

# National Active and Retired Federal Employees LA CROSSE – CHAPTER 370 – NEWSLETTER

June, 2018



**National Headquarters:** 703-838-7760  
**Legislative Hotline:** 877-217-8234  
**Wisconsin President:** Greg Habeck 920-371-9050  
**Chapter 370 President:** Terry Loper 608-269-4428  
**Vice President:** Vacant  
**Secretary:** Dolores Barker 608-399-1408  
**Treasurer:** Jan Stacey 608-486-4900  
**Newsletter:** Maripat Willis 608-457-2914  
**Sunshine:** Joyce Weise 608-519-3319  
**Legislation:** Emeron Christensen 608-779-0488  
**Membership:** Maripat Willis 608-457-2914  
**Service Officer:** vacant  
**Alzheimer Representative:** Joyce Weise 608-519-3319

## OUR ELECTED OFFICIALS

**Governor Scott Walker** 115 East State Capitol  
Madison, WI 53702 PO Box 7863  
Phone 608-266-1212 Fax 608-267-8983  
Email: govgeneral@wisconsin.gov  
[www.wisgov.state.wi.us/](http://www.wisgov.state.wi.us/)

**Lt. Governor, Rebecca Kleefisch;** Rm 19, East State  
Capital; Madison, WI 53702 PO Box 2043  
Phone 608-266-3516; Fax 608-267-3571  
Email: ltgov@wisconsin.gov  
<http://ltgov.wisconsin.gov>

**Senator Ron Johnson** 328 Hart Senate Office Bldg.  
Washington, DC 20510  
Phone 202-224-5323; Fax 202-224-2725  
Email: ron\_johnson@ronjohnson.senate.gov  
<http://www.johnson.senate.gov>

**Senator Tammy Baldwin** 1 Russell Courtyard  
Washington, DC 20510  
Phone 202-224-5653; Fax 202-224-9787  
Email: Tammy\_\_baldwin@baldwin.senate.gov  
<http://www.baldwin.senate.gov>

**Congressman Ron Kind** 1406 Longworth HOB  
Washington, DC 20515 Phone 20211-225-5506  
Local Pho 782-2558; Fax 202-225-5739;  
Email: ronkind@mail.house.gov  
<http://www.kind.house.gov/>

**95<sup>th</sup> Assembly District Representative Jill Billings**  
Rm. 4 West State Capital PO Box 8952  
Madison, WI 53708  
Phone 608-266-5780  
Email: rep.billings@legis.wisconsin.gov

**94<sup>th</sup> Assembly District Representative, Steve Doyle**  
Rm. 126 North State Capital  
PO Box 8952; Madison, WI 53708  
Phone 608-266-0631 Fax 608-282-3694  
Email: rep.doyle@legis.wi.gov  
<http://doyle.assembly.wi.gov>

**State Senator Jennifer Shilling**  
State Capitol 106 South; PO Box 7882  
Madison, WI 53707  
Phone 608-266-5490; 800-385-3385; Local Phone 788-9854  
Email: sen.shilling@legis.wi.gov

## SUMMER HAS FINALLY ARRIVED IN WISCONSIN!!

I hope you all had a pleasant Memorial weekend as we honored and remembered those who bravely died while serving our country in the US Armed Forces. I ventured down to Main St. in Stoddard to watch the parade. It was toasty (?) warm, unlike last year when I could have used mittens and a hat. It always brings back fond memories of my early years riding my bike in the parade with my bouquet of flowers and heading up to the cemetery placing it on a grave of an unknown veteran. I now realize what a privilege that was.

At our May meeting we had BCBS representative, Denece Ellis talk to us about Medical Reimbursement Accounts. She plans to be back in the fall before we determine our Health Insurance plans for 2019. She did not foresee any change coming our way and hopefully that still will hold true.

Our next meeting will be our Annual Picnic. It will be on June 13<sup>th</sup> at the Stoddard Park. (See the detail on following page).

We will be meeting again at Perkins in Onalaska for our July meeting. There have been some good discussions on the issues that affect the annuities of retired and active federal employees. Please join us. NARFE members know how important our organization tirelessly works for us. Invite a retiree or current federal employee to one of our meetings. New members are important to keeping our organization strong.

Remember....NARFE is the only organization dedicated solely to protecting and preserving the benefits of all federal workers and retirees. They inform its members of any developments and proposals that affect their pay and health benefits. They have a strong record in influencing Congress on our behalf.

**NARFE HAS REMAINED STRONG SINCE 1921!  
PRETTY IMPRESSIVE!!**

## **PICNIC IN STODDARD**

The past several years we have gathered at the park in Stoddard for our annual picnic. It is a chance for all to journey down the mighty Mississippi and enjoy the view of this beautiful area we live in. We hope you can take the time to fellowship with your NARFE friends.

Just a reminder to those who have already signed up to bring a dish to pass.

Joyce Weise – Chicken Wings

Emeron Christensen – Salad

Char Lebakken – Fruit Salad & Cookies

Jan Stacey – BBQs

Dolores Barker – Salad

Amsruds – Pasta Salad

Jeffers – Salad & Dessert

Lopers – Dessert

Maripat Willis – Baked Beans

For those who were not at the meeting to sign up, you may bring anything you would like!....Just come!!

Drinks will be provided. Just bring your table settings and an old table cloth if you have one.

We will play a little bingo after we eat.

### **ANNUAL CHAPTER 370 PICNIC**

**JUNE 13<sup>TH</sup>**

**Gather At 11:30 and eat at NOON  
at the  
STODDARD PARK**

## **THOUGHTS Gleaned from the NARFE Wisconsin Federation Newsletter**

*Thanks Peggy Johnson, Public Relations/Director*

**FEDERATION CONVENTION IN 2019:** The May Federation Board Meeting was held in WI Dells at the Wintergreen Conference Center, a contender for the 2019 Federation Convention next year. It is more convenient and compact for our size convention too. The Madison Chapter will host the 2019 Convention. The decision as to exact location will be made soon.

**The Wisconsin Do Not Call List is FREE! ....A reminder.** Now you can get your home phone and each cell phone on this list. The call to be added to this list must be placed from that particular phone #. To sign up for this No-Call Registry, call 1-800-382-1222 or email: Nocall.Wisconsin.gov. (This will help but not stop all annoying calls, but will help the government to track down illegal practices within the U.S. and Canada)

## **HEALTH CARE NEWS**

**FEHB WILL HAVE ONE OR MORE INSURANCE PLAN OPTIONS:** OPM will soon have a few more choices. With OPM's final rule, all FEHB carriers will offer the same number and type of plans, opening up just a few more options to the program participants. OPM expects that this regulatory change allowing an increase in the number of plan options will have a positive effect of potentially increasing competition between health plans. OPM feels that more insurance plan options will boost competition among carriers in the FEHBP, which will in turn lower health care costs. *Federal News Radio, 4-27-18*

**New Shingles Vaccine:** Jim Murphy, Chapter 371, BCBS

While I was at a doctor visit, I learned that the medical community is recommending a new shingles vaccine for older citizens. Even those who had a previous vaccine should get the new one. Old vaccine was only 50% effective, new one is 90-98% effective. BCBS will cover the new vaccine as a preventive service. Check with your carrier on coverage. Thanks Jim.

## **May 25, 2018 NARFE Hotline Message**

### **Message from NARFE President Richard Thissen**

“Civilian federal employees are being unfairly singled out to have their pay frozen in 2019. If Congress does not act to provide federal employees the pay increase they are due, federal employee wages will remain stagnant and will fall even further behind the private sector. Our nation’s civil servants work tirelessly for the American people and deserve a pay raise that is commensurate to our strong economy. NARFE members should contact their members of Congress and urge them to reject the inequitable proposal to freeze federal pay.”

**I need not tell you this. We have heard this before? This affects current and retired federal employees! We need to contact our Legislators. They will listen, especially if their jobs are at stake. Persistence can pay off!**

You send action letters and make phone calls. But do you feel your concerns are falling on deaf ears in your legislators’ offices? Have you tried doing one of NARFE’s Webinars? A recent one was held on May 29<sup>th</sup>, titled “Are You Getting Your Legislators Attention? It was a chance to learn the most effective strategies to influence your legislators on issues affecting the federal community. Chances are you might be doing something that could detract from your message – or not doing something that could be very helpful.

**NARFE has a great website. Use it!**

\*\*\*\*\*

### **PLEASE TAKE THE OPPORTUNITY TO VOTE IN NARFE’S ELECTION.**

This is a new experience for all members. Many changes have come into play in our organization. NARFE continues to seek ways to make us a stronger presence in Washington. **They are our Trusted Advocate for the Federal Community.**

\*\*\*\*\*

### **Crime Prevention Tips for Seniors**

#### **At home:**

- Lock doors and window and keep your garage door locked.
- Vary your daily routine.
- Don’t leave notes on the door when going out.
- If a stranger asks to use your phone, offer to place the call for them.
- Do not hide keys under door mat or other conspicuous place.

#### **While shopping:**

- Never leave handbag in shopping cart or unattended.
- Don’t carry any more cash than necessary. Use credit or debit cards

#### **In your vehicle:**

- Keep car locked, whether you are in or out of car. Keep fuel tank full.
- Never pick up hitchhikers!

(Dear Friends. I feel confident we know these things, but don’t let your guard down.)

Finally, fellow NARFE members. This is my final issue as the NARFE newsletter Editor. Thanks for putting up with my rambling for 18 years! In doing this newsletter, I have learned so much about NARFE. It was good for me. I hope someone continues the task of keeping our chapter informed.

**NARFE Chapter 370 Newsletter**  
**900 Mahogany Ct.**  
**Stoddard, WI 54658**