



CHAPTER 236 SOUTH PUGET SOUND

CHAPTER MEETING 21 OCTOBER AT 12 NOON

Location: Super Buffet Chinese Restaurant 1390 Galaxy Dr NE, Lacey, exit 111 I5

Chapter website located on Federation Website: www.narfe.org/wa

President's Message – Tony Merola

Chapter 236 Members,

During August, I attended the NARFE Federation President's Conference in Indianapolis, Indiana. The conference was well attended and we were able to discuss a multitude of topics from a full agenda, and had heard from several key presenters from Washington DC.

Key Takeaways from our conference included presentations on Street Level Marketing Strategies, micro-site creation, and organizing attendance at political rallies as innovative grassroots approaches (RALLY HO). The presented mantra was "STRIVE TO THRIVE". John Hatton, from NARFE Headquarters, presented a very detailed summary of key NARFE efforts which thwarted various budgetary initiatives, such as cuts to COLAs, Reduction to TSP's current rate of return, vouchers for FEHBP coverage (which would have raised premium costs, WEP/GPO Repeal, etc. These items which were included in the House version of the "One Big and Beautiful" bill were stripped out by the Senate. John's presentation also addressed the massive worker departures due to DODGE cuts, the 75K voluntary deferred resignations, 28 K probationary employee firings, and a RIF plan for every agency.

Day one of the conference covered topics like Fed Hub updates, Leadership Succession/Mergers/Dissolutions, Micro-site creations, NEB findings and recommendations.

Day two addressed Uniform Chapter Dues (a very spirited discussion), strategies for engaging National-Only members, and media training byt FRG Communications in interview techniques in various media formats, ie, print, live TV, taped TV, Radio, Podcast.

Day three provided updates on the Marketing Plan and a comprehensive summary of recommendations for the NEB, The detailed conference minutes and presentations are currently on the NARFE Website for additional reading and analysis as desired.

I hope you all have had a safe and uneventful summer. We are still experiencing a turmoil and uncertainty within the federal government, so the watchword here is to remain vigilant at all times. Be aware that our elected legislators have established that they have our backs and will resist any and all efforts to subvert and change our hard-earned benefits.

Chapter Officer Elections

The October meeting is when the members elect officers to serve in the next year. It is important there is a good turnout to perform this important task. The following chapter officer positions are filled by a vote of the members: president, vice president, secretary, and treasurer. The following positions are appointed not elected: Membership Chair, Newsletter Editor, Service Officer and PAC Chair.

The Membership Chair tracks membership information on the NARFE website, contacts prospective members and develops plans for local membership recruitment. The Service Officer assists members by providing information, answering questions, and offering guidance on issues relating to federal pay and benefits. The Newsletter Editor prepares the quarterly newsletter with input from the chapter president and other officers and any other useful information the editor decides upon. The newsletter is distributed both by email and postal service. The PAC Chair must be familiar with the NARFE goals in protecting federal employee pay and benefits and maintains a relationship with local members of Congress.

If you are interested in serving in one of these elected or appointed positions, please contact President Tony Merola at 253-564-0086 or email tiger7565@aol.com. The newsletter editor and membership chair is soon to reach his 82nd birthday and very much wants to return to fully retired status. Training will be given to the new occupants of all positions.

Membership

Our chapter membership is 160. For the period from 1 July to 16 Sept we had 2 new members join NARFE, Kristine [REDACTED] of Yelm and Carol [REDACTED] of Puyallup. A hearty welcome to our new members. Three members were dropped for nonrenewal and 8 members renewed membership. We also have 2 new chapter members added through reinstatement of membership, Gorden [REDACTED] of University Place and Michael [REDACTED] of Shelton.

NARFE's 2025 Fall Membership Drive is underway. It began 1 September and ends 31 December. Current members earn \$10 and other prizes for each new member recruited. Be sure to give the prospective member your membership number so you can get credit. So, if you know someone who works or worked for the Feds, use your persuasive powers on them to join NARFE. Give them a NARFE magazine and show them the application for membership.

COLA UPDATE

August 2025-CPI-W index value of 374.306 is a monthly increase of .30% and a 2.78% increase from the CPI-W average for 3rd quarter 2024. The number for September will determine the increase for 2026. The full amount will apply to CSRS, social security, and military pensions. FERS pensions are capped at 2 percent if the COLA is between 2 and 3 percent and reduced by 1 percent if the COLA is over 3 percent.

Treasurers' Report

The August 31st balance is \$13,897.40 Expenses for the month totaled \$155.21 Income for the month was \$56.80.

Alzheimer's

The 2025 South Sound Walk to End Alzheimer's in Olympia is Saturday 4 October. The fund-raising goal is \$85,000. The location is Heritage Park at the corner of 5th Ave SW and Water St SW. Registration begins at 10 am, Opening Ceremony at 11:00 and the walk begins at 11:30. The route is 1.8 miles. The

Tacoma/Pierce County Walk is on Saturday October 11 at the same time periods as Olympia. The route is 1.54 miles. The fund raising goal is \$165,000. You can register online at: act.alz.org. Additional information is on the website.

Chapter member Betty Fugazi has graciously offered to lead a Chapter 23 walking group for the Olympia Walk. You may contact her at via email at [REDACTED]. This is a good way for our chapter to get some community exposure.

A new study funded by Alzheimer's Disease Research has found that women who carry the APOE4 gene, which is known to increase Alzheimer's risk, show signs of accelerated immune aging that may set the stage for cognitive decline. The study sheds light on why women are more likely than men to develop Alzheimer's. The work suggests that blood immune cells infiltrate the brain and prevent the removal of amyloid plaques, driving cognitive impairment for people with the Alzheimer's risk gene APOE4. This interaction likely contributes to the increased risk of Alzheimer's in women as it appears earlier and stronger in women and marks the conversion from normal cognition to mild cognitive impairment. This knowledge could allow development of treatments that target inflammation in high-risk women before Alzheimer's symptoms appear. (Source Alzheimer's Science News)

WESTERN WASHINGTON DISTRICT VP - BEA BULL

Greetings Olympia/South Puget Sound chapter members!

Bylaws

Federation members approved the bylaws amendments 131 to zero, thank you! They were approved by National Secretary/Treasurer Cindy Renee Blythe and are now posted on the federation website.

Federation Annual Meeting

The federation is holding its annual meeting via Zoom on 28 October from 10:00AM to 12:30PM. WSF Secretary Curtis Price will send out the Zoom invitation later this month; you can access the meeting from the federation webpage (mouse over Meetings/Events, click on Meetings, and scroll down to "Join the meeting on Zoom" which will take you directly into the meeting); or you can request the link from me.

National Life Members Paying Chapter Dues

Beginning this month, National will no longer bill National Life Members for their chapter dues; chapters will need to do that themselves or create Chapter Life Membership. Each chapter is working out how best to move forward. Creating Chapter Life Membership requires a discussion at a meeting, a motion and a vote. If the motion passes, a bylaws amendment is required. If the chapter chooses to bill National Life Members for their chapter dues, those members will mail their chapter dues, payable to the chapter, directly to the chapter treasurer. If you have any questions or concerns, please feel free to contact me.

Bea Bull
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FEDERAL RESERVE BANK

Interesting article from The Atlantic magazine talks about what might happen if President Trump gains power over the Federal Reserve Bank. If the Supreme Court allows him to fire board members at will for no cause, he will have a clear path to filling the central bank with loyalists willing to vote the way he directs them to. He will have extraordinary power to reward friends and destroy his enemies.

The Federal Reserve has far more power than just setting interest rates. This is the least they can do. The central bank determines the supply of money flowing through the economy, decides which institutions have access to the financial system, and can print and spend money at will. In 1932 Congress gave the Federal Reserve the power to lend money to “an individual, partnership, or corporation” during unusual or exigent circumstances”. The authority was little used until 2008 when it issued hundreds of billions of dollars in loans to rescue major financial institutions on the brink of collapse. During the height of the coronavirus pandemic, the Fed offered trillions of dollars in loans to banks, corporations, small businesses, nonprofits, and even city governments. Every major bank in the country holds a master checking account at the Fed, which they depend on to make and receive payments, manage their reserves, and access credit. In turn the Fed operates as the main financial regulator. One way the Fed has to enforce compliance is to cut the bank off from the financial system. So, if President trump decided he didn’t like some organization or foundation and designated it as a “domestic terrorist threat” he could direct the Fed to cut off any bank that does business with them. That would cripple the group or foundation. The President could direct the Fed to lend to companies that donate to Republican campaign or to the budgets of local officials who promote his agenda. The Federal Reserve is an infinite money pit there is nothing to stop the administration from lending trillions of dollars to the president’s priorities. Control of the Fed would give the president a powerful weapon for punishing his enemies. (A brief summary of the article)

Chapter Officers

President – Tony Merola – 253-564-0086
TIGER7565@aol.com

PAC – Tony Merola

Sam Cagle, vice president – [REDACTED]

Secretary – Mary Traxler – [REDACTED]
[REDACTED]

Treasurer – Baron Powell – [REDACTED]
[REDACTED]

Newsletter – Milton Oster – [REDACTED]
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Membership – Milton Oster – [REDACTED]

Service Officer – Tony Merola

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Elected Representatives

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Senator Maria Cantwell
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