

**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION**  
**CHAPTER 1174 - DOVER, DELAWARE**

**Officers**

President – Elizabeth Kramarck 378-2088  
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NARFE National - [www.narfe.org](http://www.narfe.org)

NARFE DE Federation - [www.narfe-de.org](http://www.narfe-de.org)

**President's Ponderings**

Happy New Year Everyone! What a way to start it off. I was disappointed to cancel my first meeting as President but it was a good call by our board to cancel the January meeting. With the snow, gusty winds and freezing temps it made for a really bad situation out there. But it was a great time to curl up with a good book or in front of the TV with a nice cup of hot coco. I look forward to seeing all of you at the February meeting. Stay warm.

**4 January 2018 Meeting**

The meeting was cancelled due to increment weather.

**From NARFE National**

Here are highlights of NARFE's accomplishments in the first session of the 115th Congress (2017).

- Thwarted ALL attempts by Congress and the President to cut the earned pay and benefits of federal employees and retirees
- Protected postal retirees' health benefits through the Federal Employees Health Benefits (FEHB) Program
- Helped provide more flexible withdrawal options for TSP participants. A complete listing of the changes is in this month's magazine. The Federal Retirement Thrift Investment Board, which oversees the TSP, has two years to issue regulations necessary to implement the expanded withdrawal options.

And just in - Spending Negotiations Threaten Pay and Benefits

With negotiations on government spending currently taking place, NARFE members must contact their legislators and tell them not to use

federal benefits as an offset for raising sequestration budget caps. Congress has used federal benefits in past bipartisan budget agreements for offsets and the federal community must take a strong stand against such action again.

Lawmakers **must hear** NARFE members if we are to be successful. Contacting your legislators is easy. Simply use the NARFE Legislative Action Center on the NARFE website to quickly and easily send letters to members of Congress urging them to reject any spending agreement that cuts the earned pay and benefits of the federal community.

**January Birthdays and Anniversaries**

We have the following January Birthdays: Ilona Gechter, Pat Lafferty, Shirley Cunningham, Fred Adams, Bob Spragg, Jean Miller, Clement Nettles, and James Schilling. Our January anniversary couple is Ray & Annette McCloskey. Congratulations one and all. We sincerely apologize if we missed anyone. Please contact Rita Flynn at 335-3824 with your special dates!!



**1 February 2018 Meeting**

Our program will be our 2018 Memorial Service. We also will have plenty of time to socialize since we missed our January meeting. Hoping for good weather and hope to see you there.

From Rep. Lisa Blunt Rochester

### How Can I Help You

If you are encountering issues with a federal agency, our office is here to help. We can guide you through the process and advocate on your behalf.

- Federal Grants Assistance
- Passport and Visa Processing
- Small Business Resources
- Current Legislation
- Requesting Flags Flown Over the U.S. Capitol
- U.S. Capitol, White House, and FBI Tours
- Issues with the IRS or U.S. Postal Service
- Citizenship and Naturalization Assistance

### Health Care

The Affordable Care Act now requires most Americans to have health insurance. Our office can help answer any questions you may have regarding your healthcare coverage.



*Congresswoman Blunt Rochester speaks with constituents about their concerns.*



### Educational Opportunities

- Service Academy Nominations
- Financial Aid Resources
- Congressional Internships



*Congresswoman Blunt Rochester spends time with local schoolchildren emphasizing the importance of civic engagement.*

### Social Security

Seniors worked a lifetime to earn their Social Security benefits. My office can help ensure you receive your full Social Security payments and provide assistance with claims.

### Veterans

We can help veterans with their VA benefits claims, and collect any military medals that were earned but never received.

Pictured above is the inside of a Constituent Services Guide from our Congressional Representative Lisa Blunt Rochester. Contact her for assistance in these areas via phone at 302-830-2330 or 302-304-6089 or 202-225-4165 or at her web site - [www.bluntrochester.house.gov](http://www.bluntrochester.house.gov)



#### SPECIAL NOTICE:

The next Exec Board meeting will be held on Monday, February 12, at Luther Village, Bldg. 3 at 10 am. The next Federation meeting will be held on Tuesday, January 30, at Luther Village, Bldg. 3 at 10 am. Everyone is always welcome at either meeting.

**Please note the date change for the Federation Board meeting.**

#### February 1, 2018 Luncheon Buffet Information 11:30 am start time.

The meats will be Pulled Pork and Sausage. The sides will be Baked Beans, a Garden Salad with Ranch and Italian dressings, a seasonal dessert, and rolls and corn bread. Ice tea and Soda are also included. Cost is \$12 per person. Please contact Ilona Gechter at 302-335-4885 if you plan to attend so we will have an accurate head count.