

Our Thursday Nov 16th Chapter Meeting will feature a member of Doris Matsui's Local Staff. Social period starts at 11:30 am in Rear Room of Dennys at 3520 Auburn Blvd. Order off menu each member will pay own bill. District VI is down to 3 Active Chapters, Ours, Sacramento Chapter 46 and Sunrise Chapter 1658. At our Chapter Meeting we will finish the nominations for Chapter Officers and Elect them to be Officers effective on Jan 24, 2024. A chapter is only as viable as its Officers are. If you wish to step up and help, please contact Nels at 916-397-6319.

The West Sacramento Alzheimer Walk was on Saturday Sept 28 holding the signs are John & Jeri Beson with Nels. NARFE has been funding ALZ research since 1985.

Mark your Calendars for the annual Holiday Party for 1:00 PM on Thursday, Dec 14 at Old Spaghetti Factory 1625-Watt Avenue. White Elephant Gift Exchange in Ten Dollar Range, also. Members can order from Senior Menu.

CSRS Annuitants & Social Security Annuitants Will Receive 3.2 % increase in Cost-of-Living Adjustment starting on Jan1 of 2024. FERS Annuitants Get 2.2 %.

Federal Employee Health Benefit Open Season is Nov 13 to Dec 11. The Oct, Nov & Dec issues of the NARFE Magazine have extensive Coverage of Choices plus the Health Webinars at www.narfe.org

If you recruit a new NARFE member before Dec 31 you can receive \$ 30, \$10 each from our Chapter,

National, & CA Federation. Our Chapter Member total is 142 now. Make sure to put your 8-digit Narfe ID Number on the application you hand to a prospective member. Our goal is for each current Chapter member to recruit a least one additional new member this year. You can even gift a new membership and get \$ 30 back.

Please take the time to Login to www.narfe.org make sure your contact information is correct. We have recently observed that there are errors in the National Office Contact Directory. Go into Advocacy send your wishes on Bills to your Congressional Representative & CA Senators. See Bill Tracker in each NARFE Magazine such as H.R. 82/S. 597 The Social Security Fairness Act Repeals GPO & WEP.

Current & Retired Annuitants of the Postal Service Only This is your last year to be part of FEHBP. Your Plan changes Jan 1,2025 you should start monitoring the Postal Benefits Health System (PSHB) We will ask the staff of Doris Matsui and Ame Bera to explain the changes coming to the 2025 year.

More information is available at www.opm.gov This might be especially important to Postal Employees & Annuitants who do not have Medicare Part B. Look for a special enrollment period around April 1, 2024.

Future Chapter Meeting Dates for **2024**

Jan 18, Mar 21, May 16, July 18, Sept 19, Nov 21

