

WARLCA Proudly Hosts Seminars on OWCP & Retirement
Sunday, October 2nd, 2022

Location: Hotel Interurban, 223 Andover Park E, Tukwila, WA 98188. Phone: (206) 278-4900.
Secure parking for \$5 at the hotel.

-----**SEMINAR FROM 10 AM TO NOON**-----

“Help with your OWCP claim before and after retirement”

Presented by Mike and Linda Watson

Mike and Linda Watson, of Mike Watson and Associates, Portland, Oregon, are retained by the NRLCA to answer questions concerning OWCP claims over the phone at no charge. Mike has 45 years of experience in the OWCP process. Call before you start filing your claim to get the right forms for approval of your claim and not a denial. Already have a claim and don't understand what your rights are? Can OWCP claims be carried over into retirement? Mike and Linda can help answer your questions. Some individual appointments may be available after their seminar.

-----**SEMINAR FROM 1 PM TO 4 PM**-----

“Understanding your Postal Benefits & Pre-Retirement Planning”

Presented by Joni Montroy

Joni Montroy, former Human Resources (HR) Specialist with the USPS in Rochester NY, will be presenting a workshop to help Rural Carriers navigate lite blue, understand your current benefits, and find out all the things you should know in planning your Postal Service retirement.

Topics in this workshop will give you an understanding of your eligibility, computation of your annuity, survivor benefit election options, what some of those numbers on your paystub mean, how creditable service and/or your annuity is affected by relief carrier time/military service, understanding the High 3 average salary, what you should know about your health and life insurance, sick and annual leave, FSA and Thrift Savings. She will give an overview of the process to retire and what to expect from the U.S. Office of Personnel Management (OPM).

Joni has presented many seminars including the National Rural Letter Carriers national conventions. She is a contract instructor with the Graduate School/Philadelphia region that teaches Mid & Pre-Retirement Classes for many Federal Agencies. Most recently, Joni presented a great seminar at the 2022 WARLCA State Convention.

Seminar Registration: The seminar(s) are free to WARLCA members ONLY. Due to limited space, you must be pre-registered. Walk-ins will not be allowed. Spouses may attend for a \$10 nonrefundable fee. These seminars will fill fast so don't wait to send in your registration form.

Registration Form (please print)

Name(s): _____

Address: _____

Phone: _____ E mail: _____

Attending: OWCP (10AM to Noon) _____ Retirement 1 PM to 4PM) _____ Both _____

Are You? (check one) _____ FERS or _____ CSRS or _____ CSRS Offset

Total enclosed \$ _____

Complete this form and send check (if applicable) payable to WARLCA to:

WARLCA Secretary/Treasurer Lorrie Crow 1208A Slide Creek Rd. Colville, WA 99114-8766
Questions? Go to warlca.com or call (509) 685-9624