

NARFE Seattle Chapter 0043
Chapter Meeting Date: Thursday, February 19, 2026, at 11:30 am
Spiro's Pizza and Pasta
18411 Aurora Avenue N
Shoreline, WA 98133
(206) 546-2900
ilovespiros.com

Michael Tanaka, Outreach Coordinator and Grants Coordinator for U.S. Representative Pramila Jayapal (D-WA) Office is our Guest Speaker for the NARFE Seattle Chapter 0043 on Thursday, February 19, 2026, at 11:30 am.

Mr. Tanaka's presentation began at 12:06 pm. Mr. Tanaka's notes also will be posted separately on the Seattle Chapter 0043 website. WSF LEG Chair Doug Rushton prepared the following highlights of Mr. Tanaka's presentation:

- US Representative Pramila Jayapal's current focus is on housing, food security, and health care.
- Jayapal had a government shutdown webinar and over 200 attended.
- She cosponsored [H.R. 491: Equal COLA Act](#); [H.R. 492: Saving the Civil Service Act of 2025](#); and [H.R. 493: Federal Adjustment of Income Rates \(FAIR\) Act](#). These were bills that NARFE Headquarters and NARFE Seattle Chapter 0043 encouraged her to support.
- Epstein Issues – She supports full transparency and has met with victims.
- She would like to get ahead of the administration's agenda for the November election. She is meeting with Governor Ferguson for coordination with state approaches. She represents the district and has outreach efforts to independents and Republicans.