



FMA Chapter 3 News Norfolk Naval Shipyard

Oct 2019

The Monthly Meeting: Held Oct 9th
Our guest speaker was NNSY SES Curt Hart.



Newsletter Editor Past President Andy Anderson

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Managers'
Association Web site*
www.fedmanagers.org

From the President

Our guest speaker at the October meeting was our SES, Curt Hart. Mr. Hart told us about starting at NNSY as Chief Test Engineer and then went over his path that lead him to become a Project Superintendent, moving to be the Director of Radiological Controls until his current position as the top civilian at NNSY.

He discussed how 50% of our workforce has less than five years of government service. He also talked about our wins as a shipyard such as the SSN-701 completing some important milestones in the process of becoming a Moored Training Ship and Dry Dock #4 celebrating its 100th year anniversary.

We welcomed nine new members to our Chapter. The new members are;

Marvin Lomax	C361
William Conrad	C361
Allan Collins	C930
Lamar Franklin	C300N
Joshua Cosden	C920
Chris Thorne	C960
Thomas Terrell	C990
Erik Cline	C930
Wendy Cline	C135

When you see these members please welcome them to the largest, oldest and most influential managers association in the Federal Government today.

During the nomination process for the Executive Board for 2020 our newly elected officers who ran unopposed are as follows;

Recording Secretary	Desiree Manley
Treasurer	Joy Wiggins
Trustee	Curlee Williams

We will have an election for the office of Vice President at our November 13 monthly meeting at Roger Brown's Restaurant on High Street in Portsmouth at 1645. You must attend the meeting in person to cast your vote. The nominees for the office of Vice President are;

Chops Clarke
Jeris Smith.

Our Christmas Party this year will be held on December 7 at the Norfolk Waterside Sheraton. This year's event will be a "Masquerade Ball". There will be a cocktail hour at 1800, followed by dinner and then music and fun and games. We have procured rooms at the hotel for the government rate of \$96.00 a night. Come out and celebrate the very successful year we had as one of the trends setting Chapter's in FMA and the wins we had as Federal Employees this year. See the flyer for more details and how you can get tickets to this year's event.

As always, thank you for what you do for the men and women of our armed forces, NNSY, our communities and the Federal Managers Association.

Always,
Craig Carter
Chapter 3 President
National Vice President

A Note from MAGGIE:

TSP INFORMATION

Officials at the agency that administers the federal government's 401(k)-style retirement savings program said the first full month of expanded withdrawal options for participants has produced some significant shifts in how federal employees and retirees have been using their accounts.

Last month, the Thrift Savings Plan implemented the [TSP Modernization Act](#), which allows participants to make multiple post-separation partial withdrawals. Federal workers ages 59 and a half and older may make up to four in-service withdrawals per year. Participants may also choose whether their withdrawals come from their Roth accounts, traditional accounts, or a combination of both.

Those who have already begun receiving monthly payments can now change the amount and frequency of their payments at any time. Additionally, some withdrawals can now be done entirely online, while others can be done mostly through the TSP website, although participants must print out and sign a form to submit at the end of the process.

At Monday's monthly meeting of the Federal Retirement Thrift Investment Board, which administers the TSP, Director of Participant Services Tee Ramos said that since the changes went live, officials have seen a decrease in lump sum full account withdrawals by nearly half compared with the previous month.

"Instances where someone was taking all of their money out of the TSP decreased by 47%," Ramos said. "This was one of the things that was the primary reason to give these flexibilities, to give people options so they didn't take all of their money out."

Meanwhile, other withdrawals whose restrictions have been loosened saw significant increases in the month since the changes were implemented, compared with the final month under the old rules. Ramos said that partial withdrawals increased by 333%, while age-based withdrawals increased 254%.

Tanner Nohe, project manager for the Additional Withdrawals Project, said the numbers are even more stark when compared with the same period in 2018. Compared with the same month-long period last year, partial withdrawals increased 414%, while age-based in service withdrawals grew 372%, he said.

“We’re seeing a lot of people who requested a second in-service withdrawal, because that was previously not allowed,” Nohe said.

Meanwhile, the Office of Personnel Management and Health and Human Services Department on Tuesday sent a [government wide memo](#) reminding federal workers of the dangers of flu season and stressing the importance of employees receiving the flu vaccine.

In a joint memo to all federal employees, OPM Director Dale Cabaniss and HHS Secretary Alex Azar encouraged feds to get vaccinated to protect their coworkers and members of the public.

“Getting vaccinated reduces the spread of flu from you to them, which can protect your family members, co-workers and all those around you,” they wrote. “As the secretary of Health and Human Services and director of the Office of Personnel Management, we get vaccinated to protect our loved ones and to do our part to ensure the health and wellness of every federal employee.”

Flu vaccines are available to federal employees through the Federal Employees Health Benefits Program, often for free, and federal agencies frequently hold vaccine drives at employees’ offices. GOVEXEC:COM 10/19

Maggie is the present Retiree Rep.

(Maggie was Past Financial Secretary and also the Angel in Shop Personnel that was a God send to any of us working in resources at that time.)

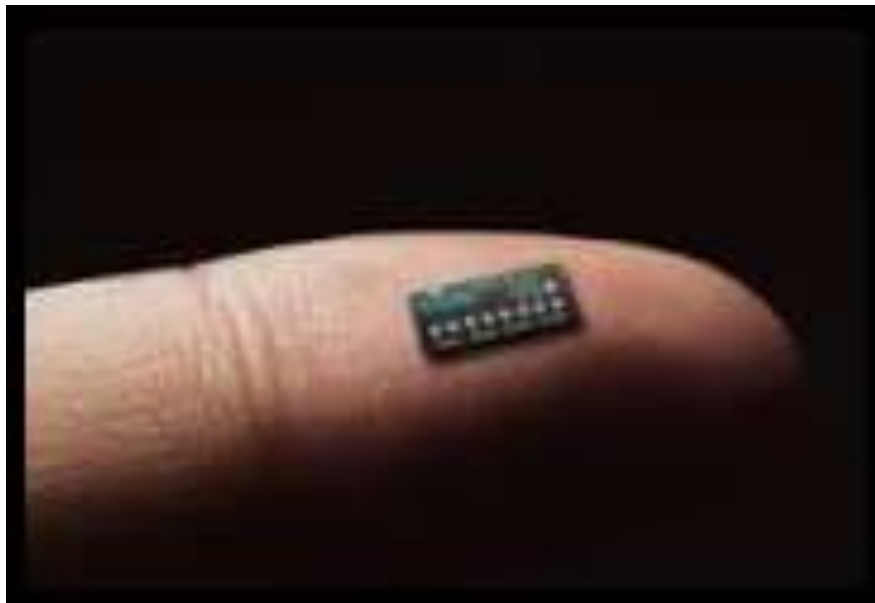
A Note from Steve

'Gifts' from space technology benefit everyone in some way

By Steve Milner

I recently wrote about the 50th anniversary of the historic Apollo 11 manned lunar landing. This month, I'm writing about the many benefits we've received from aerospace research over the years. In fact, one can say these benefits are literally gifts from space that are continually paying important dividends to mankind.

For starters, modern Smart Phones have more computer memory and capacity than Apollo 11 astronauts Neil Armstrong, "Buzz" Aldrin and Michael Collins had during their manned lunar mission in July 1969.



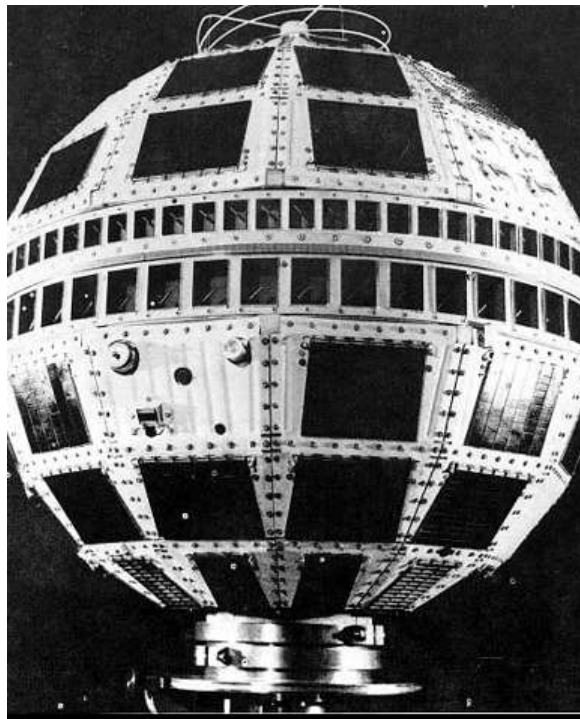
Microchips are used in modern cellular phones, enabling Internet and telephone video conferencing.

And think of it, as you access various icons on your phones, that its capabilities also are more powerful than rows of main frame computers in the Launch Control Center that supported our moon missions.

But vast computer memory and capacities are just the beginning of this story. For example, in other spinoff innovations from our space program, we now have sophisticated earth-orbiting communications and weather satellites, GPS satellite technology, smart TV's and cellular phones, etc.--things we take for granted in our daily lives.



Tiros 1, the world's first weather satellite, was launched from Cape Canaveral on April 1, 1960



Telstar 1, launched from Cape Canaveral on July 10, 1962, provided the first live television broadcast between the United States and Europe.

Our national security relies greatly on earth-orbiting satellites that send intelligence information back to earth. Weather satellites and real-time transmissions sent from the International Space Station proved invaluable during the recent and destructive “Hurricane Dorian.” And we don’t think twice when we see real-time television reports from around the world, as routinely as if they were originating in the same TV studio--thanks to sophisticated communications satellites.

Manufacturing experiments conducted in a zero-gravity environment have produced tangible results back on earth. For example, our astronauts have manufactured perfectly formed ball bearings, among other items.

They also conduct numerous medical experiments--including those that examined the effects of weightlessness on older persons; namely, veteran space pilot and U.S. Senator, then 77-year-old John Glenn. At that time, in 1998, he flew aboard a Space Shuttle mission and was the oldest person to be launched into space.

Our earth-orbiting satellites help locate rich mineral resources, provide accurate photos of forest fires and sea ice, map coastal areas and identify wildlife habitats, among other things.

Other space research and developmental spinoffs include a dry spray used on electrodes, allowing an electrocardiogram to be taken on a patient in an ambulance in route to a hospital. Also, aluminized plastic half-a- thousandth-of- an-inch thick forms personal emergency blankets that retain body heat. And an electromagnetic hammer is used in building ships and motor vehicles, and a new plastic material helps protect meat.

True, some of our current technology might have resulted eventually without our space program, but certainly was accomplished more quickly and effectively due to it and the money spent on our manned and unmanned space programs was re-circulated here on earth through workers’ good salaries and hundreds of thousands of nationwide jobs.

Steve Milner Past NNSY PAO.

A Note from Jim

How to Have an Unplugged Leadership Holiday

It may seem a little early to be thinking about the Holiday season however leaders often have a struggle letting go, winding down, checking out and truly engaging in the holiday and “being there.” There are end-of-year financials, projections, plans for the next year, and projects to get closure on. I’m sure you have heard something like the following words in January: “We didn’t get all of you, you were still hooked in to work. You disappeared for hours on your laptop.” I have heard these words and felt bad for my family and myself.

You need to really unplug during the Holidays for you, them and the season. You’ll have more energy, creativity and mojo if you do these simple steps.

- Be part of the Holiday planning. We engage in the things that we have taken responsibility for. You are far more likely to “be present” at shows, ski trips, restaurants or family times around the tree, when you have had a part in planning them. Don’t delegate it to your spouse or others. You’ll end up being less intensely involved. Take a leadership role in your family, have the brainstorming meeting, and do the logistics.
- Differentiate between important business priorities and a desire for closure. Leaders have a tendency toward an obsessive need for closure. They feel they must finish a task just because it is unfinished, not because it is critical. It gnaws at them until they write it, or do the numbers, or make the call. But be strict on yourself. Tolerate the tension of things that can in reality go undone until you get back from the holidays. You’ll get more used to it every day during the season.
- Have as many no-email/business text/business phone call days as possible. Shoot for the whole holiday. But if you must check email, don’t do a little every day. That dilutes your attention. Check it every third day. You will be able to relax, hang out, and love the people who love you.
- Tell the people you are with that this year will be different, and you will be accountable to them. People are impacted by your presence, absence, or half-presence. They will remember great laughs, sentimental moments and vulnerable conversations much longer during the year than that business project that could have waited. Give them permission to help, so that if you cheat, they can say, “OK, put the laptop/smartphone up and sit in the chair and talk to us.”
- Have a vulnerable conversation with the people that matter. The Holidays are a great time to tell people you love how much they mean to you, to affirm who they are in their character, and to just talk. It will count and will stick with you and them.

Together we will grow "one by one"

James Mahlmann Retiree / (Past FMA National Vice President, Past Chapter 3 President)



Federal Manager's Association Chapter 3 Norfolk Naval Shipyard Calendar 2019



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2019 Executive Board

President – Craig Carter	646-6076
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Vice President – Valerie Scott	396-8986
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Recording Secretary – Desiree Manley	
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Legislative Secretary – Jessica Younger	374-6699
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Sgt. At Arms – Ronnie Matthews	613-1728
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Trustee (2019) – Johnny Miller	396-7342
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Trustee (2020) – TBD	
Trustee (2021) – Tashira Everette	396-3243
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National President – Renee Johnson	252-464-7414
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Margaret Magruder.....	Retiree	621-2334	mb.magruder@verizon.net
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Danielle Green.....	C-900T	396-5818	danielle.green@navy.mil
Jeris Smith.....	C-990	771-6673	jeris.smith@navy.mil

116th Congressional Representatives

Senate:	
Mark Warner – (D-VA)	www.senate.gov/Warner
Tim Kaine – (D-VA)	www.senate.gov/Kaine
Thom Tillis – (R-NC)	www.senate.gov/Tillis
Richard Burr – (R-NC)	www.senate.gov/Burr
House:	
1st Robert Wittman – (R-VA)	www.house.gov/Wittman
2nd Elaine Luria – (D-VA)	www.house.gov/Luria
3rd Robert Scott – (D-VA)	www.house.gov/Scott
4th Donald McEachin – (D-VA)	www.house.gov/McEachin
1st G.K. Butterfield – (D-NC)	www.house.gov/Butterfield
3rd Walter Jones – (R-NC)	www.house.gov/Jones

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FMA NNSY Office757-396-7133
Building 32

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Regular Monthly Meetings

Paydays

Holidays

Saturdays, Sundays and (Non-Work)

AUTHORIZATION OF VOLUNTARY ALLOTMENT
FOR PAYMENT OF EMPLOYEE ASSOCIATION DUES



Federal Managers Association

Membership Application

UPON COMPLETION, THIS FORM BECOMES SUBJECT TO PROVISIONS OF THE PRIVACY ACT
PLEASE PRINT CLEARLY
*FOR PAYROLL DEDUCTION ONLY

Name of Employee	Badge No.	SSN
Home Address Including 9 Digit Zip Code (found on your driver's license)		
*Agency/Code/Department:		
Name of Employee Organization: Federal Managers Association Chapter 3 Norfolk Naval Shipyard P.O. Box 1232 Portsmouth, VA 23705		
I hereby authorize the above-named agency to deduct from my pay each pay period, \$7.00, the amount certified as the regular dues of the Federal Managers Association, Chapter 3, Norfolk Naval Shipyard and to remit such amounts to that employee organization in accordance with its arrangements with my employing agency. I further authorize any change in the amount to be deducted, which is certified by the above-named employee agency as a uniform change in its dues structure.		
Employee signature:	Date	Recruited By:
E Mail Address (work):		Phone #:
E Mail Address (personal):		

- NEW CHAPTER MEMBER
- RETIRED MEMBER
(Annual dues for the Retired Member shall be submitted with this application)
- ADDRESS CHANGE

SECRETARY'S SIGNATURE _____ (Artisha Ballard)

Return completed form to whoever invited you or mail to:
Federal Managers Association Ch. 3
P.O. Box 1232
Portsmouth, VA 23705