



CHAPTER 236 SOUTH PUGET SOUND

NEXT CHAPTER MEETING 20 SEPTEMBER AT 10 AM VIA ZOOM

The ZOOM link will for the meeting is: Meeting ID: 863 2564 3135, Passcode: 827923. If you wish to call in via smartphone, call 253 215 8782. Use the same meeting and passcode when prompted to do so. An email reminder will be sent out a few days before the meeting. If you have never used ZOOM, enter ZOOM in your search bar and when site comes up, click on join at the top of the screen and follow the next steps. If you have never used ZOOM and are using a desktop computer, you will need to attach a videocam to be seen by others. Without that you should use your cell phone to join the meeting.

We will have a speaker at the meeting. Our new member Mary Traxler will give us a presentation on the local work of the Thurston Mason Chapter of the National Alliance for Mental Illness. This will cover the free services and work of the local chapter. As we all know seniors are not exempt from experiencing mental health issues. What with the rise of dementia with people living longer than in the past, this is certainly an important subject. We hope to see a good turn out for this presentation.

Chapter 236 President Sam Cagle is no longer able to serve as president. He suffered a stroke in early June which has left him with mobility limitations and inability to fully use his right arm and hand. He is in good spirits and has well adjusted to his new health situation. We wish him all the best and hope he will continue to have future improvement to his physical condition.

Vice President Tony Merola will serve as acting president until elections for new chapter officers this fall.

Acting President's Message

Welcome back to the routine of fall and cooler weather; I hope everyone had an enjoyable summer. Many of you were unusually busy with a multitude of tasks, vacations, and other diversions. For some, their gardens either flourished mightily or were severely punished by our usually warm and sunny weather. Our thoughts and prayers go out to all the people in those fire-affected zones in Eastern Washington, Oregon, and California. As the rain eventually moves into Western Washington, we hope some of the moisture will make it over the Cascades to help mitigate the fire danger.

With Sam Cagle's withdrawal from service with NARFE, it is my hope that someone will step forward to lead our diligent executive board and wonderful chapter. There is a huge reservoir of organizational and administrative talent out there in our Chapter rolls. I had accepted the "tiller" from Sam after his stroke to guide our chapter through whatever shoals we experience for the rest of this year. If I choose to run for chapter president for 2023, I would like to have some competition. Please contact Milt Oster or

Bonnie Ecker if you would like to run for president or to nominate someone. We also need to fill positions of Membership Chair, Alzheimer's, Legislative and PAC. These chapter positions do not require a lot of work. We expect to meet only once a quarter. Mainly you just need to keep up to date with NARFE's activities in these areas so you can answer member's questions. Our Secretary Bonnie Ecker has advised she will not continue in her position next year due to health issues. These are opportunities to serve your local chapter to help support the programs of NARFE.

Election of National and Regional Officers

Election results are now posted on the NARFE website. William "Bill" Shackelford of Centreville, VA was elected as National President. He retired in 2006 from the FBI with 34 years of service. His 2-year term of service begins 1 January 2023. Katheryn Hensley, the only candidate, was re-elected as National Secretary/Treasurer. Our own Steve Roy was elected as Regional IX vice president which covers Alaska, Montana, Idaho, Oregon, and Washington. Congratulations Steve!

Steve's departure as Federation President presents a problem as to date no one has applied to serve as president or vice-president. He cannot serve as both regional vice president and federation president. Without a president/vice president the federation becomes non-functioning with no-one to authorize expenditures, lead conferences, provide guidance to chapter officers or advocate for chapters to NARFE HQ. This is not a unique situation in NARFE. There are now several inactive state federations. If anyone would consider running for a Federation position, you may contact Steve Roy at 425 344-3926.

Treasurer's Report

Our month end August balance is \$15,176.69. Dues collected from June through August totaled \$89.06. Postage and mailing expenses were \$115.77.

Membership

Our chapter membership is 166. We have 1 new member, Cristian J. Sakamoto of Ocean Shores who joined in June. A hearty welcome to our new member. Five members were dropped for non-renewal from 1 June to 7 September. Eight members renewed from 1 July to 7 September. Five members whose deaths occurred prior to 2020 were dropped from the rolls. These members were either life members or honorary members. With these types of membership, NARFE never learns of their passing if the families are not aware of their NARFE membership. Our chapter member numbers are gradually shrinking. When you have the opportunity promoting NARFE membership to an eligible friend or acquaintance is a desirable something to do. NARFE performs a vital role in advocating before Congress our interests as retirees or active federal workers. September 1 to 31 December is NARFE annual membership drive. Members receive \$10 plus some other benefits, for each new member recruited. So, if you know someone who works or worked for the Feds, use your persuasive powers on them to join NARFE.

Open Season Fall Health Fairs

The following health fairs are now set for the following locations:

Puget Sound Naval Shipyard Wednesday 2 November 7am to 5 pm

Ft Lewis Wednesday 16 November 9am to 11am

Madigan Army Medical Center Thursday 17 November 9am to 3pm

Date and time for McChord not yet available.

TSP Accounts

Just a reminder, if you have not yet done so, you must create a new user ID, password, PIN number and select 2 security questions to log on to your TSP account. The TSP site will take you through the process step-by-step. Once you are in your account you will find a new format. There are significant changes to TSP. You can now invest in individual mutual or exchange traded funds and you can download a TSP.gov app to your cell phone from the Google Play Store or Apple Store. Did you know that despite the recent fall in the stock market, around 72,000 TSP investors have accounts of \$1 million or more. Obviously, they were not only invested in the G Fund. A career with the Federal government does have benefits. For chapter members still active employees, a down market is the best time to invest. You get more shares for your money then if you wait for market to go back up.

COLA UPDATE

The CPI-W declined 0.2 percent in August 2022. This new index of 291.629 is an 8.6 percent total increase from the Jul/Aug/Sept 2021 average of 268.421. It looks now the 2023 annuity adjustment may be in the 8 percent range absent a big drop in the inflation rate in September. These new numbers were announced 13 September.

FEDcon 22

Thank you to Washington Federation for the scholarship for me to attend Fedcon22. It was well worth the time and effort to learn more about NARFE national efforts. It was also a great opportunity to meet our members throughout the state.

President Ken Thomas led the NARFE Business meeting on Sunday afternoon. It was well attended by 350 members. He emphasized that membership continues to decline due to members aging and passing away. While new members are joining, not at the rate to sustain the membership rolls. A sense of urgency was conveyed. Many of the sessions provided tools to help state federations and local chapters act.

I was able to attend six sessions, three focusing on the leadership track. Presenters were consistent in their message of the need for new incoming members and leadership. I brought home about 6 pages on notes on succession planning and a Toolkit for PAC Leadership. All presentations will be made available to attendees via the HUB.

The facilities and hotel services were outstanding. The food was generous, healthy, and very good! The highlight of the conference for me was meeting WA Federation members and learning about their contributions. At our Region IX meeting I met Doug Rushton of Olympia, a member with a wealth of leadership expertise. I had dinner with Steve Roy, Nancy Crosby and Linda Wallers and learned about their commitment to WA Federation. Thank you again for the scholarship.

Mary Traxler

Legislative Action

House Resolution 82, the Social Security Fairness Act of 2021, one of NARFE's legislative priorities, now as of 9 Sept 22 has 298 sponsors. This is more than enough sponsors for the bill to be brought to the floor of the house for a vote. Rep Davis, R Illinois the original sponsor, on 15 July filed a motion to place the bill on the consensus calendar. It now looks as if the bill may soon pass the House. The bill's purpose is to repeal those provisions of the Social Security Act which reduce the benefits of individuals who receive other benefits. These provisions were especially hard on spouses who came later in life to

federal employment and because they had a federal pension their survivor benefits from a deceased spouse under Social Security were severely reduced or even eliminated. These provisions in the Social Security Act were enacted during the Regan Administration. Hopefully the proposed law will be passed this fall. Because if it isn't, January 2023 is the beginning of a new Congress, and all prior introduced bills expire and must be re-introduced. How it will do in the Senate is big question. The Senate version is still in committee and has only 42 sponsors. Time is running out.

Alzheimer's

September 21st is World Alzheimer's Day. Around 6 million Americans are living with Alzheimer's. This is expected to increase to 13 million by 2050. One in three seniors die with Alzheimer's or other forms of dementia. What you can do to help is to continue your support of research for treatment of this disease through your contributions to NARFE Alzheimer's Research. Forms are in the NARFE Magazine.

You can also contribute through the 2022 Walk to End Alzheimer's. Log on to act.alz.org/walk. The website Walk to End Alzheimer's should appear on the screen. Click on the website and it should open. Click on find a team, enter narfe 236 in the team box and the Pierce County and South Sound walks will appear next to Bonnie Ecker's name. The Pierce County walk in Tacoma is 24 September and the South Sound Walk in Olympia is 8 October. All details as to location and time are on the website. You can register to walk and/or donate at this location and our chapter will receive credit for your donation.

NARFE-PAC

NARFE has partnered with the OPM to allow members to contribute monthly from their annuities directly to NARFE-PAC. This enables NARFE to avoid paying transaction fees for donations made by credit card. Further information is on page 10 of the December NARFE Magazine. This provides NARFE-PAC with a steady flow of funds they can rely upon.

Chapter Officers

President – vacant

Vice President – Tony Merola – 253-564-0086
TIGER7565@AO.com

Secretary – Bonnie Ecker – [REDACTED]
[REDACTED]

Treasurer – Baron Powell – [REDACTED]
[REDACTED]

Newsletter – Milton Oster – [REDACTED]
[REDACTED]

Membership – Milton Oster (temporary)

Service Officer – Tony Merola

Programs – Mary Traxler – [REDACTED]
[REDACTED]

Chapter Website:
narfewadistiv.org/Olympia-chapter-0236
Chapter email: narfe236@gmail.com
Mailing address: NARFE Chapter 236
PO Box 8554
Lacey, WA 98509-8554

Vacant Positions: Alzheimer's, Legislative, PAC, Membership Chair