

## From the President...

That nagging little back ache which won't just go away. Well, I'll have someone check it out (sometime). And so, it goes. It's no big deal.

Many forms of cancer present themselves as innocuous little annoyances. Which if not checked out can become very real problems. The key here is better safe than sorry. Any unexplainable physical change or sudden onset of symptoms should be checked out as soon as it becomes bothersome. Time may not be on your side if you wait too long. Stay healthy!!



Jim Carr, President

## From our Treasurer...

Sometimes it's always a challenge trying to write an interesting article. Well, in thinking about it, writing is the key word. Since my Mom passed away, I have been going through the bags and boxes of letters that she kept.

Reading letters from Grandpa in the 1930's when he left Kansas to come to Washington and his descriptions of his surroundings take you back in time. Love letters from my Dad to my Mom while he was in the army in California and Korea. They really gave me an insight as to who he was as a younger man. The memories and feelings, history and economic conditions are so vivid. Many of these letters brought lots of tears.

But aren't we losing that now? It's so easy to send a message, text or an email. And then they're gone no record for the future. I am sorry that we have come to that. I still love to send letters. And how exciting it is when I am the receiver of a handwritten letter or card.

Take the time to make someone's day. Send a card or a note. Include a pressed flower, a dab of perfume, and/or a kiss on the stationery. Make history.

Linda Cline, Treasurer



## *Everett Chapter 193 Meeting*

**Wednesday, May 17, 2023**

Evergreen Bowling Lanes

5111 Claremont Way

Everett, WA 98203

425-259-7206

or use this link

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

Our meeting will be in-person and via Zoom for those that can't make it in-person..

**Meeting/Program begins at 12:30 PM**

Join your friends and colleagues for lunch beginning at 11:30 AM.

## **SAVE THE DATE:**

***Everett Chapter 193 Picnic***

**Wednesday, August 16, 2023**

American Legion Picnic Shelter in Everett

from 10:00 - 3:00

**BYO sack lunch; the chapter will provide beverages and desserts. Alzheimer's Raffle and door prize drawing to some lucky winner!**

**Details under Secretary's Report!**

## **ALZHEIMER'S RESEARCH FUND**

At our annual picnic on August 16th, there will be an auction as a fund raiser for the Fund. Please come and bring an inexpensive gift to be sold. The in-person attendance at this year's meetings has been too low to use raffles as a fund raiser. So, the auction is our final chance to raise funds. Also, there will be some walks in September and October to support the cause in our general area. They can be great fun and good exercise. We will have more on that later.

**Marvin Weiss,**

**Vice President and Alzheimer's Chair**

## Secretary's Report

At our last chapter meeting on April 19, we had a quorum, and we were able to carry on business that was critical to our chapter. Congratulations to those who took the effort to support our chapter's future. John P., thank you for attending in person. John and his wife Carol have been longtime members of the chapter. Also, Ruby, glad to have you present via zoom. For those members who face challenges to attend in person, the zoom style of attendance is a great alternative.

More decisions were reached about our annual picnic. Turn your calendar to August 16 and mark a big **X** to save that day to come to the annual picnic held at American Legion Picnic Shelter in Everett from 10:00 - 3:00. Bring a sack lunch and the chapter will provide the drinks and cake. There will be a raffle with the proceeds going to A/Z. Also, there will be a door prize/drawing of \$\$\$ to some lucky person in attendance. We will be inviting other chapters to share the good time along with our Legislative Representatives and Senators to keep us in the know and share our concerns on our Federal benefits. Need driving directions to the park, contact me at \_\_\_\_\_ or map it at 145 Alverson Blvd, off of W. Marine View Drive.

We reviewed the updates to the Everett Chapter Bylaws and with having a quorum at our meeting of 8 chapter voting members, we voted to finalize the new Bylaws and send them off to National for approval. Yea!!!



We also had a discussion about cash incentives for those members that come to our meeting and bring an eligible friend that could become a member. No solid decision on that yet. If you have any other thoughts and ideas on how to recruit new members, please speak up and get involved.

Our next chapter meeting is May 17<sup>th</sup> and will be our last one until September when we resume after summer break, except of course our picnic on August 16<sup>th</sup>.

Our District II VP, Verna W \_\_\_\_\_ has resigned from the position, so until the Federation is able to refill it, then Bea Bull has offered to fill-in as District II VP. Bea Bull

has been the District III VP for some time now and we are very grateful to her for helping us out. Bea is an amazing, very active NARFE member!!!

Through Merry's outreach efforts as Service Officer, she has collected several updates to member's information that needs to be updated in the NARFE National AMS database. She will formulate a message to Memberrecords@NARFE.org and get those updates taken care of.

See you soon!!!!!!!



**Pat Rudd, Secretary**

## Membership Report

Since our last membership report at the beginning of March we have had the following activity with our members.

- Two Members Dropped for Non-Renewal
- One Member Passed Away
- Five Members Renewed Their Membership

At the first of the year our chapter had 111 members and at the end of April we had 107 members.

If we want to keep our Chapter alive we will need to come up with some additional Outreach Efforts and Retention Activities. Please join us by giving us some ideas and feedback on how we can engage our fellow Federal Employees and Retirees.

**Written by Merry for Katherine Williams, Membership Chair**

## Alzheimer's donations:

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:

Lorie B



## Service Officer Report

I have reached out, connected and shared Federal Benefits information with several NARFE members and eligible non-members within the past 2 months due to deaths and individuals putting their affairs in order. Are you prepared? If not maybe I can help.

**Merry Byrum, Service Officer**



## LEGcon23 & NARFE-PAC

It's not too late to register for NARFE LEGcon23 Conference which will be held virtually June 20 and 21 with June 22 being our virtual Advocacy meeting with our members of Congress (House and Senate), The WSF is offering to pay members early bird registration fee of \$135.00. Registration is now \$150.

March was NARFE PAC month. It is not too late to contribute or increase your auto payment. Also, you can now contribute via your annuity. NARFE PAC has disbursed PAC funds as follows: To Senator Murray's Leadership PAC, \$1,000; and to Rick Larsen's Campaign \$1,000.

**Doug Rushton, Legislative and NARFE-PAC Coordinator**

## PRACTICING GRATITUDE

**Talk about a positive perk:** By cultivating a spirit of gratitude, you actually end up with more to be thankful for. When you make an effort to see the good in life, it feels good. You'll likely notice that you are happier-more content and less stressed. You'll also enjoy some nice health benefits. Some studies show that practicing gratitude may help:

- Lower blood pressure.
- Boost immune response.
- Lower the risk for depression, anxiety, and substance-abuse disorders.

**Four ways to grow in gratitude:** A grateful spirit may seem like it comes naturally to some people. But to nurture a habit of thankfulness, it helps to make a conscious choice, day by day. These practices can help you keep gratitude at the center of your day:

**1. Savor your everyday life.** Slow down and enjoy those things that bring you comfort and joy, but that can be easy to take for granted. A loved one's smile, A crisp, cold apple, A bright blue sky, A warm cup of tea.

**2. Write it down.** What makes you smile? Note it in a daily gratitude journal. It truly can make a difference in where your focus lies. It's hard to get stuck in the negative when you are busy counting and writing about your blessings.

Studies show that people who use a gratitude journal are more optimistic and enjoy better overall health. They tend to be more alert, determined, enthusiastic, and energetic. They also cope better with stressful life events, bounce back from illness faster, exercise more, sleep longer and enjoy better sleep quality. So, big or small, find those moments from your day or reflections on your life to appreciate. It could be a kind word said, a helpful neighbor, or a hearty laugh.

Writing it down will help you focus on the positive. And any time you need a lift; you can turn back to your journal and read those memories and moments,

**3. Say thanks.** Write a letter. Deliver it in person if you can. Let others know how much you appreciate them, their kindness, generosity, friendship, time, etc. You'll reap the benefits of a good deed and bring that person joy of their own.

**4. Do for others.** Reaching out and assisting those in need often reminds us of the good in the world. Even better, make volunteering a family affair and teach your children the power of giving and gratitude.

Happiness shared is happiness multiplied. Studies show that telling a friend about a happy event in your life increases the amount of joy you feel about that event. And that attitude of gratitude may spread to those around you.

Find more healthy living tips at

<https://www.peacehealth.org/healthy-you>

*Shared to you from Peace Health Family Medicine*

**Merry Byrum, Service Officer**



## NARFE Members Energized Their Advocacy during the April Recess



Thanks to those members who met with their members of Congress while they were back in the district and state for the April congressional recess which began on April 3. The two-week recess will wrap up on April 17, giving members two weeks to engage with them.

I recently met with Representative Larsen's staff member Sean Connell in Bellingham. I asked him to thank the Congressman for his continued support of NARFE's legislative priorities such as H.R. 82, Social Security Fairness Act which fully repeals the WEP and GPO. The Congressman cosponsored this bill as well as H.R. 856, Comprehensive Paid Leave for Federal Employees Act.

Since my meeting with Mr. Connell, the Congressman has cosponsored H.R. 536, FAIR Act, Federal Adjustment of Income Rates Act authorizing an 8.7% pay increase for federal employees in 2024 and H.R. 1002, Saving the Civil Service Act. I have since sent an email to Mr. Connell with a thank you note to the Congressman for cosponsoring these two bills.

At my meeting with Mr. Connell, I asked that the Congressman cosponsor H.R. 716, the Fair COLA for Seniors Act and H.R. 866, the Equal COLA Act.

We just learned that in the 1st Congressional District with Representative Suzan DelBene that she just cosponsored H.R. 82 and in the 8th Congressional District with Representative Kim Schrier, she has also cosponsored H.R. 82.

You can also use NARFE's Legislative Action Center under the Advocacy tab on NARFE's website to send a letter to your representative to cosponsor additional bills like H.R. 716, H.R. 856, H.R. 866 and H.R. 1002.

<https://www.narfe.org/advocacy/>

Thank you in advance for your advocacy.

**Steven Roy, National Legislative Chair**



## Federation Preview!

The Federation will hold its annual meeting, which will be virtually held, on September 27, 2023. Mark your calendar now and set time aside to join us. Besides the officer reports, Charlie Caughlan will conduct Service officer training for existing and those who might want to learn how to be a service officer. The training will include what a surviving spouse needs to do when their spouse dies, e.g., how to contact OPM to deal annuity, life insurance, health insurance; how to contact TSP; and many other topics that Charlie has come across in his position.

Another topic for training is how to set up a digital signature (Dorothy Creswell, TX Federation).

The federation is beginning to work on **an in-person annual meeting and training conference for Fall 2024**, too. This will be a three day conference – we are looking for a venue and volunteers to support this conference. More information will be coming out later in the year. That conference will include the Annual meeting, officer reports federation election results, district caucuses and elections, along with national-level speakers and possible training such as Federation Strategic Planning (Mary Traxler), Treasurer/Audit training (Arlene Patton), and AMS training (Linda Wallers). If you have something you want to cover at a conference, let your District Vice-president know.

This will be a return to the traditional in-person venue where we get to meet and greet our fellow NARFE members in Washington – maybe in the region, too!

## Have You Changed Your Mailing Address, Phone # or E-mail Address?

Be sure to update your information at NARFE National so that you will continue to get important information. Call 1-800-456-8410 or logon to <https://www.narfe.org> or contact one of your local chapter officers or call Merry at (360) 202-8999 if you need assistance. Anyone needing assistance in accessing NARFE websites on-line, please reach out to me for any training needed.

**Merry Byrum, WSF Outreach Retention Chair**

## Chapter Resource Page

### CHAPTER 193 OFFICERS

#### PRESIDENT:

Jim Carr 360-384-4262  
[diamondilms@yahoo.com](mailto:diamondilms@yahoo.com)

#### VICE PRESIDENT:

Marvin Weiss

#### SECRETARY

Pat Rudd

#### TREASURER:

Linda Cline

### ADVISORY VOLUNTEERS

#### LEGISLATIVE CHAIR

NARFE-PAC CHAIR  
Steven Roy 425-344-3926  
360 778-1555  
[stevroy1@yahoo.com](mailto:stevroy1@yahoo.com)

#### SERVICE OFFICER

Merry Byrum 360-202-8999  
[merrybemerry@gmail.com](mailto:merrybemerry@gmail.com)

#### NEWSLETTER EDITOR

Vacant

#### MEMBERSHIP

Katherine Williams

[yotwa@gmail.com](mailto:yotwa@gmail.com)

#### 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

(acting)  
Bea Bull 360-286-7798  
[tbkbull@gmail.com](mailto:tbkbull@gmail.com)

#### REGION IX VP

Steve Roy, 425-344-3926  
[stevroy1@yahoo.com](mailto:stevroy1@yahoo.com)

#### Region IX CAB Representative

Arthur F. Ellison  
360-638-0738

#### NARFE STATE WEBSITE

<https://www.narfewa.org/>

[FEDHub \(login Required\)](#)

[Washington State Federation Community](#)

#### NARFE NATIONAL WEBSITE

[www.narfe.org](http://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

### OFFICE OF PERSONNEL

#### MANAGEMENT (OPM)

Phone: 1-888-767-6738

Hours of operation (M-F):

4:40 am – 2:00 pm PT with 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>

**SAVE THE DATE!**  
**Chapter 193 Meeting Dates**  
**2023!**

**Annual Chapter Picnic – August 16**

September 20      October 17  
November 15      December 20

Select the blue ZOOM link in the meeting announcement box on page 1 to attend or dial in using

Phone: (253) 215-8782  
ID #: 813 2292 7106  
Passcode: 251316