



FEDERAL BENEFITS EXPERTS

**LANSING AREA
MICHIGAN**

CHAPTER 0289



**4th Quarter
Newsletter 2025**

Chapter Officers

- President William Fude
- 1st Vice President Diane Fielder
- 2nd Vice President Mary Cook
- Secretary Frances Johnston
- Treasurer Joe DeSira
- Nomination Chair Vacant
- Audit Chair Kathy Zerkle

Committee Coordinators

- Membership Bruce Miles
- Sunshine Kathy Zerkle
- NARFE-PAC Joe DeSira
- Newsletter Frances Johnston
- Legislative Chair Frances Johnston

To contact our chapter officers, go to the Chapter Web page <https://www.narfe.org/chapter0289/> use Contact Us to send a direct message.



NARFE WEBSITES

Important Web Addresses

Chapter Web Page address is: <https://www.narfe.org/chapter0289/>

Federation Webpage address is: <https://www.narfe.org/mi/>

National: <https://www.narfe.org/>

[NARFE National Headquarters | Facebook](#)

Federation NARFE Facebook page. <https://www.facebook.com/NARFEMI>

FEDHub: [Home - FEDHub \(narfe.org\)](#)

Lansing Chapter 0289 meetings are held at 1pm at the Tri-County Office on Aging, 5303 South Cedar St. in Lansing. Enter through Door number 1 on north side.

Upcoming Programs

We have some interesting programs coming up in the next months. Be sure to put on your calendar so you will remember what is coming. **The newsletter only comes out quarterly.**

October 2nd – Fran Johnston will be our speaker on NARFE technology. She will be speaking about NARFE's various computer programs and websites.

November 6th – Health Insurance representatives will cover changes in coverage for 2026. So far only BCBS has agreed to attend via zoom. This will again be a hybrid meeting.

December 4th – Holiday meeting at Jimmy’s Pub, 16830 Chandler Road, East Lansing from **12-2pm**. (Note time difference)

January 7th – We will all be celebrating the New Year on our normal 1st Thursday of the month, since it is January 1st. We could not get the room for the next Thursday so accepted **Wednesday, January 7th** for this meeting. Again, we will hold a hybrid meeting. Proposed to have Hantz Group discussing the Tax Changes.

If any member has a specific topic that they think might interest the group or has a friend that speaks on a particular topic- let Mary Cook know. She is open to any and all suggestions for guest speakers and work together to bring information to our group. You can email her directly through the Chapter website “About Us” Page at <https://www.narfe.org/chapter0289/about-us/> .

UPDATE YOUR RECORD

The NARFE Membership and Financial System has just been updated. Please help us to keep the records updated. You can send the Chapter Secretary a letter to the return address on this newsletter or reply to the email you received with the newsletter attached. Another way is to visit the chapter website in [FAQs under Membership](#) and a tutorial is linked to assist you in making the changes yourself.

Chapter President Message:

There is not enough space to list all the recent events that bother me, but some really stand out. We have an immense societal problem when people are not safe, especially in schools or churches; when people have “disappeared” without due process; or when people are wrongfully terminated from employment or even their lives based on their ethnicity, religion, appearance, lifestyle, politics, or opinions. There is not much evidence of our government doing much about this other than ignoring it, offering the usual “thoughts and prayers” and, at worse, exploiting grief and anger to wage a campaign of vengeance against their perceived political enemies. Some claim this is in the authoritarian playbook that calls for exploiting a crisis, demonizing dissent, consolidating power, and repeating as necessary. So, what do we do about this? Let’s try to keep the USA that we have known by loving one another, by supporting people who speak truth to power, by mobilizing and protecting voters, and by continuing to hold those in power accountable.

CHAPTER NEWS

Walk to End Alzheimer’s

Mary Cook announced she had signed up the Lansing Chapter 0289 to have a team for [Walk to End Alzheimer’s](#) on October 19th (link to click on). You can sign up to support the team and register to walk and/or donate (even if you do not walk) on the website. Schedule of Event: Registration 11:30 Opening Ceremony 12:30 Location: Michigan State Capitol, Lansing, MI 48933. Our team has selected \$500 as a goal for donations this year. So far, we have 3 walkers registered and donations of \$355. The more donations our team has received the goal will be raised before the walk begins. If members do not want to walk but want to donate, we sent the form out that you will need to complete and send in with your checks. If you lost it contact the Chapter Secretary. The address to mail donations to is on the form but just in case mail to: Alzheimer's Association, 25200 Telegraph Road, Suite 100, Southfield, MI 48033. Checks should be made out to Alzheimer’s Association with NARFE Lansing Chapter 0289 on the memo line of the check.

NARFE Life Membership

Life Membership is no longer an option but there are a number of Life Members across NARFE. HQs is no longer collecting Chapter dues from Life Members. It was up to Chapters to decide whether to collect Chapter dues from Life Members or forgo collecting Chapter dues from these dedicated members. Lansing Chapter 0289 attendees at the September meeting approved unanimously to forgo collection of Chapter dues from current life members belonging to the Chapter and future life members who might transfer into Lansing Chapter 0289.

COLA Count Stands at 2.8 Percent with Just One Month Left in Count

FEDweek by staff, September 16, 2025

“With just one month left in the counting period toward the January 2026 federal retirement COLA, the count stands at 2.8 percent, following a 0.3 percentage point increase in August in the inflation index used to set that adjustment.

The figure is to be finalized October 15 with the announcement of the inflation number through September.

That final accounting will be of particular interest to those under the FERS retirement system who are eligible for COLAs (generally, not until age 62 unless retired under special retirement provisions for law enforcement officers, firefighters and air traffic controllers).” To read the full article: [COLA Count Stands at 2.8 Percent with Just One Month Left in Count](#)

Special Programs Coming for Michigan Chapters

Ann Arbor Chapter 0304 will be hosting **Ed Konys, Region IV Vice President** on October 13, 2025, via Zoom. This meeting will be open to all Michigan Federation membership, both chapter and national members, on a first-come, first-serve basis. They begin with a social period at 1130 AM to allow attendees to join before the formal meeting begins at 1200 noon and generally concludes at about 1 PM. It is possible the meeting can go over if discussion extends over normal meeting period. They expect to send a meeting reminder on Oct 12, 2025, the link for the Zoom session is <https://us02web.zoom.us/j/7343950546>.

The second special program is an extra meeting during October due to the program. **Senator Slotkin's Office** has agreed to be the program on October 29 at 5:30pm. It is expected that Senator Slotkin could also link in for a short time during this meeting depending on where she is located during program.

If Lansing Chapter 0289 members miss our Health Insurance Program on **November 6th** here is another opportunity for our members. Livonia Chapter 1163 is working on plans to hold a Health Insurance Event in November that will be open to all NARFE Michigan Federation membership, both chapter and national members. This meeting is currently scheduled for **Tuesday, November 18, 2025**, from 1:00-3:00pm at Livonia Library Conference Room A and the Auditorium. Watch for further information on this via email closer to the dates of both of these programs.

WAYS OF PAYING FOR YOUR NARFE MEMBERSHIP

MONEY SAVING METHODS:

DUES WITHHOLDING - Members who receive an annuity can sign up for a monthly annuity deduction, also known as Dues Withholding, which takes a small portion of NARFE dues out of your annuity each month. The total annual amount charged is \$42, a \$6 annual savings. To sign up for Dues Withholding, simply fill out the form on the back of your renewal notice or in the magazine, or you can find the form online to print and mail back: <https://www.narfe.org/wp-content/uploads/2021/01/dw-2.pdf>

Note: Do not mail payment with your dues withholding form, simply complete the form and mail.

TWO OR THREE YEAR RENEWALS - Not yet retired or not ready to commit to dues withholding? Save money by signing up for a Two- or Three-Year renewal! Two-Year Renewal is \$92 (savings of \$2/annually) and Three-Year Renewal is \$126 (savings of \$6/annually). To sign up, select one of these options on your renewal notice, email memberrecords@narfe.org to request a change to your renewal invoice or call us at 800-456-8410 x1.

OTHER WAYS TO PAY:

AUTOPAY - While not a special discount for signing up for AutoPay, this does save you time and hassle of having to renew each year. Simply set it and forget it by providing your credit card number up front to be charged upon your membership expiration date. Simply login to <https://members.narfe.org> and click on My Account/My Settings/My AutoPay Account. Click on Save New Payment Type, complete the form and hit 'I agree to Pre-Authorize this card' and you're all set!

PAY YOUR DUES ONLINE - Save a stamp and pay your dues online! Login to <https://members.narfe.org> and click on My Account/My Invoices. If you do not see an open invoice, you do not owe any dues. This is a great way to check to see if we have received your renewal payment as well. Pro tip: Check in the early days of the following month for which you mailed your payment, dues payments are usually processed by that time for the previous month.

DO NOT FORGET TO ADD YOUR CHAPTER DUES

Thank you for being a member, I hope this helps make renewing a little easier for you and put some extra cash back in your pocket!

Support networks grow for workers impacted by Trump’s federal job cuts

Most of the resources for former federal employees are free.

Government Executive, Sean Michael Newhouse, Staff Reporter September 18, 2025

Several organizations have sprung up since the start of President Donald Trump’s second term to help civil servants who have lost their jobs. The Office of Personnel Management has reported that the federal workforce is set to have 300,000 fewer employees by the end of the year.

Some initiatives have been launched recently, while other programs that were founded soon after federal layoffs began in the winter have expanded their offerings. Many of the organizations are focused not just on helping former feds find a new job but also providing community support. Read the full article:

<https://www.govexec.com/workforce/2025/09/support-networks-grow-workers-impacted-trumps-federal-job-cuts/408201/?oref=ge-home-top-story>

Advocacy Q&A: Pay During a Government Shutdown

Question: What happens to federal employee pay during a government shutdown?

Answer: When there is a lapse in appropriations causing a “government shutdown” federal employees paid via appropriated funds are not paid until Congress authorizes funding. Furloughed employees are placed on unpaid leave and do not work, while excepted employees must continue reporting to work. Under a 2019 law, both furloughed and excepted federal employees are guaranteed back pay once a shutdown ends. Payroll providers are directed to issue paychecks as soon as funding is restored, regardless of the normal pay schedule. Federal contractors, however, are not covered by this law. Whether they receive back pay depends on the policies of their individual employers.

Protecting Federal Employees: The Push to Overturn Union Restrictions

New legislation has been introduced to reverse President Trump’s union restrictions and reinstate collective bargaining agreements. From FedSmith.com By Ian Smith, Sep 18, 2025

“New legislation has been introduced to overturn two Executive Orders recently issued by President Trump. These orders severely restrict federal employee unions in several large agencies by expanding the number of agencies in which federal employees are excluded from union representation.” To read full article:

<https://www.fedsmith.com/2025/09/18/protecting-federal-employees-the-push-to-overturn-union-restrictions/>

Reminders for the 4th Quarter of 2025

- We hope All who celebrate Halloween please have a safe and do not eat too much candy.
- Watch your emails for additional information on which Health Insurance Representatives will be making presentations during our **November 6th** meeting.
- The Holiday meeting on **December 4th** is again being held at Jimmy’s Pub and we hope to see all of you ALL there and bring your spouse and any guests are also welcome.

