



HRO News

*Give us 5 Minutes, and we will
give you all the HR news you need
to know now!*

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MCAGCC Human Resources Office, Building 1551, Twentynine Palms, CA 92278
<http://www.29palms.marines.mil/Offices/CivilianHumanResources.aspx>

General Schedule (GS) - January 2015 Pay Adjustments

The president has signed an Executive order to implement the January 2015 pay adjustments. The Executive order authorizes a 1 percent across the board increase for the General Schedule (GS) statutory pay systems and provides that locality percentages will remain at 2014 levels. The 2015 pay schedules will become effective the first day of the first applicable pay period beginning on or after January 1, 2015 (January 11, 2015 based on the standard payroll cycle).

GS employees should see the increase in their paycheck received on 30 January 2015.

The 2015 GS salary tables are posted on the U.S. Office of Personnel Management's (OPM's) website at <http://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/2015/general-schedule/>.

The Wage System pay schedules salary tables (Effective 16 Nov 2014) are posted at <http://www.cpms.osd.mil/Content/AF%20Schedules/survey-sch/013/013R-30Dec2014.html>.

2014 myPay Tax Statement Schedule

Your 2014 W-2 forms are now available on my pay at: <https://mypay.dfas.mil/mypay.aspx>

TSP Elective Deferral Limit

The coming of each New Year can bring many things and as always, Federal employees must be aware of annual changes to the various Federal benefits plans. One significant point of interest concerns the Thrift Savings Plan (TSP) elective deferral limit. The "elective deferral" is the maximum amount that employees can contribute to their TSP account(s). This amount is elected by the employee and deducted from their pay.

All tax-deferred traditional contributions and all Roth (after-tax) contributions are part of the elective deferral limit. Elective deferrals do not include the agency automatic 1% or agency matching contributions; those contributions are not considered part of the employee's pay. For 2015 the elective deferral will be raised to \$18,000.

Participants who are age 50 or older can also make additional tax-deferred "catch-up" contributions up to \$6,000, and the contributions will not count against the elective deferral limit. In order to make catch-up contributions, employees must make a separate election on a separate form (TSP-1-C) to request them.

Lastly, employees are encouraged to keep the annual contribution limit in mind when deciding how much to contribute to TSP each pay period. If the annual limit is reached too quickly, agency matching contributions could be lost. Agency matching is done on the first 5% of basic pay each pay period. If the annual limit is reached before the end of the year, both employee contributions and the subsequent agency matching will stop. If you would like more information on this topic please visit TSP's website, or email us at, bene-fits@cpms.osd.mil.

Workers Compensation Training for Supervisors – 20 Jan 15

The focus of this class will be to provide a brief overview of the Federal Employees Compensation Act (FECA) and the information needed for supervisors to effectively and legally process claims for injured workers in a timely manner. There will also be a review provided on the supervisor's requirements of completing the required forms including the CA-1 and CA-2. Other topics covered will include COP, work status, and light duty. This class will serve as a great internal resource for new supervisors, as well as seasoned supervisors, who are seeking to increase their knowledge of the supervisor's role in workers compensation.

Date for the class is 20 Jan 2015 from 0900-1100.

To register, please click on the link below or email Jesse Silvas in HRO at jesse.silvas@usmc.mil.
<https://www.29palms.usmc.mil/base/hro/trng/default.asp>

DONCEAP's January webinars

DONCEAP's January webinars have been scheduled and are available for registration.

- Strategies for Achieving Emotional Wellness
Wednesday, 14 January 2015
1400 - 1500 Eastern

To register go to:

https://eventsna4.adobeconnect.com/content/connect/c1/825364167/en/events/event/shared/default_template_sim ple/event_registration.html?sco-id=1185360527&_charset_=utf-8

- Setting Goals for the New Year: Resolutions That Stick!
Friday, 23 January 2015
1200 - 1300 Eastern

To register go to:

https://lifecare.webex.com/mw04011/mywebex/default.do?nomenu=true&siteurl=lifecare&service=6&rnd=0.05130904575715467&main_url=https%3A%2F%2Flifecare.webex.com%2Fec07011%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26confViewID%3D1594698085%26%26EMK%3D4832534b00000002a25b7567d3df417eb3d2661b592910fb10972569cfea82b91a9bc9a8b7c111c%26%26%26siteurl%3Dlifecare

Updating Your Information on MyBiz/SF-256

Your EEO Representative is asking help from all employees to go into MyBiz and update their disability information. Please log into MyBiz at: <https://compo.dcpds.cpms.osd.mil/>. (This is the same information that can also be updated via the SF-256 for those that may not have computer access.) If you have any questions please don't hesitate to contact Angie Cheek at 760-830-7370 or angeline.cheek@usmc.mil.

Reminder: "THIS INFORMATION IS ONLY USED TO DETERMINE IF DEPARTMENT OF THE NAVY IS MEETING HIRING AND RETENTION GOALS OF PEOPLE WITH DISABILITIES."

Your Official Personnel Folder

As you know, your Official Personnel Folder (OPF) is now electronic. All Navy and USMC OPF's are stored in the Office of Personnel Management eOPF system.

A new feature of the system is that you will receive email notification when a new document, such as an SF-50, is added to your eOPF. The notification emails will come from: eopf_hd@telesishq.com. They are not digitally signed but are a valid DON communication.

To access your own eOPF, click on the link below and follow the instructions:

<http://www.secnv.navy.mil/rda/workforce/Documents/eopftrifoldemployee2.pdf>

Department of the Navy Civilian Employee Assistance Program (DoN CEAP)

The DoN CEAP program is a comprehensive employee assistance and work/life resource for DoN employees and their families. It includes confidential assessment, referral, and short-term consultation for any personal concern. It also includes telephone and web-based services to help employees and their families manage day-to-day responsibilities and life events. Services are free.

24/7 DoN CEAP Assistance Line:

1-844-DoNCEAP or 1-844-366-2327

A person answers the phone, no voicemail or call menu.

Website: <http://donceap.foh.hhs.gov/>

MARTIN LUTHER KING JR. DAY

01/20/14



The Department of Defense will join the nation in celebration of Dr. Martin Luther King, Jr. Day on Monday, January 19, 2015. Dr. King supported the notion of the "Beloved Community" in which society is based on justice, equal opportunity, and principles of nonviolence. In this spirit, the national recurring theme of the Dr. Martin Luther King, Jr. Holiday is "Remember! Celebrate! Act! A Day On Not A Day Off!"

Martin Luther King, Jr. History

Since 1986, the third Monday in January has been a federal holiday in observance of the birthday of Martin Luther King Jr., a Baptist minister, Nobel Peace Prize winner, and civil rights leader dedicated to nonviolence. This is a day to honor King's principles, perhaps best exemplified by his famous "I Have a Dream" speech, delivered on the steps of the Lincoln Memorial on August 28, 1963: "I have a dream that one day this nation will rise up and live out the true meaning of its creed, 'We hold these truths to be self-evident: that all men are created equal.'"
