

From the President . . .

We are, once again in a war. Not that wars are unfamiliar to us, not at all, but this war is different. Oh sure, there are still objectives and combatants, battles and skirmishes, losses and gains, and inevitably, casualties.

But still, in all , this is a different war. It's been going on for over half a century and all of us are involved in it!!! Everyone!

If you live on planet earth, you are involved. Your family is involved. And everyone's future is at stake and the future is the prize!

What war? With whom? Where? Over What? Why?

This war is a button over energy. Who controls it, what and how it is produced, where it is produced and who gets to use it and for what purpose.

Now the combatants don't look like militias , or navies, armed to the teeth, ready to kill or die. For their cause, dressed for battle with an array of implements of death and destruction. And the field of battle is not generally a large landscape, or beach , but marked with defenses and redoubts, armor and troops prepared to pulse the invaders on rare occasions.

No, today's combatants are more likely armed with briefcases and ball point pens and their foot soldiers may be mother's taking their children to school or going to the store, commuters traveling to work, school or vacation. going to the office or medical appointments, school activities, visiting friends and relatives. The battlefield itself could be a court room, a political campaign, a protest march even a PTA meeting. But that battle space is beginning to change in major ways. Our quest for energy has impacted the atmosphere of our planet so severely that the climate is changing on a massive and highly unpredictable scale! April showers are more likely to bring May Day calls rather than May flowers. Due to global warming, polar caps are melting; tides and seas are rising; and intercoastal communities globally are threatened.

Wildfires aren't localized events, These are now infernos decimating hundreds of thousands of acres, open to future weather havoc due to the loss of vegetative infrastructures. And all of this is only the opening act!

Everett Chapter 193 Meeting Wednesday, **February 15, 2023**



Evergreen Bowling Lanes
5111 Claremont Way
Everett, WA 98203
425-259-7206

**Program: A/Z fund raiser via auction.
Please bring a wrapped gift.
begins at 12:30 PM**

Join your friends and colleagues for a business meeting beginning at 12:30.

We need to start to get the problems under control. This is now an existential war, and nobody is a casual observer any longer! WE are now front line troops in a battle to save our planet

From here forward we all need to seriously consider even the most menial functions of our daily routine as luxuries and address them as potentially hazardous to our futures. We must elect people who can say Global Climate change and will work diligently to address it. Electing people not financed by big fossil fuel interests and hold them accountable and doing our part to reduce our personal use and dependence on fossil fuels. Even if it is as small as one less drive per week or using public transit on a weekly basis. Remember there is no Planet B!

Jim Carr, President



President's Day

This year President's Day falls on Monday Feb. 20th. So why do we celebrate Presidents Day?

Historically, America began celebrating Washington's birthday just months after his death. In 1879 Pres. Rutherford Hayes authorized the Washington Birthday to become a legal holiday and be celebrated on February 20th. The myth that has gone along with President Washington was him cutting down a cherry tree when he was 6 years old. The story was that Washington said I cannot tell a lie. I did it with my hatchet. Apparently Washington never said that. The story was made up by Parson Mason Weems. He hoped to demonstrate that Washington was in fact honest. Also, Washington's teeth were not wood but hippopotamus teeth. But I digress.



In 1968 President Lyndon Johnson signed the Uniform Holiday bill which made President's Day a celebration of all Presidents of the United States to be celebrated on the third Monday of February.

Don't forget to have some cherry pie though to carry on the tradition.

Linda Cline, Treasurer



A/Z Fundraiser/Auction

Remember our February meeting will be our A/Z fund raiser via auction. Please bring a wrapped gift, to help making this a success. Also be sure that we have your current information on file with National, i.e., phone number, email address and residence address. Lunch at 11:30 business meeting at 12:30 at Evergreen Bowling Lanes. Also, I volunteered as the contact for the sunshine committee, so if you know a chapter member in need of a card to cheer them contact me at

Pat Rudd, Secretary

Experimental Cancer Vaccine Destroys Existing Brain Tumors And Prevents Reoccurrence!

Scientists are harnessing a new way to turn cancer cells into potent, anti-cancer agents. Khalid Shah, MS, PhD, at Brigham and Women's Hospital, a founding member of the Mass General Brigham healthcare system, and investigators have developed a new cell therapy approach to eliminate established tumors and induce long-term immunity, training the immune system so that it can prevent cancer from recurring. The team tested their dual-action, cancer-killing vaccine in an advanced mouse model of the deadly brain cancer glioblastoma, with promising results. Findings are published in *Science Translational Medicine*. The method consists of repurposing cancer cells to develop a therapeutic that kills tumor cells and stimulates the immune system to both destroy primary tumors and prevent cancer. The treatment is a simple idea, transforming cancer cells into a cancer vaccine using gene engineering such as CRISPER-Cas9 genetic editor. – but, as with all science plans, not as easy in practice. Unlike most cancer or viral vaccines that use inactivated tumor cells, this research planned to transform living tumor cells into anti-cancer agents that will both destroy active tumor cells and allow the immune system to memorize how to combat them next time.

What makes this approach so promising is that these living tumor cells, as opposed to inactivated cells, can home in on other tumor cells within the brain, taking the anti-cancer agents directly to the target. Once packaged into a vaccine, the team delivered it to mouse models with immune systems that mimic a human's, making the results as close to human trials as possible without actually using humans. The therapy proved to be safe and effective in the models, providing a long-lasting immune response.

“Our goal is to take an innovative but translatable approach so that we can develop a therapeutic, cancer-killing vaccine that ultimately will have a lasting impact in medicine,” Shah continued. They now believe there is a possible route to human trials once further safety trials can be conducted. The research was published in the journal *Science Translational Medicine*.

Excerpted from two online articles at [IFLSilience.com](https://www.ifsilience.com) Jan 4, 2023 and [ScienceDaily](https://www.sciencedaily.com) Jan 4, 2023.



BRAIN CANCER

Service Officer Report

Are you prepared? What would you or your spouse do? Be prepared for when the time comes when you or your spouse gives up life on earth.

- Become a member of NARFE and sign up your spouse also (Help would be just a call away).
- Have all your important papers in one safe place and let your loved ones know where they are.
- Make sure your information is up-to-date with OPM: <https://www.servicesonline.opm.gov/>
- Complete NARFE F-100, "Be Prepared for Life's Events" <https://www.narfe.org/federal-benefits-institute/be-prepared-for-lifes-events/> and/or at least the form "Be Prepared – Important Information". Call Merry at (360) 202-8999 if you want the forms sent to you.
- Contact Office of Personnel Management (OPM) 888-767-6738

** One way to report the death of an annuitant is by sending a Certified Letter to OPM address: (A template letter is available from the NARFE Service Officer)

OPM – REPORT OF DEATH
Retirement Operations Center
P.O. Box 45
Boyers, PA 16017-0045

** If you have access to a computer and the internet, then sign onto this link for information and complete the form to submit.

<https://www.opm.gov/retirement-services/retirees-or-family-members/> or go directly to form: <https://rsreporting.opm.gov/AnnuitantDeath>

- Contact your bank where annuity/retirement checks are direct deposited and ask them to refuse or send back the next check to OPM.

Merry Byrum, Chapter Service Officer

How will you fare in 2023?

Amid record high inflation, stretching Social Security benefit checks became more difficult in 2022. According to new research from The Senior Citizens League, even as a [5.9% cost-of-living adjustment](#) went into effect in January 2022, the record high annual benefit increase still fell short by just under \$45 a month or a little over \$508 for the entire year.

Social Security's annual cost-of-living adjustment, or COLA, is based on the Consumer Price Index for Urban Wage Earners and Clerical Workers, or CPI-W, an index that does not reflect the increased medical insurance costs of retirees. The 5.9% annual increase for 2022, averaging roughly \$90 a month, was the highest bump to benefits in 40 years when it was announced in October 2021.

The news is better in 2023 when Social Security beneficiaries are poised to see more of the record 8.7% increase that goes into effect, as standard Medicare Part B premiums decline by 3% to \$164.90 which means annuitants will see the full benefit of the 8.7% increase. Retirees will see their checks go up by \$146 a month.

"The COLA is going to boost their benefits really by a record amount," said Mary Johnson, Social Security and Medicare policy analyst at The Senior Citizens League. "This is the biggest one that most retirees alive today have ever received," she said. How far will that extra cash go during 2023 will depend on how inflation fares in the coming months. If higher prices subside, that may point to a lower cost-of-living adjustment for 2024, Johnson said. An exact measurement will be based on CPI-W data for the third quarter of next year.

[Excerpt from Senior Living Today, online 12/20/22, <http://www.seniorlivingtoday.net/average-social-security-retirement-benefit-fell-short-by-46-in-2022-here-are-the-costs-that-went-up-the-most-cnbc/>]

To make a tax-deductible donation to the NARFE Alzheimer's Research fund please make your check payable to "NARFE Alzheimer's Research" and mail it to:



Membership Report

Reminder notices were sent to eight members that had dropped their membership and 3 reminders to those with late payments. Our chapter added two new members: Welcome to Robert Wilson and Patricia Harkload. One member dropped for non-renewal and a reminder postcard will be sent. Welcome to our new year 2023.

Katherine Williams Membership Chair

WEP and GPO Repeal Legislation Reintroduced

The Social Security Fairness Act, a bill that would fully repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) has been reintroduced in the 118th Congress. The bill was submitted by Representative Garret Graves, R-LA, a new lead sponsor than in previous sessions, after Rep. Rodney Davis, R-IL, lost his primary election in 2022. Rep. Graves is joined by Rep. Abigail Spanberger, D-VA, as the lead Democratic sponsor, marking this bill as a bipartisan effort. Of note, the legislation retained its bill number from the previous Congress, still listed as H.R. 82.

The bill's reintroduction in the first week of the new Congress allows NARFE to quickly carry forward the momentum created in the 117th Congress, which saw the bill gather a staggering 305 cosponsors and receive committee attention. Fortunately, the newly adopted House rules retained the existence of the House Consensus Calendar, which forces either committee action or a floor vote if the bill receives 290 or more cosponsors (and retains that number for 25 legislative days).

H.R. 82 currently has 104 cosponsors. NARFE will work throughout this Congress to increase the number of cosponsors and advance the legislation. Even with the turnover of lawmakers from the last Congress, there are 243 former cosponsors in the 118th, providing a clear path to adding cosponsors early. [Ask your representative](#) to cosponsor H.R. 82 today. Please note Rep. Rick Larsen (WA-02) has cosponsored the bill, but not Reps. Suzan DelBene (WA-01) and Kim Schrier (WA-08). These 3 Reps make up the bulk of our Everett Chapter membership House Reps.

Membership Reminder

If you are a current federal employee, a retired federal employee or the spouse of a federal employee, NARFE represents you in Congress on your concerns about pay, employment, retirement and your earned benefits. NARFE was founded in 1921 by federal workers and has become the most highly respected legislative voice for active and retired federal employees. Chapter 193 doesn't want YOU to lose your:

- Assertive Legislative representation.
- NARFE Monthly Magazine and Chapter Newsletters.
- Up-to-date information through www.narfe.org and NARFE e-mail.
- Network of other federal employees and retirees.
- Support from NARFE's Federal Benefits Experts.
- Opportunities for political action and community involvement.

The Everett Chapter 193 members and NARFE National members living in our area are almost 350 members strong in Whatcom, Skagit, Island, San Juan and most of Snohomish County. We meet the third Wednesday of every month, except June, July and August, for lunch at 11:30 AM and then proceed into our business meeting at 12:30 PM. Each month we meet we try to have an interesting program. We also have an Annual Summer Picnic and invite our U.S. House of Representatives and Senators to attend. Meeting dates, times and locations are announced in our newsletters and on the WA State Federation website calendar. We publish a newsletter every other month by post and e-mail, and post at <https://www.narfewa.org/>.

When it's time to re-new your membership (National annual dues \$48 and Chapter 193 annual dues \$10) here are your options. After 1st year membership you could get 15% off dues. If you are a Retiree, Spouse of Retiree or Annuitant Survivor, you are eligible for dues withholding automatically from your OPM monthly annuity. It's easy, painless and no need to remember to make payments after signing up for automatic deduction:

Call: 1-800-456-8410, Press 1 for Membership and Dues Payments

Online: <https://www.narfe.org> Select: RENEW NOW

If you change your physical address, email or phone number, please update your information by calling NARFE or signing in online to make the updates yourself.

**Merry Byrum,
WSF Outreach Retention Chair**

February is  
American Heart Month



Chapter Resource Page

CHAPTER 193 OFFICERS

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diamonddilms@yahoo.com

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Marvin Weiss

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Pat Rudd

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Linda Cline

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NEWSLETTER EDITOR

Vacant

MEMBERSHIP

Katherine Williams

Sunshine Chair:

Pat Rudd

ALZHEIMER'S:

Marvin Weiss
Chapter 193 meets on the third Wednesday of the month from September through May, There are no meetings from June through August.

The annual picnic is usually scheduled in August where Representatives or their local Congressional staff provide legislative updates to the members.

DISTRICT/REGION OFFICERS

DISTRICT II VP

Verna W

REGION IX VP

Steve Roy, 425-344-3926
stevenroy1@comcast.net

Region IX CAB

Representative

Anne Y



NARFE STATE WEBSITE

www.narfewa.org

FEDHub (login Required)

[Washington State Federation Community](#)

NARFE NATIONAL WEBSITE

www.narfe.org

LEGISLATIVE HOTLINE

877-217-8234

OTHER USEFUL INFORMATION

SENIOR INFORMATION & ASSISTANCE

360-337-5700 OR
 1-800-562-6418

Capitol Switchboard

1-202-224-3121

Chapter 193 Meeting Dates 2023!

March 15 in-person meeting
 April 19 in-person meeting
 May 17 in-person meeting
 June 21 in-person meeting
 Annual Chapter Picnic – August TBD

MARK YOUR CALENDARS!



OFFICE OF PERSONNEL MANAGEMENT (OPM)

Phone: 1-888-767-6738

Hours of operation:

7:30AM – 7:45PM ET with best time to reach someone = 6:30PM – 7:30 PM or at 7:30AM.

Mailing Address:

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

YOUR US SENATE AND HOUSE

Senator Patty Murray

2930 Wetmore Ave Suite 9D
 Everett, WA 98201
 425-259-6515
<http://murray.senate.gov>

Senator Maria Cantwell

2930 Wetmore Ave Suite 9B
 Everett, WA 98201
 425-303-0114
<http://cantwell.senate.gov>

US Representative

Suzan Del Bene (WA-1)

450 Central Way, Suite 3100
 Kirkland, WA 98033
 Phone: 425-485-0085
<https://delbene.house.gov>

Rick Larsen (WA-2)

Wall Street Building
 2930 Wetmore Ave, Suite 9F
 Everett, WA 98201
 Phone: 425-252-3188
<https://larsen.house.gov>

Rep. Kim Schrier (WA-08)

1445 NW Mall Street Suite 4
 Issaquah, WA 98027
 425-657-1001
<https://schrier.house.gov>

Short February's Busy Days

2nd – Ground Hog Day
 12th – SUPER BOWL LVII
 14th – Valentine's Day
 20th - George Washington's 291st Birthday
 20th – First Day of spring!



12th – Abraham Lincoln's 214th Birthday
 14th – Oregon Statehood Day
 19th - Civil Liberties Day of Remembrance
 20th – President's Day
 21st – Mardi Gras

