

FORERUNNERS OFFICERS 2024

President: Kathy Gabriel – kathleengabrier@att.net – 517-783-5072

Vice President: Vonda Belanger – vondaleighb@gmail.com – 248-761-2470

Secretary & Co-Scholarship Chair: Helen Riendeau – helen10riendeau@gmail.com - 517-339-3528

Treasurer: Kathy Gabriel – kathleengabrier@att.net – 517-783-5072

Past President: Vonda Belanger – vondaleighb@gmail.com – 248-761-2470

Co-Scholarship Chair: Rhoda Tinkham – rmtinkham@gmail.com 517-628-9740

Member at Large: AnnMarie Frohm - irishlady01@comcast.net - 517-783-4996

Member at Large IT Advisor: Nora Brzezinski - nora.brzezinski@cmsenergy.com - 517-812-8847

Member at Large: Joann Davis – jedavis22@gmail.com - 517-740-0293

FORERUNNERS CHAPTERS

Please email or call the appropriate chapter president if you want to be on the mailing list for club events.

Adrian – **Adrianites** – Alan Morgenthaler – ajmorgenthaler@comcast.net - 517-265-7539

Alma – **Grey Power** – **Vacant**

Arizona – **Sun Runners** – John Ralph – jralph4@cox.net - 623-935-9772

Battle Creek – **Kilowatt Kreekers** – **Vacant**

Flint & Lapeer – **Easterners** – Tom Bollman – tjbollman@gmail.com - 810-444-9054

Grand Rapids & Greenville – **Livewires** – Cheryl Ricketson – ricketsoncheryl@gmail.com – 616-214-9000

Jackson **Jacksonians** – Joe Eckert – jme062598@gmail.com – 517-462-8803

Kalamazoo & Hastings – **Southwest Energy Stars** – **Vacant**

Lansing – **Capitaliers** – Mia Keefer – mmkeef@sbcglobal.net – 517-230-6110

Livonia & Howell – **Blue Flames** – Sue Breckenridge – RandSBreck@wowway.com - 734-453-2251

Monroe County – **Southeasters** – Harry Redford – hredford@charter.net – 743-652-6635

Muskegon **Lakesiders** – **Vacant**

Macomb, Royal Oak & Pontiac – **Metro Region Pioneers** – Debra Stafford - dstff7@gmail.com - 586-215-1092

Saginaw, Bay City & Midland – **Wonder Watts** – Leonard Bobick – ljbobick@charter.net – 989-280-1129

Twas City - **Northeastern Lights** – Lee Lockman – voiley.lockman@hotmail.com - 989-329-0325

Traverse City – **Northwesters** – **Vacant**

Independents – **Various** - **Vacant**

OTHER IMPORTANT CONTACTS

Aetna – Medical: 8 am – 5 pm Monday – Friday, 800-654-7248; <http://aetna.com>

Express Scripts Medco – Mail Order Prescriptions: 800-875-3147; <https://express-scripts.com>

Fidelity – Benefits, ALL Address Changes: 8:30 am-midnight Monday – Friday (except New York Stock Exchange holidays), 800-260-4015; <http://netbenefits.fidelity.com>

Consumers Energy Pension: Nancy Stoker, Nancy.Stoker@cmsenergy.com

Consumers Energy Employee People & Culture (HR) 517-788-2275 (Option 3)

Consumers Energy Foundation: foundation@cmsenergy.com, toll-free 877-501-4952

RetireeLine News: Vonda Belanger, vondaleigh@msn.com, 248-761-2470

RetireeLine Editor: Joann Davis, jedavis22@gmail.com, 740-0293

VIA Benefits – Monday-Friday 8:00 am – 9:00 pm - My.ViaBenefits.com/cmsenergy, 1-888-604-2921

CALLING ALL MEMBERS - IN NEED OF CHAPTER LEADERSHIP!!

Above, you will see a listing of all the local chapters that make up the Forerunners. You will also notice that some need members to fill leadership positions. Local chapters were formed to enable Consumers Energy retirees to stay connected. For 20-plus years, it's been **YOU**, the members who have volunteered to be leaders within each Chapter and the overall leadership positions. We want to thank ALL those who have been leaders in our chapters, both past and present. But now, we need retirees to step up again to help keep our chapters going. If you would like to set up some get-togethers during the year with people in your area, please email me at kathleengabrier@att.net. I can send you a list of members in your Chapter, making it easy to get in touch.