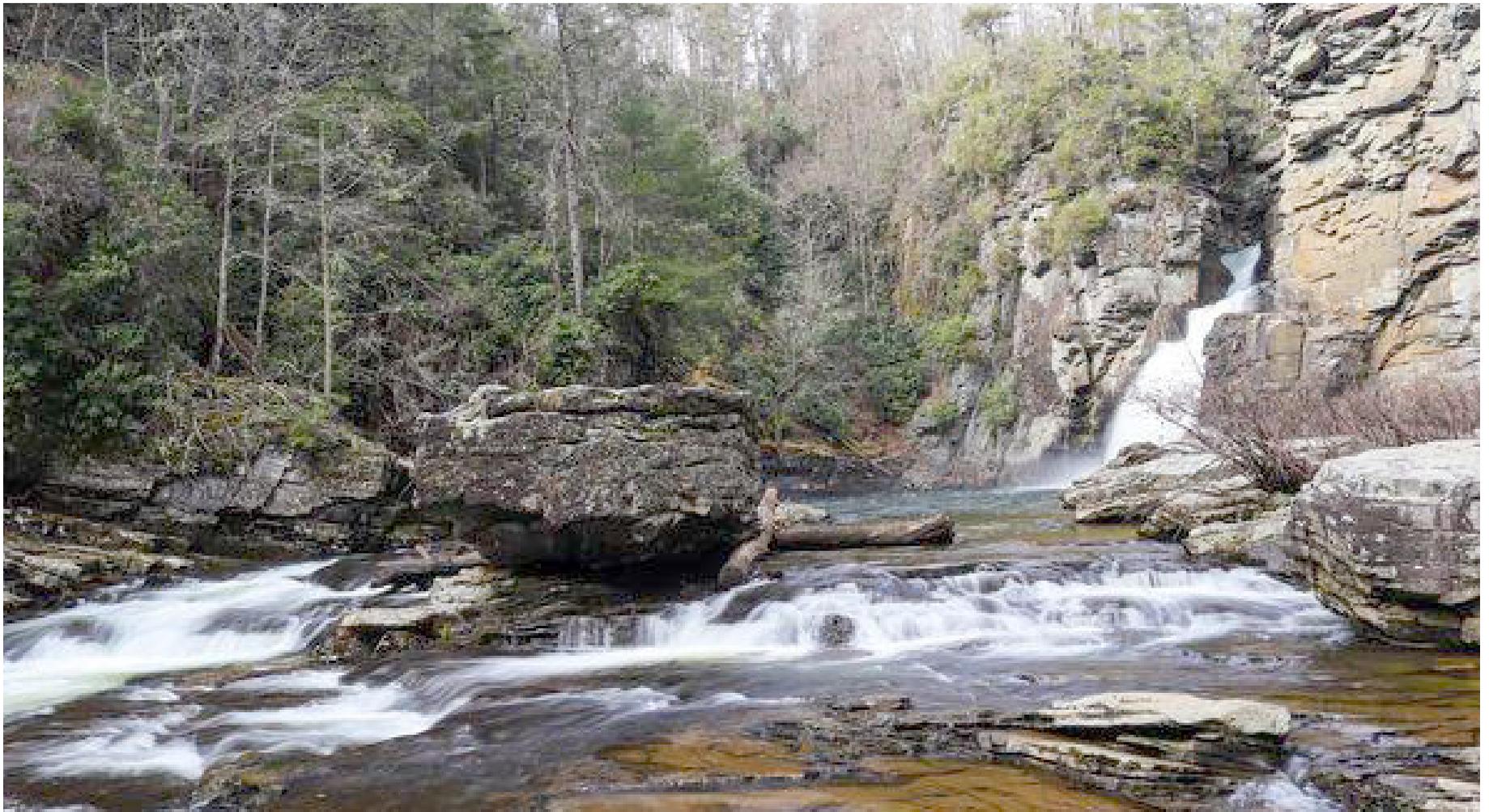




**INFORMING NARFE MEMBERS  
FROM THE MOUNTAINS TO THE COAST**

2021 Annual Meeting Edition

**National Active and Retired Federal Employees Association**



*Linville Falls, March 2022*

*Tim and Anna Grogan Photography*

**North Carolina Federation  
2022-24 Executive Board Elections - Nine Positions  
Coming in June**

<b>Candidates as of March 11, 2022:</b>	
President	Charles Talley
Executive Vice President	???
Secretary/Historian	David Phillips (incumbent)
Treasurer	Sam Crain (incumbent)
Area 1 Vice President	???
Area 2 Vice President	Ron Buffaloe
Area 3 Vice President	???
Area 4 Vice President	???
Area 4 Vice President	???

**Nominations Will Be Accepted During the Annual Meeting  
(There are no volunteers for 5 of the 8 vacancies)**

**IN THIS ISSUE: SPRING IS IN THE AIR!**

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**NARFE References**

Toll-free Legislative Hotline (24 Hours) — (877) 217-8234  
 Legislative Action Center — [www.narfe.org](http://www.narfe.org)  
 NARFE Toll-free — (800) 627-3994  
 NC NARFE Service Officer — (910) 619-0658

*The Beacon*

is published quarterly by the North Carolina Federation of the National Active & Retired Federal Employees Association. Federation Membership includes subscription to this newsletter via mail, email, and/or webposts.



# NARFE North Carolina Federation

MAY 11, 2022

66<sup>th</sup> Annual Meeting

FREE WEBINAR

RETHINK, REIMAGINE, REBUILD

March 2, 2022

Dear NARFE North Carolina Federation Member

**Federation President**  
Henry Brattlie  
Phone: 571-237-8794  
[brattlie@brattlie.com](mailto:brattlie@brattlie.com)

**Federation Executive Vice President**  
Charles Talley  
Phone: 703-472-2982  
[cjogger@aol.com](mailto:cjogger@aol.com)

**Annual Meeting Secretary** David Phillips  
Phone: 704-431-4134  
[phild5@aol.com](mailto:phild5@aol.com)

**Annual Meeting Treasurer**  
Samuel E. Crain  
290 Azalea Drive  
Maggie Valley, NC 28751-7692  
Phone: 828-246-5015  
[samcrainjr@aol.com](mailto:samcrainjr@aol.com)

You are enthusiastically invited to join other NARFE members at the 66<sup>th</sup> Annual Meeting of the North Carolina Federation of NARFE (NCNARFE). We have had two great Annual Meeting by webinar and we hope to surpass those achievements with this year's 66<sup>th</sup> Annual Meeting where we will **Rethink, Reimagine, Rebuild**.

MARK YOUR CALENDAR to act on the information below:

**Advertisements:** We encourage members to sponsor ads. Camera-ready ads and money are due to Samuel E. Crain, by **March 31, 2022**. Contact Charles Talley if you need assistance creating or updating your ad.

1. **Door Prizes:** Sponsor a door prize & send funds to Sam Crain by **March 31, 2022**.

2. **Awards:** Presented for Charles R. Patton "Good Egg", Lyle V. Storch and Thomas Hobgood. Please submit your nomination(s) by March 31, 2022, to Charles Talley.

3. **Meeting Memorial Service:** Please submit the names of deceased NARFE members to David Phillips.

4. **Meeting Registration:** **Registration is Free**  
**Online Registration is AVAILABLE NOW! Register at:**  
<https://attendee.gotowebinar.com/register/948466639346549773>. An email with instructions will be sent to all members in March. If You have more than one person viewing on a single computer, sign on the additional person from a second computer or smart phone to assure they are eligible all day and especially for the Special Grand Prize.

5. **Prizes:** Will be awarded throughout the day so be sure to stay tuned in to raise your Hand.

6. **Nominations:** Election of Officers is this year.

**Thank you in advance for attending and encouraging attendance. If you have questions please contact the officers listed on the side bar.**

Sincerely

Henry Brattlie, President

## Annual Meeting Edition Highlights

Dwight Weaver  
Public Relations Officer



This 2022 Annual Meeting Edition of The Beacon has both required notices and other items of interest in the life of our NC NARFE Federation.

- The NC Federation Annual Meeting is May 11 – “Rethink, Reimagine, Rebuild”
  - o Nominations for all elected offices will be accepted during the Annual Meeting
  - o Guest Presentations
  - o Awards and
  - o Prizes.

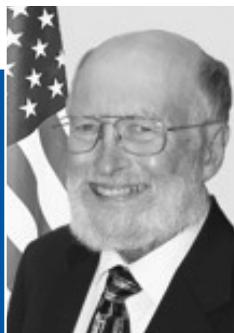
- 2022 Balloting Begins soon after the Annual Meeting – LOOK FOR YOUR BALLOT IN THE MAIL
  - o Election of all NC Federation Officers
  - o Ratification of the 2022-23 Federation Budget and
  - o Approval of Federation Bylaws changes.
- Critical committee and CDL positions remain unfilled. Please consider volunteering and getting involved.

As we move forward into 2022-23 Federation Fiscal Year, you will see a renewed emphasis on NARFE’s core missions, as well as the need for volunteers to get involved in the business of NC NARFE. Please consider what part you can contribute and role you could see yourself filling.

Is your personal information up to date on the NARFE National data base? Approximately 1,400 NC Federation members do not have an email address on file. Additionally, there are many email and mailing addresses on file that are inaccurate. Sign in at <https://members.narfe.org/Security/Sign-In> to review and get your records up to date.

## Strategic Planning Committee Update

Tom Jennings  
Chair, Strategic Planning Committee



The Strategic Planning Committee has been very active during the 2021-22 Fiscal Year. The Committee’s focus has been on how we, as a Federation, can better support NARFE’s core missions of Advocacy, Membership, Service, and Communications.

Recommendations to the Board included – establishing standing Legislative and Communications Committees; support all NC

members; redefinition of Federation Area boundaries along Congressional District lines; and simplification of the existing Federation committee structure. The committee changes will be on the 2022 Ballot for consideration and approval.

Action items related to membership have been approved by the Board and will be implement in 2022-23 --:

- That the EVP provide monthly an updated list of prospective members in North Carolina and that the Federation Board ensure that these prospects are contacted. This was assigned to each Area VP for implementation.
- That a plan to contact unions in the largest NC federal agencies be developed and acted upon this fiscal year. This was assigned to the Membership Committee.
- That a new membership survey be developed and carried out this fiscal year. This item was assigned to the Communications Committee.

## New Alzheimer’s Drug

Vivian Vair  
Alzheimer’s Coordinator



The new Alzheimer’s drug Aduhelm isn’t reaching many patients. Doctors say the reasons include its excessive cost, insurers’ reluctance to cover it, and lingering questions about whether it slows memory loss.

Dr. Marwan Sabbagh, an Alzheimer’s specialist at the Barrow Neurological Institute in Phoenix, Arizona, says the pendulum of

public opinion has swayed strongly against this drug. Dr. Sabbagh, has worked as an advisor to Biogen, which makes the drug.

Aduhelm is the first drug on the market able to remove amyloid, the sticky substance that builds up in the brains of Alzheimer’s patients. It is also the first new Alzheimer’s drug approved since 2003. Aduhelm is intended for patients in the initial stages of the disease, a population that represents about a quarter of the six million people in the U.S. with Alzheimer’s.

The Food and Drug Administration granted conditional approval in June, even though an advisory panel had recommended against allowing the drug on the market.

Since then, sales have been much slower than many analysts expected.

## Budget on the NC Carolina Federation 2022 Ballot

Sam Crain  
NC Federation Treasurer



Each year about this time, the Federation has to scratch their collective heads and try to anticipate what they are going to spend in the next fiscal year. It is especially hard with the Pandemic going on. We are all hoping that it will go away as fast as it came.

It is our task to present a budget that the general membership can approve on the ballot that will be sent to you following the 2022 Annual Meeting. The FY 2022-2023 Budget has been presented and approved by the Federation Board. You will find the Budget printed in this version of the Beacon newsletter.

Please vote to approve the Fiscal Year 2022-2023 Budget when you get your ballot!

## TOP 5 REASONS TO GIVE

### NARFE-PAC fights for you by:

- 1 Helping elect members of Congress who support the federal community
- 2 Building strong relationships with lawmakers, a key component of winning legislative fights
- 3 Ensuring the federal community is a powerful political force across the country
- 4 Pooling individual contributions to maximize impact nationwide
- 5 Empowering our strongest supporters to become leaders in our fight

**Contribute to NARFE-PAC today!**

	BOARD MEMBER RELATIONSHIPS/BUDGET RESPONSIBILITIES										
	2022-23 Budget Plan										
	Core Missions					Special Purpose Committees					Officer Total
Membership	Legislation	Communications	Service	Administration	Budget	Audit	Bylaws	Nominating	B&T		
President	\$ 200	\$ 500	\$ 800		\$ 1,600	XX	XX	XX	XX	XX	\$ 3,100
Executive VP	\$ 200	\$ 500	\$ 800		\$ 3,000	XX	XX	\$ 100	\$ 100	XX	\$ 4,700
Secretary/Historian	\$ 100	\$ 100	\$ 100	\$ 100	\$ 200	XX	XX	XX	XX	\$ 1,650	\$ 2,250
Treasurer	\$ 600				\$ 4,500			XX	XX	XX	\$ 5,100
Area 1 VP					\$ 300	XX	XX	XX	XX	XX	\$ 300
Area 2 VP	\$ 150	\$ 50	\$ 200	\$ 200	\$ 250	XX	XX	XX	XX	XX	\$ 850
Area 3 VP					\$ 400	XX	XX	XX	XX	XX	\$ 400
Area 4 VP					\$ 50	XX	XX	XX	XX	XX	\$ 50
Area 5 VP					\$ 300	XX	XX	XX	XX	XX	\$ 300
National Legislative Officer/ NARFE PAC		\$ 2,000			\$ 500	XX	XX	XX	XX	XX	\$ 2,500
State Legislative Officer		\$ 400			\$ 300	XX	XX	XX	XX	XX	\$ 700
Membership Coordinator						XX	XX	XX	XX	XX	\$ -
Editor			\$ 5,300			XX	XX	XX	XX	XX	\$ 5,300
Public Relations Officer			\$ 300		\$ 100	XX	XX	XX	XX	XX	\$ 400
Service Officer					\$ 400	XX	XX	XX	XX	XX	\$ 400
Web Master					\$ 700	XX	XX	XX	XX	XX	\$ 700
Alzheimer's Coordinator					\$ 500	XX	XX	XX	XX	XX	\$ 500
Immediate Past President					\$ 550	XX	XX	XX	XX	XX	\$ 550
<b>FY 2022-23 Budget Plan</b>	<b>\$ 1,250</b>	<b>\$ 3,550</b>	<b>\$ 7,500</b>	<b>\$ 300</b>	<b>\$ 13,650</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ 100</b>	<b>\$ 100</b>	<b>\$ 1,650</b>	<b>\$ 28,100</b>
<b>INCOME PORTION OF FY 2022-2023 BUDGET</b>											
										<b>10% Funds from National Headquarters</b>	<b>\$ 18,000</b>
										<b>Per Capita from Chapters</b>	<b>\$ 3,500</b>
										<b>Funds from Ads in Beacon</b>	<b>\$ 1,000</b>
										<b>Funds from Closing Chapters</b>	<b>\$ 2,000</b>
										<b>Funds from Money Market</b>	<b>\$ 3,600</b>
										<b>Total Income</b>	<b>\$ 28,100</b>

## NARFE - NORTH CAROLINA FEDERATION

Financial Report for FY 2021-22  
August 1, 2021 thru February 28, 2022

BEGINNING BALANCE ON HAND (ALL ACCTS.)			
CHECKING	MM		
\$32,000.33	\$51,036.17		\$83,036.50
Interest from Money Market	\$2.56		
INCOME:			
10% Funds from National Headquarters	\$8,056.58		
Per Capita from Chapters	\$3,183.00		
Ads from BCBS	\$3,819.77		
Funds from Ads in the Beacon			
Funds from Closing Chapters	\$4,079.80		
Funds from Sale of Commemorative Coins	\$405.00		
<b>TOTAL INCOME</b>		\$19,546.71	
<b>TOTAL TO BE ACCOUNTED FOR</b>			\$102,583.21
EXPENSES:			
Mileage			
Meals			
Lodging			
Supplies/Services			
Postage			
New Banners Expenses			
Commemorative Coins			
Beacon Newspaper			
Insurance	\$100.00		
Membership Supplies			
LegCon Registration			
Computer Pgrms			
10% Fund Expense			
CDL Reimbursement			
New Mbrs & Dues Withholding Rebates			
Badges for New Officers			
Ballot & Teller (Election Expenses)	\$16.00		
<b>TOTAL EXPENSES</b>			\$116.00
ENDING BALANCE ON HAND (ALL ACCTS.)			
CHECKING	MM		
\$51,428.48	\$51,038.73		\$102,467.21
<b>TOTAL TO BE ACCOUNTED FOR</b>			\$102,583.21
Signed <i>Sam Crain, Treasurer</i>	Date		2/28/22

### Required Minimum Distributions (RMDs)

#### What Is a Required Minimum Distribution (RMD)?

A required minimum distribution (RMD) is the amount of money that must be withdrawn from an employer-sponsored retirement plan, [traditional IRA](#), SEP, or [SIMPLE](#) individual retirement account (IRA) by owners and qualified retirement plan participants of retirement age.

Across 401(k), IRA, 403(b) 457(b) and TSP accounts, the IRS **DOES NOT** allow investors to maintain the balances indefinitely. A minimum amount must be withdrawn each year beginning at age 72. This is a required minimum distribution, or RMD.

- Required minimum distributions (RMDs) were suspended in 2020 but were back beginning in 2021.
- An RMD is the minimum amount you must withdraw annually from your retirement account when you are age 72 and older.
- For those who have been taking a RMD before 2020 you must continue do so now.

Review RMD Rules with your financial advisor ... this can help you avoid a big tax penalty.

If you have more than one retirement plan, you must calculate separate RMDs for each plan. However, if you have more than one IRA — whether a traditional, SEP and/or SIMPLE IRA — you may be able to add the RMDs and take the combined distribution amount from any one or more of your IRAs.

Similarly, if you have more than one 403(b) plan, you can take the combined distribution amount from one or more of your 403(b) accounts. You cannot, however, satisfy the RMD for your IRA with a distribution from your 403(b) or vice versa.

**ASK YOUR FINANCIAL ADVISOR TO BE SURE!**

## NC NARFE February Board Meeting Highlights

Dave Phillips, NC Federation Secretary/Historian

1. The NC NARFE Board met on February 8 via Go to Meeting. A quorum was present.
2. Bill Shackelford, Region X Vice President, reported on the meeting of the National Executive Board. Meeting which was held November 16 – 18, 2021. The minutes of the meeting may be found at: <https://www.narfe.org/officer-resources/national-executive-board-meetings/minutes/>.
3. Donna Shackelford, Region X, Alzheimer's Coordinator reported that the NC Federation contributed \$8,500 in FY 2020. In the past year, \$4,500 was contributed. NC ranked ninth in the nation for contributions during FY 2021 – 2022. Information on planned-giving to Alzheimer's Research may be found at: [Planned Giving | Alzheimer's Association](#). Members interested in setting up sustaining gifts may do so by calling 800-272-3900 or sending an email to: [donorservicesinfo@alz.org](mailto:donorservicesinfo@alz.org).
4. Vivian Vair, the NC Federation Alzheimer's Coordinator reported that she submitted \$1,434.31 to Chicago since the last board meeting. She is looking for funding raising ideas. Any suggestions may be sent to Vivian at: [vvair@aol.com](mailto:vvair@aol.com).
5. The board approved the proposed 2022/2023 budget. The proposed budget will be printed in the Beacon. The membership will vote to either approve or reject the budget on the upcoming ballot.
6. It was reported that the Brunswick and Sampson-Duplin Chapters have closed.
7. Robert Allen, National Legislative Officer, has been monitoring HR3076, The Postal Reform Bill, which contains changes supported by NARFE. Details of the bill can be found by going to: <https://www.narfe.org/blog/2022/03/08/postal-service-reform-passes-senate-heads-to-president-for-signature/>.
8. Congressional District Leaders (CDL's) are needed. If interested, contact Robert Allen at: [retiredrobertallen@gmail.com](mailto:retiredrobertallen@gmail.com).
9. NARFE-PAC: As of Jan. 6, 2022, NC NARFE members have donated:
  - a. National Only Members – 273 contributors for a total of \$11,514. (Six sustainers).
  - b. Chapter Members – 226 contributors for a total of \$13,070 (21 sustainers).
10. Jessica Klement, the VP of Policy, and Programs at NARFE Headquarters has resigned. John Hatton was selected to fill her position.
11. John Allis, the State Legislative Officer, reported that the Bailey Extension was approved for military retirees in the state but not the other federal, state, and local government employees that the 4<sup>th</sup> Branch was advocating for. The 4<sup>th</sup> Branch is evaluating what it needs to do next. Members may sign up for a free 4<sup>th</sup> Branch membership by going to: <http://4thbranchnc.org>.
12. The accomplishments of the NC NARFE Strategic Planning Committee were discussed. Action items to be followed up are:
  - a. Area Vice Presidents will generate a monthly list of prospective members to NARFE and send it to the Chapter Membership Chairs. The designated chapter person should make every effort to contact their prospective members and invite them to become a NARFE member.
13. Several proposed bylaw amendments to the NC NARFE Bylaws were presented and approved. They were forwarded to the Bylaws Committee for consideration. The proposed bylaws will be printed in the Beacon and be on the upcoming ballot for approval or rejection by the membership.
14. An editor for *The Beacon* and Membership Chair are still required. Both positions would be voting members of the board. Interested members should contact David Phillips at [phild5@aol.com](mailto:phild5@aol.com) or 704-431-4134.
15. The 2022 membership ballot, to elect the President, Executive Vice President, Secretary, Treasurer and Area Vice Presidents will be mailed to all members shortly after the annual meeting. There will also be seven proposed bylaw amendments to approve or reject.
16. The NC NARFE Annual Meeting will be held virtually again this year. There is no charge for members. Members and chapters are encouraged to support the annual meeting by purchasing an ad and donating for door prize drawings.

## Estate Planning Tasks

**Is getting your estate in order one of your top priorities this year? Taking the time to implement a plan can save you and your descendants probate problems and money. Use of a qualified estate planning attorney can help you avoid common and costly mistakes.**

## 2021-22 NC Federation Committees

Position	Audit	Ballot & Teller	Budget	Bylaws	Nominating
Chair	Deborah Germak*	Lloyd Geisert	Dwight Weaver	Robert Allen*	Steve Kesselman
Advisor	Sam Pipkin	Dave Phillips	Sam Crain	Chris Huber	Patricia Brannin
Area 1	V A C A N T	Sue Hawkins	Bobbie Williams	Theron Rumsey	V A C A N T
Area 2	Deborah Germak*	Chris Huber	Dave Clapp	Ron Buffaloe	Doug Clapp
Area 3	Evelyn Ellis	Peter Eckhoff	Sam Pipkin	Robert Allen*	V A C A N T
Area 4	Mary M. Carman	Lloyd Geisert*	Glenn Marshall	Carolyn Bronson	James Kocsi
Area 5	Howie Lore	V A C A N T	David Monell	V A C A N T	V A C A N T

## Key Positions that Need to Be Filled

Position	Board Member	Respond to	Position Involves
Executive Board Positions	Yes	NC Federation Secretary Dave Phillips Email: <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>	All positions – <ul style="list-style-type: none"> <li>• President</li> <li>• Executive Vice President</li> <li>• Secretary</li> <li>• Treasurer</li> <li>• Area Vice Presidents (Areas 1,2,3,4,5)</li> </ul>
Membership Coordinator	Yes	NC Federation Secretary Dave Phillips Email: <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>	Work with Area Vice Presidents to implement the Federation's ongoing membership program and to strengthen recruitment and retention activities at the chapter level. The Membership Coordinator also serves as the advisor to the Membership Committee and shares responsibility with the Committee for periodic evaluation of the Federation's Membership Program.
Newspaper Editor	Yes	NC Federation Secretary Dave Phillips Email: <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>	Periodic publication of the NC Federation newspaper (The Beacon) in both hard copy (twice yearly) and digital (four times yearly) formats. Board Members submit articles and other content, NARFE resources, and other items of interest. The Editor is a member of the Federation's Communications Committee.
Congressional District Leader	No	Robert Allen NC NARFE National Legislative Officer Phone: 336-322-0259 Email: <a href="mailto:retiredrobertallen@gmail.com">retiredrobertallen@gmail.com</a>	Work with National Legislative Officer and Chapter Legislative Officers to ensure that NARFE's views on specific national legislative issues are known to NC's members of the US House of Representatives.
Standing Committees	No	NC Federation Secretary Dave Phillips Email: <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>	Positions on the following Standing Committees -- <ul style="list-style-type: none"> <li>• Audit (Deborah Germak, Chair)</li> <li>• Ballot &amp; Teller (Lloyd Geisert, Chair)</li> <li>• Budget (Dwight Weaver, Chair)</li> <li>• Bylaws (Robert Allen, Chair)</li> <li>• Nominating (Steve Kesselman, Chair)</li> </ul>

## 2022-23 Proposed NC Federation Bylaw Amendments

*Both the Bylaws Committee and the Federation Board recommend the proposed amendments to the NC Federation Bylaws for approval. The following is a summary of the seven proposed changes. The full text will be presented at the Annual Meeting and on the NC Federation Ballot.*

Robert Allen, Chair Bylaws Committee

Title	If Adopted
Officer Terms of Office	"...shall be elected by ballot to serve a term of two years beginning with the new fiscal year and shall serve until their successors are installed."
Determine Who Appoints Certain Committee Chairs	Section 3, Second sentence "The President shall designate the chair of all committees except where the chair is specified in the bylaws."  Section 7, second paragraph, 1st sentence: "Unless membership is designated in the bylaws..."
Change the Name of the Board	All instances of "Federation Executive Board" are changed to read "Federation Board"
Creation of Congressional District Leader Positions	The North Carolina Federation shall utilize Congressional District Leaders (CDLs) to coordinate chapter and member interaction with Members of the North Carolina Congressional Delegation and their staffs. Area Vice Presidents shall nominate CDLs for Federation Board approval. CDLs will serve for the current two-year congressional term.
Updates Bylaws Amendment Process	Proposed amendments to these bylaws may be initiated by a member, a chapter, the Federation board, or the Bylaws Committee, and shall be submitted to the Federation Secretary and Bylaws Committee Chair by a date established by the Federation Board  Amendments to National Bylaws: Amendments to National Bylaws must be developed as defined by NARFE HQ and any instructions contained in the Call for Amendments to National Bylaws using Form F-3C. Any Federation member, chapter, the NC Federation Board, or the NC Federation Bylaws Committee may submit said amendments.
Changes to Annual Meeting Committees	The Annual Meeting Committee, chaired by the Federation President, will assist the President in managing all aspects of the Annual Meeting. Additional committees as listed in the Annual Meeting Guide, may be appointed as needed to complete arrangements for the Annual Meeting.
NCNARFE Standing Committees	Section 1. There shall be eight Federation standing committees: Membership, Bylaws, Audit, Nominating, Ballot and Teller, Budget, Legislative, and Communications.  Section 8: There shall be a Legislative Committee chaired by the National Legislative Officer. Members will include the Area Vice Presidents, the State Legislative Officer, and two Congressional District Leaders (CDLs)
	nominated by the NLO approved by the Federation Board. The committee will function for the two years coinciding with the two-year congressional term.  Section 9: There shall be a Communications Committee. The Public Relations Officer (PRO) will chair the Committee. Members will include The Beacon Editor, Area Vice Presidents, Secretary/Historian, Service Officer, and Network Coordinator. All members shall serve until the end of their term.

## 2022 Tax Filing Season

The Internal Revenue Service (IRS) 2022 tax season began on January 24, the first day that the IRS began accepting and processing 2021 tax returns. The deadline to file 2021 tax returns is April 18 for most people. By law, Washington, DC holidays impact tax deadlines for everyone. The Emancipation Day holiday in the District of Columbia will be observed on April 15, pushing the deadline to file to April 18 for all except those who live in Maine or Massachusetts. Residents in those two states will have until April 19, 2022, to file their returns due to the Patriots' Day holiday celebrated in those states. Taxpayers requesting an extension will have until Monday, October 17, 2022, to file. Visit [irs.gov](https://irs.gov) to read the entire IRS announcement.

Interested in how each state taxes federal annuities? Be sure to check out the State Tax Roundup in the April issue of NARFE Magazine. The April issue should hit your mailbox in late March.



## Protect Your Identity and Your Assets

- Be suspicious of any email or telephone call that asks you for money or says you have won something ... especially when the sender asks for personal information.
  - Verify that the name of the email sender is the same as the actual email address. Most scammers will use the name of someone you know but will not have the correct email address.
  - Block the telephone number and email address of a scammer.
  - Pay close attention to grammar in any email you receive that was “supposedly” from a legitimate company. Legitimate companies will use proper grammar and complete sentences.
- Enable two-factor authentication on any online account that you have ... especially your retirement accounts, Facebook, credit card(s), and bank accounts.
- Set transaction dollar thresholds that give you automatic notice if a banking transaction or credit charge exceeds the threshold amount you selected.
  - A rule of thumb: Ask your bank to notify you by email of any check that clears.
  - Use online banking if you are comfortable with your computer skills.
- Do not sign the back of your credit cards. Endorse them with “Ask for Photo ID”.
- The IRS, Social Security Administration, state agencies, banks, and credit card companies will not call you on the telephone about a problem ... they will send you a letter.
  - Do not panic if someone tells you on the phone that the IRS is going to have you arrested.
  - Do not try to outsmart the caller; get off the phone as quickly as possible.
  - Verify with the authenticity of an unusual request with the company or agency that “supposedly” sent it.
  - If you receive a suspicious looking letter, look up a customer service telephone number online and use that number to verify the letter is legitimate. Do not use the number provided in the letter.
- Guard your Social Security Number, retirement account information, credit card numbers and codes, and bank account information.
- Purchase a credit reporting service account and lock your credit files.
  - You can unlock them when you need to do so, but you will receive notice if someone else tries to run a credit report on you that you were not aware of in advance.
  - Some services can be subscribed to through your bank or credit card company at a reduced rate.
- Buy and install a robust computer security system that provides Virus Checking, File Scanning, a Virtual Private Network, Breach Guards, and Anti-Tracking.

## Postal Service Reform Passes Senate, Heads to President for Signature

### NARFE

March 8, 2022

The Postal Service Reform Act of 2022, a landmark bill set to provide financial relief to the Postal Service, passed the Senate this evening, Tuesday, March 8. The legislation will improve the agency’s ability to remain a public entity providing a crucial service to the American people while simultaneously protecting the earned health benefits of postal and federal workers and retirees. The bill passed with bipartisan support, 79-19.

The legislation gained NARFE’s support after it was amended to address our concerns. In particular, changes were made to prevent unintended increases to Federal Employees Health Benefits (FEHB) program premiums for federal employees and retirees. And unlike past iterations of postal reform, this bill preserves choice for current postal retirees regarding whether to enroll in Medicare Part B. NARFE is also pleased with included provisions to repeal the burdensome mandate to prefund future postal retiree health benefits and the bill’s codification of six-day mail delivery.

The Postal Service Reform Act of 2022 now heads to the President Biden’s desk where it is expected to be signed into law.

## Seven Signs It Is a SCAM

### Scammers ...

- Want you “Wire Money”
- Purchase pre-paid debit cards
- Tell You to Keep It “Secret”
- Make It Sound Too Good to Be True
- Contact You “Out of The Blue”
- Claim There Is An “Emergency”
- Ask For Your Personal Information

## FEDcon22

FEDcon22, taking place August 21-23, 2022, in Scottsdale, AZ, is the premier training conference for the federal community. Attendees will engage in leadership development, receive comprehensive federal benefits and financial planning information and make connections with colleagues from across the federal community.

We’re hard at work developing an exciting program, subject to speaker availability, that will include sessions and tracks that cover such things as:

### ADVOCACY

- How to add your voice to NARFE’s advocacy efforts
- Your all-important legislative/policy update, direct from NARFE’s advocacy team

### FEDERAL BENEFITS INSTITUTE

- Understanding the relationship between FEHB and Medicare
- Debunking common retirement myths
- Getting the most from your TSP

### NARFE LEADERSHIP

- Mastering NARFE recruiting
- Chapter and Federation communications in the digital age
- Membership engagement at the local level

### LIFESTYLE TOPICS

- Intergenerational living
- Understanding and avoiding common online scams

All this and much more!

Watch this site for updated information as we confirm speakers and agenda items. We’re so excited to see you in Scottsdale, AZ, this summer!

## A New Way to Give to NARFE-PAC: Annuity Withholding

### NARFE

March 8, 2022

March is NARFE-PAC month, and now is the perfect time to support the PAC through a new and more efficient way to give: NARFE-PAC annuity withholding.

Annuity withholding is a way for NARFE members to automatically contribute to the PAC directly from their federal annuity each month. Contributions are automatically deducted on the first of each month by the Office of Personnel Management (OPM) and go straight to the PAC. Annuity withholding is the most efficient way to give, allowing recurring contributions to go further by avoiding bank and credit card fees. Register today by going to the [NARFE-PAC page](#) of the website and selecting annuity withholding.

### Signing Up is Quick and Easy

1. First, members should complete NARFE-PAC’s online form. Please **fill out the form before going to OPM’s website**, as it helps us match contributions to member records.
2. After completing the form, members will be directed to follow the provided instructions to authorize the withholding on OPM’s Retirement Services Online website.

NARFE members can also call OPM to set up annuity withholding by dialing 1-888-767-6738. Please fill out the web form or call NARFE’s advocacy department at 1-800-456-8410, option 3, if you call OPM to register. Access our annuity withholding [frequently asked questions \(FAQs\) document](#) for more details.

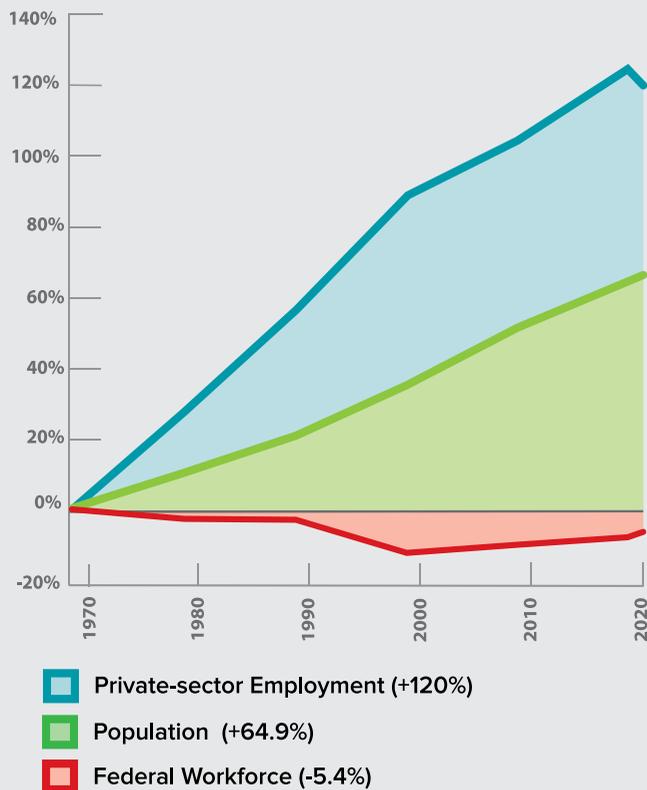
If you have any questions about annuity withholding or NARFE-PAC month, please contact [sickes@narfe.org](mailto:sickes@narfe.org) or 571-483-1266.

North Carolina Federation - NARFE

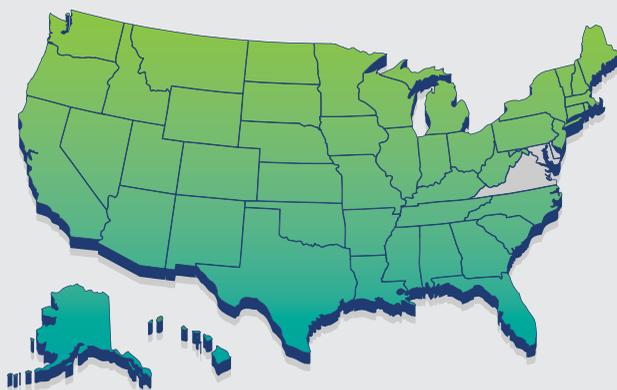
Find us on:  **facebook**  
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# America's Federal Family at a Glance

Since 1968, the federal workforce has **DECREASED 5.4 PERCENT**, while private-sector employment increased over 120 percent

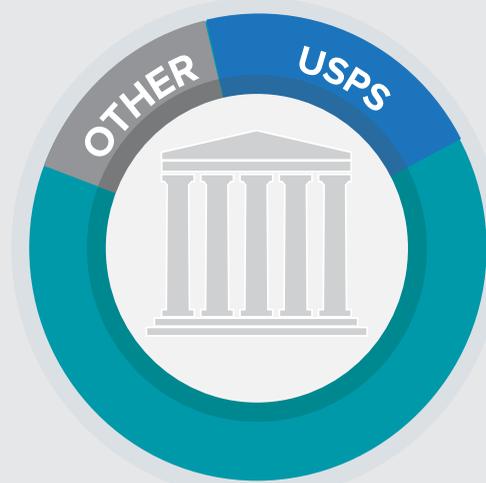


**U.S. workforce and population changes since 1968**



**85%** of federal employees live and work outside of the Washington, D.C. area

**OVER TWO-THIRDS** of federal, non-postal employees defend our homeland, support our military and care for our veterans



35.6% Department of Defense  
19.5% Department of Veterans Affairs  
9.7% Department of Homeland Security  
5.4% Department of Justice  

---

70.2% of Federal Workers

Median years of tenure with current employer

**6.5 years** Federal government

**3.7 years** Private sector

(2020)

**30.7%** of federal employees are veterans, while only 6% of private-sector employees are veterans



(2020)

**47%** of Defense Department federal employees are veterans



(2021)

Approximately

**100,000** veterans work for USPS



**NARFE—The Trusted Source of Knowledge for the Federal Community**

**NARFE  
Is Your  
Legislative  
Voice**

**As a NARFE member, your voice strengthens the message we take to Capitol Hill and fortifies our national outreach.**

**5 REASONS TO GIVE TO NARFE-PAC** 

**NARFE-PAC fights for you by:**

- 1** Helping elect members of Congress who support the federal community
- 2** Building strong relationships with lawmakers, a key component of winning legislative fights
- 3** Ensuring the federal community is a powerful political force across the country
- 4** Pooling individual contributions to maximize impact nationwide
- 5** Empowering our strongest supporters to become leaders in our fight

**Contribute to NARFE-PAC today!**

# GEHA<sup>®</sup>

## COVERAGE THAT PAYS.

With GEHA's High medical plan, Medicare A & B enrollees get reimbursed up to \$600 to help pay Medicare Part B premiums. That's just one of the many ways that GEHA medical plans work with Medicare and for you.

Proud partner

**NARFE**  
FEDERAL BENEFITS EXPERTS

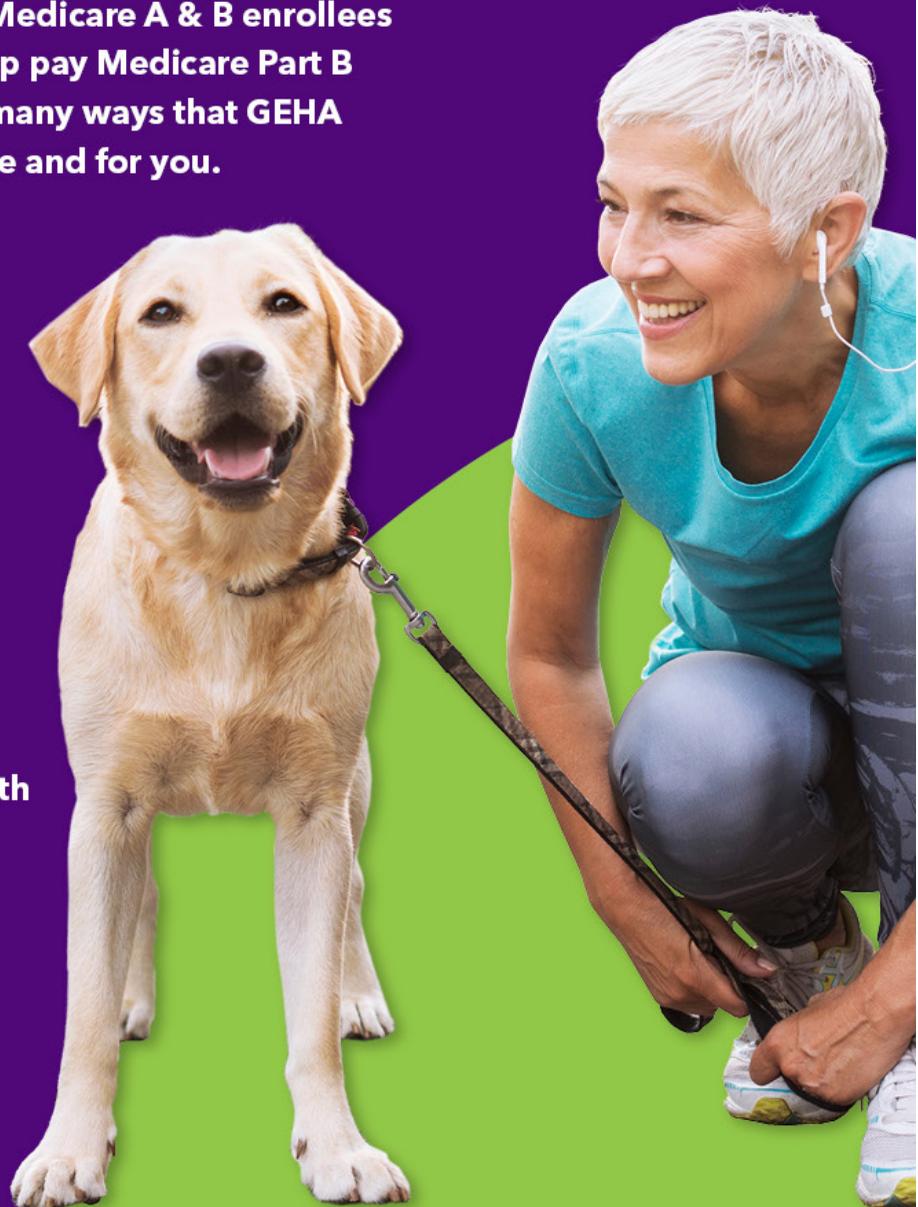
**geha.com**  
**800.821.6136**

     /gehahealth

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This is a brief description of the features of the High Option plan. Before making a final decision, please read the plan's federal brochure, RI 71-006, available at [geha.com/PlanBrochure](http://geha.com/PlanBrochure). All benefits are subject to the definitions, limitations and exclusions set forth in the federal brochure.



# Proud to support NARFE and the federal retiree community



Save with lower premiums, less out-of-pocket costs and help to pay a portion of your out-of-pocket expenses. You've worked hard and Aetna offers two plans designed specifically for federal retirees. Find out more at [AetnaFeds.com/retireeplans](https://www.aetna.com/feds/retireeplans).

## Learn more about the plans that:

- Can lower your out-of-pocket costs
- Offer prescription copays as low as \$2
- Deliver nationwide coverage
- Offer telemedicine 24 hours a day



## Connect with us live

For questions about your options, costs or how to enroll, we're here to help. Chat with us live or schedule an appointment at [AetnaFedsLive.com](https://www.aetna.com/feds/live).



## Or give us a call

**1-855-277-4356 (TTY: 711)**, 9 AM–6 PM in all time zones, Monday through Friday.

## Best wishes for a successful conference.

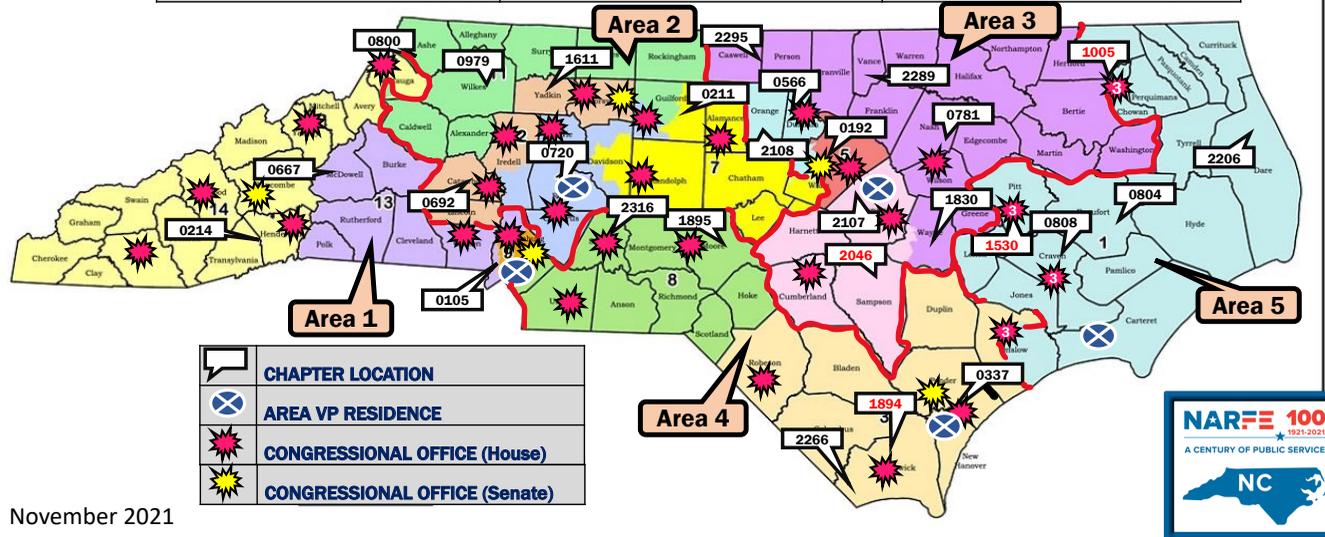
**Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).** This is a brief description of the features of this Aetna health benefits plan. Before making a decision, please read the plan's applicable federal brochure(s). All benefits are subject to the definitions, limitations and exclusions set forth in the federal brochure. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [aetnafeds.com](https://www.aetna.com).

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2022 NC FEDERATION AREA BOUNDARY		
NC AREA	NUMBER OF NC CHAPTERS	CONGRESSIONAL DISTRICTS
1	3	9, 13, 14
2	6	7, 10, 11, 12
3	9	2, 4, 5, 6
4	5	3, 8
5	5	1



November 2021

North Carolina Federation Chapters and Chapter Presidents						
Number	Area	Chapter Name	Chapter President		Telephone	
0105	1	Charlotte	Bobbie Williams		323-557-5066	
0192	3	Raleigh	James Dukeman		919-362-9252	
0211	2	Piedmont Triad (Greensboro)	Deborah Germak		609-226-4297	
0214	1	Hendersonville	Mark Brown		828-890-8235	
0337	4	Sencland-Wilmington	Tom Jennings		910-619-0762	
0566	3	Durham	Tom Link		919-383-4586	
0667	1	Marion	Johnny G Hensley		828-682-6894	
0692	2	Hickory	Dawn Price		828-428-0202	
0720	2	Salisbury	David L Phillips		704-431-4134	
0781	3	Rocky Mount	Mattie Mooring		252-641-6884	
0800	2	Ashe-Alleghany	Charles D Caudill		336-846-7498	
0804	5	Washington	Barry A Beckman		252-923-9933	
0808	5	New Bern	Marshall Williams		252-637-6300	
0979	2	Wilkes	James Adams		336-957-2815	
1530	5	Pitt County-Greenville	Nancy G Batchelor		252-364-8825	
1611	2	Surry-Yadkin	Randall Weatherman		336-835-3402	
1830	3	Wayne-Goldsboro	Harry Senatz		919-222-5171	
1895	4	Sandhills	Richard Benjamin		317-902-1491	
2107	3	Johnston County	Evelyn Ellis		919-284-1545	
2108	3	Pearl S. Wright-Chapel Hill	Walter R Mack		919-797-2246	
2206	5	First Flight-Kill Devil Hills	David Monell		252-441-7482	
2266	4	Intracoastal	James Kocsi		910-287-5452	
2289	3	Henderson	Richard Pulsifer		919-603-3744	
2295	3	Person Caswell-Roxboro	Robert Allen		336-322-0259	
2316	4	Stanly County-Albemarle	Steven Kesselman		704-982-6754	

2022-03-10

2021-22 North Carolina Federation Board Elected Board Members			
President	Henry Brattlie 571-237-8794 <a href="mailto:brattlie@brattlie.com">brattlie@brattlie.com</a>	Executive Vice President	Charles Talley 703-472-2982 <a href="mailto:cjogger@aol.com">cjogger@aol.com</a>
Secretary/Historian	David L Phillips 704-431-4134 <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>	Treasurer	Sam Crain 828-246-5015 <a href="mailto:samcrainjr@aol.com">samcrainjr@aol.com</a>
Area 1 Vice President	Patricia Brannin 980-245-7204 <a href="mailto:branninp@aol.com">branninp@aol.com</a>	Area 2 Vice President	David L Phillips 704-431-4134 <a href="mailto:phildl5@aol.com">phildl5@aol.com</a>
Area 3 Vice President	Samuel Pipkin 302-563-3660 <a href="mailto:slpipkin@gmail.com">slpipkin@gmail.com</a>	Area 4 Vice President	L. Thomas Jennings 910-619-0762 <a href="mailto:carobeach1@aol.com">carobeach1@aol.com</a>
Area 5 Vice President	Victor E Heinrich 252-240-3191 <a href="mailto:veheinrich@gmail.com">veheinrich@gmail.com</a>	Immediate Past President	L. Thomas Jennings 910-619-0762 <a href="mailto:carobeach1@aol.com">carobeach1@aol.com</a>
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<b>Membership Coordinator</b>	<b>V A C A N T</b>	National Legislative Officer/PAC Coordinator	Robert Allen 336-322-0259 <a href="mailto:retiredrobertallen@gmail.com">retiredrobertallen@gmail.com</a>
State Legislative Officer	John Allis 919-787-5221 <a href="mailto:jwallis@willowtec.com">jwallis@willowtec.com</a>	Public Relations Officer	Dwight Weaver 919-260-9096 <a href="mailto:Ddweaver00@gmail.com">Ddweaver00@gmail.com</a>
Service Officer	Sharrill Jennings 910-619-0762 <a href="mailto:carobeach1@aol.com">carobeach1@aol.com</a>	<b>Editor</b>	<b>V A C A N T</b>
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Parliamentarian	Robert Allen 336-322-0259 <a href="mailto:retiredrobertallen@gmail.com">retiredrobertallen@gmail.com</a>		
National NARFE Representative			
NARFE Region X Vice Pres	Bill Shackelford 703-830-6590 <a href="mailto:RVP10@narfe.org">RVP10@narfe.org</a>		

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