

OCTOBER 2025

FEDERAL MANAGERS ASSOCIATION



CHAPTER 14 QUARTERLY NEWSLETTER

MESSAGE FROM THE PRESIDENT

MEET YOUR BOARD

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MIKE MYERS

KATE DAVIS

Dear Esteemed Members,

Welcome to the start of the 2025–2026 FMA Chapter 14 season! I want to extend my deepest thanks for your continued support of our organization. Your commitment keeps our chapter strong and allows us to provide meaningful opportunities for connection, growth, and community service.

A special thank you to all FMA Chapter 14 members who have responded to the request for back dues of \$30 (due to payroll suspension) and submitted payment through Venmo, our Square site (<https://fma14.square.site/>), or by check. Your contributions ensure that Chapter 14 can continue to serve our community, especially during the holiday season.

Over the last several months, we've organized a variety of events for our members, families, and friends. From baseball and hockey games—most recently bringing together 40 attendees at the Seattle Thunderbirds game—to larger gatherings, it has been a joy to see so many of you participating.

On September 6, 2025, we held our 25th Annual Golf Tournament at Rolling Hills, with 72 players in attendance. This milestone event was made possible by the dedication of our E-Board members, the support of our generous sponsors—BlueCross/BlueShield, FEDS Protection, GPIS, Kitsap Credit Union, and GEHA—and the enthusiasm of every participant. Thank you all for making this tournament a success.

Just days later, on September 14, 2025, Chapter 14 hosted the Regional 3 & 4 Training Event in Shelton/Harstine Island. This event featured important sessions on Emergency Planning, Innovating in Uncertain Times, and Managing Out of Chaos. It also provided a valuable opportunity to engage with our national FMA board members, discuss national direction, and share our collective goals for the season ahead.

A Call for Shop/Code Representatives

We are currently seeking volunteers to serve as representatives for additional shops and codes. If you are interested in supporting our mission and helping us share the FMA message, please reach out. On behalf of the E-Board, I extend heartfelt appreciation to our current Shop/Code representatives for your ongoing dedication—you are a vital part of this organization.

Final Thoughts

As we look ahead, I wish you and your families good health, happiness, and resilience. Let us never take for granted what we have today, as tomorrow is uncertain. Your continued support is the foundation of this association, and together we will build another strong and successful season.

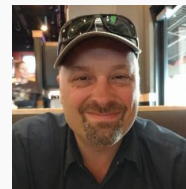
Thank you for being an integral part of FMA Chapter 14.

Sincerely,

No Bad Day,

James Cappa

President, FMA Chapter 14



HAVE FEEDBACK OR
SUGGESTIONS? PLEASE SEND US A
MESSAGE ON FACEBOOK OR CHECK
OUT OUR WEBSITE!



www.facebook.com/FMAChapter14



FMA CHAPTER 14

NEWSLETTER

FMA WORKING FOR YOU

2025/2026 DINNER SCHEDULE

The dinner schedule for the 2025-2026 FMA Season will be similar to this last year. Though the E-Board continues to meet monthly, dinner meetings will be every few months. We want the dinner meetings to be a valuable source of information that our members look forward to attending. **Please note that dinners are complimentary with advanced reservation for all FMA members.**

Key Issues

Protecting Public Naval Shipyards Act (S. 2648): Introduced in August 2025 to protect shipyard employees from hiring freezes and workforce reductions.

Prevent Government Shutdowns Act (H.R. 5130): Reintroduced to the House on September 4, 2025.

Federal Pay Raise: On August 29, President Trump sent an alternative pay plan to Congress, calling for a 1% raise for federal employees in 2026. However, FMA strongly supports a 3.8% raise for uniformed military personnel and advocates for federal employees to receive pay parity with military service members. More info here <https://www.fedmanagers.org/home-2>

LIFETIME MEMBERSHIP

Suppose you are planning to retire in the next two months! Become a LIFETIME member. This keeps you updated on all our current events and allows you to continue fighting for the benefits you deserve even after retirement. The cost is a one-time fee of \$250.00. If you have been a member of FMA for ten years or longer, the fee is only \$150.00. Contact a board member with more info!

<https://fma14.square.site>

JOIN HERE



ARE YOU LOOKING TO RETIRE SOON?

OPM has launched a Retirement Quick Guide that shares what federal workers can expect through the retirement application process< how benefits will be determined, and guidelines related to their interim and annuity payments.

THE FMA CHAPTER 14 MISSION: PARTICIPATE WITH MANAGEMENT, UNION, AND EMPLOYEE ORGANIZATIONS TO PROMOTE THE WELFARE OF FEDERAL GOVERNMENT EMPLOYEES; PROACTIVELY ADDRESS ISSUES AFFECTING OUR MEMBERS; BUILD RELATIONSHIPS WITH THE COMMUNITY; WORK COOPERATIVELY WITH THE NATIONAL OFFICE AND OTHER FMA ORGANIZATIONS, AND PROVIDE THE ORGANIZATION WITH FINANCIAL INTEGRITY.



HOW CAN YOU HELP!!

**SEVERAL OF YOU HAVE ASKED HOW YOU
CAN MAKE AN IMPACT, AND THE MOST
POWERFUL WAY IS BY USING YOUR VOICE.**

FMA

NATIONAL HAS SET UP "ACTION LETTERS" AT
[HTTPS://WWW.FEDMANAGERS.ORG/ACTION-LETTERS](https://www.fedmanagers.org/action-letters).

ADD YOUR NAME AND
EMAIL, CLICK SEND, AND YOUR LETTER WILL BE DELIVERED TO
YOUR CONGRESSIONAL REPRESENTATIVES. CURRENT ACTION
LETTERS INCLUDE:

- ☐ URGE CONGRESS TO PREVENT A GOVERNMENT
SHUTDOWN!
- ☐ EXPRESS CONCERN ABOUT RIFS AND OTHER THREATS TO
JOB SECURITY
- ☐ SUPPORT THE SAVING THE CIVIL SERVICE ACT
- ☐ URGE CONGRESS TO PROVIDE A FAIR RAISE IN 2026
- ☐ SUPPORT THE FEDERAL RETIREMENT FAIRNESS ACT
- ☐ SUPPORT THE TELEWORK REFORM ACT
- ☐ HELP MAKE FRES COLAS FAIRER



FMA CHAPTER 14

NEWSLETTER

THE PARTIAL GOVERNMENT SHUTDOWN BEGAN OCTOBER 1, 2025. EACH EMPLOYEE SHOULD REFER TO THEIR OWN AGENCY FOR COMMUNICATIONS AND GUIDANCE. BELOW, FIND THE LINK TO INFORMATION AND RESOURCES FOR FEDERAL MANAGERS AFFECTED BY THIS GOVERNMENT SHUTDOWN.

FMA WILL CONTINUE TO LOOK OUT FOR OUR MEMBERS' INTERESTS AND TO DEMAND THEY BE TREATED WITH RESPECT. THANK YOU FOR BEING PART OF TEAM FMA.

[OPM GUIDANCE FOR SHUTDOWN FURLOUGHS](#)

[FEDERAL EMPLOYEES CROWDSOURCE RESOURCES TO SUPPORT EACH OTHER DURING SHUTDOWN](#)

[GOVERNMENT SHUTDOWN: 10 ESSENTIAL RESOURCES FOR FEDS](#)

[THE FEDSUPPORT HUB](#)

[EVERYTHING YOU NEED TO KNOW ABOUT A GOVERNMENT SHUTDOWN](#)

[5 STEPS TO PROTECT YOUR FEDERAL JOB DURING THE SHUTDOWN \(FEDWEEK\)](#)

[SHUTDOWN PAY AND BENEFITS CONSIDERATIONS \(FEDWEEK\)](#)

[WRITE YOUR SENATORS AND REPRESENTATIVE](#)



Chapter 14 Executive Board

President - James Cappa james.v.cappa.civ@us.navy.mil
Vice President - Tyler Lucke tyler.d.lucke.civ@us.navy.mil
Vice President - Jennifer Froderberg jennifer.d.froderberg.civ@us.navy.mil
Vice President - VACANT
Treasurer - Vincent Stammer vincent.c.stammer1.civ@us.navy.mil
Financial Secretary - Trace Grose trace.a.grose.civ@us.navy.mil
Recording Secretary - Nichole Sawyers nichole.sawyers88@gmail.com
Membership Coordinator - Kristen Marion kristen.k.marion.civ@us.navy.mil
Trustee - Michael Myers michael.w.myers5.civ@us.navy.mil
Trustee - Benjamin Taylor benjamin.l.taylor3.civ@us.navy.mil
Trustee - Sid Fischer sid.w.fischer.civ@us.navy.mil
Trustee - Dawn Kegler dawn.m.kegler.civ@us.navy.mil
Trustee - Mary Alexander mary.e.alexander32.civ@us.navy.mil
Trustee - Roger Gehring roger.r.gehring.civ@us.navy.mil
Trustee - Kate Davis kathrin.t.davis.civ@us.navy.mil

FMA Chapter 14 Address - P.O. Box 959 Bremerton WA 98337
FMA Chapter 14 Email - office@fmachapter14.org
FMA Chapter 14 Websites - <https://www.fma14.org/home>
<https://www.fedmanagers.org/chapter-14>

National/Region Board

National President Craig Carter fmacraig3@gmail.com
National Vice President Christine Parker fma121parker@gmail.com
National Secretary Chris Lombardi clo1114@comcast.net
National Treasurer Linda Lentjes lentjescl@gmail.com
Region 1 Director Chris LaRose chrl.nocal@gmail.com
Region 2 Director Sabrina Peet sabrinapeet@gmail.com
Region 3 Director Doreen England FMAchapter170@gmail.com
Region 4 Director Pat Niehaus fmapatricia@hotmail.com

National FMA Subject Specific Needs

Executive Director Todd V. Wells
 Advertising/Marketing/Corporate Partnerships/Membership/The Federal Manager Magazine/ Website twells@fedmanagers.org (703) 683-8700 ext.102
Government & Public Affairs Director Greg Stanford
 Legislative Questions/Press Inquiries/ FMA-PAC Information/The Washington Report gstanford@fedmanagers.org (703) 683-8700 ext.104
Office Manager & Meeting Planner/Member Account Changes
 Carol Green cgreen@fedmanagers.org (703) 683-8700 ext. 105
Government Affairs Representative @fedmanagers.org (703) 683-8700, ext. 10
Facebook <http://www.facebook.com/fedmanagers>
Twitter <https://twitter.com/FedManagers>
FMA National Office 1641 Prince St. Alexandria VA. 22314 703-683-8700
www.fedmanagers.org

119th Washington Congressional Representatives

Senate:
Maria Cantwell - (D-WA) <https://www.cantwell.senate.gov> (202) 224-3441
Patty Murray - (D-WA) <https://www.murray.senate.gov/public> (202) 224-2621

Congressional District:

1st Suzan DelBene - (D-WA) <http://delbene.house.gov/> 202-225-6311
2nd Rick Larsen - (D-WA) <http://larsen.house.gov/> 202-225-2605
3rd Marie Gluesenkamp Perez - (D-WA) <https://gluesenkamperez.house.gov/> 202-695-6292
4th Dan Newhouse - (R-WA) <https://newhouse.house.gov/> 202-225-5816
5th Michael Baumgartner - (R-WA) <http://baumgartner.gov/> 202-225-2006
6th Emily Randall - (D-WA) <https://randall.house.gov/> 202-225-5916
7th Pramila Jayapal - (D-WA) <https://jayapal.house.gov/> 202-225-3106
8th Kim Schrier - (D-WA) <http://schrier.house.gov/> 202-225-7761
9th Adam Smith - (D-WA) <https://adam.smith.house.gov/> 202-225-8901
10th Marilyn Strickland - (D-WA) <http://strickland.house.gov/> 202-225-9740

SEPTEMBER							OCTOBER							NOVEMBER						
\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$
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7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
DECEMBER							JANUARY 2026							FEBRUARY						
\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$
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7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31							
MARCH							APRIL							MAY						
\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$	\$	M	T	W	T	F	\$
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15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
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29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
JUNE																				
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14	15	16	17	18	19	20														
21	22	23	24	25	26	27														
28	29	30																		

- ☐ Regular Monthly Meetings
- ☐ E-Board Meeting
- \$ Paydays

Chapter 14 FMA Golf Tournament Sept. 6
 -Region 3&4 Conf. Sept. 13-14
 -2025 FMA National Convention in Washington DC. March 23-25-2026

Sat., Sun. & Holiday/Non work

The FMA Chapter 14 mission is to: participate with management, union, and employee organizations to promote the welfare of Federal Government employees; proactively address issues affecting our members; build relationships with the community; work cooperatively with the national office and other FMA organizations; and provide the organization with financial integrity.



FMA CHAPTER 14 NEWSLETTER

FMA WASHINGTON UPDATE

FMA ENDORSES BIPARTISAN SHIPYARD PROTECTION LEGISLATION – AUGUST 7, 2025

- FEDERAL EMPLOYEES AT THE NATION'S FOUR PUBLIC SHIPYARDS WOULD BE EXEMPT FROM ANY HIRING FREEZE OR WORKFORCE REDUCTIONS RELATED TO SPENDING CUTS, REPROGRAMMING OF FUNDS, OR THE PROBATIONARY STATUS OF EMPLOYEES UNDER NEW LEGISLATION INTRODUCED ON AUGUST 1 BY SEN. JEANNE SHAHEEN (D-NH). THE PROTECTING PUBLIC NAVAL SHIPYARDS (PNSY) ACT (S. 2648), COSPONSORED BY SENS. SUSAN COLLINS (R-ME), MAGGIE HASSAN (D-NH), AND ANGUS KING (I-ME), WOULD ENSURE THAT THE MAINTENANCE AND OVERHAUL OF AMERICA'S NUCLEAR-POWERED SUBMARINE FLEET CONTINUES UNINTERRUPTED.
- THE BILL, ENDORSED BY FMA, WAS REFERRED TO THE SENATE ARMED SERVICES COMMITTEE. THE PROTECTING PNSY ACT WOULD REQUIRE THE DEPARTMENT OF DEFENSE TO EXEMPT POSITIONS AT THE FOUR PUBLIC SHIPYARDS – PORTSMOUTH, NORFOLK, PUGET SOUND, AND PEARL HARBOR – FROM WORKFORCE REDUCTIONS THAT ARE CRITICAL TO MAINTENANCE AND THAT SUPPORT THE SHIPYARD INFRASTRUCTURE OPTIMIZATION PROGRAM (SIOP).

YOU CAN VIEW THE [FULL BILL TEXT HERE](#).

FMA Working for You

PLEASE CHECK OUT SUMMER 2025
FEDERAL MANAGER MAGAZINE
FEATURING OUR OWN VINCENT
STAMPER



25TH FMA

Golf Tournament

With over 75 golfers in attendance, it was another fantastic and successful event.

A special thank you to all our sponsors for their continued support of our members and for contributing additional funds toward our 2026 scholarship program.



THANK YOU GOLD SPONSORS



About Kaiser Permanente

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve nearly 12.6 million members in 8 states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal Permanente Medical Group physicians, specialists, and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education, and the support of community health. For more information, go to about.kp.org



THANK YOU GOLD SPONSORS



BlueCross BlueShield Federal Employee Program is proud to sponsor the annual Federal Managers Association Golf Tournament and Scholarship Program! As the #1 choice for Federal Employees and Retirees, we are dedicated to providing exceptional coverage and services to over 5.2 million members.

Our members benefit from comprehensive coverage that includes medical, dental, and vision options. With access to a nationwide network of over 2 million providers, you can count on consistent coverage both domestically and internationally, all without the need for referrals. We also offer local expert resources to make your healthcare experience as smooth as possible, including customer service, care management, pharmacists, and nurses for wellness events.

At BlueCross BlueShield, we are committed to making healthcare easier for our members. If you have any questions or want to explore your options with us, please reach out to your local representatives or contact our customer service at 1-800-562-1011. Discover the value of Blue and experience the support and coverage you deserve.



THANK YOU GOLD SPONSORS



At GPIS we offer valuable insurance and financial products as well as educational services to specialized markets including employees of federal, state, and municipal governments, all four branches of our military, individuals and small businesses.

We offer retirement planning workshops and provide professional, practical and individual information in the complex field of retirement planning. We're here to help.

Visit this website for some great webinars!

<https://gpis4u.org/webinars/>

THANK YOU SPONSORS



With Open Season right around the corner G.E.H.A will be having the 2026 open-season webinars available to FMA members.

Medical, Dental, and Medicare Webinars will be starting November!

Your health is not just about numbers on a chart. It's about your vitality, well-being and quality of life. Join us for the four option webinars, where you will gain confidence in connecting with health care professionals, making informed health decisions, and taking the time to learn about one of your options for open season.

Register now:

- Medicare 11.12 @ 1:00pm EST:

https://geha.zoom.us/webinar/register/WN_4SXq1ZwFTWuyZq7O2-syVA

- FEHB (Health Plans) 11.13 @ 1:00pm EST:

https://geha.zoom.us/webinar/register/WN_GiZnDoJPTGrGtL3B-4fbzOA

- FEHB (Health Plans) 11.18 @ 1:00pm EST:

https://geha.zoom.us/webinar/register/WN_qwDamw66TcWmZO6UcrTCw

- FEDVIP (Dental Plans) 11.25 @ 1:00pm EST:

https://geha.zoom.us/webinar/register/WN_VVCiVjebTumHw4zg-ToioQ

Feel free to forward this invitation to your colleagues.

Thank you,

Government Employees Health Association

Email mina.piot@geha.com with any questions.



Founded in 2007 by a former federal attorney, FEDS Protection is the leading provider of professional liability insurance (PLI) to federal employees. A FEDS Protection policy can protect against civil lawsuits and workplace allegations. Contact FEDS Protection today to learn more about your workplace exposures and how a FEDS Protection policy can provide peace of mind.

In addition to Professional Liability Insurance, we also specialize in federal contractor insurance for coverage outside the United States. FEDS Protection now partners with A-rated insurance companies that have been authorized by the Department of Labor to write Defense Base Act (DBA)/Workers Compensation insurance, in addition to writing Foreign Package policies.

