



September 11, 2014

NASE strives to:

- *promote the betterment of the Farm Service Agency through improved service to the public*
- *Improve our programs*
- *Establish a cooperative relationship at all levels of the Agency*
- *Help accomplish the mission of USDA and FSA*
- *Improve support staff effectiveness*
- *Improve morale, esprit-de-corps, and efficiency*
- *Promote self-motivation, self-education, and career enhancement*
- *Promote the social, economic, civic and personal welfare of support employees*



Wear **red** on Fridays to show support for our troops at home and abroad.

NATIONAL ASSOCIATION OF FSA SUPPORT EMPLOYEES

USDAConnect – <https://connections.usda.gov/>

REMEMBER!



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MESSAGE FROM YOUR PRESIDENT

This week has been a tough one for a couple of reasons, not the least of which is the enormous weight that comes from remembrances of 9/11 and the destruction of the twin towers (along with a piece of mind that thought we were all safe in our own country).

At a time of the year when we are typically a little slower than the rest of the year (at least here in Montana) we have all been extremely busy in not only our work but our home lives as well. We need to be vigilant in looking for ways that we can help streamline the processes. We can make those suggestions and implement them (for the most part) by ourselves in our own homes. At work this is a little more difficult but if we make those suggestions and keeping pushing them forward we are bound to see at least some of the changes take place. Let's keep doing that! Gather your ideas, make some notes, and provide some suggestions. Whether you write it in the form of a resolution or not doesn't matter to me but we need those that are working the programs to make the suggestions as to what they think may work better for them.

The other thing that happened this week that put me a little bit on edge is a four letter word. SNOW! It didn't last long but as I drove home I noticed that I was not the only one unprepared for winter. Combines were still in the fields for heaven's sake. As I thought about that I figured some of you would be laughing at me because your harvests were over long ago. Just remember, I live NORTH. While we turned on the furnace and bundled up a little bit, others (my niece in California for one) complained of the 99° heat.

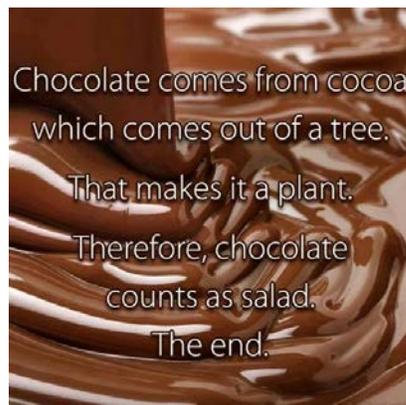
I have been trying to contact many of our state representatives (from lists long old) and have received responses back from many. I will be getting these items updated and out to all of you. I will also have a pretty good list of the committees so far and will be letting you know of our needs there as well. Getting prepared!

Thank you for allowing me to serve as President for 2014-2015.

Marilyn Jo McMullen

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Sometime this week I saw this message and, as I have been seriously trying to watch my weight, I wanted to believe.



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times
Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



6 plan for all weather conditions
Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

[READ MORE](#)

FSAFEDS Changes

FSAFEDS is excited to announce two new changes for the 2015 Benefit Period!

First, the minimum election for all accounts has been lowered from \$250 to \$100. If you like the savings you get with FSAFEDS, please let your friends and colleagues know about the lower minimum election and how it's easier than ever to try out an FSA.

Second, carryover has been adopted for health care and limited expense health care FSAs effective with the 2015 Benefit Period. If you are enrolled in one of these FSAs next year, you will be able to bring up to \$500 of unspent funds from 2015 into 2016. You can use these funds to reimburse your eligible expenses incurred in 2016. You must re-enroll for the 2016 Benefit Period to be eligible for carryover.

IMPORTANT! Carryover will mean significant changes to how your general purpose and limited expense health care FSAs are administered, including the eligibility period for claims. For example, beginning in 2015, there will no longer be a grace period for incurring health care expenses. This means all eligible expenses must be incurred between January 1st (or your effective date in the plan) and December 31st, 2015. The deadline for submitting claims remains the same at April 30th of the following year. **Please refer to the [Carryover](#) section of the FAQs to learn more.**

This change is not effective until the 2015 Benefit Period. This means there is **no change to the 2014 Benefit Period**. You will still have access to the grace period for both your 2014 health and dependent care accounts, allowing you to continue incurring eligible expenses through March 15, 2015.

The carryover change has no effect on dependent care FSAs, which will continue to have a grace period through March 15 each year. By law, dependent care FSAs cannot use carryover.

Remember - Open Season is just around the corner!

All Employee Training Require- ment

Mandatory Annual Civil Rights Training for FY 2014

09/05/2014 01:00 AM EDT

AO-1605, Mandatory Annual Civil Rights Training for FY 2014(FOR FSA Employees) DATE POSTED:
2014-09-05 DATE EFFECTIVE: 2014-08-29 STATUS: CURRENT

Due by October 30, 2014

Thank
you to all
the ranch
wives out
there!

SO GOD MADE A RANCH WIFE

Written by Sierra Shea, inspired by Paul Harvey
www.sierrashea.com

And on the ninth day, God looked down on his planned paradise
and said, "Oh dear, the rancher is going to need help."
So God made a ranch wife.

God said, "I need somebody who will take the 2 o'clock check, pack lunches, work all day
gathering calves, keeping books, or revaccinating the steers and then come home to make supper
and wash the dishes." So God made a ranch wife.

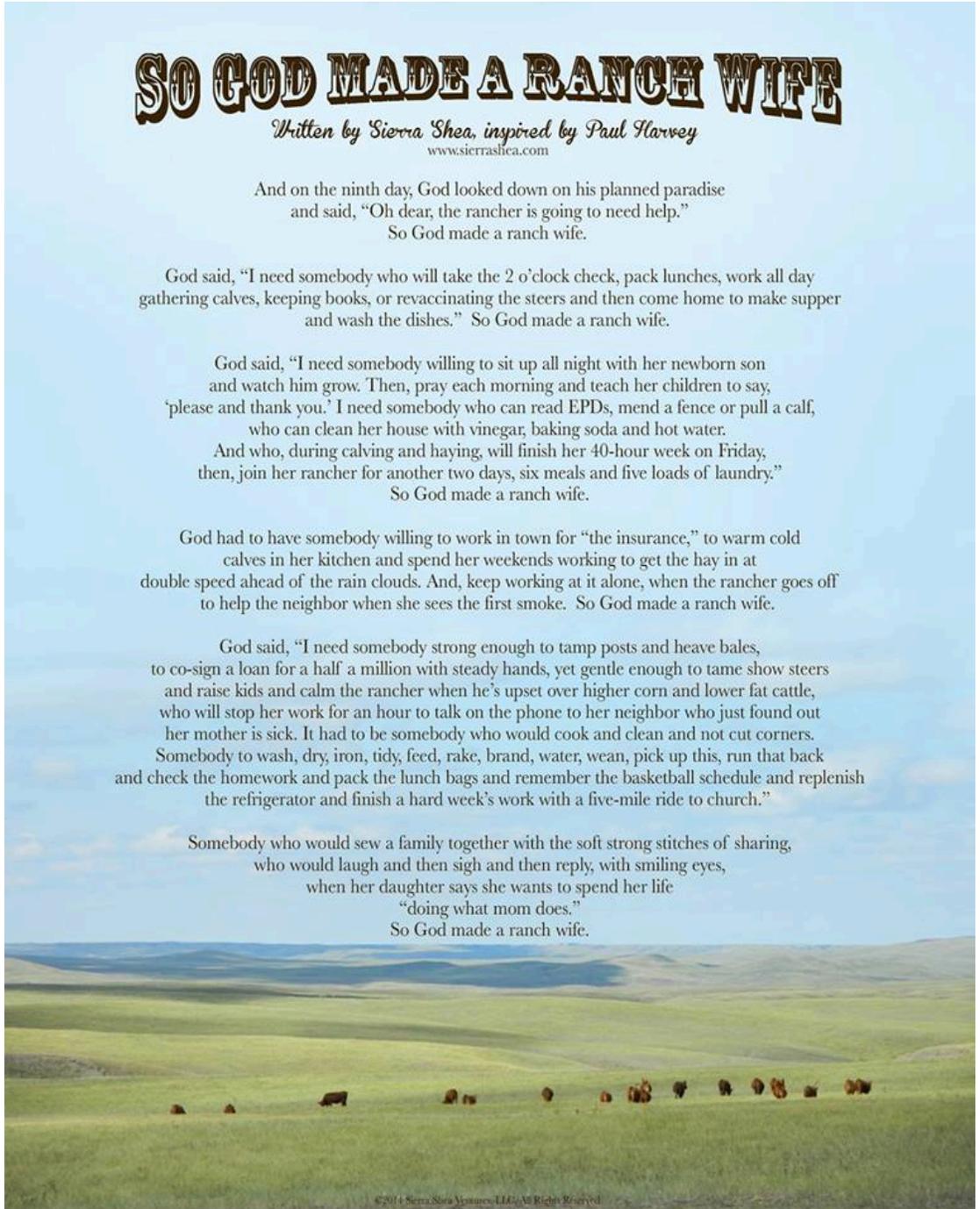
God said, "I need somebody willing to sit up all night with her newborn son
and watch him grow. Then, pray each morning and teach her children to say,
'please and thank you.' I need somebody who can read EPDs, mend a fence or pull a calf,
who can clean her house with vinegar, baking soda and hot water.

And who, during calving and haying, will finish her 40-hour week on Friday,
then, join her rancher for another two days, six meals and five loads of laundry."
So God made a ranch wife.

God had to have somebody willing to work in town for "the insurance," to warm cold
calves in her kitchen and spend her weekends working to get the hay in at
double speed ahead of the rain clouds. And, keep working at it alone, when the rancher goes off
to help the neighbor when she sees the first smoke. So God made a ranch wife.

God said, "I need somebody strong enough to tamp posts and heave bales,
to co-sign a loan for a half a million with steady hands, yet gentle enough to tame show steers
and raise kids and calm the rancher when he's upset over higher corn and lower fat cattle,
who will stop her work for an hour to talk on the phone to her neighbor who just found out
her mother is sick. It had to be somebody who would cook and clean and not cut corners.
Somebody to wash, dry, iron, tidy, feed, rake, brand, water, wean, pick up this, run that back
and check the homework and pack the lunch bags and remember the basketball schedule and replenish
the refrigerator and finish a hard week's work with a five-mile ride to church."

Somebody who would sew a family together with the soft strong stitches of sharing,
who would laugh and then sigh and then reply, with smiling eyes,
when her daughter says she wants to spend her life
"doing what mom does."
So God made a ranch wife.



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