

## From the President . . .

For two decades, the Everett Chapter has been fortunate to meet at the Evergreen Lanes in Everett and use their banquet room free of charge. It was understood that we would meet at 11:30 the third Wednesday of each month and members hopefully would purchase lunch prior to our 12:30 business meeting. Please note that purchasing lunch is not a requirement to attend the social hour or business meeting.

The February chapter meeting only had 4 members attend in-person and purchase lunch. The Evergreen Lanes owner has been generous and allowed us to continue under this arrangement even though fewer members are attending our monthly in person meetings. I would like to encourage you to attend our luncheon social hour as a way of saying thank you to the Evergreen Lanes owner. Your support will help ensure the future of the Everett Chapter continuing to meet at the Evergreen Lanes free of charge.

*Marvin Weiss, President*

## From the Vice President . . .

A short while ago, Linda and I were part and party to a group of friends who once every month got together for a dinner, not a real formal gathering, more of a camaraderie, where we caught up on what everyone was doing, where they were all going, celebrating birthdays and milestones in our lives. Of course, we would even talk about the mundane, like Dr appts, getting older, our children, siblings, families, retirement and NARFE.

Yes, NARFE. Well, long story short, some of those friends passed away, moved away and some faded away and in the end the camaraderie went away too. Frankly I miss that group, those gatherings, our sharing and the support of all of us for the group and our purpose and for our shared venture, the preservation of and commitment to NARFE.

I currently attend upwards of 7 meetings per month for my physical and psychological well-being. I bowl in 2 different leagues (though not very well) on a weekly basis. Linda and I support several Senior Centers or community organizations through breakfasts, fun run/walks, service events and gatherings. From my perspective, NARFE, for many reasons, is important in

### **SAVE THE DATE: Everett Chapter 193 Meeting Wednesday, March 20, 2024**

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

**Lunch at 11:30 AM, Meeting/Program 12:30 PM**  
*Meeting will be in-person and via Zoom for those that can't make it in-person.*

**Use this link to join virtually:**

<http://tinyurl.com/zoom193>

or

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

**Meeting ID: 848 8564 6379**

**Passcode: 545185**

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

**March Program  
"DO THE NARFE LAC"  
CURTIS PRICE, 0193 LEGISLATIVE CHAIR**

*A short introduction to the NARFE Legislative Action Center. A phone call is good, but NARFE LAC is even better! Learn how to use the NARFE LAC to get action from your U.S. Representatives and Senators--and help NARFE advocate with you at the same time. Join in person or on zoom and bring your questions!"*

its mission to protect Federal Employees. We all believe in this or NARFE wouldn't even exist.

From my perspective also and for a myriad of reasons, some beyond our control, the NARFE we know, and need is on life support. Another meeting every month where we gather to do the necessary housekeeping to support our 501C-3 and pay our bills is as inviting to most as a dental visit. It's not a sexy, exciting, or inviting meeting.

*continued on page 2 →*

## From the Vice President (continued from Page 1)

I will be the first to applaud the efforts of some of our stalwart members in recruiting new members for our purpose and chapter. But what do we have to attract the interest of prospective members?

To all our current members, I ask you to help us by brainstorming a solution. Please give us all the benefit of your suggestions, lest NARFE goes quietly into the night.

*Jim Carr, Vice President*

## Treasurer's Report

I am feeling kind of down this month. I lost another family member, a favorite cousin of mine. He was only 79. We had really gotten close. Talking on the phone a few times a week helped me to understand him more and the family dynamics he had. But I am thankful for the time I did have. Should I have done more? How do we know if it's enough?

Well onto something perhaps more uplifting. May the Luck of the Irish be upon you, wear your green and celebrate!

*Linda Cline, Treasurer*

## Secretary's Report

Thank you to all 14 that attended our January 17th meeting and the 8 that attended our February 21st meeting.

Mark your 2024 calendar to save the third Wednesday of the month, with a scheduled presentation and the business meeting to follow, starting at 12:30 PM at Evergreen Bowling Lanes. Better yet come for the no host lunch. The bowling lanes provide us with the use of a separate meeting room AT NO CHARGE, as long as some of us come and enjoy lunch with a social hour starting at 11:30 AM. If you cannot make it in person, please join us via Zoom (or phone). A short link is located on the first page of the newsletter and on the Calendar of Events located on our new WA State Federation website, [www.narfe.org/wa/about-us/calendar/](https://www.narfe.org/wa/about-us/calendar/). You can also find the link on our new Western WA District website, [narfewadistiv.org](https://www.narfewadistiv.org).

## Secretary's Report (continued)

It's voting time! By now everyone should have received their primary ballot. Next step is to get the ballot delivered on time. Remember, free postage, or find a drop box. We will start learning about the measures. At last count there will be eight measures on the ballot come November.

At this time, we have made contact with the League of Women Voters to be at our September 18th meeting either on zoom or in person. Watch for more information in our next newsletters, or better yet, come in person to our meetings at Evergreen Bowling Lanes.

*Pat Rudd, Secretary*

## Membership Report

Since our last membership report at the end of December we have had the following activity with our members in January-February.

- 1 New Chapter Member
- 2 Members Dropped for Non-Renewal
- 2 Members Sent Second Renewal Notice
- 15 New Prospective Members
- 6 Members Renewed Their Membership
- 2 Members Reinstated

At the end of December 2023, we had 106 members and at the end of February we have 108 chapter members.

Welcome to our new chapter member, Thomas L.!

The 15 new prospective members that attended our Health Fairs this past open season were: Jim & Linda A., Kevin S-B., Ron P., Helen H., Marilyn W., Yuliya O., Penny & Eric S., Scott S., Rich C., Anne & Bob K., Regina R., Nadine F. and Keenan S.. Thank you to Richard Y. and James W. for reinstating their membership.

Please check your contact information with NARFE National to verify that it is up to date.  
<https://www.narfe.org/> or call (800) 456-8410

Spring is right around the corner. I wish you all a bright and beautiful one!!!

*Merry Byrum, Membership Chair*



## Outreach and Retention of Members

A decision was made at our February chapter meeting that we would conduct an outreach to all our chapter members. The purpose of this activity is to connect with members to find out how they are doing, if they need any help that we can provide and to verify that the information that NARFE has for them in the national database is correct and/or needs updating. Hopefully we can engage with our members to be more involved in chapter activities and business.

We will start this activity with phone calls to our members, then emails if we cannot reach the member by phone and finally, we will send out personal letters through the USPS to those we could not reach via phone or email. Please expect a call from us within the next month or two. If you do not think we have your correct contact information, please reach out to Merry, Service Officer & Membership Chair at (360) 202-8999 or merrybemerry@gmail.com

You can also verify or update your contact information with NARFE National:

**Call:** 1-800-456-8410, Press 1 for Membership

**Online:** Visit <https://www.narfe.org> log in, select *My Account – My Profile*

**Email:** memberrecords@narfe.org

If you want our chapter’s monthly meeting minutes or our newsletters sent to you via email or USPS hard copy, please reach out and let us know. We want to include you in chapter activities and decisions as much as possible.

Chapter newsletters are sent out through FEDHub in the Washington State Federation community at <https://fedhub.narfe.org/home>. You can also find the newsletters at WA State Federation website, <https://www.narfe.org/wa/> and on our new Western WA District website, <https://narfewadistiv.org/>

*Merry Byrum, Chapter Membership & WSF Outreach Retention Chair*

## Western Washington District Report

- Region IX VP Steve Roy is not running for reelection – if interested in running for this position, please contact him at [stevenroy1@yahoo.com](mailto:stevenroy1@yahoo.com).
- None of the State Federation officers are running for reelection – we need to keep the Federation open to preserve chapter access to outreach funding – if interested in running for President, Vice President, Secretary, or Treasurer, please contact WSF President Cray Henry at [wsf.Cray.Henry@gmail.com](mailto:wsf.Cray.Henry@gmail.com).
- Federation officer elections will be conducted this summer; watch the Federation website for updates [www.narfe.org/wa/](http://www.narfe.org/wa/).
- The Federation Executive Committee voted to combine Districts II and III to form the **Western Washington District** with me as the DVP. The chapters in this district are: 0043 Seattle; 0131 Vancouver; 0181 Bremerton; 0193 Everett; 0236 Olympia South Puget Sound; 1006 Sequim/Olympic Peninsula; 1070 Longview/Kelso; and 1966 Sno-King.
- The **Region IX Symposium** will be held October 24-26, 2024 at the Three Rivers Convention Center in Kennewick, Washington. For additional information about registration and reimbursement for attending, visit the Federation website at [www.narfe.org/wa/](http://www.narfe.org/wa/).
- The Federation is updating its bylaws; members can review them either on the Federation website at [www.narfe.org/wa/](http://www.narfe.org/wa/) or on the Washington community on FEDHub. You can submit your comments on the community or in an email to WSF President Cray Henry at [wsf.Cray.Henry@gmail.com](mailto:wsf.Cray.Henry@gmail.com). A special Federation Zoom meeting will be held on 23 April to discuss the bylaws and vote to approve them. The Zoom link will be available either on the Federation website or within the Washington FEDHub community.

*Bea Bull, Western Washington District Vice President*

## Service Officer Corner

Well, here it is that time of year again to look at our Taxes that most of us must pay. Try to take a moment or two to think about why we pay taxes and what that money is used for. There are always lots of things to consider and it seems like every year it tends to get more complicated due to changes in our lives, not to mention the laws that keep changing. Remember that NARFE's mission and our work affects Taxes, also.

If you need help with doing your tax return, there are several options out there including some free ones. Check out [www.irs.gov](http://www.irs.gov) or call your local community/senior centers with AARP Tax-Aide sites [www.aarp.org/money/taxes/aarp\\_taxaide/locations](http://www.aarp.org/money/taxes/aarp_taxaide/locations)

If you want to change your tax withholdings from your pension, you can do it through [www.servicesonline.opm.gov](http://www.servicesonline.opm.gov) or call OPM at 888-767-6738

If you want to change your tax withholdings from your Social Security benefit, you can do it through [www.ssa.gov](http://www.ssa.gov) or call SSA at 800-772-1213

Also, this could be a good time of year to review or start your Estate Plan/Documents. Life is full of unexpected situations or events and as we all know changes in our life always happen over time. Life can be short or long; we never really know. An Estate Plan usually includes a Will, Power of Attorney for Health Care & Financial, Health Care Advance Directive, Final Wishes and sometimes a Trust.

It's never too late to start unless it is.

NARFE also provides to all members who ask a F-100, "Be Prepared for Life's Events". This booklet would include your Personal Information, Retirement Assets, Financial Information, Other Assets, Liabilities, Insurance, List and Location of Documents, and What To Do in the Event of Death. Download a copy today from [www.narfe.org/officer-resources/all-forms-by-form-number](http://www.narfe.org/officer-resources/all-forms-by-form-number) or request one to be mailed to you from your chapter Service Officer.

Other documents available to you are:

"Affairs in Order: Benefits Guidance for Survivors of Federal Annuitants" [www.narfe.org/federal-benefits-institute/resource-library](http://www.narfe.org/federal-benefits-institute/resource-library)

"Being Prepared – Important Information" (2 pages)

Contact Merry to mail you this form.

My mother Phyllis saved her family a lot of grief by having her Estate Plan in place long before she came down with Dementia and then with her passing 10 years later. She retired from the USPS after having a Stroke in 1996 at age 65 and lived to be 89 years old. Thank you so much Mom and we miss you!!!

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*

## Our continued fight to fund Alzheimer's Research

NARFE continues to be a dedicated supporter of the Alzheimer's Association. In the past year, our members raised more than \$100,000 for research. As a result, NARFE will be recognized as a National Team on the Alzheimer's Association Banner. A thank you to those members of our chapter that support the cause.

To make a tax-deductible donation to the NARFE Alzheimer's Research fund please make your check payable to "NARFE Alzheimer's Research", write "Everett Chapter 193" on the notation line, and mail it to: Alzheimer's Association, 225 N. Michigan Ave. 17th Floor, Chicago, IL 60601-7633 or give checks to your chapter Alzheimer's chair or chapter treasurer who will forward it for you.

Later this year, there will be two walks to support Alzheimer's Research in Burlington on Sept. 7th and Everett on Oct. 5th.

*Marvin Weiss, Alzheimer's Chair*

## NARFE Political Action Committee (PAC)

The March 2024 issue of NARFE Magazine includes an excellent explanation of NARFE-PAC and its role to encourage members of Congress and the Senate to support legislation that benefits active and retired federal employees. I urge all members to read the article. Also, instructions on how and where to donate to NARFE-PAC are included.

Recently Washington State NARFE-PAC disbursed:

- \$3,500 to Suzan DelBene
- \$1,000 to Rick Larsen
- \$2,500 to Dan Newhouse
- \$4,000 to Derek Kilmer
- \$2,000 to Pramila Jayapal
- \$1,000 to Kim Schrier

*Marvin Weiss, NARFE-PAC Chair*

## Legislative Round Up

Hello Everett Chapter! I'm a new member of 0193, having recently relocated to my home stomping grounds on South Whidbey. My federal career was entirely with the Department of Interior, U.S. Geological Survey, in New Jersey and South Dakota. I am mostly retired but currently holding a post-retirement temporary appointment for USGS, mostly online (their Water Science Center office is in Tacoma).

I am just getting started in my Chapter position, in which I will be working (with help from the state Federation) to connect the more than 300 NARFE members in our Chapter area with our federal representatives and senators.

It sounds like Congress is stuck and not doing much, but there is a lot of activity in the 118th Congress behind the scenes. These three bills are currently big NARFE priorities:

### Social Security Fairness Act of 2023 (H.R. 82 and S. 597)

Repeals both the WEP and GPO, which is basically a cut to our CSRS annuities. NARFE has long been working to pass this bill. Although half of Fed retirees are now CSRS, this (older) population has mostly been hurt most by inflation, so it is a fairness issue. Currently, there are 308 cosponsors to this bill, 203 Democrats and 105

Republicans. The Senate version, S. 597 has 50 co-sponsors (40 Democrats, 7 Republicans, 3 Independents). All our local Reps are on board, and (good news!) Senator Marie Cantwell co-sponsored S. 597 on 10/31/2023. This bill is in House Ways And Means, and the votes are there to pass – if it could be brought to the floor, so this year is a great time to let your reps know we need this passed.

### Equal COLA Act (HR 866 and S. 3194)

Half of our annuitants (including myself) receive lower annual cost of living increases (“light COLA” – not that funny). This has been true from the founding of FERS in the 1980s – it was unfair then and it is unfair now! This bill would raise FERS COLAs to be the same as CSRS COLAs. HR 866 has 46 co-sponsors, up from only 34 last time, and a Senate version was introduced by Sen. Padilla (D-CA).

### Federal Fairness Retirement Act (HR 5995)

Many current Feds who joined the public service after 1988 cannot recoup years of temporary time in service. This includes many of “my generation” that really wanted to serve and were forced to start as temporaries for years because of hiring freezes, robbed of the ability to build both their basic annuity and their FERS TSP, with no way to “catch up”. This is another basic fairness issue. This bill was re-introduced this session by a bipartisan group including our own Rep Derek Kilmer (D-WA). It currently has 74 cosponsors, so we have a way to go on this one.

To keep up to date on NARFE legislative priorities, check out the <http://narfe.org> website. Also review the great articles with the details on the bills mentioned above and the complete NARFE Bill Tracker on pages 6-13 in the January-February issue of the NARFE Magazine. (I always talk up the NARFE magazine with prospective members – just the magazine alone is well worth our membership dues!)

Please contact me if you have any questions or concerns.

*Curtis Price*

*NARFE 0193 Legislative Chair (National)*

*curtvprice@gmail.com*

## *Postal Retirees*

### PSHB Special Enrollment Period (SEP)

As part of the new **Postal Service Health Benefits (PSHB) Program**, you may be eligible to participate in the PSHB Special Enrollment Period (SEP) for Medicare Part B. The PSHB SEP applies to certain Postal Service annuitants and family members who were entitled to Medicare Part A, but not enrolled in Medicare Part B as of Jan 1, 2024. During the PSHB SEP, eligible annuitants and family members may enroll in Medicare Part B without paying a late enrollment penalty. The one-time PSHB SEP is from April 1, 2024, to Sept. 30, 2024. Individuals eligible for the PSHB SEP will receive notification by U.S. Mail™ in March 2024.

All required information must be returned in the envelope provided and postmarked by Sept. 30, 2024.

**How to enroll during the SEP?** Complete the provided CMS-40B form, Application for Enrollment in Medicare - Part B (Medical Insurance) and mail it with the copy of the notification letter in the return envelope you receive in March 2024. The return envelope must be postmarked by Sept. 30, 2024.

Resources found at: <https://www.keepingposted.org/>

For Retired USPS Employees

- [PSHB Special Enrollment Period](#)
- [PSHB Annuitant Fact Sheet](#)
- [PSHB FAQs](#)
- [Information for Annuitants](#)
- [PSHB Educational Videos](#)

*Thanks to Linda Silverio, former Region IX Vice-president, for compiling this information and posting it on FEDHub/Oregon Community.*



*Possession Point, Whidbey Island  
Photo: Curtis Price*

## FEDCON24 LEARN • ADVOCATE • LEAD

August 18-20, 2024  
St. Louis, MO  
Hyatt Regency at The Arch

Hyatt Regency at The Arch is located right in the heart of downtown and offers easy access to dining and entertainment! Nearby Busch Stadium, America's Center Convention Complex, and just **steps** away from the St. Louis Riverfront and iconic Gateway Arch.

Book your hotel by **July 19** in order to take advantage of NARFE's special group rate of \$130 per night, August 15-21.

Here's the link to book your room:

<https://www.hyatt.com/en-US/group-booking/STLRS/G-NARF>

FEDcon24 will focus on **LEARN** how to make the most of your benefits, **ADVOCATE** to protect those earned benefits, and **LEAD** the organization that defends those benefits into the future. **LEARN. ADVOCATE. LEAD.**

*During the February meeting of the Everett Chapter, the Executive Board approved paying the FEDcon24 early bird registration for 2 Everett Chapter members. The early bird registration is \$299 and you must be registered by May 17, 2024. First come first served and you will need attend all sessions of FEDcon24 to be reimbursed by the Everett Chapter.*

Here's the link to register.

<https://fedcon.narfe.org/registration-start/>

See you in St. Louis, MO

Steven Roy

## Chapter Resource Page

### CHAPTER 0193 OFFICERS

#### **PRESIDENT**

Marvin Weiss 206-330-1057  
[maw1941X@gmail.com](mailto:maw1941X@gmail.com)

#### **VICE PRESIDENT**

Jim Carr

#### **SECRETARY**

Pat Rudd

#### **TREASURER**

Linda Cline

### ADVISORY VOLUNTEERS

#### **LEGISLATIVE CHAIR**

Curtis Price 605-390-3053

#### **NARFE-PAC CHAIR**

Marvin Weiss

#### **SERVICE OFFICER**

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

#### **NEWSLETTER EDITORS**

Merry Byrum  
Curtis Price

#### **MEMBERSHIP CHAIR**

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

#### **WESTERN WA DISTRICT VP**

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

#### **WSF PRESIDENT**

Cray Henry, 571-512-0476  
[wsf.cray.henry@gmail.com](mailto:wsf.cray.henry@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

#### **WEBSITES**

NARFE HOME

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

Washington State Federation

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

State Federation Community

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

Western Washington District

<https://narfewadistiv.org/> **NEW**

#### **HELPFUL RESOURCES**

NARFE LEGISLATIVE HOTLINE

877-217-8234

Northwest Regional Council

(Aging & Disability Resources)

Whatcom Co. 360-738-2500

Skagit Co. 360-428-1309

Whidbey & Camano 360-321-1600

Snohomish Co. 800-422-2024

### 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

#### **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 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 2024 Chapter Meeting Dates

March 20, April 17, May 15  
August 21 (picnic)  
Sept 18, Oct 16, Nov 20, Dec 18

*If you can't come in person, join us online!  
See info on page 1  
for more meeting details.*