Ways and Means has made more progress on this issue than has ever occurred. That is a real achievement.

“Now it is time for this bill to move to the House floor for a vote. With 299 cosponsors, House members have shown it has the support needed to pass. Blocking further progress on this issue in the face of this overwhelming support in the House has become untenable. I urge House leaders to commit, this month, to bring this bill to the floor for a vote.”

Prior to the hearing, Thomas [wrote](#) to the House

Committee on Ways and Means, urging its members to advance the bill and ensure a House floor vote.

Since NARFE's founding in 1921, the association's mission has been to defend and advance the earned pay and benefits of America's civil servants. Today, NARFE's team of professional lobbyists continues to work tirelessly on behalf of the federal community. Supported by grassroots activists, NARFE is a leading voice in Washington and across the country. NARFE's national legislative program is advanced in Congress by a team of registered lobbyists backed by an informed network of grassroots activists in every state and congressional district, as well as a member-supported Political Action Committee (PAC).

NARFE's Legislative Action Center is NARFE's easy way to send letters to your members of Congress, search for your legislators, report your congressional meetings, and much more.

Resources

What you need to know!

NARFE Dues Information

National NARFE dues are \$48.00 a year. Our Chapter dues remain at \$7.00 a year. When you renew, make CERTAIN that you are billed for \$55.00. Then you will know that you have paid your Chapter dues too.

Both rates are a bargain! Certified by Congress, NARFE is the only organization whose priorities for the 117th Congress include supporting policies that protect and enhance the earned retirement and health benefits of federal employees and retirees.

IMPORTANT PHONE NUMBERS

NARFE Chapter 242 Service Officer

Joan Graham

941-893-7804

joansrq42wls@gmail

OPM Retirement Information 1-888-767-6738

- Forms request
- Report a death.
- Automated answering system, menu of topics annuitants call about most frequently.
- Call between the hours of 7:40 AM and 5:00 PM eastern, Monday through Friday
- Talk to a Customer service specialist.
- Call early in the morning before the other retirees wake up! Try to avoid Monday and the day after a holiday for best luck. Patience is a virtue!

Thrift Savings Plan "ThriftLine" 1-877-968-3778

Social Security Administration at 1-800-772-1213

Medicare at 1-800-633-4227

The Department of Veterans Affairs

For VA benefits, call 1-800-827-1000

Defense Finance and Accounting Service (DFAS) to report the death of a Military Retiree or Annuitant call 1-800-321-1080

Florida Representatives in Congress:

The Honorable Rick Scott

801 North Florida Avenue Suite 421 Tampa FL 33602

Tampa Phone: 813-225-7040 Website: rickscott.senate.gov

The Honorable Vern Buchanan

Sarasota Office: 111 South Orange Avenue, Floor 2R, Suite 202W Sarasota, FL 34236 Sarasota Phone: 941-951-6643 Fax: (941) 951-2972 Website: buchanan.house.gov

The Honorable Marco Rubio

Sam M. Gibbons U.S. Courthouse 801 North Florida Avenue Suite 1130 Tampa, FL 33602 Florida District Phone: 813-853-1099 Website: rubio.senate.gov/public/ Toll free in FL 1-866-630-7106



Parting Glances

NARFE Meetings are places to meet friends, make friends, and learn!



From our April Chapter 242 Meeting: Left to right:

Bill Leatham, Chapter Webmaster;

Joan Graham, Chapter Service Officer;

Tammy Flanagan, Chapter Newsletter Editor;

Bill VanderHeyden, Chapter President;

Clara Schaefer, Alzheimer's Chair for the Chapter; and

Dick Fredlund, Treasurer & Immediate Past President.

Seated: Vivian Abalon, Sunshine Chair

Parting Glances

NARFE Meetings are places to meet friends, make friends, and learn!



At our April 2022 meeting, Encompass Health provided a wonderful presentation on the importance of stretching. It was fun and informative!

Izabela Polivchak, MPT, NSC, Senior Physical Therapist from Encompass Health Rehabilitation Hospital of Sarasota provided a very entertaining program! Bill Leatham was a good sport as he demonstrated some of the techniques!