

## The President has

He'll be back in time for the next newsletter issue!

**Jim Carr, President**



## From our Treasurer...

I read an article from the CDC on stress in older adults, 65 years and older. I thought it important enough to share some of these tips for our upcoming hot season.

- \* Stay cool, stay hydrated! Always drink more water than usual. Don't wait until you are thirsty.
- \* Try not to use your oven to cook. If you do, it will increase the temperature in your home and if you don't have air conditioning it could prove to be a problem.
- \* Take a cool bath or shower.
- \* Limit the strenuousness of your activities. Don't overdo it!
- \* If you have symptoms of heat related illness, such as muscle cramps, headaches, nausea or vomiting. See the Doctor!

Be safe this summer.

**Linda Cline, Treasurer**



## ALZHEIMER'S RESEARCH FUND

The NARFE Association and its members are significant supporters of the Alzheimer's research fund. If you wish to support the research, I urge you to make your check payable to "NARFE Alzheimer's Research" and mail it to:

**Lorie B**

Please include "Everett Chapter" in the "For" line on the check. Also, please bring an inexpensive item to be auctioned off as a fund raiser at our annual picnic on August 16 from 10:00 – 3:00 at American Legion Picnic Shelter in Everett. For a little fun and exercise, consider participating in one or more "Walk to End Alzheimer's" being held in Burlington on Sept. 9, Bellingham on Sept. 16, Seattle on Sept. 30 and Everett on October 7. They start in the late morning with a gathering at first and

**NARFE PICNIC!**  
**Wednesday, August 16, 2023**  
Hosted by Everett Chapter 193

**10:00 AM to 3:00 PM**  
American Legion picnic shelter,  
145 Alverson Blvd, Everett, WA

Dust off your chair, find your sunglasses and suntan lotion, wrap up that gift or re-gift, bring your picnic lunch and meet us at Legion Park for our famous picnic. The chapter will provide a cake and a gift card as the door prize. Representatives from around the PNW will be there to talk about protecting our federal benefits. P.S.: Bring your \$\$\$ to bid on items for the Alzheimer's auction. **FUN AWAITS YOU!!!**



**SAVE THE DATE:**  
**Everett Chapter 193 Meeting**  
**Wednesday, September 20, 2023**  
Evergreen Bowling Lanes  
5111 Claremont Way  
Everett, WA 98203  
425-259-7206  
or use this link  
<https://us02web.zoom.us/j/81322927106?pwd=ZFp3TFJjSTVqanIxV0hXMTI1cXV5dz09>

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.

then a walk-at-your-own speed for a mile or so. Last year the weather was great, and the little colorful wind spinners are a fun item for your yard.  
[https://act.alz.org/site/SPageServer/?pagename=walk\\_homepage](https://act.alz.org/site/SPageServer/?pagename=walk_homepage)

**Marvin Weiss,**  
**Vice President and Alzheimer's Chair**

## Secretary's Report

Our last NARFE CHAPTER 193 meeting on May 17<sup>th</sup> opened with a salute to the flag led by Steve Roy followed with the invocation by Pat Rudd. Attending were six members present at the Evergreen Bowling Lanes which included Merry Byrum, Gregory J., Marvin Weiss, Chad and Barb S. and Jerry A. Attending via zoom was Jim Carr, Linda Cline, Steve Roy, Pat Rudd, and Bea Bull, for a total of 11. A quorum was present.

Minutes from the April 19 meeting were read correcting John P's last name. A motion to accept was made by Linda and approved by all.

- *Treasurer report:*

Beginning balance: 6,560.19

Dues income: 67.84

Interest: 1.28

**No disbursements**

**Ending balance: 6,629.31**

Savings account: 1,683.01

Checking account: 4,946.30

- *Membership Chair*, Katherine was absent so Merry shared that we currently have 104 chapter members, 2 dropped for Non-Renewal of dues, 1 passed Away; 5 members Renewed; so, we are down from the end of April when we had 107 chapter members.
- *Sunshine Chair*, Pat had no report.
- *Alzheimer's Chair*, Marvin had no report other than to remind attendees of the picnic on August 16, bring wrapped auction gift to raise money for the Alzheimer's Research Fund and bring your own lunch. The chapter will provide cake, a gift card for the door prize and to bring a chair as the benches get hard quick.
- *Legislative Chair*, Steve reported on his contact with Rick Larsen on May 8th. Rick supports several bills that affect both retirees and federal employees such as H.R. 82 & S. 597 the Social Security Fairness Act which would repeal the GPO & WEP; H.R. 866 Equal Cola Act affects FERs employees; LEGcon23 is coming up in June and both Steve and Merry are going. Merry had concerns that she didn't get confirmation. Bea did get confirmation on March 17 for herself.



- Service Officer, Merry will be sending an email with many updates to members contact information to [memberrecords@narfe.org](mailto:memberrecords@narfe.org)
- Steve and Merry completed the chapter's financial audit after the April meeting.
- The National NARFE office verified they received the revised bylaws so now we wait for their review and approval before revision of the quorum becomes our standard. **On 6/15/2023 our bylaws for Everett Chapter 0193 were approved as revised.**
- Picnic plans were finalized and shared with the members. Steve will be inviting our legislative leaders to attend our picnic on August 16, 2023
- Discussion on the Senior Days in the Park that we are participating in, in Whatcom, Aug. 2<sup>nd</sup> and Skagit, Aug. 17<sup>th</sup> counties and the cost charged by the planners. Whatcom reduced their fee since we were nonprofit, but so far Skagit has not offered any reduction. We encourage members to participate in these NARFE outreach efforts and enjoy what is being offered at the events.
- A/Z marches are set for Bellingham, Burlington and Everett in September and October. They serve as fund raisers.

**Pat Rudd, Secretary**

## Mindfulness Reminders

"In today's rush, we all think too much, seek too much, want too much – and forget about the joy of just being." By Eckhart Tolle

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers." By Thich Nhat Hanh

"In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility." By Victoria Moran

"Each morning we are born again. What we do today is what matters most." By Buddha

## Service Officer Report

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

Also, it is very important to update your contact 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 send an email message to [memberrecords@narfe.org](mailto:memberrecords@narfe.org) with your updated contact information. If you need help with any of your federal benefits or just have questions or concerns, please reach out to one of your local chapter officers.

**Merry Byrum, Service Officer**

## NARFE Political Action Committee (PAC)

NARFE's PAC is an important tool in our advocacy toolbox. Contributions go to support fed friendly candidates for the House of Representatives and Senate. You can contribute by going to NARFE's website at <https://www.narfe.org/advocacy/narfe-pac/> and make a contribution. You can also call NARFE on 800.456.8410.

**Steven Roy, PAC Chair**

## Membership Report

Since our last membership report at the end of April we have had the following activity with our members in May-June.

- Four Members Dropped for Non-Renewal
- One Member Sent Second Renewal Notice
- Three Members Transferred Into Chapter
- Three Members Renewed Their Membership
- One Member Reinstated

At the first of the year our chapter had 111 members and at the end of June we had 105 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. Also consider joining us in our Outreach Efforts to Recruit and Retain Members.

**Katherine Williams, Membership Chair**

## LEGcon23 Highlights: Empowering Members

Last month, NARFE concluded LEGcon23, a three-day virtual legislative conference aimed at equipping members with the right tools and knowledge for effective advocacy. The event enjoyed the participation of more than 220 members from all corners of the nation, who took NARFE's message directly to Congress. Day one and two of LEGcon23 were filled with enlightening sessions and presentations, featuring esteemed congressional staff. These engaging discussions focused on crucial topics such as best advocacy practices, strategies for effective communication with Congress, maximizing the impact of congressional meetings, and educating members on NARFE's legislative priorities.

The third day of LEGcon23 marked the culmination of the conference with a virtual advocacy day. NARFE members, displaying unwavering dedication, participated in more than 200 meetings scheduled with congressional offices. The virtual advocacy day provided an invaluable opportunity for members to directly engage with legislators and/or their staff, discussing pressing issues and advocating for the interests of federal employees and retirees.

I participated in LEGcon23 and learned a lot which I applied for during our Congressional meetings on the last day of the conference. Three other Washington chapter members joined me when we met with Representative Rick Larsen's staff. Our team met with J.Z. Golden, Representative Larsen's staff, and we asked that Representative Larsen cosponsor H.R. 866, the Equal COLA Act. You can learn more about H.R. 866 by going to NARFE's Legislative Action Center and ask Representative Larsen or Representative Del Bene if you are in her District to cosponsor H.R. 866. Numbers do matter.

Looking ahead our next big advocacy day and event will be **Wednesday, August 16, 2023** at the Everett Chapter Picnic. We meet at the American Legion Memorial Park picnic shelter from 10:00 to 3:00 PM. I will invite Representatives Larsen and Del Bene along with Senators Murray and Cantwell. Please mark your calendar and plan to attend this significant advocacy event.

**Steven Roy, National Legislative Chair**

## The Everett Chapter 193 Needs Your Help

Linda Cline has served as chapter treasurer for 6 years. She has decided to not run for another term. Thank you Linda for serving as our Chapter Treasurer for so many years.

The Treasurer position is critical to the functioning of our chapter. Without a Treasurer we cannot be a viable chapter. I would like to ask that you consider stepping up to serve as our Treasurer. Should you have questions about the duties, roles and responsibilities of the chapter Treasurer, please contact Linda Cline at [diamondilms@yahoo.com](mailto:diamondilms@yahoo.com). Elections will be held later this fall, but it would be great to identify someone now who would be willing to serve as our Treasurer so Linda can train them so we can have a smooth transition.

Besides the Chapter Treasurer position, we also must have a President and Secretary to continue as a viable Chapter. These additional positions may very well need to be filled also. Please consider servicing as an Officer and/or other Chair positions (Vice President, Membership, Newsletter Editor, etc.). We would love to have you join our team with whatever skills you have to offer. There is plenty of room for all those who want to be more involved in the support of the Protection of Our Federal Benefits. Thank you for your consideration.

**Steven Roy, Region IX VP & Chapter 193 Member**



## Outreach and Retention Activities

In August we will be participating in several events to get the word out about "Who NARFE Is" and "What We Do". It's all about sharing information and empowering the Nation's Active and Retired Federal Employees.

- **August 2, 2023, Senior Day in the Park, Whatcom County, Hovander Park, Ferndale, WA**
- **August 17, 2023, Senior Day in the Park, Skagit County, Maiben Park, Burlington, WA**

NARFE Everett Chapter will have a table at both these events to share information and hopefully recruit new members. Please join us at the table to share your story with potential members and/or collect lots of information from other tables on Healthy Living, Estate Planning, Community Services and much more. And it's not just for seniors!!

- **August 16, 2023, NARFE Picnic hosted by Everett Chapter** and is open to all NARFE members and potential members in the Pacific NW. A time to share information, meet new people, have fun and learn how to protect our hard earned federal benefits. We will have Representatives and Senators, or their Assistants present at the picnic to encourage and gain their support in the protection of our federal benefits in Congress.
- **October & November, Start now in preparing for the upcoming Health Fairs.** We are always looking for members to step up to the plate and share their story while sharing the word about what NARFE does to help protect our benefits. If we can get more volunteers to be at a NARFE table at the many Federal Health Fairs around the PNW, then we can recruit new members to hopefully be active in our Chapter and the Washington State Federation (WSF).

**Merry Byrum, WSF Outreach**

## Washington State Federation District II Vice President



Looking for an opportunity to serve your community? The Washington State Federation seeks a dynamic individual to serve and assist the NARFE chapters in the District II area (see map) and to act as liaison between the three District II chapters and the federation advisory committee. You will be challenged to help these chapters grow and thrive while also promoting federation goals and objectives. You will need to work with the chapter officers and members and travel to attend chapter meetings and events. Your skills need to include the ability to:

- evaluate and document the current operations of the chapters
- effectively communicate, persuade, and motivate NARFE members
- plan strategies and carry out plans to assist chapters to grow and thrive



Please reply to this post to support your NARFE community. We need you! For additional information please contact WSF President Cray Henry at 571-512-0476 or [wsf.Cray.Henry@gmail.com](mailto:wsf.Cray.Henry@gmail.com)

## Chapter Resource Page

### CHAPTER 193 OFFICERS

#### **PRESIDENT:**

Jim Carr 360-384-4262  
[diamonlilms@yahoo.com](mailto:diamonlilms@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  
[stevenroy1@yahoo.com](mailto:stevenroy1@yahoo.com)

#### **SERVICE OFFICER**

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

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

#### **REGION IX VP**

Steve Roy, 425-344-3926  
[stevenroy1@yahoo.com](mailto:stevenroy1@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>



## Chapter 193 Meeting Dates 2023!

|              |             |
|--------------|-------------|
| September 20 | October 18  |
| November 15  | December 20 |

