



**NATIONAL ACTIVE & RETIRED
FEDERAL EMPLOYEES ASSOCIATION
CHAPTER 140
298 Kopp Drive
West St. Paul, MN 55118**

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IMPORTANT! SAVE

Upcoming NARFE Chapter 140 Meetings:

Monday, November 11, 2019	Regular Meeting
Monday, December 9, 2019	Special Holiday Meeting
Monday, January 13, 2020	Regular Meeting (Note: date corrected)
Monday, February 10, 2020	Regular Meeting
Monday, March 9, 2020	Regular Meeting
Monday, April 13, 2020	Regular Meeting
Monday, May 11, 2020	Regular Meeting
Monday, June 8, 2020	Chapter 140 Picnic/Meeting Combined (tentative)



NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

CHAPTER 140
VOLUME 34, NO. 5
NOV/DEC, 2019

CHAPTER 140 MEETINGS:

MONDAY, NOVEMBER 11, 2019

MONDAY, DECEMBER 9, 2019

Concord Lanes
365 N. Concord Exchange,
South St. Paul, MN
at 12:45 PM

PRESIDENT'S COLUMN

Since this time my column deadline is the day after our October meeting, I don't have much to add. I will say that both NARFE and OPM have health coverage data on their web sites. I'll remind those planning to attend our November 11th meeting to come prepared with an opinion about what you want to do for our December meeting.

Also, I'll mention that White Bear has invited everyone interested to come to their December 10th meeting at the Maplewood Pizza Ranch, which will be 90% social with a discounted buffet. I'll again provide details at our November and December meetings. No notification is required.

Lastly, the state is looking for their next newsletter editor. Everyone even remotely interested should contact Carolyn Billing to see what that entails and/or get mentored. Her contacts are 218-736-5843 or carolynbilling@charter.net.

I hope to hear lots of opinions for our December meeting on November 11th.

Steve Packwood, President
sspackwood@comcast.net

LEGISLATIVE REPORT

As you may be aware, the COLA for retirees will be 1.6%.

I had a chance to visit Betty McCollum's (CD 4) town hall meeting in Stillwater in September. She did a great job catching the attendees up on happenings in Washington. It was very well attended and she handled the questions well, as well as the hecklers in the audience.

She addressed the legislation that congress had approved but the Senate had blocked. She also had a graph that described the process of impeachment.

I reviewed the key legislation that pertains to Federal employees and retirees and note that there has not been much progress in Congress since the last report.

I encourage all of you to call or write your Senators and Congress person and encourage them to support our legislation and thank them for their support. The NARFE website has letters that you can send.

Thank you much for being a NARFE member!

Rick Ziton,
140 Legislative VP



The NARFE 140 Newsletter is published five times a year (January/February, March/April, May/June, September/October, and November/December) by the National Active and Retired Federal Employees Association, St. Paul, MN Chapter.
Subscription price is \$4.00

Keep your Senators and Congress Person updated on our Issues.

Check the NARFE Bill Tracker in the NARFE magazine and call your legislator's Washington office toll free at 1-866-220-0044. Ask the operator to connect you with your Representative or Senator, or you can call their local office numbers listed below.

Amy Klobuchar 612-727-5220
Tina Smith 651-221-1016
Angie Craig (2) 651-846-2120
Betty McCollum (4) 651-224-9191

The NARFE website also has prepared messages you can send to your Representative and Senators . Please do so!

The weekly legislative hotline message is available toll free at 1-877-217-8234 and on the NARFE website, www.narfe.org.

SEPTEMBER SECRETARY'S REPORT

The regular meeting of NARFE Chapter 140 was called to order at 12:45 by Steve Packwood, President, at Concord Lanes in South St Paul on September 9, 2019. There were 17 members present and 2 guests. The meeting started with the Pledge of Allegiance and a Moment of Silence.

Meeting started with a presentation by two people from the MN Department of Transportation who discussed the services provided by Metro Transit. They also discussed futures plans for extension of rail line.

REPORTS:

Secretary: There were no additions or corrections to minutes published in last newsletter. Motion made, seconded and passed to accept the minutes of the May/June meetings as published.

Treasurer: Treasurer was not able to attend meeting. Questions were raised about how the money is being spent and if we are being using money appropriately. Carol Beaves answered with outline of expenditures that are recurring, i.e.: cost of newsletter and money to Alzheimer's fund. Other costs each year are monies we vote to reimburse members who attend conferences for our benefit. She also stated that our chapter has less money coming in as our member numbers decrease.

Speaker: Kevin Hagan reported that next meeting Oct 28 will be our Health Fair with reps from our carriers. Art Lemke will be the Nov speaker.

Membership: Nancy Weir reported that we had two new members sign up and one reinstatement. From April 30 to July 31 though we had overall loss of two bringing number of members to 327 as of July 31. She is unable to get more current numbers due to computer program problems at National.

Legislative: Rick Ziton reported that he had no meetings with reps for month of August. He will be meeting with Betty McCollum on September 18. He also plans to attend a district meeting with Kevin Hagan. He is trying to set up a meeting at Angie Craig's office. See Rick's column for further information.

Sunshine: Mary Packwood sent one get well card and one sympathy card since last meeting.

Committee: none

Old Business: none

New Business:

CONK: Rick Ziton is only member planning to attend this conference. He requested funding for the registration fee of \$95. Motion was made and seconded to fund the registration fee of \$95. Amendment to motion was made to fund the registration fee for those others who decide to attend. Motion with amendment was seconded and passed.

Treasurer: See discussion under Treasurer Report.

Finances: This is related to info in Treasurer Report. Discussion also included that main reasons that Chapters close is due to decreasing membership that impacts the monies available to run the chapter and lack of members to assume leadership roles.

50/50 raffle: \$15 collected and winner donated his portion to the Alzheimer fund.

Meeting adjourned at 2:20 pm. Next meeting is scheduled for October 28, 2019 at 12:45 at Concord Lanes in South St Paul.

Respectfully submitted,

**Carol Beaves,
Chapter 140 Secretary**

GUEST SPEAKER REPORT

November 11, 2019 – A representative for the APWU health insurance plan will be at this meeting. APWU was not able to attend our October meeting due to another commitment.

Art Lemke is our guest speaker. Art is a retired FBI agent and is a member of our NARFE Chapter 140. The subject is "Everything You Wanted to Know About the FBI, But Were Afraid to Ask". With the FBI and Homeland Security mentioned often in the news this should be an interesting and informative discussion.

December 9, 2019 - a speaker has not been scheduled for our December meeting.

Please contact me by email or phone if you would like to suggest possible future guest speakers.

**Kevin Hagan
Speaker Officer
NARFE Chapter 140, St. Paul
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CHAPTER 140 OFFICERS:

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OCTOBER SECRETARY'S REPORT

The regular meeting of NARFE Chapter 140 was called to order at 12:50 pm by Steve Packwood, President, at Concord Lanes in South St Paul on October 28, 2019. There were 26 members present and 4 guests. The meeting started with the Pledge of Allegiance and a Moment of Silence.

Representatives from Aetna, Blue Cross/Blue Shield, GEHA and Health Partners gave presentations. The newest program from Aetna is Medicare Advanced Plan which replaces Medicare Part A and B. If retirees opt for this plan they must suspend their federal health plan. All other plans reported slight changes in cost and the plans again do not offer Silver Sneakers which reps states was the most frequent question asked. Since Silver Sneakers is not offered nation-wide it cannot be offered in the federal health plans.

Our district first VP, Bill, brought the materials for members who volunteered for the upcoming Health Fairs in metro area.

REPORTS:

Secretary: Carol Beaves read the minutes of the September meeting. No additions or corrections offered. Motion made, seconded and passed to accept minutes as read.

Treasurer: Bernie Klein reported on the monthly reports from June thru September. He had to move money in CD to checking account to allow access to cover future disbursements. Balance on hand-on in the report ending June 30, 2019 was \$8,604.47. That month there were disbursements for MN Conference, Legislative Conference, picnic and miscellaneous for total of \$1,027.46. Another expenditure in July was check for \$4500.00, our annual donation to Dr Frye for Alzheimer's research. The ending balance at hand on July 31, 2019 was \$3,839.66. Bernie noted that National office did not send us membership dues for months of July and September for unknown reasons. Only other disbursement occurred in September to cover cost of newsletter. In conclusion the balance on hand in our account is \$3,737.52 as of September 30, 2019.

Membership: Nancy Weir was unable to update this report as National Office continues to have software problems that have not been resolved. Last she was able to access a report was August 14.

Legislative: See Rick Ziton's column.

Sunshine: Mary Packwood sent one get-well card and one sympathy card.

Speaker: Kevin Hagan has set up Art Lemke and rep from APWU to speak at the November meeting.

Old Business: none

New Business:

Christmas Party: Our chapter has been invited to attend White Bear Lake chapter's party at Pizza Ranch in WBL on Dec 10, 2019. There was discussion re: Christmas party for our chapter at the December meeting. Those present wished to continue the gift exchange as done last year, agreed to an abbreviated meeting. Further discussion re menu will occur at November meeting.

Medicare: Member Vicky, spoke to members about choosing to sign up for Medicare once eligible. Everyone has a choice and there are no penalties if you postpone. But once you opt for it you must stay on it.

State Newsletter: Article that Steve Packwood wrote for our state newsletter was sent to National.

50/50: \$29 was collected and winner donated winnings to Alzheimer fund.

Meeting was adjourned at 2:20 pm. The next meeting is scheduled for November 11, 2019 at 12:45 at Concord Lanes in South St Paul.

Respectfully submitted,

Carol Beaves,
Chapter 140 Secretary

***Clarification from Steve:** there is no penalty for not choosing Medicare Part B *while you are still working*.

ADDRESS CHANGE FOR NEWSLETTER

Name _____

Chapter _____ Effective Date _____

Old Address

New Address

(NOTE: If this is a temporary change for the winter months, please indicate start and end dates below.)

Start Date _____ End Date _____

Send to: Nancy Weir
7332 Steepleview Road
Woodbury, MN 55125

CHAPTER MEMBERSHIP UPDATE

Due to the conversion to a new records/reporting system by the NARFE National Office, I have no updated membership information for Chapter 140. I encourage all of our members to promote the efforts of NARFE as it continues to work for the benefits of the Federal Community.

Nancy Weir, VP,
Membership