

MARCH 2026

FEDERAL MANAGERS ASSOCIATION

CHAPTER 14 QUARTERLY

# NEWSLETTER



## MEET YOUR BOARD

### PRESIDENT

JAMES CAPPA

### VICE PRESIDENTS

JENNIFER FRODERBERG

TYLER LUCKE

VACANT

### FINANCIAL SECRETARY

VACANT

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BENJAMIN TAYLOR

SID FISCHER

MIKE MYERS

KATE DAVIS

## MESSAGE FROM THE PRESIDENT

Dear Esteemed Members,

On behalf of the E-Board, I would like to sincerely thank each of you for your continued support and involvement in FMA Chapter 14. Your engagement is invaluable to our mission of advocating for federal employees and protecting the benefits we have earned.

As a friendly reminder, members who are approaching retirement have the opportunity to continue supporting our efforts through a Lifetime Retired Membership. Chapter 14 offers this membership at a reduced one-time cost of \$150 (regularly \$250). Please help spread the word to retiring employees who may be interested. To make the transition easy, we have created an online registration link at <https://fma14.square.site/>.

Following the most recent government appropriations this fall, Chapter 14 made the decision to cancel our December dinner and instead give back to our local community. We donated \$1,500 to Bremerton Foodline and \$500 each to Toys for Tots, Stand Up for Kids, Georgia House, Gig Harbor FISH, and Kitsap Humane Society. In addition, we hosted a drive-through donation event supporting Stand Up for Kids, Toys for Tots, and Bremerton Foodline. We also held a raffle for those who donated to all three charities, and we congratulate Roger Gehring as the winner. These efforts would not be possible without the strength and generosity of our membership.

We also have several exciting opportunities ahead. Chapter 14 will soon announce details for our annual scholarship program for members and their families. Our next Chapter dinner is scheduled for March 10, 2026. Dinner will be provided at no cost for members who RSVP, and non-members are welcome to attend for \$20.



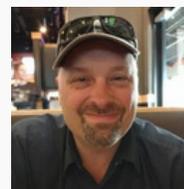
In March, FMA representatives will travel to Washington, DC to advocate directly with our Congressional representatives on issues affecting federal workers. Prior to the trip, FMA will prepare issue briefs outlining key topics, which will be shared with our membership. Following the trip, Chapter 14 will provide an update to share our experience and advocacy efforts.

We are also seeking volunteers to serve as Shop/Code representatives. This is an important role in helping communicate the value of FMA and ensuring all federal workers are represented. Additionally, if you are interested in serving on the Chapter 14 E-Board, we encourage you to reach out and learn more about how you can get involved.

Chapter 14 remains committed to supporting federal employees and advocating on your behalf. Thank you again for your continued membership, participation, and dedication.

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](https://www.facebook.com/FMAChapter14)



FMA CHAPTER 14

# NEWSLETTER

## FMA WORKING FOR YOU

### 2025/2026 DINNER SCHEDULE

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

#### House Passes Supervisor Training Bill

On December 16, the House of Representatives approved the Federal Supervisor Education Act of 2025 (H.R. 5810), legislation aimed at improving supervisor training in the federal workforce. The bill, sponsored by Rep. William Timmons (R-SC), passed by voice vote. The Senate must approve the bill for it to go to President Trump's desk to be signed into law.

### JOIN OUR BOARD

We are looking for members interested in joining the board and helping shape the future of our organization. If you have ideas and want to help protect member rights, fair wages, and strong processes, we encourage you to get involved. Board service is an opportunity to represent your peers and help guide important decisions. If you are interested in serving, please reach out to learn more. You can email [james.v.cappa.civ@us.navy.mil](mailto:james.v.cappa.civ@us.navy.mil) with any questions.

### 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.



FMA CHAPTER 14

# NEWSLETTER

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
- SUPPORT THE FEDERAL RETIREMENT FAIRNESS ACT
- SUPPORT THE TELEWORK REFORM ACT
- HELP MAKE FRES COLAS FAIRER



## Chapter 14 Executive Board

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

## National FMA Subject Specific Needs

**Executive Director Todd V. Wells**  
 Advertising/Marketing/Corporate Partnerships/Membership/The Federal Manager Magazine/ Website [twells@fedmanagers.org](mailto: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](mailto:gstanford@fedmanagers.org) (703) 683-8700 ext.104  
**Office Manager & Meeting Planner/Member Account Changes Carol Green** [cgreen@fedmanagers.org](mailto: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](http://www.fedmanagers.org)

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

## 119th Washington Congressional Representatives

**Senate:**  
**Maria Cantwell - (D-WA)** <https://www.cantwell.senate.gov> (202) 224-3441  
**Patty Murray - (D-WA)** [www.murray.senate.gov/public](http://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/> 202-695-6202  
**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](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

## National/Region Board

**National President Craig Carter** [fmacraig3@gmail.com](mailto:fmacraig3@gmail.com)  
**National Vice President Christine Parker** [fma121parker@gmail.com](mailto:fma121parker@gmail.com)  
**National Secretary Chris Lombardi** [clo1114@comcast.net](mailto:clo1114@comcast.net)  
**National Treasurer Linda Lentjes** [lentjescl@gmail.com](mailto:lentjescl@gmail.com)  
**Region 1 Director Chris LaRose** [chrl.nocal@gmail.com](mailto:chrl.nocal@gmail.com)  
**Region 2 Director Sabrina Peet** [sabrinapeet@gmail.com](mailto:sabrinapeet@gmail.com)  
**Region 3 Director Doreen England** [FMAChapter170@gmail.com](mailto:FMAChapter170@gmail.com)  
**Region 4 Director Pat Niehaus** [fmapatricia@hotmail.com](mailto:fmapatricia@hotmail.com)

SEPTEMBER							OCTOBER							NOVEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6			1	2	3	4							1	
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
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28	29	30					26	27	28	29	30	31	23	24	25	26	27	28	29	
														30						

DECEMBER							JANUARY 2026							FEBRUARY						
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28	29	30	31				25	26	27	28	29	30	31							

MARCH							APRIL							MAY						
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JUNE						
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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.



# 2026 MEMBERSHIP DRIVE

**NOW IS AN EXCELLENT TIME TO JOIN OUR CHAPTER TILL MARCH 16, 2026.**

**WHAT NEW MEMBERS RECEIVE: EVERY NEW REGULAR OR ASSOCIATE MEMBER RECRUITED DURING THE CAMPAIGN WILL RECEIVE A \$50 AMEX GIFT CARD SIMPLY FOR JOINING FMA!**

**WHAT RECRUITERS RECEIVE: FMA MEMBER RECRUITERS WILL RECEIVE AN ENTRY INTO A DRAWING FOR EACH NEW MEMBER HE OR SHE RECRUITS. (FOR EXAMPLE, IF AN INDIVIDUAL RECRUITS FIVE MEMBERS, HE OR SHE WILL BE ENTERED IN THE DRAWING FIVE TIMES.)**

**THE DRAWING WILL BE HELD IN AUGUST AND WILL CONSIST OF THREE PRIZES:  
GRAND PRIZE OF A \$250 AMEX GIFT CARD AND TWO \$100 AMEX GIFT CARD SECOND PRIZES.**

EMAIL JAMES CAPPA @  
james.v.cappa.civ@us.navy.mil IF YOU WOULD LIKE  
A PACKET EMAILED TO YOU, OR YOU CAN VISIT THE  
LINK BELOW

**[WWW.FMA14.ORG](http://WWW.FMA14.ORG)**



## FMA WASHINGTON UPDATE

### **FISCAL YEAR 2026 APPROPRIATIONS MINIBUS ADVANCES / OPTIMISM BUILDS FOR FUNDING REMAINING AGENCIES**

- CONGRESS IS NEARING AN AGREEMENT ON A THREE-BILL FISCAL YEAR 2026 FUNDING PACKAGE THAT WOULD INCLUDE FULL-YEAR APPROPRIATIONS FOR COMMERCE-JUSTICE-SCIENCE, INTERIOR-ENVIRONMENT, AND ENERGY-WATER. THE HOUSE PASSED THE BILL BY A VOTE OF 397-28 ON JANUARY 8, AND THE SENATE IS ALSO EXPECTED TO APPROVE THE MEASURE. IF APPROVED, THOSE AGENCIES WOULD JOIN AGRICULTURE, MILITARY CONSTRUCTION/VA, AND THE LEGISLATIVE BRANCH WITH FULL FUNDING.
- THE \$180 BILLION PACKAGE INCLUDES: APPROXIMATELY \$81 BILLION FOR COMMERCE-JUSTICE-SCIENCE, \$38.6 BILLION FOR INTERIOR-ENVIRONMENT, AND \$63.3 BILLION FOR ENERGY-WATER.
- SPEAKER OF THE HOUSE MIKE JOHNSON (R-LA) SAID THE THREE-BILL SPENDING PACKAGE SPENDS "LESS THAN ANOTHER CONTINUING RESOLUTION," DELIVERS CRITICAL PRIORITIES FOR MEMBERS, AND ADVANCES PRESIDENT TRUMP'S AMERICA FIRST AGENDA. HOUSE APPROPRIATIONS COMMITTEE RANKING MEMBER ROSA DELAURO (D-CT) REFERRED TO THE PACKAGE AS "AN IMPORTANT FIRST STEP," AND SAID IT IS "A FORCEFUL REJECTION OF DRACONIAN CUTS TO PUBLIC SERVICES."

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

## FMA WORKING FOR YOU

REGISTRATION OPEN – ATTEND FMA'S 88TH NATIONAL CONVENTION & MANAGEMENT TRAINING SEMINAR!

FMA'S 88TH NATIONAL CONVENTION & MANAGEMENT TRAINING SEMINAR WILL BE HELD MARCH 22 - 25, 2026, AT THE HILTON ALEXANDRIA OLD TOWN IN ALEXANDRIA, VIRGINIA. THE THEME THIS YEAR IS MANAGING THROUGH DIFFICULT TIMES AND REGISTRATION IS NOW OPEN. THE HOTEL IS CONVENIENTLY LOCATED ACROSS THE STREET FROM THE KING STREET METRO STATION AND NEAR THE FMA NATIONAL OFFICE.

YOU CAN ALSO MAKE YOUR HOTEL RESERVATIONS NOW. FOR THE MOST UP-TO-DATE INFORMATION, INCLUDING THE CONVENTION AGENDA, VISIT FMA'S CONVENTION PAGE REGULARLY.



FMA CHAPTER 14

# NEWSLETTER

## 2026 FMA SCHOLARSHIP PROGRAM

THERE WILL BE FIVE SCHOLARSHIPS OFFERED THIS YEAR,  
A VALUE OF \$6,000.00  
AN EMAIL HAS BEEN SENT OUT WITH ALL THE  
APPLICATION DETAILS!! REMEMBER TO SUBMIT NO LATER  
THAN 04/09/2026.

EMAIL [JENNIFER.D.FRODERBERG.CIV@US.NAVY.MIL](mailto:JENNIFER.D.FRODERBERG.CIV@US.NAVY.MIL) FOR  
QUESTIONS.



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FMA CHAPTER 14

# NEWSLETTER

## MARCH 10, 2026 FMA DINNER



On Tuesday, March 11, 2026, FMA hosted Captain JD Crinklaw, Commander of PSNS & IMF. We would like to extend our sincere thanks to our speaker for taking the time to share insights on the future of artificial intelligence and the potential impact it could have on our operations. The discussion helped highlight how AI can support better decision-making, improve efficiency, and enhance the way we deliver service to our community.

Following the presentation, the conversation expanded into a broader discussion about leadership, the upcoming audit, and the importance of empowering those on the deckplates. The focus on returning autonomy, trust, and ownership to our crews—while strengthening engagement across the organization—was both timely and meaningful. We would also like to thank our special guest, Carli Meurs with Leadership Kitsap, for joining us and being part of the conversation. Community leaders and partners help bring valuable perspectives as we continue working to strengthen leadership and engagement within our organization.

Thank you again for sharing your knowledge and helping spark thoughtful dialogue about innovation, leadership, and the future of our operations.

