

Officers Needed

Nominations for officers (President, VP, Treasurer, and Secretary) will be accepted up to and including the November meeting. Please consider nominating yourself or a fellow Chapter member. Marvin Weiss and Pat Rudd have kindly nominated themselves for another term as President and Secretary, respectively.

Open Season

It's Open Season and all are urged to compare their FEHB (or PSHB for Postal folks) plans. See further into the newsletter for information about Health Fairs, including the one at our Chapter meeting on Nov 20.

Also check the WA Federation website:

<https://www.narfe.org/wa/events/open-season>

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Everett Chapter 193 Meeting **Wednesday, Nov. 20, 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:

Open Season and Health Fair 2024
FEHB Plan Representatives will attend!

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

Upcoming Monthly Meetings

(3rd Wed Sep.-May)

Nov. 20 Dec. 18

Jan. 15 Feb 19

From the President . . .

The upcoming National elections are almost upon us. If you haven't already done so, please be sure to cast your ballot. As for the Everett Chapter, we also will be electing officers for 2025. We must fill open positions for Vice President and Treasurer, as Jim Carr and Linda Cline are stepping down after many years of service. I thank both of them for all they have done for NARFE.

Marvin Weiss, President

Secretary's Report

Our October 16 Chapter program was presented online from NARFE Headquarters in Alexandria, VA by Francine Garner, Senior Manager, Business Development via Zoom. Francine discussed the various discounted vendors through NARFE Perks available exclusively for NARFE members. Francine has been part of the NARFE team for two years and has been busy looking into the interests of members ranging from travel group, types of group insurances, hotel discounts, car rentals, and she is always willing to investigate other areas that members might be interested in. She also talked about how the revenues these activities bring into NARFE. Her program was well received by those attending.

Pat Rudd, Secretary



Everett Chapter 0193 members at our October meeting learning about NARFE Perks

Service Officer Corner

Federal Benefits Open Season

(Federal Employees/Postal Service Health Benefits (FEHB/PSHB) and Federal Employees Dental & Vision Insurance Programs) November 11, 2024, through December 9, 2024

If you are satisfied with your current health plan, you do not need to do anything. All US Postal Employees and Retirees should look at their options since they will have to move to a Postal Service Health Benefits (PSHB) plan in the new year, due to the Postal Service Reform Act of 2022.

Access to Open Season Online requires enrolling into [Login.gov](https://www.login.gov) which is the Government's secure login tool.

Once you register with Login.gov, you will use your Login.gov credentials to sign-in to Open Season Online. With your Login.gov account, you can securely connect to multiple government accounts online.

It's quick and easy to request health benefit changes and plan information - Go to Open Season Online at <https://retireefehb.opm.gov>

Call Open Season Express at 1-800-332-9798

Or write to: FEHB Open Season Processing Center P.O. Box 5000 Lawrence, KS 66046-0500

For General Open Season information, click the above link to use Live Help or send a secure webmail message.

Active employees should contact their Human Resources office and submit an SF-2809 form.

For information on comparing health plans visit <http://www.opm.gov/healthcare-insurance/healthcare/plan-information/compare-plans>

For more information regarding the Patient Protection and Affordable Care Act's requirement visit www.irs.gov/uac/Questions-and-Answers-on-the-Individual-Shared-Responsibility-Provision.

For information on the Federal Employees Dental & Vision Insurance Program (FEDVIP) visit the secure enrollment website www.benefeds.com or call 1-877-888-3337, TTY 1-877-889-5680.

For more information on Open Season or health care reform legislation, visit www.opm.gov/insure. For information on Medicare, visit www.medicare.gov.

Postal retirees can find lots of great information on www.keepingposted.org

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

On the following page, there is a list of our NARFE hosted Health Fairs. Please come and join us in learning about changes in the coming year of 2025. You are also welcome to come share with other attendees how great it is to be a member of NARFE!

More information (and printable version of the list) at: <https://www.narfe.org/wa/events/open-season/>

Merry Byrum, Service Officer (360) 202-8999

NARFE Open Season Health Fairs

Date & Time: **Wednesday, November 6, 2024, 1:30 – 3:30 PM, open forum**

Location: NARFE NW WA, USFS & NPS Office, 810 State Route 20, Sedro-Woolley, WA 98284, (360) 856-5700 for directions

Date & Time: **Thursday, November 7, 2024, 1:00 – 3:00 PM, starting with presentations**

Location: NARFE NW WA, Mount Vernon Senior Center, 1401 Cleveland St., Mt. Vernon, WA 98273, (360) 416-1585 for directions

Date & Time: **Monday, November 11, 2024, 10:00 – 1:30 PM, with presentations between 1:00-1:30**

Location: Bremerton NARFE, Westside Improvement Club, 4109 West E Street, Bremerton, WA 98312, (360) 286-7798 for directions

Date & Time: **Saturday, November 16, 2024, 2:00 – 5:30 PM, presentations at 2:00 & 4:00 with open forum after brief presentations**

Location: NARFE NW WA, Bellingham Central Library, 210 Central Ave, Bellingham, WA 98225, (360) 778-7200 for directions

Date & Time: **Wednesday, November 20, 2024, 12:30 – 2:30 PM, starting with presentations**

Location: NARFE Everett Chapter 193, Evergreen Lanes, 5111 Claremont Way, Everett, WA 98203, (425) 259-7206 for directions

Date & Time: **Wednesday, November 20, 2024, 5:30 – 7:30 PM, starting with presentations**

Location: NARFE NW WA, Lynnwood Library, 19200 – 44th Ave. W. Lynnwood, WA 98036, (425) 778-2148 for directions

Date & Time: **Wednesday, November 27, 2024, 11:00 – 1:00 PM, starting with presentations**

Location: Olympic Peninsula NARFE, Big Elk Restaurant, 707 E Washington St, Sequim, WA 98382, (360) 683-3038 for directions

Date & Time: **Tuesday, December 3, 2024, 4:30 – 6:30 PM, open forum**

Location: NARFE NW WA, Bellingham Central Library, 210 Central Ave, Bellingham, WA 98225, (360) 778-7200 for directions

Membership Report

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

1 New Chapter Member
1 New Prospective Member
6 Members Renewed Their Membership

At the end of October, we have 137 chapter members and 261 National Only living in our chapter area. We have a total of 3765 members in our WA State Federation.

We are hoping with the additional members from Sno-King, 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.

Especially with the updates to the database at National there is a need to check that your information is correct. Or you can always contact me to update your information. I would love to hear from you. (360) 202-8999.

Wishing you all the best going into the winter season!!!
Be Safe!!!

Merry Byrum, Membership Chair

Outreach and Retention of Members

Welcome Sno-King Members! The Sno-King Chapter 1966 was closed on Aug. 29, 2024. We have enjoyed meeting our new Everett Chapter members that have transferred in from Sno-King and welcome you to our newsletter list and to our meetings.

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

- Curtis Price and Merry Byrum set up a table at Paine Field Airport in Everett for TSA employees at their in-house Open Season Health Fair on October 9th. We felt it was a successful event having collected 7 M-2 cards from prospective members and with several other employees taking a NARFE magazine and brochure/application.
- Steve Roy, Marvin Weiss and Merry Byrum had a NARFE table and participated in 2 Walks to End Alzheimer's in Burlington and Everett.

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 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/>. The Zoom link is also located on the first page of our newsletters.

Upcoming Outreach Efforts and NARFE Information Sharing Events we'll be attending

A flyer is attached with this newsletter announcing our NARFE hosted Open Season FEHB/PSHB Health Fairs in Western WA. Help us get the word out by printing a flyer and posting it in a public area or federal building where federal employees would be found.

Send it to a co-worker or retiree that would benefit from learning about NARFE. The flyer and other useful open season information items are available here (please do share this link with your Fed friends!) <https://www.narfe.org/wa/events/open-season/>

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 will bring 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:

- Call: 1-800-456-8410, Press 1 for Membership
- Online: <https://members.narfe.org> Login, then select: *My Account > My Profile*
- Email message: 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

Treasurer's Report

Our funds on hand have grown this month as we have received funds from the closure of the Sno-King Chapter 1966. Details are available by contacting any officer, as these are reported in our monthly minutes. Our current account balances as of 10/12/2024 are:

- Savings accounts 1,695.02
- Checking account 6,262.62
- Total 7,957.64

Information provided by Linda Cline, Treasurer

Legislative Chair Report

I want to personally welcome our new chapter members that have come in from Sno-King. I am sad that your chapter has closed but have enjoyed meeting some of you and trust that together in a larger group we will have the “critical mass” to be more effective, have better programs, and add new members!

As of this writing, Congress is not in session until after the election (well, except the Senate, which is not doing anything but holding “pro forma” session – it’s complicated, ask me about it sometime). However very soon the House will be back and the discharge petition for the Social Security Fairness Act H.R. 82 is on the table. Please continue to thank our local House and Senate members for supporting this bill, which would repeal the unfair lowering of CSRS retirees’ Social Security benefits (WEP/GPO).

I am a FERS employee so I have special concern about another bill, the Equal COLA act, which would fix the unfair reduction in my COLAs applied to my FERS pension. For example, the 2025 CSRS COLA will be 2.5%, but the FERS COLA will only be 2.0%. If this applies to you too, I urge you to let your representatives (House and Senate) know how this unfairly cuts into your fixed income. NARFE strongly supports the Equal COLA Act (H.R. 866/S. 3194).

For more information and tools to help, visit <http://narfe.org/advocacy>.

NARFE staff have put together a scorecard to easily review the record of our House and Senate members on NARFE’s issues. You’ll see this info in a forthcoming NARFE Magazine, or view it right now by visiting: <https://www.narfe.org/advocacy/congressional-scorecard-voting-record-and-analysis/>

Knowledge is power. Thanks for all you do to educate yourself on our legislative issues and communicate with your representatives!

Curtis Price, NARFE Chapter 193 Leg. Chair (National)

Western Washington District Report

Greetings Everett members! I have two items for your attention:

Since there weren't multiple candidates nominated for federation officers, the WSF Advisory Committee elected officers by acclamation. Your new federation officers are:

- President - **Tony Merola**, from the Olympia/South Puget Sound chapter;
- Vice President - **Kathy Brooks**, from the Spokane chapter;
- Secretary – **Curtis Price**, from your Everett chapter; and
- Treasurer - **Arlene Patton**, from the Spokane chapter, who agreed to stay on since no one stepped up to take that position.

NOTE: Tony will be diligently trying to find a replacement for Arlene so, if you're willing to help out, or know someone who could take this position, please contact me at tbkbull@gmail.com or (360) 286 7798 (leave a message and I'll call you back) for more information about the duties and time requirements.

I wish you all a Happy Holiday Season!!

Bea Bull, Western Washington District Vice President

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.

Alzheimer's Association Update

Steve, Merry and Marvin staffed a booth and participated in Everett's Walk to End Alzheimer's on Oct. 5 and raised \$260. The Sep. 7 Walk in Burlington raised an additional \$210. NARFE members have been a significant supporter of the Alzheimer's Association since 1985, and NARFE appears as one of the National teams on banners displayed at Alzheimer's walks.

Aside from the Walks to End Alzheimer's, members can make tax-deductible contributions to the NARFE Alzheimer's Research fund. Checks should be payable to "NARFE Alzheimer's Research"; write "Everett Chapter 193" on memo line.

Mail the check to: Alzheimer's Association, 225 N. Michigan Ave. 17th Floor, Chicago, IL 60601-7633.

If you wish acknowledgement and credit for your donation, please complete the contribution form in the NARFE magazine and include it with your check.

Marvin Weiss, Alzheimer's Chair



*NARFE Region IX Leaders at Symposium, 10/25/2024.
National President Bill Shackelford, Oregon President Ruthann Couch, Washington President Cray Henry, Montana President Ed McLaughlin, Idaho President Keri Gibbs, Region IX VP Steve Roy, Alaska President Paul McIntosh*

NARFE-PAC

NARFE PAC is the monetary part of our voice on Capitol Hill. As such, it has contributed modest amounts to the campaigns of our local friends in Congress and the Senate. To help, see the information in your NARFE Magazine, or visit:

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

Marvin Weiss, PAC Chair

NARFE National Elections Results

The NARFE National Elections have concluded, with a total of 7,625 ballots cast (6,401 online, the rest by paper ballot). Elections were run by Election Services, Co. and reviewed by a third party consultant. After all the ballots were counted our current NARFE President William E. (Bill) Shackelford, was re-elected and Cindy Renee' Blythe was elected to be our National Secretary/Treasurer. Both were elected by a majority, so no "ranked choice" rules needed to be activated. Our own Steven Roy was re-elected Region IX Vice President. All of the by-laws changes were approved or rejected in line with recommendations put forward. A notable approved by-law change will give final authority on headquarters major decisions to the National Executive Board (composed of all Regional Vice Presidents).

<https://www.narfe.org/2024-narfe-national-election/>

Steven Roy, Region IX Vice President



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

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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

WEBSITES

NARFE

www.narfe.org
Washington State Federation
<https://www.narfe.org/wa>
FedHub Community
<https://fedhub.narfe.org/home>
Western Washington District
<https://narfewadistiv.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