

From the President . . .

As we start our new year, Federal employees and retirees will continue to face many challenges to our pay and benefits. Our work continues to be important, as NARFE is always actively advocating members of Congress for us. Above all else, cast your ballot in the upcoming election..

Marvin Weiss, President

Secretary's Report

The summer picnic was very well attended with the sun beaming down on us. Also attending were the aides to our congressional representatives who shared information with us, and we had a great Q&A session. Three of our members attended the FEDcon24 in St. Louis, but unfortunately a few got COVID-19 on the way home. So it is still around. MASK UP in crowds. New vax coming in a few weeks too, do consider it! Watch for ads coming up as to availability of free testing kits.

Our September 18 speaker will be Karen Crowley, Past-President of League of Women Voters of Snohomish County. She will be speaking about the measures that will be on the November ballot. The program is good, the company excellent, so please join us!

Pat Rudd, Secretary

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!

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)

NARFE is the National Active and Retired Federal Employees Association. It is the only organization solely dedicated to protecting and preserving the pay and benefits of all federal workers and retirees.

SAVE THE DATES

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/Prog at 12:30 PM

Program:
League of Women Voters of Snohomish County
Fall 2024 Washington Referendums
in Washington

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>

(Passcode: 545185)

or

Join by phone at (253) 215-8782

Meeting ID: 848 8564 6379

Passcode: 545185

Fall 2024 Monthly Meetings

Sept. 18 Oct. 16

Nov. 20 Dec. 18

Service Officer Corner

I am gearing up for our Federal Employees Health Benefits (FEHB) & Postal Service Health Benefits (PSHB) Open Season. It will be a big one with lots of changes especially for USPS employees, retirees & survivors and those other federal employees & annuitants that have a health benefit plan with one of the postal union carriers (APWU, Mail Handlers, NALC). We went through some big changes last open season with our prescription drug benefit in our FEHB and Medicare Part D. Hopefully through the year we have been paying attention to what changes have happened with our health benefits. The next opportunity to change insurance plans will be coming up during Open Season, November 11, 2024 – December 9, 2024.

Service Officer Corner (cont)

For all those folks that are/were with the USPS and are close to 65 years young or older, remember that the Special Enrollment Period (SEP) closes September 30, 2024. This is a SEP for enrolling in Medicare Part B without paying a late enrollment penalty. Another reminder is that all USPS employees and annuitants participating in FEHB will be required to select a PSHB plan during the 2024 open season.

Check out more information on <https://www.keepingposted.org/>

The Everett chapter is planning to host at least 5 Open Season FEHB/PSHB Health Fairs within our chapter coverage area. Our chapter covers Whatcom, Skagit, Island, San Juan, Snohomish and the north part of King County now. The plan now is to have a health fair in Bellingham, Sedro-Woolley, Mount Vernon, Everett and Lynnwood. In the past we have hosted our fairs during the day, during the work week. We are looking at hosting a fair or 2 either in the late afternoon/evening or on Saturday to attract current federal employees and USPS employees. If you are not familiar with our hosted health fairs, we have representatives from major FEHB/PSHB plans (Fee-for-Service & Health Maintenance Org) in our area come in person to explain upcoming changes to the plans in 2025. If anyone has beneficial suggestions for our health fairs, please give me a call or send me an email. Let me know what you would like to see and where you would like to attend a fair.

If you need help with any of your federal benefits or just have questions or concerns, please reach out to me or one of your local chapter officers.

Merry Byrum, Service Officer (360) 202-8999

Membership Report

With the recent passing of Sno-King Chapter #1966 president, Jan Sullivan, the chapter decided to close. The chapter was officially closed on August 29, 2024. The chapter members were given the opportunity to transfer to another chapter or become a National-Only member of NARFE within our federation. If a member did not make a choice, then they were assigned to the chapter that their zip code fell into.

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

- 1 New Chapter Member
- 1 Member Passed Away
- 30 Members Transferred Into Chapter
- 1 Member Reinstated
- 5 Members Renewed Their Membership
- At the end of August, we have 136 chapter members and 262 National Only living in our chapter area.

We want to express a warm welcome to the Sno-King chapter members that joined our Everett chapter. We received 30 of their members into the chapter and roughly 40 into our chapter area as National Only, out of roughly 80 of the Sno-King members.

We are hoping with the additional members, we will get increased involvement in chapter activities and hopefully a few more helpers/leaders to alleviate the workload on a few.

Also, when you are out and about in your communities, take a moment to share your story and how important NARFE is to you. Bring a friend or acquaintance to a NARFE event/meeting.

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. Or you can always contact me to update your information. I would love to hear from you. (360) 202-8999

It's harvest time in my garden for the next couple of months. Wishing you all the best of the season!!!

Merry Byrum, Membership Chair



NARFE Picnic was a great time, and included staff from Reps. Larsen, DelBene, and Schrier, and Sen. Murray

Outreach and Retention of Members

Recent Outreach Efforts and NARFE Information Sharing Events we've attended:

- Whatcom County Senior Day in the Park, Hovander Park, Ferndale – August 7. We had at least 10 NARFE members or prospective members stop by our NARFE table, which was staffed by Steve Roy, Marvin Weiss and Merry Byrum.
- NARFE Everett chapter Picnic w/Legislators, American Legion Memorial Park, Everett – August 14. We had a great turnout of 18 NARFE members or prospective members who joined us in the fun. We raised \$535 with our Alzheimer's auction with our very own auctioneer, Chad S. Four representatives joined us from our legislative offices to listen to our concerns at the federal level and inform us about happenings in DC.
- Skagit County Senior Day in the Park, Maiben Park, Burlington – August 15. We had at least 3 prospective members and many others that could spread the word about us to a neighbor or friend that stopped by our NARFE table.



Marvin Weiss, Merry Byrum, and Steven Roy staffing the table at Whatcom County Senior Day

Upcoming Outreach Efforts and NARFE Information Sharing Events we'll be attending (please join us!)

- Walk to End Alzheimer's, North Sound, Burlington - September 7. Register with Steve Roy, NARFE District II and join us in town center, 520 E Fairhaven Ave at 9 AM.
- Walk to End Alzheimer's, Snohomish County – October 5. Register with Steve Roy, NARFE District II and join us at Boxcar Park, 1200 Millwright Loop West, Everett at 10 AM.

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

Remember if you cannot make it in person to our monthly meetings and special presentations, please join us via Zoom. You can find the Zoom information at the top of this newsletter, and links on the NARFE WA Federation calendar: <https://www.narfe.org/wa/about-us/calendar/> You can also find the link on our Western WA District website, <https://narfewadistiv.org/>

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!!

NARFE nationwide has been losing membership, mostly because of our aging members. Our recruitment focus needs to be on the active federal employees and the newly retired. These public servants have more energy and new ideas on moving NARFE forward into the future. Let's work together on getting the word out to prospective members. The more our membership grows the better our federal benefits are protected for all of us!!

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 directly:

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/>

Merry Byrum, Chapter Membership & WSF Outreach Retention Chair

Legislative Chair Report

I want to thank those that were able to attend our annual picnic on August 14. We had a turnout of 18, which included four guests representing Sens. Cantwell and Murray, Reps. Larsen, DelBene, and Schrier. We were able to share our “asks” with them and hear from them about what they see in the months ahead.

With much-appreciated support from our Chapter and the Federation, I was able to attend the biannual FEDcon24 conference in St. Louis, MO. It was three days of “drinking from the firehose” for this new NARFE officer. I learned much about NARFE, its mission, and its current priorities. One of the best parts of the conference was meeting the excellent NARFE staff, both officially and outside of “office hours”. I was by myself at the bar in the restaurant and Matthew Sanderson and Ivana Sara popped onto the seats next to me. Matthew is the content manager for NARFE magazine (and the main “tech” for FedHub) and Ivana writes content about legislative initiatives for the magazine and develops our advocacy tools, like the webpage forms I demonstrated at our March Chapter meeting. It was enjoyable to learn about their backgrounds, express my appreciation for their fine work, and share with them what NARFE means to me. I was able to meet most of the other staff that were there, including the senior staff and some of the wonderful people who handle our membership. I was so impressed with them and am proud that they work for us at NARFE headquarters.

Probably the biggest action right now for us is that in the coming months two Congressmen are working to execute a discharge petition to force WEP/GPO reform (the Social Security Fairness Act, H.R. 82) to the House floor. If you have a chance, please contact your Member of Congress (Larsen, DelBene, or Schrier) and urge them to support the discharge petition for H.R. 82.

Washington ballots will be out in a few short weeks. Ballots for the Nov. 5 General Election will be mailed to eligible voters by Oct. 18. The deadline for online and mail registrations to be received is Oct. 28. You can register to vote or update your registration in person before 8 p.m. on Election Day, Nov. 5.

Curtis Price
NARFE Chapter 193 Legislative Chair (Nat'l)



Jessica Corbman (Rep. Larsen), C Price (NARFE 0193), Hayden Jenkins (Sen. Murray) Rachel Alger (Rep. DelBene)

Western Washington District Report

Greetings Everett members and newly-transferred-in former Sno-King members! I have two items for your attention:

1. It's time to elect your federation officers. The slate of candidates, ballots and voting instructions will be posted on the WSF website at <https://www.narfe.org/wa/> by September 14, 2024. Electronic voting will be open between September 14 and October 14. Election results will be announced, and the new officers installed during the October 24-26, 2024 live and virtual WSF Annual Meeting. This meeting will be held the first day of the Region IX Symposium
2. Register to attend the Region IX Symposium at the Three Rivers Convention Center, Kennewick, WA, October 24-26. The registration form is on the federation website at <https://www.narfe.org/wa/> Mouse over the EVENTS tab and click on “Region IX Training Conference.” You will not need to log in to complete the fillable PDF. Print and mail with your check as instructed. The first 30 members to register can request a full reimbursement of the registration fee from the federation. Contact Arlene Patton at the number on the form.

If you have any questions, please contact me at tbkbull@gmail.com or (360) 286 7798.

Bea Bull, Western Washington District Vice President

Alzheimer's Association Update

In our efforts to raise funds for Alzheimer's research, we had our annual auction at our August 14th NARFE picnic. With the 18 folks in attendance and our very own auctioneer Chad, we raised \$535 for Alzheimer's research. NARFE members have contributed over \$16 Million nationwide to the fund.

Steve Roy has registered our NARFE team "NARFE District II" again, so be sure to Donate and Register for both Walks. If you can, please come join us on the walks and contribute to the cause. The walks are:

- Walk to End Alzheimer's, North Sound, Burlington - September 7, join us in town center, 520 E Fairhaven Ave at 9 AM.
- Walk to End Alzheimer's, Snohomish County – October 5, join us at Boxcar Park, 1200 Millwright Loop West, Everett at 10 AM.

There are other walks you can check out on the website:

https://act.alz.org/site/SPageServer/?pagename=walk_homepage

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 memo 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. If you wish acknowledgement and credit for your donation, please complete the contribution form in the NARFE magazine and include it with your check. If you are contributing with cash, then complete the form and give it to a chapter officer to be mailed in with a check from the chapter.

Marvin Weiss, Alzheimer's Chair

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.

--Victoria Moran

From the Regional Vice President



Hello, Everett Chapter Members!

FEDcon24 was a successful biennial national training conference, and it is all thanks to all that attended especially the 19 Region IX members that attended. Merry Byrum, Curtis Price and I represented not only our Chapter but the larger Region as a whole.



The breakout track sessions were

enthusiastically attended, and some were standing room only. Attendees took the opportunity to enhance their federal benefits knowledge and now will make the most out of their benefits or continue advocating to protect their benefits and lead NARFE into the future.

Advocacy Benchmark awards were given out by Ivana Sara, NARFE's Grassroots Advocacy Manager. Region IX Federations received a Platinum (Oregon); Gold (Idaho and Washington); Silver (Montana) and Honorable Mention (Alaska). Great job, federation and chapter members, for using the Legislative Action Center and reporting your Congressional meetings!



Region IX FEDcon24 attendees strike a pose

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

*Steven Roy, Region IX Vice President
(425) 344-3926*

Region IX Training Conference

Our Region IX event planning committee has been working hard for many months to develop an exciting agenda for the **Region IX Training Conference** to be held in Kennewick, WA on October 24 -26, 2024. The hotel room rates at the SpringHill Suites are \$134.00 plus tax. Your Washington State Federation representatives on the planning committee are Mary Binder (Tri-Cities) and Bea Bull (Bremerton). More information is available online (link below). Those without online access feel free to ask your chapter officers for more information.

<https://www.narfe.org/wa/events/region-ix-training-conference/>

LEGcon25

LEGcon25 is coming up next year, though the dates have not been set yet. This conference will be virtual.

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.

NARFE-PAC

NARFE PAC is the monetary part of our voice on Capitol Hill. Please support the PAC to the extent you can. Recurring contributions, even if modest, are the most useful to the PAC in supporting NARFE's friends in Congress. To help out, see the information in your NARFE Magazine, or visit:

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

Marvin Weiss, PAC Chair

NARFE National Elections

NARFE National Elections are open now until September 30, 2024. Please get your vote in either online <https://vote.esvote.com/narfe/> or mail in your ballot to the address on the ballot in your September issue of the NARFE magazine. Your ballot is individually identified for you, so you will need your unique numbers which are located on your ballot only.

You can do your research by looking at the website for voting information regarding how to vote, candidate's statements, FAQs, Bylaws and Standing Rules amendments, etc.

Also, the June-July issue of the NARFE Magazine has the candidate statements, the August and Sept. issues have the Bylaws and Standing Rules, and the Sept. issue has your individual paper ballot.

<https://www.narfe.org/member-quick-links/>
<https://www.narfe.org/2024-narfe-national-election/>
<https://www.narfe.org/2024-narfe-national-election/bylaws-and-standing-rule-amendments/>

If you need any help or some insight on who and what is on the ballot, call or reach out to a fellow NARFE member and have a conversation. We need to share information to navigate through the sea of information out there. We need to make good choices on our leadership!

This is a very important election, but more important is the one in November!! Keep Voting for our freedoms and benefits of living in the USA, let's not go backwards!!



NARFE members and staff enjoyed a baseball game (Cards vs Brewers) after the conclusion of FEDCon24. Curtis Price (left) getting a Selfie with the hardworking people at NARFE HQ that do critical work on our communications, advocacy and member services!

Chapter Resource Page

CHAPTER 0193 OFFICERS

PRESIDENT

Marvin Weiss 206-330-1057
maw1941X@gmail.com

VICE PRESIDENT

Jim Carr

SECRETARY

Pat Rudd

TREASURER

Linda Cline

ADVISORY VOLUNTEERS

LEGISLATIVE CHAIR

Curtis Price 605-390-3053
curtprice@gmail.com

NARFE-PAC CHAIR

Marvin Weiss 206-330-1057
maw1941X@gmail.com

SERVICE OFFICER

Merry Byrum 360-202-8999
merrybemerry@gmail.com

NEWSLETTER EDITORS

Merry Byrum 360-202-8999
Curtis Price 605-390-3053

MEMBERSHIP CHAIR

Merry Byrum 360-202-8999 (acting)
merrybemerry@gmail.com

SUNSHINE CHAIR:

Pat Rudd

ALZHEIMER'S:

Marvin Weiss 206-330-1057
maw1941X@gmail.com

Everett 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.

DISTRICT/REGION OFFICERS

WESTERN WA DISTRICT VP

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

Vacant

WEBSITES

NARFE HOME
www.narfe.org
Washington State Federation
<https://www.narfe.org/wa>
FedHub
<https://fedhub.narfe.org/home>
Western Washington District
<https://narfewardistiv.org/>

HELPFUL RESOURCES

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: 888-767-6738

Hours of operation (M-F):
4:40 am – 2:00 pm PT
The best time to call 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
<https://www.murray.senate.gov/>

Senator Maria Cantwell

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

Rep. Suzan Del Bene (WA-01)

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

Rep. Rick Larsen (WA-02)

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/>

CAPITOL SWITCHBOARD

202-224-3121
NARFE LEGISLATIVE HOTLINE
877-217-8234

**Save the Fall 2024
Chapter Meeting Dates
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.*