

Chapter Activity and Discussions

Our President, Jim Carr and Treasurer, Linda Cline are still under the weather and dealing with medical challenges. Because of this they are passing on submitting articles in this newsletter. I will try and summarize discussions we've had at and since our last meeting.

I acquired a "Meeting Mate" (speaker & microphone) and brought it along with my laptop computer to the February meeting. With the 2 devices set up during the meeting, we were able to have a combined meeting with in-person and Zoom. The majority of participants thought that it worked very well and we decided to continue to have our meeting both in-person and via Zoom for those that are not able to be in-person. We had 4 chapter members (Jim, Marvin, Pat and Merry) and 2 guests (Verna and Linda Wallers) in attendance, with Jim, Verna and Linda being on Zoom.



There was continued discussion on our newsletter which we decided would be published every other month, each covering 2 months (Jan, March, May, July, Sept, and Nov.) Linda Wallers offered to continue to compile and publish it for us, thank you Linda. I offered to be the editor for a while until someone else steps up to the plate to take it over.

Pat recently mailed out the February newsletter to our 9 new chapter members since the beginning of last year along with the Welcome Letter. We are hoping we get some additional participation in our monthly meetings. Communication with our members is a key to getting more chapter participation. Reach out to a fellow member and/or federal employee or annuitant!!!

There was discussion on sending Welcome Letters to Potential Members that are listed on our M-112 reports. Linda Wallers shared a letter that her chapter sends out to Potentials. I will edit it for our chapter, and we can use this as a recruitment activity.

Linda Wallers mentioned that NARFE National has hired a new contractor to clean-up our AMS database which has had problems since it replaced the OAM database in 2019.

We discussed having training sessions via in-person and via Zoom on How to Access NARFE National website, AMS database and FEDHub. Linda Wallers has offered to help with training and if you want some training please speak-up.

It's been pretty quiet with Service Officer Support and benefits. I've been trying to track down a few members with outdated contact information.



LEGCon-23 registration is open now. The conference and training is taking place June 14, June 20-22. Check it out

<https://legcon.narfe.org/program/>

Written by Merry Byrum

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

Evergreen Bowling Lanes, 5111 Claremont Way, Everett, WA 98203 PH: 425-259-7206
or use this link

<https://us02web.zoom.us/j/81322927106?pwd=ZFp3TFFjSTVqanlxV0hXMTI1cXV5dz09>

Meeting ID: 813 2292 7106 Passcode: 251316
(See "***How to join the meeting***" on page 5)

We are looking at special programs to have at our meetings to encourage more participation. If you have any thoughts or ideas, please bring them to our attention.

Programs begin at 12:30 PM

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

SAVE THE DATE:

Everett Chapter 193 Meeting ***Wednesday, April 19, 2023***

use the March meeting link to attend virtually.



Secretary Report

At our February meeting we had four members attending in-person and Zoom. Our bylaws require seven voting members for a Quorum, so we are not able to spend chapter funds or make business decisions unless we have more members attending. We have the capacity to conduct the meeting via Zoom along with in-person. If you don't have a computer to connect to Zoom, you can be involved and participate via a toll free phone number. Please support our chapter so we don't go down a rabbit hole. We now represent Whatcom county south through Snohomish county. We weren't able to hold our annual auction for A/Z and enjoy the company of others with similar retirement issues, protecting our health benefits and COLA increases.

Pat Rudd, Chapter Secretary

YOUR NARFE SERVICE OFFICERS

Did you ever come across a problem related to your federal retiree or survivor benefits and wonder where you could go for help? The answer is your chapter's Service Officer. Service Officer Volunteers play a vital role in meeting the needs of NARFE members and their families. They:

- Help individual members, their families and survivors take the proper actions to obtain and retain their annuities, health and federal group life insurance benefits;
- Provide emotional support to members having serious problems with their benefit arrangements and particularly to surviving spouses when they suffer the trauma of a death or serious illness;
- Make the availability of their services known to all members through newspaper/newsletter articles and reports for the chapter.

The Service Officer volunteers are knowledgeable about:

- Federal procedures governing delivery of annuity payments
- Life insurance, health benefits, and long-term care insurance
- Survivor benefits under current laws administered by OPM
- Change of beneficiary procedure
- Rights of divorced spouses to survivor benefits
- Death benefits
- Income taxes as related to federal annuities and withholding
- Social Security referral information
- Requirements for other government programs

A major aspect of the Service Officer volunteer function is to assist members with problems involving programs managed by the Office of Personnel Management, Social Security Administration, Centers for Medicare and Medicaid Services, Federal Employees Health Benefits Program insurance carriers, the Office of Federal Employees' Group Life Insurance, and other federal and state benefits-paying agencies. In addition to facilitating communications between the members and the appropriate agency or company, Service Officer Volunteers frequently assist members to correctly prepare and forward the forms and reports that are necessary for their claims for benefits.

So, when you have a problem related to your retiree or survivor benefits, help is only a phone call away. A phone call to your Chapter Service Officer volunteer will bring you help, assistance and peace of mind. These Service Officer volunteers have handled many cases like yours. They are highly competent, caring, and hard-working members of NARFE. If they do not have the answers, then they will find them. Call on them when you need help!

Merry Byrum, Service Officer



NARFE National Website and FEDHub Training



Would you like some in-person and/or on-line training in how to access NARFE Websites? Let us know what you would like to learn about, and we can have some training at one or more of our monthly meetings. Training can include simple log-in access as a member, how to access information on-line, how to update your member information (phone #, email, address, etc.), how to pull officer reports and look up members, and how to access the new NARFE communication center, FEDHub. Reach out to any of our Officers or Chair members to ask for training or help.

Merry Byrum



Alzheimer Research Fund

The auction planned for February's meeting was canceled due to low in-person attendance. Instead, the auction will be held at the annual picnic in August. Until then, all are encouraged to submit their donation checks payable to NARFE Alzheimer's Research to:

Lorie B

Marvin Weiss, Alzheimer's coordinator

Membership Report

Welcome to the new month of March. Membership for the Everett Chapter 0193 includes a welcome to our 2 New Members. One member reinstated their membership after being dropped for non-renewal. Second notices sent to 3 members as reminder to pay their dues and one member was dropped for Non-Renewal of membership. Our chapter does send out postcards to remind members of expiring membership. Our chapter is back to holding in-person meeting for the upcoming months. Our chapter meets on the third Wednesday of the month except for June through August. Everyone have a great new year.

Membership Chair Katherine Williams

WELLNESS CORNER

Prolonged exposure to cold temperatures can cause your body to lose heat, which puts you at risk of hypothermia or frostbite. You can prevent cold weather-related injuries by dressing appropriately in three light layers:

- An inner layer for wicking moisture away from your body.
- A middle layer to insulate you from the cold.
- An outer layer that repels wind, snow, and rain that can be removed, as needed.

Also, protect your hands, neck and face, and wear warm, waterproof shoes or boots. Be aware of symptoms of cold related illness and injury, in yourself and also in others. Be prepared to provide first aid and seek prompt medical assistance. Learn more about the symptoms.

Frostbite:

- White, waxy or grayish-yellow patches on affected areas
- Affected parts feel cold and hard
- Large blisters may appear after rewarming

Hypothermia:

- Change in mental status
- Uncontrollable shivering
- Cool abdomen and low core body temperature
- Rigid muscles
- Dark and puffy skin
- Irregular heartbeat and respiration



Source: National Safety Council

Membership Reminder

When the 21 Newsletters for February were mailed out via USPS to the chapter members that do not have email addresses, three were returned to sender. Two were “Not Deliverable, Unable to Forward” and one was returned with a “New Address”. Also, when we send out electronic messages through our communication avenues, only around 50% of our messages are viewed by our members.

If you know of a member that has changed their personal contact information, please remind them to contact NARFE of the changes.

Members can update their contact information by:
Phone: 1-800-456-8410, Press 1 for Membership and Dues
Payments Online: <https://www.narfe.org> Login and Select “My Account”

Merry Byrum, WSF Outreach Retention Chair

NARFE POLITICAL ACTION COMMITTEE (PAC)

March is NARFE PAC Month.

NARFE-PAC protects NARFE members' pay and benefits by raising and spending money to elect members of Congress who support the federal community. The PAC works for you by building strong relationships with lawmakers and providing NARFE with additional opportunities to share our most pressing concerns.

NARFE-PAC is financed through NARFE members' direct, voluntary contributions to a separate fund. Federal law prohibits NARFE-PAC from soliciting contributions from anyone other than NARFE members and the immediate family of these individuals. Any contribution received from any other person will be returned to the contributor.

NARFE members can sign in to access the NARFE-PAC members page where you can make contributions to the PAC, view contribution and disbursement reports, access NARFE-PAC materials and read through the PAC toolkit.

You can make a one-time PAC contribution; give monthly via Credit Card or become a NARFE PAC sustainer from your Federal Annuity by clicking on this link:

<https://www.narfe.org/advocacy/narfe-pac/narfe-pac-member-homepage/>

Thank you for your PAC support.

Steve Roy, NARFE-PAC Chair

LEGISLATIVE ADVOCACY



Legislation to Protect Civil Service System Reintroduced

Last week, Representative Gerry Connolly, D-VA, and Senator Tim Kaine, D-VA, introduced the Saving the Civil Service Act (H.R. 1002/S. 399) in the House and Senate, respectively. This legislation marks the latest attempt by lawmakers to prevent the return of Schedule F, a statutory loophole created by the previous administration that would have decimated the tenets of the merit-based civil service by allowing tens, or even hundreds, of thousands of federal jobs to be converted into political appointments. If allowed to return, Schedule F would bypass the system of rules ensuring civil

servants are hired and fired based on merit, not political affiliation and loyalty or lack thereof.

[Fair COLA for Seniors Act Introduced](#)

On February 1, Rep. John Garamendi, D-CA, reintroduced the Fair COLA for Seniors Act., H.R. 176. The bill would provide more accurate COLAs for federal retirees by calculating COLAs using the Consumer Price Index for the Elderly (CPI-E), which better tracks the spending habits of seniors than the current methodology. In a letter of endorsement, NARFE National President William Shackelford expressed NARFE's support for the legislation.

[Comprehensive Paid Leave for Federal Employees Act Reintroduced](#)

In February, Representative Don Beyer, D-VA, and Senator Brian Schatz, D-HI, reintroduced the Comprehensive Paid Leave for Federal Employees Act, H.R. 856/S. 274. The bipartisan bill would expand paid leave options for the federal workforce, broadening the list of conditions where federal employees are eligible for paid leave, including paid family and medical leave.

Please click on the **BLUE** links to read more. Also please go to the NARFE Legislative Action Center click here:

<https://www.narfe.org/advocacy/legislative-action-center/> and ask Representative Suzan DelBene (WA-01) or Representative Rick Larsen (WA-02) depending on which Congressional District you live in to cosponsor these bills.

[A NARFE Legislative Success Story](#)

[House Passes Federal Hiring Reform Bill](#)

On January 24, the House of Representatives passed the Chance to Compete Act, H.R. 159, with bipartisan support, 422-2. Re-introduced on January 9 by Rep. Virginia Foxx, R-NC, the NARFE-endorsed bill would improve cross-agency hiring by allowing agencies to share assessments with other agencies, expand use of subject matter experts in the hiring process, and shift focus on a candidate's relevant experience and skillset over self-ratings and degrees.

Steve Roy, Legislative Chair



The NARFE Configuration Advisory Board (CAB) Needs YOU!



Ann York had to resign from the CAB for personal reasons. So, the CAB is looking for a Regi IX replacement. If you previously worked in a technology field or taught yourself about computers, software/hardware and have an interest in serving NARFE at the regional and HQ level, send your name, contact information, and a brief biography to WSF President Cray Henry at wsf.cray.henry@gmail.com.

Welcome to the WSF NARFE-PAC and Legislative Chair!

The WSF welcomes Doug Rushton as the new Legislative Chair and NARFE-PAC Coordinator, replacing Steve Roy who currently is serving as the Region IX Vice-president. Doug is a member of Chapter 236, Olympia/south Sound. He formerly worked as a forester with the Department of Ecology in Washington State.

SAVE THE DATE!
Chapter 193 Meeting Dates 2023!

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

Select the **blue** ZOOM link in the meeting announcement box on page 1 to attend.

MARCH 12TH



Chapter Resource Page

CHAPTER 193 OFFICERS

PRESIDENT:

Jim Carr 360-384-4262
diamondlilms@yahoo.com

VICE PRESIDENT:

Marvin Weiss

SECRETARY

Pat Rudd



TREASURER:

Linda Cline

ADVISORY VOLUNTEERS

LEGISLATIVE CHAIR
NARFE-PAC CHAIR Steven Roy 425-344-3926
stevenroy1@yahoo.com

SERVICE OFFICER

Merry Byrum 360-202-8999
merrybemerry@gmail.com
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

Vacant

NARFE STATE WEBSITE

<https://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

How to join the meeting

You can join the meeting by selecting the blue ZOOM link from the meeting announcement box on page 1, if you are viewing this electronically. If you do not have a computer, smart phone, or tablet, you can call into the meeting using the following number:
1 253 215 8782 and, when asked, provide the Meeting ID: **813 2292 7106** and the Passcode: **251316**

OFFICE OF PERSONNEL MANAGEMENT (OPM)

Phone: 1-888-767-6738

Hours of operation (M-F):

4:40 AM – 2:00 pm PT
Best time to reach someone is before 7:30 am and after 10:30 am PT.

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
<https://www.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>

