



Commander Navy Region Hawaii Human Resources Office Course Announcement

Course:	PRE-RETIREMENT PLANNING FOR CSRS AND CSRS OFFSET
Target Audience:	All Federal employees covered under CSRS who are within 5 years of retirement, to include early-out eligible. Spouses are invited to attend at no additional charge, if space is available.
Length:	One Day (7:30 a.m. To 3:30 p.m.)
Date(s):	15 August 2013
Location:	Personnel Support Detachment (PSD), Room 143, 4827 Bougainville Drive, Honolulu, Hawaii <i>(Insert in SF-182, Section B, Block 1b)</i>
Cost:	\$80
Course Description:	<p>This course is for Federal retirees who are within five years of retirement eligibility. Please bring your recent SF 50, Leave and Earnings Statement, Social Security or other retirement statement to assist with your specific questions. Topics covered include:</p> <ul style="list-style-type: none">• COLA's• Computing Annuities• Creditable Service; i.e., military, deposit and redeposit• Death Benefits• Explanation of the CSRS Retirement System• Federal Long Term Care• Health and Life Insurance• High-3 Average Salary• Medicare and Social Security• Retirement Options and Eligibility• Selecting a Retirement Date• Survivor Benefit Elections• Thrift Savings Plan• Voluntary Contributions
Nomination Process:	Register at http://www.elumtsden.com/calendar.asp?month=2&year=2012&creid=2%2F14%2F2012 to guarantee a seat. FAX, scan and e-mail or mail a copy of the approved and properly executed SF-182 to the Federal Benefits Services, LLC REGISTRAR by the nomination deadline. <i>Questions should be addressed directly to the REGISTRAR. Confirmation letters will be sent by e-mail. Please provide Point of Contact's name, phone number and e-mail address. (Insert in SF-182, Section B, Block 18)</i>
Nomination Deadline:	18 July 2013
Vendor:	Federal Benefits Services, LLC, 5565 Fishers Ferry Rd., Gold Hill, OR 97525 <i>(Insert in SF-182, Section B, Block 1a)</i>

Payment Method: DOD activities are required to use the government purchase card to pay the vendor. The cardholder is responsible for providing the necessary purchase card information to the vendor. DOD activities are to include in *Section B, Block 19, of the SF-182* the statement **“Payment by government purchase card,” the cardholder’s name, card number, expiration date, and phone number of the cardholder.** Purchase card issues should be discussed with the vendor at (541) 944-9494. *Registrations will not be accepted without the purchase card payment information.*

A non-DOD organization/agency, in accordance with agency policy and procedures, may pay by credit card or by another arrangement as discussed with the vendor. If by credit card, the cardholder must include the same cardholder information. *(Insert in SF-182, Section B, Block 19)*

CANCELLATIONS WITHOUT FULL CHARGE TO THE NOMINATING ORGANIZATION WILL BE ACCEPTED ONLY UP TO 30 DAYS BEFORE THE COURSE START DATE.

For Further Information: Federal Benefits Services
REGISTRAR: Elaine Lumsden
Telephone: (541) 944-9494, FAX (541) 855-1873
E-mail Address: elaine@elumsden.com

Course Manager: Val Nomura, HRO CNRH
Telephone: (808) 471-1722

SAID Code: **87000** *(Insert in SF-182, Section B, Block 19)*

For further information concerning selection, payments, and cancellation procedures, see https://www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp_a129357.pdf