

Table of Contents

From the President..... 1

Treasurer’s Report..... 2

Secretary’s Report 2

NARFE-PAC..... 2

Sunshine 2

Distinguished Members Announced..... 2

Membership..... 3

Service Officer Corner..... 3

Western Washington District Report..... 4

Outreach and Retention of Members..... 4

From our Region IX Vice President 5

NARFE Federation and National Events..... 5

Chapter Resource Page 6

From the President

This coming year is a big one for NARFE.

NARFE is holding elections at both the Federation and National level and is also having Regional and National meetings. And of course, the 2026 midterm elections this fall will determine the control of Congress for the next two years.

Please consider joining us for one or both of our next two Chapter meetings, either in person or online. Both meetings should be informative and interesting!

We’ll hear more about the National political landscape at our March 18 meeting from Doug Rushton, our NARFE Washington State Federation Legislative and PAC Chair.

At our April 15 meeting we’ll focus on NARFE, including our National and WSF officer and bylaw elections, the national FEDCon26 meeting in Indianapolis to be held in August, and our Region IX Symposium to be held in Ellensburg in early October.

Everett Chapter 0193 Meetings

Mar 18, Apr 15

Evergreen Bowling Lanes
5111 Claremont Way
Everett, WA 98203
425-259-7206

Lunch at 11:30 AM,
Meeting/Program at 12:30 PM

**Mar 18: Doug Rushton,
WA Federation PAC Chair**

**Apr 15: NARFE 2026 Meetings, Elections,
and Recognition of new Chapter
Distinguished Members**

Meeting will be in-person and via Zoom

Use this link to join virtually:

[https://us02web.zoom.us/j/84885646379
?pwd=YW1XbHdDR0NsV2VMY2hCen
hvM1NyZz09](https://us02web.zoom.us/j/84885646379?pwd=YW1XbHdDR0NsV2VMY2hCenhvM1NyZz09)

(Passcode: 545185)

or

Join by phone at (253) 215-8782

Meeting ID: 848 8564 6379

Passcode: 545185

[More zoom help here](#)

Upcoming Monthly Meetings

(3rd Wed Sep.-May)

Mar 18 – Apr 15 – May 20

At our April meeting we’ll also recognize our Distinguished Members (listed in this newsletter on page 2) who are long-time dedicated NARFE members and members of our Everett Chapter. We hope to see many of you there to be celebrated in person!

Curtis Price, President, NARFE Everett Chapter 0193

Treasurer's Report

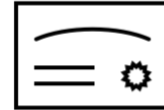
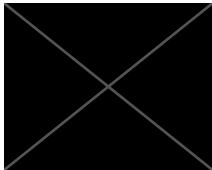
Treasurer's report is as follows as of 02/28/26:

Checking account Balance:

Savings Account Balance:

Total:

Marvin Weiss, Treasurer



Secretary's Report

Spring is here accompanied by day light saving and Easter, not to mention our two tax deadlines in April. If you are hunting for help with income tax, think about AARP TaxAide:

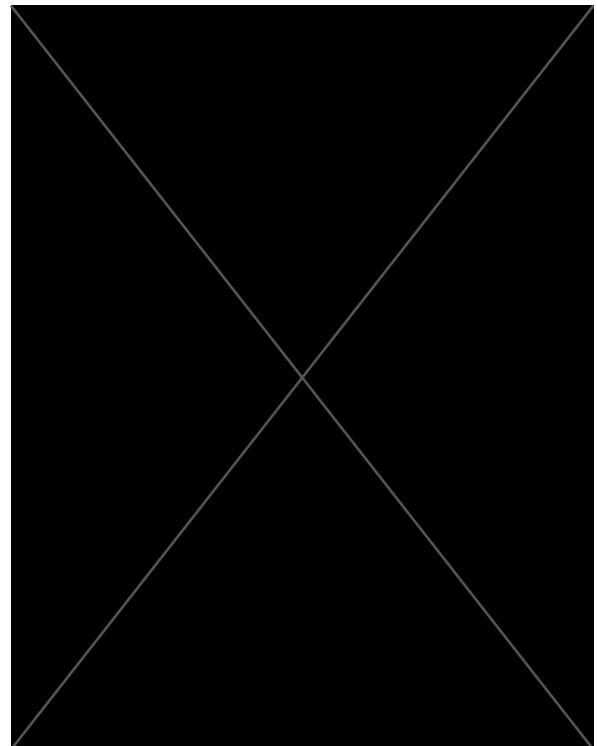
www.aarp.org/money/taxes/aarp-taxaide

I have used them for five years and never had any concerns. This is a volunteer program and the trained volunteers' work is checked over by a knowledgeable "supervisor". You can pick up a package at a local library; the instructions and check off list is very clear. The appointment itself is less than an hour. This service is free, and you do not need to be an AARP member to receive these services. Consider them!

Pat Rudd, Secretary

Distinguished Members Announced

Our area Vice President, Bea Bull, will recognize our newest Distinguished Members at our April Chapter meeting. These NARFE members have been active members of NARFE for 20 years. We hope many can attend and receive their certificate and pin – and our appreciation for their continued support of NARFE!



Current Chapter Distinguished Members include:

NARFE-PAC

There are many ways to contribute to NARFE-PAC. You can write a check to NARFE-PAC and get it to me (at a chapter meeting or contact me) and I can pass it on for you. You can fill out and send in the contribution form in *NARFE Magazine*. You can also get more information and contribute to NARFE-PAC online at www.narfe.org/narfe-pac/

Marvin Weiss, Chapter 0193 PAC Chair

Sunshine

Sympathy cards and survivor benefit packets were sent to the families of **Lou Etta Teeter**, **Elva-Jean Slick**, and **Arlene Deurbrouck** this past year. We also learned that **Bob Deurbrouck** just passed away from Dementia/Alzheimer's like his wife Arlene. The Deurbroucks were both members since 1994 and 1997.

We have also sent out several get-well cards to our members. If you know of a chapter member in need of a little sunshine, please contact Pat Rudd. (see contact info on last page).

Membership

Since our last membership report at the end of December, we have had the following activity with our members in January-February.

3 New Chapter Members
3 Members Dropped for Non-Renewal
3 Members Passed Away
25 New Prospective Members
25 Members Renewed Their Membership
1 Members Reinstated

At the end of February, we have 178 Chapter members and 264 National Only living in our Chapter area for a total of 442. We have a total of 3758 members in our WA State Federation currently.

We are still 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

Wishing you all the best, spring is just around the corner!!! Be Safe!!! Be Well!!!

Merry Byrum, Membership Chair

Service Officer Corner

You should have collected all your documents needed for the Tax Season. April is next month and I have heard from many that they have already completed their return.

Don't forget Part V of Schedule 1-A for the Enhanced Deduction for Seniors (\$6000). This new provision of the tax law applies to tax years 2025-2028. [One, Big, Beautiful Bill Act: Tax deductions for working Americans and seniors | Internal Revenue Service](#)

I hope you received your 1099R or W-2 if you are still working.

Information on getting your 1099R: Only individuals who do not have internet access or access to a computer may receive their 1099-R by US mail, and in some cases only if they contact OPM at 1-888-767-6738 to request it. If OPM does not have your email address on file, you likely fall into this category. All others can get their 1099-R's electronically by one of the three options below.

Option 1: Use the 1099-R request tool. No login needed

- * Visit [the 1099-R Request page](#)
- * Enter your information to request a link
- * Check your email for the download link
- * Click the link in the email
- * Re-enter your information and click Download 1099R

Option 2: Download a copy within your account

- * Log in to [your Retirement Services Online account](#)
- * Click 1099-R Tax Form in the menu
- * Click the 1099-R link for the tax year you want

Option 3: Request a mailed copy within your account

- * Log in to [your Retirement Services Online account](#)
- * Click on Documents in the menu
- * Click the 1099-R title.

For all of you that received a Lump Sum payment from SSA because of the Repeal of the Social Security Fairness Act, <https://www.narfe.org/wa/social-security-fairness-act-information/> don't forget to file for the SSA Lump Sum Exclusion and check item 6c on your IRS 1044 which may reduce your tax liability for 2025.

Don't forget to review your estate documents and final wishes, so that when spring starts popping up we will be ready to get outside in the fresh spring rain and sunshine.

NARFE's Federal Benefits Experts

As a member, you have access to the Federal Benefits Experts. You can easily contact the Federal Benefits Institute via the NARFE website, <https://www.narfe.org/federal-benefits-institute/>, by emailing fedbenefits@narfe.org or by calling (800) 456-8410. Additionally, <https://FEDHub.narfe.org/home>, NARFE's online community, provides another avenue for connecting with fellow members. Chances are, another NARFE member has faced the same issue or has the answer you need.

Merry Byrum, Service Officer (360) 202-8999

Western Washington District Report

Hello Everett chapter members!

As it's starting to look like we've turned the corner and headed into Spring where things begin to grow, let's plant our NARFE seeds and grow our membership. NARFE needs a strong voice from a large membership to have a substantial impact on Capitol Hill.

Also needed is a strong PAC fund that facilitates NARFE's opportunities to build relationships with our Congressional leaders. You'll hear this repeatedly this month: March is NARFE-PAC month. Please bring your checkbook to the March meeting and contribute generously.

This is an election year for the Washington State Federation. We need candidates for president, vice president, secretary and treasurer. For position descriptions, visit:

www.narfe.org/wa/policies-and-procedures

and click on **WSF Standing Rules** or contact me.

I am honored to have been invited to attend your April meeting to bestow Distinguished Member pins and certificates to those who have been members for 20 years. I look forward to meeting you!

As always, thank you for your membership and dedication to NARFE's mission!

*Bea Bull, Western Washington District VP
(Contact info on last page--top center!)*



Cultus Bay, Whidbey Island Photo: Curtis Price



Outreach and Retention of Members

Having trouble logging in to NARFE? Check out these great instructions <https://www.narfe.org/wa/login/> or call one of our chapter officers. The most important thing in getting great information from NARFE is to make sure they have your correct email address.

When it is time to Renew or change something about your membership:

Call or login today to re-new your Chapter membership (National annual dues \$48 and Chapter 0193 annual dues \$10). If you are a Retiree, Spouse of Retiree or Annuitant Survivor, you are eligible for dues withholding automatically from your OPM monthly annuity. It's easy, painless and automatic. With dues withholding or a 3-year payment you can also get more than 10% discount!

Call: 1-800-456-8410, Press 1 for Membership
M-F 8am-5pm ET

Online: Log in to members.narfe.org and click on **My Account - My Invoices** and pay the open invoice on your record. If the invoice is not the one you want to pay (different chapter, want to join a chapter, want to switch to a 1, 2 or 3 year membership, switch to dues withholding), you will need to call 800 456-8410 x1 M-F 8am-5pm ET or email memberrecords@narfe.org to have the invoice on your record changed.

Also, members can use the renewal letter/form from National that came to them in USPS mail if they do not have internet access and/or want to pay by check. There should be a self-addressed return envelope that came with the renewal letter/form. You can request changes on this letter also before mailing it back to National. Include a phone number in case National has concerns about your membership request.

If you change your physical address, email or phone number, please update your information by either calling NARFE or signing in online to make the updates yourself by selecting **My Profile**.

(Outreach, continued from p 4)

NARFE nationwide has been losing membership, mostly because of our aging members. But we are also gaining new and reinstated members since the beginning of 2025. 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!!

We also want and need you to stay involved - if you cannot make it in person to our monthly meetings and special presentations, you are very much invited to join us via Zoom. You can find the Zoom information on the first page of this newsletter, and on the WA State Federation website, <https://www.narfe.org/wa/about-us/calendar/>

Thanks for reading the newsletters!

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 shared (including back issues) on our Chapter website www.narfe.org/chapter0193 and also sent through Washington State Federation community at FEDHub.narfe.org. You can also find current newsletters for all our Washington Chapters on the WA State Federation website, www.narfe.org/wa/newsletters.

Reach out to me – happy to help!

Merry Byrum, Chapter Membership & WSF Outreach Retention Chair



From our Region IX Vice President

I am happy to report, that the 2025 Walk to End Alzheimer's was very successful. Region IX, which includes Alaska, Idaho, Montana, Oregon and Washington total donations were \$16,841.33. This is quite remarkable because Region IX is the smallest NARFE Region membership wise. Washington State Federation members had the third highest donations total with \$4545.00, behind Oregon Federation with \$6066.33 and Montana Federation which raised \$5920.00.

Curtis and I have been working on getting a hotel locked down for our October 1-3, 2026 Region IX Symposium. We also favor using meeting space at Central Washington University which is very affordable.

Please stay engaged via the NARFE's Legislative Action Center and meeting with your elected officials and staff. Grassroots advocacy has proven very effective.

*Steven Roy
Region IX Vice President*

NARFE Federation and National Events

www.narfe.org/wa/meetings

*2026 FEDcon26 Conference
August 23-25, 2026*

This meeting will be held at the Hyatt Regency Hotel, Indianapolis, Indiana. It's a great opportunity to **learn, advocate, and lead!** If you are interested in attending, Chapter and Federation support may be available. More information will be available at Chapter meetings and in upcoming newsletters. fedcon.narfe.org

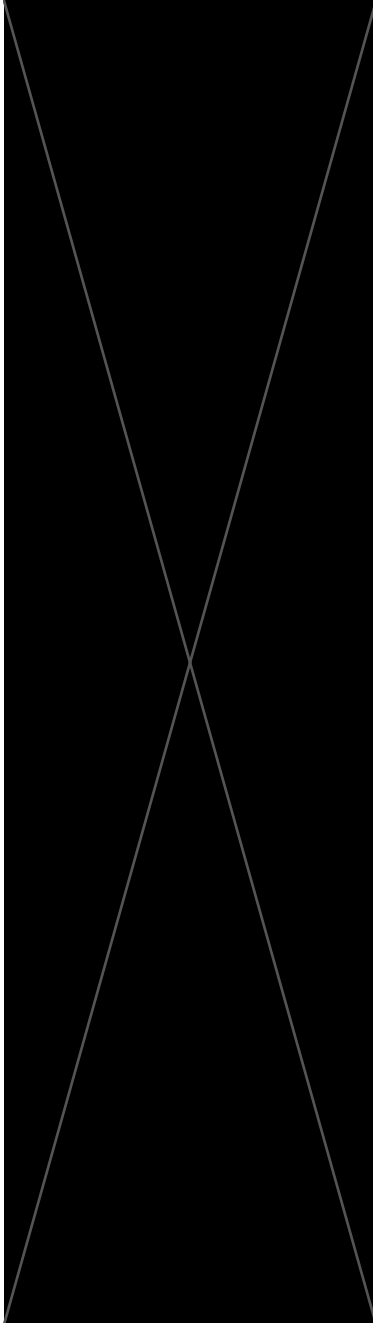
*NARFE 2026 Washington State Federation Meeting
Oct 1-3, 2026 (in-person)*

Save the date! We'll be meeting in-person Thursday afternoon through Saturday noon in Ellensburg. This meeting will include Federation and Chapter updates, educational opportunities and installation of new officers. You can sign up and reserve a hotel room with your credit card. Up to date information is found here on the Region IX website:

www.narfe.org/region09/symposium2026

Chapter Resource Page

CHAPTER 0193 OFFICERS



NARFE Everett Chapter 0193 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
(please leave message!)
tbkbull@gmail.com

WA STATE FEDERATION PRESIDENT

Tony Merola, 253-564-0086
tiger7565@aol.com

REGION IX VICE PRESIDENT

Steven Roy, 425-344-3926
stevenroy1@yahoo.com

WEBSITES

NARFE
narfe.org
FEDHub Community
fedhub.narfe.org
Washington State Federation
www.narfe.org/wa
Everett, WA Chapter 0193
www.narfe.org/chapter0193

Northwest Regional Council

(Aging & Disability Resources)
Whatcom Co. 360-738-2500
Skagit Co. 360-428-1309
Island Co. 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
murray.senate.gov

Senator Maria Cantwell

2930 Wetmore Ave Suite 9B
Everett, WA 98201
425-303-0114
cantwell.senate.gov

Rep. Suzan Del Bene (WA-01)

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

Rep. Rick Larsen (WA-02)

Wall Street Building
2930 Wetmore Ave, Suite 9F
Everett, WA 98201
Phone: 425-252-3188
larsen.house.gov

Rep. Kim Schrier (WA-08)

1445 NW Mall Street Suite 4
Issaquah, WA 98027
425-657-1001
schrier.house.gov

CAPITOL SWITCHBOARD

202-224-3121