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From the President

Thank you for a wonderful meeting on April 15. Recognizing our Distinguished Members was such an honor and to do so which such a big turnout was very special.

Our program year will conclude with one more Chapter meeting on **Wed May 20**. We'll have a speaker from the AARP Speaker's Bureau, that will teach us about ways to protect ourselves against scams both on the phone and online.

Everett Chapter 0193 Meeting

May 20, 2026

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

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

May 20
Stop the Scam!
Financial safety on the phone and online

Meeting will be in-person and via Zoom

Use this link to join virtually:

<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)

May 20 – Sep 16 – Oct 21– Nov 18– Dec 16

* Legislative Picnic August 12 *

The Chapter will have our annual Legislative Picnic on **Wed August 12 from 11-2 at American Legion Park** in Everett, where we'll gather and share summer stories, and meet local Senate and House staff, and maybe a member of Congress or two!

Our NARFE National meeting, FEDcon26, will be held **August 23-25** in Indianapolis. The Chapter and Federation can help support your attendance (details inside this newsletter).

(From the President, continued)

This year is an election year for NARFE. Federation and National officers are up for election. I am a candidate for Region IX Vice-President. This position is a member of the NARFE's National Executive Board, representing the five-state region (AK, ID, MT, OR, WA). You will see my candidate statement in the June/July issue of *NARFE Magazine*.

Steven Roy is our current Region IX Vice President. He is not running for re-election this year. We all thank Steve for his excellent work for us as our RVP and before that as Washington Federation President.

I want to remind you the great value our membership dues provide for us. Of course, As NARFE members, we get ten issues of our award-winning *NARFE Magazine* (paper or online, our choice) which keeps us up to date on changes in Federal pay and benefits, bills in Congress, health benefits Open Season, and what we need to know for a happy and healthy retirement. The Magazine also has key information to know about NARFE events and resources. *NARFE Magazine* alone is worth our modest national dues (\$48 per year, with discounts for multi-year renewals [everyone] or dues withholding [for retirees]). Our chapter dues are also a good value for only \$10 per year.

I recommend you check out another great benefit of NARFE membership, available to you online: the **NARFE Federal Benefits Institute** (www.narfe.org/federal-benefits-institute). This includes webinars, white papers, and other information you can use--all free for NARFE members. Some of this material is open to the public, but many things (including webinars) require a NARFE login to access.

If you need help logging in, feel free to ask a Chapter officer (contact info on last page) for help, or call NARFE at 1-800-456-8410 x1.

Have a great summer!

Curtis Price, President, NARFE Everett Chapter 0193

Secretary's Report

Whew! What a great time at the recent NARFE meeting honoring our members who have been loyal members for twenty years or more. As we begin to wind down our picnic is scheduled for August 12.

This is a fun day, with Congressional staff sharing information, a raffle to raise money for A/Z, cake to share. So dust off your lawn chairs, get suntan lotion and eats. Remember to circle August 12!

Pat Rudd, Secretary

Upcoming Chapter Programs

The third Wednesday of the Month means: NARFE Everett Chapter meetings!

Hope to see you there in person or online.

May: **Stop the Scam!** (AARP Speaker's Bureau)

June-July: *No meeting*

August 12: **Legislative Picnic** Everett Legion Park

September: **2026 Election** (SnoCo LWV)

October: **NARFE Alzheimer's Fund** (Alz Assoc WA)

November: **Open Season Health Fair** (FEHB/PSHB providers)

December: **Holiday party, Alz. Auction, Officer Election**



Distinguished Members at Apr 15 Chapter Meeting.

Photo: Guy Fleischer

Treasurer's Report

Treasurer's report as of 03/31/26

Checking account Balance:

Savings Account Balance:

Total:



Marvin Weiss, Treasurer

NARFE-PAC

Our Everett Chapter members have increased their contributions – a good thing because our issues are so important this election cycle. In the first three months of the year, 24 NARFE Everett members contributed a total of \$3053.26. Of these, four are sustainers – that is they have small scheduled donations that add up over time. In the same period in the last election cycle (2024), 16 members gave \$1081, so this is a big increase. As we learned from State Federation PAC Coordinator **Doug Rushton** at our May meeting, these contributions help get NARFE “in the door” to make sure our Members of Congress and Senators are aware of our priorities and issues.

Thank you, Everett Chapter!

Marvin Weiss, Chapter 0193 PAC Chair

Western Washington District Report

Hello Everett chapter members! As this is the last newsletter prior to summer break, I wish everyone a safe and enjoyable summer. Some announcements:

Region IX VP

Region IX VP **Steven Roy** is not running for re-election. Washington State Federation (WSF) Secretary **Curtis Price** declared his candidacy for that position. Since a Regional VP may not also hold a federation or chapter position, the Federation, now more than ever, needs a candidate for Secretary.

Federation Elections

The federation continues to search for candidates for president, vice president, secretary and treasurer. Please consider stepping up. For position descriptions, visit www.narfe.org/wa/policies-and-procedures and click on **WSF Standing Rules** or contact me. You can nominate yourself or someone else here: www.narfe.org/wa/wsf-nom

FEDCon26

Registration is now open for this event; go to fedcon.narfe.org. The early-bird rate (now through 5/22/2026) is \$225.00; 5/23/2026 – 8/7/2026 is \$250.00; and after 8/7/2026 is \$300.00. All non-members pay \$300.00. If you wish to attend, the WSF will reimburse the first five members in good standing (dues are paid up) \$800.00 each toward registration and travel costs. Please contact WSF President **Tony Merola** at [REDACTED] and copy WSF Treasurer **Arlene Patton** at [REDACTED]. Or you can call **Tony** at [REDACTED]. Also, check with a Chapter officer about additional funds available to help you attend.

Region IX Symposium

This event in Ellensburg, Washington, October 1 -3, 2026, will be held on the Central Washington University campus with accommodations at the Ellensburg Best Western Plus. Thirty hotel rooms are reserved so attendees may begin making reservations. For instruction on getting the group rate of \$110.00 per night and for up-to-date information, visit the Region IX website at www.narfe.org/region09/symposium2026.

Again, the federation has funds available to help members attend this event. The first 30 members in good standing (dues are paid up) to contact WSF President **Tony Merola** and WSF Treasurer **Arlene Patton** (see above instructions) can apply for a reimbursement of their registration fee, which is anticipated to be around \$150.00. Also, check with a chapter officer about additional funds available to help you attend.

I was honored to attend your April meeting to present Distinguished Member pins and certificates to those who have been members for 20 years or more. What an impressive turnout! Thank 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!)*

Sunshine

Sympathy cards and survivor benefit packets were sent to the families of Bob Deurbrouck and Michael Mizelle. Benefits packets and/or Recruitment packets also sent to Peter F. and Janice G. We have also sent out a few get-well cards to our members. All of this is much appreciated by recipients.

May is here. Remember the two holidays, Mother's Day and Memorial Day. Consider a card or a prayer for those no longer with us. If you know of a chapter member in need of a little sunshine, please contact me.

Pat Rudd, Sunshine (contact info on last page)

Membership

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

- 1 Member Dropped for Non-Renewal
- 2 Members Passed Away
- 28 New Prospective Member
- 15 Members Renewed Their Membership
- 1 Member Reinstated

At the end of April, we have 178 Chapter and 258 National-Only members living in our chapter area for a total of 436. We have a total of 3702 members in our WA State Federation currently. The WA State Federation has gained 41 new & reinstated members so far in 2026.

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. We had Bob B. step up to the plate and offer to help with the 2025 financial audit. This task is very much appreciated and helps us in so many ways. Thank you Bob!!

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. 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.

Log-In to NARFE on-line to see if there is anything that you may have been missing. Here are the instructions on how to Log-In: www.narfe.org/wa/login

Wishing you all the best, spring is here!!!

Be Safe!!! Be Well!!!

Merry Byrum, Membership Chair



Distinguished member cake Photo: Guy Fleischer

Service Officer Corner

I hope you all made it through the tax season without too much hardship. It would be nice if someday the powers that be could simplify our tax system just a bit or more. Wishful thinking I know!

I have had several conversations with members about their survivor benefits. Do you know what your Survivor Benefits are? It is never too early to review your Federal Benefits, Will, Durable Power of Attorney for Finances and for Health Care. People should review their estate and last wishes at least once a year, but especially when you have a life event. Don't leave your loved ones high and dry when they are grieving the loss.

I continue to get calls from family members that have lost a loved one and they are so appreciative of the Being Prepared and Benefits information that I send out from NARFE. Just sending out a sympathy or get-well card is so welcoming to those that need a kind word or extended hand. Don't forget to complete your F-100 form.

(Service Officer Corner, cont.)

Here are a few things that I picked up from the Employee Assistance Program presentation at the WARLCA Convention last year. Help to get you through your day and life.

- Be Grateful for 3 things every morning
- Be Proactive
- Not What If but Next Time
- Be Committed
- Live Your Best Life
- Create your own Mission Statement
- Be Empathetic – Be Kind
- Be #1 – Take Care of Self 1st

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, www.narfe.org/federal-benefits-institute, by emailing fedbenefits@narfe.org or by calling (800) 456-8410. Additionally, fedhub.narfe.org, 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.

Alzheimer's update

The NARFE Alzheimer's Research Fund has passed the \$17 million mark in total contributions last month! More at: www.narfe.org/region09/alzheimers

Members of the Washington State Federation have donated \$6,243.10 since March 2025. 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 0193" on the memo line, and mail it to:

Alzheimer's Association
225 N Michigan Ave, 17th Floor
Chicago, IL 60601-7633

Marvin Weiss, Chapter 0193 Alzheimer's Coordinator

Outreach and Retention of Members

We continue to be very busy reaching out to prospective members and sharing the activities and efforts that NARFE is engaged in to protect our federal workforce and benefits.

We connected with 4 new prospective members at the Snohomish Co. Senior Resource Expo on April 14th and we had 51 visits to the table who were interested in who we are.

We had 33 individuals attend our last chapter meeting on April 15, when we celebrated our Distinguished Members. We had a great time sharing and mingling with others.

Please look forward to these Outreach Events:

- August 5th, Whatcom County Senior Day in the Park
- August 12th, NARFE Everett Chapter hosted Legislative Picnic in Everett
- August 20th, Skagit County Senior Day in the Park

Having trouble logging in to NARFE?

Check out these great instructions 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.

Renewing or changing 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.

(Outreach, continued...)

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 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](#).

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 calendar

www.narfe.org/wa/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 at www.narfe.org/chapter0193/newsletters 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 & WSF Membership Outreach



NARFE Federation and National Events



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!** fedcon.narfe.org



NARFE 2026 Region IX Symposium
Oct 1-3, 2026 (in-person)

This meeting will include Federation and Chapter updates, educational opportunities and installation of new officers. Please sign up and call to reserve a hotel room with your credit card now.

Funds available to support your attendance

The Federation is providing support for attendance of either or both of these events; see the [District VP report](#) in this newsletter for more details. **The Everett Chapter can also provide support, contact us if you are interested in partial reimbursement of your expenses to attend one of these meetings:**

www.narfe.org/chapter0193/contact-us

From our Region IX Vice President

I am back from the Oregon Federation Conference held in Newport. Our National President, **Bill Shackelford** was there and provided some important updates. He has authorized the HQ staff to work remotely 1 day per week and 4 days in the office per week. If you need to contact NARFE HQ staff, please copy me so I can track your inquiry. I have observed that there has been some oversight by HQ staff and members are not receiving timely responses. Bill also mentioned the NARFE HQ building is off the market because the market is soft and he is looking for a tenant with a similar mission as NARFE to occupy the recently renovated 4th floor.

Our recent special referendum election in February passed. This will amend our National Bylaws to allow our current National President to run for a third 2-year term in 2026 for the 2027/2028 term and change the term of office for all members of the National Executive Board to 2 3-year terms beginning in the election year 2028 resulted in the following:

Yes:	7,922	85.83%
No:	1,308	14.17%

Election Summary

Total Returns by Internet	8,735	94.62%
Total Returns by Mail	497	5.38%
	9,232	100%

Our National President, **Bill Shackelford**, reported the final direct costs of the special referendum through our contractor, Election Services:

Printing (Postcards)	\$3,960.37
Postage (Postcards)	\$6,377.43
Election Services	\$18,781.81
Total	\$29,119.61

Please note the above amounts do not include indirect costs such as NARFE staff time and overhead.

In the past the members received a breakdown of the election results by Region. Unfortunately, HQ neglected to provide Election Services with the information so that the members could see how members voted by Region this time.

Steven Roy
 Region IX Vice President

Public Service Recognition Week

May always makes me think about what public servants do when the unthinkable happens. On May 18, 1980, Mount St. Helens erupted on the Gifford Pinchot National Forest, and Forest Service employees were suddenly facing a landscape transformed in minutes. In the days and months that followed, they and other disaster responders helped reopen and clear ash-covered roads, rebuild damaged infrastructure, and coordinate with partners so search and rescue, emergency response, and recovery work could move forward. That steady, practical, mission-first response is part of the Forest Service story, and it is something worth remembering with pride.

That same spirit shows up again and again when hurricanes make landfall, when rivers rise, when tornadoes tear through towns, and when wildfires threaten communities. Federal employees are often the people who show up early, stay late, and keep showing up, even when the work is hard and the conditions are uncertain. And to our annuitants, I want to say this plainly: your careers helped build the capability, the culture, and the commitment that make those responses possible. You may be retired, but the impact of your service is still very much alive in the work being done today.

As we enter May and prepare for Public Service Recognition Week (May 3–9), I want to offer my heartfelt thanks, especially to our annuitants, for a lifetime of public service. Much of what you did was behind the scenes, but it mattered, and it still matters. To those still serving, thank you for carrying the mission forward with professionalism and care. To everyone reading this, thank you for choosing service over ease, and purpose over recognition. With sincere appreciation, thank you.

Linda Wallers
 Newsletter Editor - Chapter 0131- Vancouver, WA

Chapter Resource Page

CHAPTER 0193 OFFICERS

PRESIDENT

Curtis Price [REDACTED]

VICE PRESIDENT

Guy Fleis [REDACTED]

SECRETARY

Pat Rud [REDACTED]

TREASURER

Marvin Weiss [REDACTED]

ADVISORY VOLUNTEERS

LEGISLATIVE CHAIR

Curtis Price [REDACTED]

NARFE-PAC CHAIR

Marvin Weiss [REDACTED]

SERVICE OFFICER

Merry Byrum [REDACTED]

NEWSLETTER EDITORS

Curtis Price [REDACTED]

Merry Byru [REDACTED]

(emails above)

MEMBERSHIP CHAIR

Merry Byrum [REDACTED]

SUNSHINE CHAIR

Pat Rudd [REDACTED]

ALZHEIMER'S

Marvin Weis [REDACTED]

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 [REDACTED]

(please I [REDACTED]

tbkbull [REDACTED]

**WA STATE FEDERATION
PRESIDENT**

Tony M [REDACTED]

tiger756 [REDACTED]

**REGION IX
VICE PRESIDENT**

Steven Ro [REDACTED]

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