



September 2019

[Elections at NTEU 57th National Convention](#)

[National President Tony Reardon](#) was re-elected to a second term during the union's 57th national convention.

[Jim Bailey](#) also won a second term as the National Executive Vice President.

In their quest to continue leading NTEU, both Reardon and Bailey were unopposed and were sworn in on August 15 in Portland, Oregon.

On Monday, September 2, 2019, the U.S. celebrates and honors the greatest worker in the world – the American worker.



In 2019, Labor Day marks the 125th anniversary of being celebrated as a national holiday.

[Labor Day](#), the first Monday in September, is a creation of the labor movement and dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

One of the reasons for choosing to celebrate Labor Day on the first Monday in September, and not on [May 1](#) which is common in the rest of the world, was to add a holiday in the long gap between Independence Day and Thanksgiving.



Labor Day is the last major holiday that typically signals the end of summer. Here are a few [Labor Day weekend](#) safety tips to help plan your weekend events.

[Summer is Almost Over so it's Back to School](#)

With another school year approaching, parents everywhere are buying school supplies, backpacks and uniforms. Check out these five tips that'll make going back to school a breeze.

- 1. Get organized.** Stay on top of all the extra stuff by taking the time to get and stay organized. Focus on creating functional spaces that your kids can help manage. To start, create a family command center where kids and parents can place calendars, to-dos lists, and all the incoming paperwork, permission slips, and assignments.
- 2. Create a visual schedule.** For younger children, create a schedule using visual cues for each of the days' key activities—like brushing your teeth or cleaning your room. You can use icons, drawn pictures, or even use photos for your schedule. Kids can check off tasks as they complete them on a dry erase board or move cards over to a completed category on a poster board.
- 3. Start a better routine.** When it comes to schedules, things run more smoothly when you have a solid routine. Focus on making sure everyone gets the right amount of sleep, and don't forget to schedule time for after school activities and family time.
- 4. Meal prep.** Meal prep can be far more than brown-bag lunches. Try planning for breakfast and dinner, too. Use freezer bags and containers to prep healthy meals that can be warmed up in the oven or set to simmer on the slow cooker while you are away.
- 5. Create a homework station.** No school year is complete without homework. If you don't have a dedicated space in your kitchen or a den, then create a mobile solution with a rolling cart that can follow your kids to any room that's available.

[Tips for New College/University Students](#)

[Tips for Parents of College Students](#)





TSP The Thrift Savings Plan (TSP) is going through changes endorsed by NTEU that benefit federal employees and retirees with the passing of the 2017 TSP Modernization Act. The changes have a planned release date of Sept. 15, 2019.

[Read more.](#)

A series of [Thrift Savings Plan \(TSP\) webinars](#) began August 15 and include topics include such as Introduction to TSP, Contributions and Investment Funds, Withdrawal Options, and Post-Service Withdrawals. Each webinar will provide access to the most up-to-date information on the TSP Program. To register, please use the password **TSPweb**.

[FY 2020 GSA Rate Increase](#) - Beginning Oct. 1, GSA announced the standard lodging rate will increase from \$94 to \$96. The standard reimbursement rate for meals and incidental expenses remains at \$55 per day.

Just in time for year-end tax planning, the IRS has unveiled a redesigned [Tax Withholding Estimator](#) that's easier to use, mobile-friendly and can also help retirees with their tax planning. To use the estimator, you will need your most recent pay stub and income tax return.

[Prescription Medication and Pain Management](#)

It is crucial to have a candid conversation with your doctor about the risks and benefits of different medication treatment options. When discussing treatment options, opioids should be the last option when treating pain.

Although opioid medications are very effective in treating pain, they are also highly addictive. Work with Your Doctor on Your Medical Treatment Plan and alternatives to opioids. [Find out more...](#)

Please remember to update your member contact information at [NTEU.org](#). It is important that we have the ability to communicate with members at their personal account.

You can also contact us at NTEU Chapter 128, PO Box 902, Newington, VA 22122 or email us at nteuch128@gmail.com or visit the Chapter 128 website at www.nteuchapter128.org.

Discover more about member benefits at [NTEU](#).

[Talking to Children about Traumatic Incidents](#)

The Workforce Resilience and Engagement Division has created this [resource page](#) to support CBP employees and their families in the aftermath of the tragic shooting events in El Paso, Texas and Dayton, Ohio.

The webpage includes materials for coping with traumatic incidents and how to discuss mass violence events with children.

Information about the [Employee Assistance Program](#), [Peer Support](#), and [Chaplain](#) resources is available to employees and their families.



Security Awareness Message: Uptick in Threats Against CBP Personnel

In July 2019, the CBP Office of Intelligence put out an advisory about an increase of threats towards CBP employees. Please remain vigilant and situationally aware of your surroundings at all times. The following precautions are helpful to reduce the risk of targeting or attack:

- Avoid wearing organizationally-affiliated clothing when off duty
- Avoid wearing items with personalized information
- Properly secure weapons and equipment both on- and off-duty
- Consider varying travel patterns to avoid surveillance
- Reduce social media footprint and use an alias if possible
- Implement physical security measures at home
- Ensure family members practice good online security practices

NTEU values you as part of our community and want you and your loved ones to be safe!

For more information, please contact the CBP National Intelligence Watch at WATCHCBPINTEL@cbp.dhs.gov.

Interested in writing an article or have an idea for an upcoming newsletter edition??

Please submit suggestions or articles with 100 words or less to Eva Garrett no later than the 20th of each month.

NTEU celebrates the contributions of the women and men of the labor movement.

Happy



Standing United, NTEU members are building a better workplace for federal employees today and tomorrow. Thanks for making a difference.

nteu.org

NTEU  **United!**