

## From the President . . .

What would You Like to See?

We are told that our Democracy is in peril! The road ahead is dangerous, fraught with hazards and evil. Plots and plotters abound. Liars and crooks are trying to subvert our governance and rob you of your rights!

Well....yeah. Democracy is the people telling those who are elected what they should do for those who elected them. That is what Democracy means.

And yes, our Democracy is in peril. There has never been a time in this world when Democracy has not been in peril. Why? Because throughout our history, from the earliest civilizations to present our societies have been ruled primarily by authoritarians, or rather an authoritarian. Usually, one person, ( King, Czar, Emperor, Dictator) is supported by a ruling class of interested parties who control most of the wealth, land and enterprise of those societies who have learned to control, or at least work around the leader.

Democracy is about those who would be ruled having a say and a stake in the rules and how they are applied. Democracy, therefore, is a rather new and novel idea in our world. Rather out of step with our past. Every aspiring strong man authoritarian type would like very much to do away it; forever or at least until he has taken all he wants from those whom he would rule.

A good recent example of a Democracy being subverted to an authoritarian rule is Germany from 1900-1945, or China from 1915-1950 or Argentina or Guatemala. Just to name a few. We could go on much further, but at the end of our list, will we find the US?

We will soon be voting again. The choices seem clear enough. What would you like to see? A strongman with a sure hand on the levers of power, or a Democracy with all its shortcomings and machinations, votes, agreements and negotiations. Toils and troubles. All this to make a system fair to all who are governed that would have the opportunities for a better life of liberty and happiness!

Be informed and be ready to VOTE when the time comes! It makes a difference on the protection of your hard-earned benefits!

**President Jim Carr**



## SAVE THE DATE:

### **Everett Chapter 193 Meeting** **Wednesday, *September 20, 2023***

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



Use this link to join virtually:

<https://us02web.zoom.us/j/84885646379?pwd=YW1XbHdDR0NsV2VMY2hCenhvM1NyZz09>

or

**Join by phone at (253) 215-8782**

Use the meeting ID and passcode, if requested:

**Meeting ID: 848 8564 6379**

**Passcode: 545185**

**This Zoom link, Meeting ID, and Passcode are good for all 2023-24 virtual attendees.**

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.

## From our Treasurer . . .

What a nice annual NARFE picnic we had recently. With 14 NARFE members in attendance including our special auctioneer, Chad, we were able to raise \$550.00 for Alzheimer's Research from donated auction items and additional donations. Keep up the Good Work!

WE also enjoyed a fabulous banana creme cake made by Karl's Bakery in Everett.

Enjoy the rest of your summer!

**Linda Cline, Treasurer**



## Secretary's Report

WOW! What a great day for Chapter 193 annual picnic at Everett's Legion Park. The shelter and the breeze from the bay kept our group cool while we enjoyed lunch and an auction that raised \$500.00 plus for Alzheimer's research. We had congressional staff attend and share the latest actions going on in the other

WASHINGTON. Our surprise \$35,00 gift card was won through our raffle, while we shared in enjoying a banana cake for dessert. Fifteen folks participated and it is hoped we will see you of course at our September meeting at Evergreen Bowling Lanes on the third Wednesday at 12:30, which will be available by hybrid for those not able to come in person. Watch for Steve Roy's email with the zoom codes in early September or find the link in this newsletter.

**Pat Rudd, Secretary**

## Outreach and Retention Activities

In August we participated 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, we collected 5 Prospective Member cards and encouraged them to join NARFE.

**August 17, 2023**, Senior Day in the Park, Skagit County, we collected 7 Prospective Member cards and encouraged them to join NARFE. One was already a member of NARFE, and one has joined after finding out about what we do to protect their benefits.

**August 16, 2023**, At the NARFE Picnic hosted by Everett Chapter, we had 8 Everett chapter members, 2 other chapter members, 2 National only members and 5 non-members. Included in the non-members were the 3 Staffers from Larsen, DelBene, and Murray's offices. Seventeen in attendance at our picnic with a good time had by all.

**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 Retention Chair**



## 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.

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. Steve Roy signed teams up for Burlington, Bellingham, and Everett. They start in the late morning with a gathering at first and 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. Even if you can't or don't wish to walk those events, donations to the team can be made by going to the Alzheimer's website. Steve's team name is "NARFE District II".

[https://act.alz.org/site/SPageServer/?pagename=walk\\_homepage](https://act.alz.org/site/SPageServer/?pagename=walk_homepage)

The Alzheimer's Association has reported that as of July 31, 2023, the NARFE fundraising grand total is \$15,869,922.29. During the month of July, NARFE members raised a combined total of \$12,696.11 in national fundraising. And if you missed hearing about our fundraising auction in August, the Everett chapter raised \$550.00 at our picnic.

**Marvin Weiss,**

**Vice President and Alzheimer's Chair**

## Service Officer Report

I continue to reach out, connect and share Federal Benefits information with several NARFE members and eligible non-members when the opportunity arises, 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 (360) 202-8999**

## Legislative Corner

Steve Roy sent out messages thanking the Staffers that attended our annual picnic on August 16<sup>th</sup> at the American Legion Picnic Shelter in Everett.

**To Hayden Jenkins**, "Please thank Senator Murray for her long-standing commitment to federal employees and retirees. I want to especially thank her for cosponsoring S.597, the Social Security Fairness Act." 

Our Asks are for the Senator to cosponsor S.124, FAIR Act; S.274 Comprehensive Paid Leave for Federal Employees; S.399 Saving the Civil Service. I have previously provided you with information concerning NARFE's legislative priorities and information."

**To Rachel Alger**, "Please thank Representative DelBene for her long-standing commitment to federal employees and retirees. I want to especially thank her for cosponsoring H.R. 82, the Social Security Fairness Act and H.R. 536 FAIR Act."

Our Asks are for the Congresswoman to cosponsor H.R. 866, the Equal COLA Act; H.R. 856 Comprehensive Paid Leave for Federal Employees; H.R. 1002 Saving the Civil Service. I have previously provided you with information concerning NARFE's legislative priorities and information."

**To Teagan Hudson**, "Please thank Representative Larsen for his long-standing commitment to federal employees and retirees. I want to especially thank him for cosponsoring H.R. 82, the Social Security Fairness Act; H.R. 536 FAIR Act; H.R. 856 Comprehensive Paid Leave for Federal Employees and H.R. 1002 Saving the Civil Service Act."

Our Asks are for the Congressman are to cosponsor H.R. 866, the Equal COLA Act and H.R. 716 Fair COLA for Seniors Act. I have previously provided you with information concerning NARFE's legislative priorities and information."

**Steve Roy, Legislative Chair**

## NARFE WSF Annual Meeting – September 27, 2023



Cray Henry our Washington State Federation President is sending out an invitation to attend the annual meeting. This invite is mainly for Chapter Presidents & WSF board members and chairpersons. But if you want to be included in the conversations, decisions, and activities, you are very welcome to attend. In fact, we encourage your involvement.

"I invite you to the Washington State Federation (WSF) annual meeting to be held via Zoom on 27 September 2023 starting at 10:00 AM. Attached is the draft agenda for the meeting. The Zoom link for the meeting will be posted on the NARFEWA.org website approximately 10 days before the meeting. You, your fellow chapter officers and chapter members are invited to attend. Please reach out to your chapter members and let them know they are also invited. At his point we still have Introduction to Postal Service Health Benefit (PSHB) Plans optimistically on the agenda, but that information will most likely not be available in September. If the information is not available, we will drop it from the agenda and shorten the meeting accordingly."

"I also want to formally announce the federation's focus on RECRUITMENT as our major push for the next two years. To kick start that focus the WSF will provide matching funds (up to \$500) to place advertisements for the health fairs many chapters are hosting this fall. These events are great recruitment opportunities if we can attract non-members to attend."

"To help us all better understand the breadth and depth of our activities across our state, I have requested the chapter presidents (or their representative) provide a brief (3-5min) discussion of their chapter's activities over the past year including: 1) changes in membership and recruitment challenges; 2) chapter meeting schedules; 3) key activities (e.g., recruiting events, picnics, and fund-raising events) over the past year; and 4) the chapters needs and desires from the WSF. Ideally this section of the meeting will allow us all to share insights and benefit from each other's experiences. This is also an opportunity to guide Federation officers to better support chapter's needs."

**Cray Henry, WA State Federation President**

## ‘Windfall,’ ‘Offset’ Elimination Provisions Added to Larger Social Security Bill

A Social Security reform bill, “[Social Security 2100 Act](#)” (HR-4583), newly introduced with nearly all House Democrats as cosponsors would eliminate the [windfall elimination provision \(WEP\)](#) and [government pension offset \(GPO\)](#) provisions affecting benefits under that program for federal retirements under the CSRS system. Those changes would be among a wide range of changes to the program, potentially offering better chances of enactment than in a previously introduced freestanding bill. That bill (HR-82) has not advanced despite having the support of the majority of the House, including several dozen Republicans.

The **WEP** reduces a Social Security benefit the person earned through other employment—typically before or after a federal career but in some cases during a career through work on the side—if the person had less than 30 years of earnings above a designated level that this year is \$29,700. The maximum reduction works out to above \$500 a month and is not as severe for those with between 20 and 30 years of such earnings.

The **GPO** reduces Social Security spousal or survivor benefits by \$2 for each \$3 the beneficiary receives in an annuity from a retirement system that does not include Social Security. In many cases, the effect of the GPO is to eliminate a spousal or survivor Social Security benefit through a spouse’s Social Security-covered employment. Repealing or at least softening those provisions has long been a priority for the National Active and Retired Federal Employees Association and federal unions.

Among other provisions of the “Social Security 2100 Act” offered by the ranking Democrat on the House Social Security subcommittee, Rep. John Larson of Connecticut, would be another priority of those organizations: basing Social Security COLAs on an inflation index based specifically on retiree spending patterns. In general, that would increase the amount of those adjustments. Other provisions include various benefit enhancements and additional funds for the SSA for customer service operations.

Those would be paid for by applying Social Security taxes on earnings above \$400,000—they currently cut off at \$167,200—with those earnings credited toward an increased benefit but at a reduced rate. It also would impose Social Security taxes on net investment earnings for taxpayers at that level. The Senate counterpart is S-2280.

*Published: August 2, 2023 FEDWeek*

*More in: [Retirement & Financial Planning Report](#)*

## 2024 Region IX Training Conference

Region IX, consisting of Alaska, Idaho, Montana, Oregon and Washington, is planning a training conference in October 2024, the first in-person conference since the pandemic.



**Three Rivers Convention Center  
Tri-Cities, Washington  
October 24 – 26, 2024**

The conference will begin with an afternoon session for the federation’s annual meetings. NARFE National speakers will launch the second full-day session followed by training modules. There will be a memorial service during the final half-day session plus additional speakers or training modules.

The Federal Employees Health Benefit plan reps will be onsite to answer questions about open season and the new Postal Service Health Benefit plans that go into effect in 2025. We hope to have them available in the afternoon and evening of the 24<sup>th</sup> and during the conference on the 25<sup>th</sup>.

To give our members time to get reacquainted face-to-face after several years of virtual meetings, we’ve planned an evening social time for the 24<sup>th</sup> and a banquet for the evening of the 25<sup>th</sup>.

We hope you’ll plan to join us! To get a rough idea of the number of people to plan for, please let your chapter president know that you plan to attend. We will be contacting them later this year for an estimated headcount.

**Bea Bull, District III VP**



## Chapter Resource Page

### CHAPTER 193 OFFICERS

#### **PRESIDENT:**

Jim Carr 360-384-4262  
[diamondfilms@yahoo.com](mailto:diamondfilms@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 WA 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 Representatives**

#### **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 Save the 2023-24 Dates

October 18	November 15
December 20	January 17
February 21	March 20
April 17	May 15

Select the blue ZOOM link in the meeting announcement box on page 1 to attend. The link is good for all of the 2023-24 meetings.