



Silver Eagles Newsletter

November 2015

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We have no new members this month in spite of attempting to contact the two departures from NTSB. I have changed my Blue Cross Blue Shield coverage and I'll give you a couple of hints. I had a really big deal happen and Dwight has completed half of his little trek.

New Members: None

Board News:

This year's **NTSB Holiday party** will be held on **Friday, December 4th at the BlackFinn American Salon** (same place as the last two years). Please note it is a Friday vs a Thursday. There is no cost to attend the party. We've reserved the location but you get the freedom to order off the menu. As an incentive for early arrivals, there will be limited appetizers at the start of the party courtesy of generous holiday elves.

The BlackFinn is close to two metro stops, Farragut West and North. There will be a collection box for Toys for Tots. This is open to all present and former NTSB employees and to family and friends.

Member News:

Dwight Foster - Well, if I have to suffer through pictures of Ron Battocchi and all his girl-friends, I might as well give you an update also.

Wife (Carol) and I have completed about 850 miles of the Appalachian Trail between Harpers Ferry, WV and just beyond Mt. Washington in NH. We've been hiking on and off since May, but now the weather is pretty rough at the higher elevations (snowed on Mt. Washington a few days after we climbed it). So we are now hiking south from Harpers Ferry, heading toward Georgia. As you probably suspect, my wife is the real hero of this adventure. (Scaling cliffs with vertigo and putting up with rattlesnakes, bears, moose, and me.) (See Dwight Foster photo below.)



For many of us, the Appalachian Trail is much more than just a hike. It is an amazing lesson in simplicity and thrift. One learns quickly how few possessions you need and what is important and not important. (I carry about 18 lbs not counting food or water)

You come to appreciate the smallest luxuries (like fruit, cheeseburgers, and even fresh water) and you see and hear things you've ignored for years (flowers, birds, and train whistles) Like when you take a fussy infant outside for a walk....

For example, highways are extremely noisy. We are seldom in a campsite that you cannot hear a highway somewhere way off in a distant valley, and if you are close to them (or have to cross them), they are scary deafening. If you happen to be too far from a highway to hear one, you are inevitably tenting under the flight path for some distant airport. So even on the Appalachian Trail, you just can't escape all that transportation stuff.

Sure glad somebody out there is working to keep it all safe.

That's all for now. Take care.

My son, Randy Henderson, married Lindsey Smith on November 8th. Quite a milestone! I know that several of you met him during his visits to work. **Crystal**, I'm pretty sure that he had a crush on you when he met you at the summer picnic! **John Beckius**, I believe that your car was used to teach him to drive a stick shift! I'll include a photo. (See Randy's Wedding photo below.)

Jim Henderson



Misc:

Healthcare Insurance Open Season: Federal Benefits Open Season – I changed to the new Self Plus One (SPO) enrollment type during this annual FEHB Open Season which ends on December 14, 2015. All change requests made during the FEHB Open Season will be effective January 1, 2016.

My first hint is that you have to register each year in order to change. Your last year's user name and password will not work. You have two options on the OPM site; sign in and register. Use the latter to set up your new sign-in info. You will need your Federal retiree number and the last 4 of your SSN. The number is on that flimsy card that was issued to you after you retired. It starts with 3 letters. The site will ask for the next 7 numbers. Apparently the last number on the card isn't part of your ID.

Next hint, look closely at your covered family members. My son was listed and he hasn't been eligible for 6 years. It is easy to delete members. If you are selecting Self plus one, then you will be asked to choose the one.

For general information regarding SPO visit www.opm.gov/selfplusone.

Phone contact: 1-800-332-9798 to speak to a customer service representative

For information on comparing health plans visit

<http://www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans>.

50th Celebration: Nothing new this month.

Thanks Dwight! Who is next? – maybe YOU! Yes, I'm talking to you...

Have a jolly Thanksgiving!