



MONTHLY NEWSLETTER  
except July & August

**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES  
ASSOCIATION, BREMERTON CHAPTER 181**

P.O. Box 5025, Bremerton, WA 98312-0462

**April 2022**

**NUMBER 04-22**

**General Meeting Date & Time: April 11, 2022 1:00PM**

**Meeting Place: Westside Improvement Club, 4109 West "E" Street, Bremerton, WA**

**Program: Jennifer Calvin-Myers, Program Supervisor, Kitsap County Aging & Long-Term Care, Will Present the Organization's Programs and Services**

*NARFE is recognized as the association devoted exclusively to serving and protecting the earned entitlements, rights and benefits of all federal retirees, employees and survivor.*

**Executive Board meetings are held from noon to 2:00PM at the Westside Improvement Club the Wednesday prior to general meetings. Members are welcome to join us.**

Our current federal employees got a 3.1 percent pay increase that reflected previous years' cost increases but certainly doesn't reflect inflation for the past year.

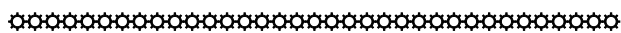
**UPCOMING EVENTS**

**9 May.....Membership Meeting**

**21 May.....Armed Forces Day Parade**

**13 June.....Membership Meeting**

**12 September.....Membership Meeting**



If you haven't contributed to NARFE-PAC yet, please do. This money is contributed to federal-employee-friendly candidate campaigns for election/re-election. March was NARFE-PAC month but you can donate any time. A form is in the March NARFE magazine and we will also have forms and buttons available at our April meeting.

**PRESIDENT**

Bill Powers

We enjoyed having Congressman Derek Kilmer as our speaker for our March membership meeting. He went over all the items that are covered in our 6<sup>th</sup> Congressional District as part of the \$1 trillion infrastructure package signed into law. He, or his representative, will also join us in September for our Gorst bottleneck panel discussion. The state legislature provided \$74 million for design and environmental work to build this Gorst project. This is going to cost approximately \$500 million to complete and the state highway department is lead.

Congressman Kilmer also went over the postal reform act which has finally passed. This legislation has been on the *NARFE Bill Tracker* since prior to the start of the 117<sup>th</sup> Congress. The explanation of options was covered in our February newsletter. The two big items are: Elimination of the pre-funding requirement; and all future postal retirees will be automatically switched to Medicare.

**INFLATION**

President Bill Powers

The consumer price index for workers (CPI-W) interest rate is at 8 percent for the past twelve months and expected to continue to rise. It is the largest increase since the 1981/1982 period.

This is a far cry from the average inflation rate of 3 percent for the last decade. The federal reserve system (FED) sets monetary policy to promote maximum employment, sustainability, and stability in the U.S. economy. The jobless rate is below 4 percent and the FED funds rate is at 0.5 percent as of March. This is the rate at which they loan funds to the banking system.

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**MOVING? SNOWBIRDS?**

**Even if it's from one apartment to another in the same building or complex, please contact Ralph Sanders at 360-275-9793 to update your mailing address!!! The Post Office charges a fee for returned newsletters. THANK YOU!!**

## **Inflation cont.**

Due to inflation, the FED will be firming economic policy by raising their interest rate to 2 percent by fall, and reducing long-term securities by repossession, to slow economic activity.

As for inflationary items, gasoline accounts for one third of all increases, with food second and shelter third. These are all major items for the working family that are reflected in the CPI-W.

However, seniors spend two to three times as much on health care as the worker. Health care has consistently increased over twice the inflation rate of the rest of the categories in the CPI over the last decade of low inflation.

The CPI-E (elderly) for ages 62 and older has been under review for forty years. That is how long ago we had a spike this large in inflation. With inflation raging again, it is time for the Bureau of Labor Statistics (BLS) to officially do an in-depth development for calculating Social Security and federal retiree cost-of-living allowances using the CPI-E. This is one of our *NARFE Bill Tracker* items under federal annuities issues; see H.R. 4315.

## **MEMBERSHIP & MUSINGS**

V.P. Ralph Sanders

Welcome to Spring. Not quite ready to start on that tan. In this part of the world summer appears like fall or spring etc., so spring weather will get here when and how it is supposed to.

Let us look at a bit of legislation. I noticed two bills on the April *NARFE Bill Tracker*: H.R. 2337 The Public Servants Protection and Fairness Act/Rep. Richard Neal D-MA, with co-sponsors 185 (D) 0 (R); and H.R. 5834 Equal Treatment of Public Servants Act of 2021/Rep. Kevin Brady, R-TX, with co-sponsors 3 (D) 45 (R). These bills would reform the Windfall Elimination Provision (WEP) by providing a monthly rebate to current beneficiaries. There are obvious differences in the two bills, but with the same aim in mind. These bills were referred to the House Committee on Ways and Means and will have a chance for some meaningful legislation if allowed to come to the floor of the committee. Please contact your Representative today regarding these two pieces of legislation. We thank Representatives DelBene, Jayapal, Kilmer, Schrier, Smith and Strickland for co-sponsoring H.R. 2337. No Washington State Representatives have co-sponsored H.R. 5834.

Now for the membership report. We have a total chapter membership of 450 supporting our chapter today. There were no members dropped and no members passed away. There were three members reinstated: Billie Lynn Lonsford, Garry O'Dell (a database glitch) and Theodore Schmidt. We have six new prospective members on board this month: Randall Haymen, Mark Lawrence, Justin Nodolf, Donald Schutt, Frederick Sculli and Michael Stephenson. We welcome you to NARFE and the Bremerton chapter.

If you have questions regarding NARFE or Bremerton Chapter 181, please contact any one of our board members listed on the back of this newsletter.

## **COLA UPDATE**

Steve Ferguson

The CPI-W increased 0.958 percent in February 2022, which is up 3.92 percent from the Jul/Aug/Sep, 2021 average of 268.42066 percent.

## **SECRETARY**

Bea Bull

**NARFE National Elections** – Candidate statements will appear in the May 2022 *NARFE Magazine* and online voting will go live on 15 July 2022.

**FEDcon 22 Scholarship** – FEDcon22 will be held August 21-23 at the Westin Kierland Resort & Spa in Scottsdale, AZ. Register at [fedcon.narfe.org](http://fedcon.narfe.org).

The federation will reimburse registration. Contact federation president, Steve Roy, at 425-344-3926 or [stevenroy1@comcast.net](mailto:stevenroy1@comcast.net) for more information.

**Federation Elections** – The federation is looking for nominees for all elected positions: President, Vice President, Secretary, Treasurer and the District III V.P. Contact District III Nominating Committee member, Bill Powers, for more information or to nominate someone for a position.

Voting will be electronic but you can obtain a paper ballot from Bea Bull by calling 360-286-7798.

## **PROGRAMS**

9 MAY – Whitney McDaniel, Education and Outreach Coordinator, Hood Canal Salmon Enhancement Group.

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## Programs cont.

13 JUNE – League of Women Voters.

12 SEPTEMBER –Gorst bypass panel discussion.

**Please help us advertise this event so we have a good audience!**

10 OCTOBER – Paul Andrews, Kitsap County Auditor, will explain Rank Choice Voting (RCV).

14 NOVEMBER – FEHB plan health fair.

12 DECEMBER – Hopefully, Holiday Luncheon.

## TREASURER

Rex Tauscher

Our income for February was \$477.45 with expenditures of \$352.14. Our Net Worth as of 28 February was \$37,815.65. A Treasurer's report for March 2022 will be available at our April meetings.

## AUDIT REPORT – CONCLUSIONS

John Burch, Bill Fuhrmeister and Ralph Petersen

“The Audit Review Committee considers that the financial records provide an accurate accounting for all financial transactions conducted during the audit period January 1, 2021 through December 31, 2021. In our opinion Bremerton Chapter #181 is in sound financial condition. It appears that the internal controls are adequate and that the budgetary controls are being effectively utilized. The committee commends the Treasurer for the professional way his duties have been performed.”

## ALZHEIMER'S REPORT

President Bill Powers

Alzheimer's disease is NARFE's charity of choice. Our organization has raised approximately \$14 million over the years for research alone.

This disease is most common for the 65 and older population. Women, African-Americans, and Latinos are more susceptible. The United States has over six million people with Alzheimer's.



Atrophy starts in the hippocampus, which is the short-term memory center deep in the bottom center of the brain. A brain scan can show hippocampus shrinkage in the early stages, as well as a cerebral spinal fluid tap or a molecular PET scan. However, none of these tests can predict a timeline of how quickly, or slowly, the disease will progress.

In the second stage of the disease, called the prodromal stage, after the first or preclinical stage, executive and memory areas of the brain are affected. Finally, in the third stage, dementia, you have shrinkage of the brain and the hippocampus becomes very small. This is when the affected brain develops the amyloid plaques and the tau protein tangles. These are the little dark spots shown under a microscope in the Alzheimer's pamphlets.

The new, super expensive Alzheimer's drug, aducanumab (Aduhelm), is effective at removing amyloid plaques, but does nothing for the tau protein tangles. It has been reclassified as an experimental drug.

The peculiar thing about this disease is that some people are resistant to Alzheimer's. If they had an autopsy after death, it would show amyloid plaques and tau protein tangles even though they did not have Alzheimer's. That is why it is important for healthy, as well as diseased brain donors, to sign up for [BrainDonorProject.org](http://BrainDonorProject.org). Neuroscience wants to develop a detailed brain cell atlas of the entire brain as a baseline for all brain disease.

## ALZHEIMER'S CHAIR

Bea Bull

The balance in the Alzheimer's account as of 26 March 2022 is \$55.00. Thank you to Rex Tauscher for his donation.

Loraine Brockerman sent a donation check directly to WSF Alzheimer's Coordinator Lorie Bennett. Thank you Loraine!

**To make a tax deductible donation to the NARFE Alzheimer's Research fund please make your check payable to "NARFE Alzheimer's Research", write "Bremerton Chapter 181" on the notation line, and mail it to: Lorie Bennett  
WSF Alzheimer's Coordinator  
4310 S. Kingwood Street  
Kennewick, WA 99337-5706**

## SUNSHINE CHAIR

Lois Barber

No cards were sent out this past month.

If you know of a chapter member in need of a little sunshine, please contact Lois at 360-297-2671 so we can get a card out to them.

**PRESIDENT**

Bill Powers 360-377-7917  
 powersw@silverlink.net

**VICE PRESIDENT  
 MEMBERSHIP CHAIR**  
 Ralph Sanders

**SECRETARY  
 NEWSLETTER EDITOR**  
 Bea Bull

**TREASURER**  
 Rex Tauscher

**LEGISLATIVE CHAIR**  
 Vacant

**NARFE-PAC CHAIR**  
 Lanny Ross

**SERGEANT AT ARMS**  
 William Fuhrmeister

**CHAPLAIN**  
 Lyn Damschen

**SUNSHINE CHAIR**  
 Lois Barber

**EXECUTIVE BOARD MEMBERS  
 UNTIL DECEMBER 2022**  
 Lanny Ross

Ralph Petersen

**UNTIL DECEMBER 2023**  
 John Burch

2<sup>nd</sup> Position Vacant

**District III VP**

Bea Bull 360-286-7798  
 tbkbull@gmail.com

**Region IX VP**  
 Linda Silverio 503-391-2963  
 l.l.silverio.narfe@gmail.com

**WSF SERVICE OFFICER**  
 Charles Caughlan  
 360-693-0435  
 csquare@pacifier.com

**SENIOR INFORMATION &  
 ASSISTANCE**  
 360-337-5700 OR 1-800-562-6418

**OFFICE OF PERSONNEL  
 MANAGEMENT (OPM)**  
 Phone: 1-888-767-6738

Hours of operation:  
 7:30AM – 7:45PM ET with best time to  
 reach someone being 6:30PM – 7:30PM  
 or at 7:30AM.

Mailing Address:  
 Office of Personnel Management  
 Retirement Operations Center  
 P.O. Box 45  
 Boyers, PA 16017

**CHAPTER FACEBOOK PAGE**  
<https://www.facebook.com/narfechap181>

**NARFE DISTRICT IV WEBSITE**

Webmaster – Bea Bull  
[www.narfewadistiv.org](http://www.narfewadistiv.org)

**NARFE STATE WEBSITE**  
[www.narfewa.org](http://www.narfewa.org)

**NARFE NATIONAL WEBSITE**  
[www.narfe.org](http://www.narfe.org)

**LEGISLATIVE HOTLINE**  
 877-217-8234

**ADD YOUR E-MAIL ADDRESS**  
 800-456-8410

**OUR ELECTED REPRESENTATIVES**

Senator Patty Murray  
 950 Pacific Avenue #650  
 Tacoma, WA 98402  
 Tacoma Phone Number 253-572-3636  
 D.C. Phone Number 202-224-2621  
[www.murray.senate.gov](http://www.murray.senate.gov)

Senator Maria Cantwell  
 915 – 2<sup>nd</sup> Avenue, Suite 3206  
 Seattle, WA 98174  
 Seattle Phone Number 206-220-6400  
 D.C. Phone Number 202-224-3441  
[www.cantwell.senate.gov](http://www.cantwell.senate.gov)

Congressman Derek Kilmer  
 345 – 6<sup>th</sup> Street, Suite 500  
 Bremerton, WA 98337  
 Bremerton Phone Number 360-373-9725  
 D.C. Phone Number 202-225-5916  
<http://kilmer.house.gov>