

From the President . . .

Ah! The holidays! Can't you just see that Thanksgiving Feast! The turkey done to a golden brown, mashed taters and oh my, the gravy just dripping in that fluffy white mass and in the stuffing!

But let's not forget the reason for the Feast, the gathering of friends and family, yes, kith and kin gathered together to a warm embrace to celebrate!

Now too is the time to think about vaccinations. Let's get those vaccines, not get sick and enjoy the season.

President Jim Carr

From our Treasurer . . .

Time marches on and all the changes that go along with it.

I was reading an obituary about a high school classmate recently. Of course, it listed the usual info of remaining family and who had passed before her. As I am reading through at the end were the words, In Lieu of Flowers, please be kind to someone who is lonely. I wondered if my classmate had been lonely. And I felt guilty for not finding out. I must keep this in my mind because I am sure there are many who could use a phone call, a card, a message, some type of contact from someone who cares. And as we age this becomes so much more important.

I hope we all will make someone else's day!
Happy Thanksgiving!!!

Linda Cline, Treasurer

Secretary's Report

The holidays are around the corner so start your gift list, grocery shopping lists, both Thanksgiving and Christmas list, things to do list and Christmas card list. Oh, and by the way our NARFE meeting on November 15th is our annual health fair. Most important changes in costs and coverage. Our December 20th meeting will be our annual celebrating party with an exchange of gifts, cookies, and candy. If you're lucky you might also get the recipe. Happy Holidays!!

Pat Rudd, Secretary



SAVE THE DATE: **Everett Chapter 193 Meeting** **Wednesday, November 15, 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.

Outreach and Retention Activities

In August and September, 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.

This is the time of year to reach out to your fellow Federal Employees & Retirees and invite them to join in the conversation about protecting our hard-earned benefits. NARFE National will pay you to recruit fellow employees & retirees into our association. The more minds and hands that we have working to protect our benefits the better we all are. Please join us in our peaceful fight!!

**Merry Byrum, WSF Outreach
Retention Chair**

Membership Report

Due to a little oversight, our last newsletter was missing the Membership Report. So, this report includes four months of activity.

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

- 2 New Members
- 2 Members Dropped For Non-Renewal
- 2 Members Sent Second Renewal Notice
- 1 New Prospective Member
- 9 Members Renewed Their Membership
- 1 Reinstated Transfer In
- 2 Members Reinstated



At the first of the year our chapter had 111 members and at the end of October we still had 107 members. Welcome to our new members, James H. and Cindy W. Also, our new prospective member, William H.

Prepared by Merry for Katherine Williams, Membership Chair

Alzheimer's Research Fund

The need for funds to continue research on this tragic disease is ongoing. There seem to be hopeful signs of advances in finding ways to slow the disease's progress; but nothing definitive as yet.

Members of the Everett Chapter participated in Alzheimer's walks in Bellingham, Burlington, and Everett and raised about \$800 so far as **NARFE District II** team, led by Steven Roy. Contributions to the team can still be made at the Alzheimer's website for this year's walks.

https://act.alz.org/site/SPageServer/?pagename=walk_homepage through the end of December. Steve Roy and Merry Byrum were our walk heroes this year!!

Sadly, WSF Alzheimer's Coordinator Lorie Bennett had to step down for health reasons. Until the federation fills that position, please follow the steps below:

1. Effective immediately, **do NOT** send checks to Lorie Bennett.
2. Send checks individually to: Alzheimer's Association, 225 North Michigan Avenue, 17th Floor, Chicago IL 60601-7633.
3. Alternatively, give checks to your chapter



Alzheimer's coordinator or chapter treasurer who will forward it for you.

4. **Make checks payable** to: NARFE Alzheimer's Research fund. Note chapter name/number in the "For" line on the check.

Alzheimer's Research funds have been low since COVID struck. If you can, please give a donation to the fund to help fight a disease that consumes the personalities of our loved ones.

Marvin Weiss, Vice President and Alzheimer's Chair

Service Officer Report

Ready Set Go!! Are you ready to dive into FEHB Open Season? There are many changes coming in the medical insurance world.

Here is a write-up from Bea Bull, our WSF District III VP: "FEHB is offering a new Medicare Part D plan in 2024. As part of the "Inflation Reduction Act of 2022" Medicare capped the price on several medications. People with FEHB, but not Medicare, didn't receive the same protection. Now, for 2024, FEHB is incorporating that protection for people with Medicare Part A and/or Part B. **What to watch for:** Is your FEHB plan incorporating it automatically? Or do you have to enroll in it? Is there an additional premium? I have Blue Cross Blue Shield Basic and from what I've been able to tell so far is that the new coverage is being automatically included and there is no additional premium, though the total premium has gone up so perhaps the premium, too, was incorporated."

Open Season November 13 – December 11, 2023

The NW WA Everett Chapter of the National Active & Retired Federal Employees (NARFE) Association will host four health fairs to be held in November. The health fairs will be staffed by representatives from the major Federal Employee Health Benefits plans. Representatives will distribute and discuss their 2024 plans and will be available to answer questions and explain how changes in the coming year will affect benefits for current federal

employees, NARFE members, retirees, and their spouses or survivors. The health fair schedule is as follows:

**** Tues., Nov. 14, from 4:30 - 6:30 p.m.**

Presentations given at 4:30 & 5:30, located at Hillcrest Church, 1400 Larrabee Avenue, Bellingham. Call 360-733-8400 for details/directions.

**** Wed., Nov. 15, from 12:30 - 2:00 p.m.**

This fair begins with presentations and is located at the Evergreen Lanes, 5111 Claremont Way, Everett. Call 425-259-7206 for details/directions.

**** Thur., Nov. 16, from 1:30 - 3:30 p.m.**

Open forum fair, located at the USFS and NPS office, 810 State Route 20, Sedro-Woolley. Call 360-856-5700 for details/directions.

**** Wed., Nov. 29, from 1:00 - 2:30 p.m.**

This fair begins with presentations and is located at the Mount Vernon Senior Center, 1401 Cleveland St., Mount Vernon. Call 360-336-5757 for details/directions.

There are several very informative NARFE Webinars available for watching and all of them are recorded and archived for On-Demand viewing.

<https://www.narfe.org/federal-benefits-institute/>

There is also the National Virtual Benefits Health Fair with Live Chats.

<https://ve.on24.com/vshow/FVBF23/registration/23221>

I will soon have the "FEHB Open Season Announcement & Information" document completed and updated for distribution and posted on our website at <https://www.narfewa.org/2024-open-season.html> It will have websites and phone numbers of all the carriers and resources you might need during open season and beyond.

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



Federal Retirement Fairness Act Bridges Gap for Temporary Federal Workers

Representatives Derek Kilmer, D-WA, Gerry Connolly, D-VA, Don Bacon, R-NE, and David Valadao, R-CA, reintroduced the Federal Retirement Fairness Act (FRFA) that would allow federal workers with "temporary" service who transitioned to permanent

work to obtain credit towards retirement for their temporary work.

The FRFA (H.R. 5995) is designed to bridge a retirement gap that affects individuals who commenced their federal careers as temporary workers after 1988, rendering them unable to contribute to retirement plans during that period. This legislation presents a solution by enabling these workers to make catch-up contributions, ensuring they can retire with credit for their "temporary" work. The absence of this provision has left many federal employees with a challenging dilemma: either retire without complete retirement benefits or postpone retirement until they can achieve full benefits.



NARFE believes that all public service time should count for retirement. However, since 1989, those who began as temporary workers and later turned full-time had to toil much longer for equal retirement benefits. NARFE thanks Congressman Kilmer for championing a fairer retirement system, letting these individuals "buy back" non-contributory years.

Representative Kilmer last introduced this bill in 2021 but failed to gain broad support. This time around there is strong bipartisan support. Please call, write or use NARFE's Legislative Action Center to ask Representatives DelBene and Larsen to cosponsor this bill.

Legislative Roundup

H.R. 82, Social Security Fairness act now has 298 cosponsors which repeals the WEP/GPO and was reintroduced in the 118th Congress. Eight of our 10 Congressional representatives in Washington have cosponsored the Bill. Senator Murray has cosponsored the Senate companion bill, S. 597.

Please ask via the NARFE Legislative Action Center for Rick Larsen and Suzan DelBene to cosponsor H.R. 866, Equal COLA Act. This bill would treat Federal Employees Retirement System (FERS) retirees the same as Civil Service Retirement System (CSRS) retirees on the way the Cost-of-Living Adjustment is calculated. Now as the law exists, FERS retirees receive up to 1% less than CSRS retirees. You can also call or write Representatives DelBene and Larsen and ask them to cosponsor H.R. 866, Equal COLA Act.

While in the Legislative Action Center, please send a note to both Representatives DelBene and Larsen regarding the shutdown of the government on November 17 if Congress fails to act to stop the shutdown.

Steve Roy, Legislative Chair

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 at 800.456.8410.

So far this year, Representatives Suzan DelBene and Rick Larsen have each received \$1000 from NARFE PAC.

Steven Roy, PAC Chair

The Everett Chapter 193 Needs Your Help to Stay Viable

The Everett Chapter was chartered in August 1952. We have faithfully served the federal community since that time.

- 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. The Treasurer position is critical to the functioning of our chapter. Without a Treasurer we cannot be a viable chapter and would need to close. 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 <mailto:diamondlilms@yahoo.com>. Elections will be held in December, 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.

- Jim Carr has served as our President since Rhoda Sluys passed away in June 2020 and is not going

to run for another term. As you can see, without a President the chapter will cease to function and must close. We need a President to stay viable along with a Treasurer to continue to serve our chapter membership. Our chapter is known for its ongoing legislative activities to protect your pay and retirement benefits by advocating with our Senators and Representatives Suzan DelBene and Rick Larsen. Our chapter held an annual picnic during the NARFE Grassroots Month in August and invited our Senators and Representatives to continue our legislative advocacy which is so important to building our relationship with our elected officials. We have provided much guidance and support through our Service Officer functions helping our chapter members when a crisis occurs such as a death of a spouse.

Our successful Chapter Membership activities to recruit, retain, and reinstate members has kept us strong. All these activities and support will disappear at the chapter level if the Everett Chapter closes. Please help keep us viable as a chapter.

If you value the efforts of our elected officers and committee chairs please help to keep the Everett chapter alive and continue the informative and great programs we have had during chapter meetings. Please seriously consider running for an elected office this December. You may contact any of the officers listed in our Newsletter for more information or interest in running for office. You may also contact me. Please note I am prohibited from running for any elected officer position in a chapter or federation per the NARFE National Bylaws.

Steven Roy,
stevenroy1@yahoo.com
NARFE Region IX
Vice-President



Life is too short, and friends are too few!



Chapter Resource Page

CHAPTER 193 OFFICERS

PRESIDENT:

Jim Carr 360-384-4262
diamonddilms@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

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

(acting)
Bea Bull, 360-286-7798
tbkbull@gmail.com

WSF President

Cray Henry, 571-512-0476
wsf.cray.henry@gmail.com

REGION IX VP

Steve Roy, 425-344-3926
stevenroy1@yahoo.com

REGION IX CAB Representative

Arthur F. Ellison
360-638-0738

NARFE STATE WEBSITE

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

<https://fedhub.narfe.org/home>

Washington State Federation
Community

NARFE NATIONAL WEBSITE

www.narfe.org

LEGISLATIVE HOTLINE

877-217-8234

OTHER USEFUL INFORMATION

Northwest Regional Council
Whatcom Co. 360-738-2500 &
Skagit Co. 360-428-1309

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

US Capitol Switchboard

1-202-224-3121

YOUR US SENATE AND HOUSE

Senator Patty Murray

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

Senator Maria Cantwell

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

US Representatives

Rep. Suzan Del Bene (WA-1)

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

Rep. 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 2023-24 Chapter Meeting Dates



December 20, 2023

2024

January 17

March 20

May 15

February 21

April 17

August 21

(picnic)

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.

