

From the President . . .

Enjoy these beautiful summer days while we rest up for the busy year ahead. Don't forget our annual picnic on August 14, in Everett. Since it is close to election time, congressional and senatorial representatives are expected to be there. What they have to say is always interesting. Come prepared with your questions.

Please come to spend time together. We will also have our annual auction to raise funds for the Alzheimer's Association.

Marvin Weiss, President

From the Vice President . . .

Democracy is on the ballot in November!

With the current purging of the voter rolls in some states, the denial of personal rights and personal autonomy, and the resentment of a few towards vaccines that protect all of us, Democracy is On The Ballot! Vote!

Jim Carr, Vice President

Treasurer's Report

Hope you are enjoying your summer.

I love getting my mail every day, but as we approach the election, the volume begging for donations for candidates has escalated. I always think of how many people or animals could be helped with all the money that is actually donated.

Maybe if we had campaign reform and reduced the amount of time candidates' campaign, it would be so much better.

Well, enough of that. Hope to see many of you at the NARFE picnic in August. (Details in newsletter)

Linda Cline, Treasurer



SAVE THE DATES

Everett Chapter 193 Picnic ***Wednesday, August 14, 2024***

American Legion
Memorial Park
145 Alverson
Boulevard
[\(info/directions\)](#)
Everett, WA
11 am – 2 pm

Everett Chapter 193 Meeting ***Wednesday, Sept. 18, 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 who can't make it in-person.

Use this link to join virtually:
<https://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

Fall 2024 Monthly Meetings

Sept. 18 **Oct. 16**
Nov. 20 **Dec. 18**

Hey, Whidbey People!

Our Chapter Legislative Chair, Curtis Price, lives on the South End and would love to carpool across the ferry with you to the picnic or chapter meeting. If interested, contact him (see last page of this newsletter for phone and email).

Secretary's Report

Thank you to all 10 that attended our May 15th meeting, which included 2 prospective members that had visited our table at the Snohomish County Senior Expo.

The picnic is a major event sponsored by Chapter 193. In case you need to remember, bring a lawn chair as the benches are hard, there is no cushioning. Also, donate a gift for the auction, as well as bring funds to buy one or two gifts. Proceeds from the auction will go towards the Alzheimer's Association. We have our very own member, Chad, as the Auctioneer. There will be a raffled door price for those that attend, so bring your federal friends. We will also have cake to share after you eat your sack lunches. There will be staff from our Congressional Representatives to bring us current on pending bills. Rental time on the shelter is from 10:00 AM to 3:00 PM, so come during that timeframe and enjoy our shared membership. REMEMBER AUGUST 14 at American Legion Memorial Park in north Everett.

Please remember our September 18th meeting at Evergreen Bowling Lanes. Our speaker is from Snohomish Women's League of Voters. Kay (their President) will discuss the Measures that will appear on the November election ballot.

If you cannot make it in person, please join us via Zoom. You can find the Zoom information on the Calendar of Events located on our WA State Federation website, <https://www.narfe.org/wa/about-us/calendar/>. You can also find the link on our Western WA District website, <https://narfewadistiv.org/>

Pat Rudd, Secretary

Service Officer Corner

I just attended another Celebration of Life for a past co-worker with the US Forest Service. When he got the cancer diagnosis the doctors thought he had 6 months to a year. He passed away 2 weeks later and his daughter that had cancer also passed away 2 days before him. Tragedy can hit at any time which had left his last family member, his son, to deal with the losses. Prepare for Life's Events.

NARFE 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 <https://www.narfe.org/officer-resources/all-forms-by-form-number/> or request one to be mailed to you from your chapter Service Officer.

(Your co-editor, Curtis Price, has downloaded and used this F-100 form and highly recommends it. It's a very easy to use resource to get that critical info collected in one place. Someday your survivors will be very grateful!)

Other documents available to you are:

"Affairs in Order: Benefits Guidance for Survivors of Federal Annuitants" <https://www.narfe.org/federal-benefits-institute/resource-library/>

"Being Prepared – Important Information" (2 pages) (Contact Merry to mail you this printed form.)

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

Membership Report

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

- 1 New Chapter Member
- 1 New Member Recruited by National
- 1 Member Passed Away
- 10 New Prospective Members (previously reported from Expo)
- 8 Members Renewed Their Membership

At the end of June, we have 103 chapter members and 207 National Only living in our chapter area.

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

I wish you all a bright and beautiful summer!!!

Merry Byrum, Membership Chair

Outreach and Retention of Members

The Everett Chapter members would like to extend a warm welcome to the members of the Sno-King Chapter. With the recent passing of their chapter president, Jan Sullivan, the chapter has decided to close. All NARFE members and prospective members are invited to attend our chapter meetings/gatherings. Please reach out to us, we would love to connect with you.

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 update your contact information with NARFE National:

- **Call:** 1-800-456-8410, Press 1 for Membership
- **Online:** <https://www.narfe.org>
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 Western WA District website, <https://narfewadistiv.org/>

Upcoming Outreach Efforts and NARFE Information Sharing Events for the year include:

Whatcom County Senior Day in the Park, Hovander Park, Ferndale – August 7.

NARFE Everett chapter hosted Picnic w/Legislators, American Legion Memorial Park, Everett – August 14.

Skagit County Senior Day in the Park, Maiben Park, Burlington – August 15.

FEHB & PSHB Health Fairs in Bellingham, Everett, Mount Vernon, Sedro-Woolley and possibly in Lynnwood or Shoreline area, will be hosted in November.

(continued, next column)

We are always looking for members to join us in representing NARFE at the table for these outreach events. Please join us, it's fun!!

Merry Byrum, Chapter Membership & WSF Outreach Retention Chair

Alzheimer's Association Update

In our efforts to raise funds for Alzheimer's research, we will be having our annual auction at our August 14th NARFE picnic. If you can, please bring an item or two for the event. Also, just a reminder of the two Walks to End Alzheimer's; one in Burlington on September 9 and the other in Everett on October 7. NARFE has team "NARFE District II" signed up for both Walks, led by Steven Roy. Please come and join us and contribute to the cause.

Our continued fight to fund Alzheimer's Research

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.

Marvin Weiss, Alzheimer's Chair

NARFE PAC

NARFE PAC is the monetary part of our voice on Capitol Hill. Please support the PAC to the extent you can. Guidance is provided on Page 9 of the June-July edition of the NARFE Magazine, or visit:

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

Marvin Weiss, PAC Chair

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing. -- Jon Kabat-Zinn

Legislative Chair Report

Summer is a quieter time in Washington DC, as the Senate and House take legislative breaks and hard-working Feds from across the three branches of government take advantage of the weather to recreate. However, Congressional members often use these breaks to visit their home districts and states, which gives us great opportunities for grassroots contact with our members of Congress. This includes office visits as well as the many community events around the region.

- If you attend an event where a Federal elected makes an appearance, wear a NARFE badge or NARFE PAC pin and introduce yourself.
- Be up to date on whether they are co-sponsoring NARFE supported legislation so you can ask for support or thank them for their support on our issues. Be brief and follow up with their staffers for maximum impact.
- See the table at right for who is co-sponsoring NARFE priority legislation. Check your NARFE magazine for current information on NARFE endorsed bills.
- *If you do make a contact*, be sure and thank them afterwards. For example, after staffers joined us at the May NARFE meeting, we followed up with thank you emails and provided additional information on WEP/GPO and Schedule F, which we discussed at the meeting.
- Don't miss our NARFE 0193 Picnic on August 14. See info on the first page of the newsletter!

Our main advocacy issues right now are:

- WEP/GPO – this is a feature of CSRS that unfairly reduces benefits for our older Fed retirees. It has many sponsors in the House and Senate. It is in markup in the Senate.
- COLA fairness – On March 24, Sen Casey (D-PA) authored the Boosting Benefits and Cost-of-Living Adjustments (COLAs) for Seniors Act, S. 3974. This bill modifies the COLA formulas to more accurately reflect the inflation that seniors face.
- See the current issue of NARFE Magazine or visit <http://narfe.org> > Advocacy > Issue Briefs and Fact Sheets for more information.

Co-Sponsors of NARFE-supported legislation

("c" means co-sponsor):

Bill	Description	Rep Larsen	Rep DeBene	Sen Murray	Sen Cantwell
Social Security Fairness Act H.R.82/S. 597	Repeal WEP/GPO which unfairly reduces CSRS benefits	c	c	c	c
Saving Civil Service Act H.R.1002/S.399	Protect nonpartisan merit based civil service ("ban Schedule F")	c			
Equal COLA Act H.R.366/S.3194	Make FERS COLAs calculation the same as CSRS COLAs (currently FERS have a lower COLA)			c	
Fair COLA for Seniors Act H.R.716	Change Federal retiree cost-of-living increases to reflect inflation experienced by seniors.				

Have a safe and happy summer. See you at the picnic in August!

Curtis Price

NARFE Chapter 193 Legislative Chair (Nat'l)

Western Washington District Report

Greetings, Everett chapter members! A few announcements:

- Steve Roy has decided to run again for Region IX Vice President! NARFE National elections will be held late August through 30 September; watch your email or your September *NARFE Magazine* for a ballot and voting instructions.
- The federation nominating committee is up and running and will soon be soliciting nominations for federation president, vice president, secretary and treasurer. Elections will be conducted this summer. For more information watch the federation website at <https://www.narfe.org/wa/>.
- The federation secretary is moving out of state so an interim secretary is needed. This would be an excellent way to “test drive” the position before making a two-year commitment. Must be available to attend and take minutes for monthly Zoom meetings, 4th Tuesday, 10:00AM to noon.
- 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/.
- I wish you a pleasant summer and hope to meet some of you at the August picnic!

Bea Bull, Western Washington District Vice President



Chapter Programs for 2024-2025

Your officers are putting together programs for our Chapter meetings next year. Do you know a great speaker or topic? You can help our chapter grow with your program ideas. Contact an officer! (See the last page of this newsletter for contact information.)

We've already lined these programs up:

Sept. 18: League of Women Voters (election!)

Oct. 16: NARFE Perks

Nov. 20: FEHB Open Season Information and Health Fair
(w/insurance representatives)

July NARFE Webinar

Thrift Savings Plan: Should You Stay or Should You Go?

July 25 | 2 p.m. ET

In the past, the TSP boasted the lowest cost index funds available, but participants were sometimes frustrated by inflexible withdrawal options. The TSP responded by incorporating additional investment options and more flexible withdrawal rules to meet TSP participant demand. At the same time, the retirement plan marketplace evolved to provide lower cost index funds than offered by the TSP. With these developments, what are the reasons and circumstances that would guide participants to stay in the TSP or withdraw funds?

Join Federal Benefits Expert, Mark Keen, CFP, on Thursday, July 25, at 2 p.m. ET. His webinar will educate TSP participants about the TSP, including the investment options, cost, and unique features and drawbacks that participants should be aware of. This webinar will also discuss alternatives to the TSP for those who may find their needs better suited by a traditional and/or Roth IRAs, and what to consider so that you can make the most informed decision for yourself and your retirement.

Register now:

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



Our NARFE Region IX is fortunate to have members that have volunteered to serve as our Regional Alzheimer's representative and Regional Configuration Advisory Board (CAB) representative. Linda O'Donnell from Bend has graciously stepped up to serve as the Region IX Alzheimer's Representative and Arthur Ellison from Hansville, WA has also graciously stepped up to serve as the Region IX CAB representative. Thank you, Linda and Art, for helping NARFE be successful.

As you know, NARFE's core mission is grassroots advocacy with our legislators. Since our 1921 beginning, NARFE members have been very successful in protecting our earned pay and benefits. This success comes from having a strong membership base and strong leadership at all levels of NARFE (Chapter, Federation, Region and National).

When I joined NARFE in 2012 there were about 300,000 members. In February 2018, the number of NARFE members was at 208,355. A recent report from NARFE HQ (May 2024) showed there are currently 131,289 NARFE members down from 137,621 members last year at this time. The report also shows there are 7827 members as of May 2024 in Region IX, down from 8,165 Region IX members last year at this time.

Recruitment, retention and reinstatement (the 3 R's) is so important if we are to remain relevant and be successful in our Grassroots Advocacy core mission.

If each NARFE member would get one eligible person to join, NARFE would double its membership. I would like to challenge each NARFE member to recruit one new member this year. The NARFE website has some great resources, tools, tips, and sample letters in the Membership Officers Resources pages at:

<https://www.narfe.org/officer-resources/membership-officer-resources>

NARFE has established a national Membership Advisory Committee (MAC). The MAC has been working hard to develop a membership plan that will assist chapters and federations to recruit, retain and reinstate members.

Membership decline has stabilized with the outreach the NARFE HQ Membership Engagement program has instituted. I am optimistic that we can grow our membership base, but it will take all of us to accomplish this goal. After all, we grow NARFE one member at a time.

I encourage you to take advantage of your membership benefits and use your experience to recruit! For example:

- Get a copy of NARFE's "Be Prepared for Life's Events" (F-100)

Completing this document would be the greatest gift you could provide to your loved ones when the time comes. Also don't forget to tell them where it is located. Don't put it in your safe deposit box. They also can be obtained from NARFE HQ in hard copy or online at [NARFE.org/f100](https://www.narfe.org/f100) which is the fillable version (you can type in the information instead of writing).

- Attend a NARFE Webinar

NARFE Webinars are a valuable benefit as part of your NARFE membership. The webinars always have relevant content that is timely and informative on such topics as FEHB; Medicare A and B; retirement; social security, benefits; financial planning for federal employees; Thrift Savings Plan, and others!

There are some important Federation and National Meetings coming up in the near future, see the next page for more information!

Thank you for your membership!

*Steven Roy
Region IX Vice President
425.344.3926*

Upcoming National and Federation Meetings

FEDCON24 LEARN • ADVOCATE • LEAD

I would like to invite each of you to join me in St. Louis, MO, August 18-20, 2024 at FEDcon24. Attendance is an excellent way to network, meet fellow NARFE members, share lessons learned for chapters and federations, have fun and much more. I will be at FEDcon24. The Everett Chapter will support one more member to attend by offering a scholarship of \$175.00 towards the registration fee.

The annual meeting will be Sunday, August 18 at 2:15 pm. So, depending upon your schedule, the travel dates would likely be August 17 to arrive in time for the annual meeting. Departure date depending upon your schedule would likely be Wednesday August 21 since the conference is scheduled to end Tuesday at 5:15 pm.

Here is the link to Register for FEDcon24

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

The conference will kick off with an opening keynote speaker Alex Sheen, founder of the global nonprofit, setting the tone for the conference and energizing you to gain the knowledge necessary to 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.

I hope to see you in St. Louis, MO.

Region IX Symposium

Our Region IX Symposium planning committee has been working hard for many months to develop an exciting agenda for the Region IX Symposium to be held in Kennewick, WA on October 24 -26, 2024. Please mark your calendar and stay tuned for more information regarding agenda, registration fee, and much more. The hotel room rates at the SpringHill Suites are \$134.00 plus tax. Your Washington State Federation representatives are Mary Binder (Tri-Cities) and Bea Bull (Bremerton) chapters.

LEGcon25

LEGcon25 is coming up next year, though the dates have not been set yet. It will likely be virtual again.

This is NARFE's premier legislative meeting (held every other year) where we can learn the latest on Capitol Hill and get valuable training on being a successful grassroots advocate for active and retired Federal employees.

(Information compiled by Steven Roy, Region IX VP)

Chapter Resource Page

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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 scheduled in August where Representatives or their local Congressional staff provide legislative updates to the members.

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WEBSITES

NARFE HOME

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/>

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

YOUR US SENATE AND HOUSE

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2930 Wetmore Ave Suite 9D
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1445 NW Mall Street Suite 4
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<https://schrier.house.gov/>

CAPITOL SWITCHBOARD

1-202-224-3121

Save the Fall 2024

Chapter Meeting Dates

August 14 (picnic)

Sept 18, Oct 16, Nov 20, Dec 18

*If you can't come in person, join us online!
See Page 1 of this newsletter
for meeting details.*