



**Retired Public Employees Council  
Chapter 37– Lynnwood Area  
Brenda Williams, President  
206-399-2183**

**Notice of Special Chapter 37 Membership Telephone Meeting  
Thursday – July 9th, 2020 at 10AM  
and  
Call to 47<sup>th</sup> Convention of the Retired Public Employees Council of WA  
Wednesday – September 23, 2020**

Dear Fellow Chapter 37 Members,

Due to the COVID 19 pandemic, the Statewide Executive Board of the Retired Public Employees of Washington has voted to cancel the in-person statewide Convention that was scheduled to take place September 22-24, 2020 in Yakima.

**Instead, we will hold a one day “virtual” RPEC Convention on Wednesday September 23, 2020. The purpose of the convention is to elect Officers and District Representatives to lead us over the next two years, and to consider and adopt resolutions that will determine priorities that shape the course of our statewide organization as a whole.**

Elections for the ten RPEC District Representatives are expected to be held following the convention by virtual meeting of the convention delegates within their respective RPEC area.

**Nominations for Convention Delegates are Now Open**

**Chapter 37 can elect 7 delegates to the RPEC Virtual Convention. To serve as a delegate, members will need a telephone OR computer or another electronic device such as a tablet with internet access.**

**If you are willing to represent Chapter 37 as a Convention Delegate, please send your nomination request to serve as a delegate to Barbara Clyde by phone or TEXT at 425-244-0744 no later than July 6th, 2020. If you would also like to serve on any of the convention committees, please include that information in your text or phone message.**

We will confirm the election of our Convention Delegates at a Special Virtual Chapter 37 Meeting on July 9th, 2020 (see meeting notice on the next page). In the event we have no more than 7 nominees, they will be considered elected by acclamation. If we have more than 7 nominees for delegates, we will hold an election at the same meeting.

As the convention date nears, Delegates will receive packets with proposed resolutions, constitutional amendments, and other Convention-related materials. RPEC staff will also offer training/practice sessions prior to the actual convention, to acquaint delegates with the ZOOM video and phone conferencing application.

## **Convention Committees**

Delegates may request appointment to any of the five Convention Committees which include the Constitution Committee, Convention Rules Committee, Elections Committee, Legislative Committee, and the Resolutions Committee. Most of the committee work will be conducted in August. Meetings will be handled via telephone and video conference calls.

Descriptions of each committee are available by calling Brenda Williams at 425-486-5051 or on the RPEC website at: [https://rpecwa.org/wp-content/uploads/Convention Committee Descriptions.pdf](https://rpecwa.org/wp-content/uploads/Convention_Committee_Descriptions.pdf)

## **Convention Resolutions**

Chapters can submit resolutions to the Convention for proposed constitutional amendments, RPEC policy matters and organizational priorities. **If you want to offer any resolutions, contact Chapter President Brenda Williams at (206) 399-2183 no later than July 25, 2020.** Our membership will have to vote on resolutions prior to being submitted to the RPEC headquarters by the August 7<sup>th</sup> deadline.

### **RPEC Chapter 37 Virtual Membership Meeting**

**July 9th, 2020 at 10 AM**

#### **Agenda**

- **Nomination & Election of Chapter Delegates to RPEC Virtual Convention 2020**
  - **Routine Chapter Business**

**Dial-in Number: 1-602-580-9494**

**Access Code: 7781870**

**(please call Brenda Williams at 425-486-5051 if this is long distance for you)**

## **In-Person Meetings on Hold Until Further Notice**

Please note that all in person meetings are cancelled due to the Governor's Stay at Home-Stay Safe direction until further notice. Meetings may be held via conference call or other electronic means, such as statewide RPEC Committees and Executive Board meetings. Chapter 37 will notify members with updates via an automated phone call.

To assure we can keep you informed, we need your help to make sure we have accurate contact information. If you have recently moved, changed your email address or telephone number, please contact our Chapter 37 Membership Coordinator Darlene Johnston at 425-673-5168 to provide your updated information.

In this time of uncertainty with the pandemic, protests, voting suppression, economic uncertainty, and a lot of fear, we also have a resurgence of active members standing up for what is right. We have hope about a better world, and we have stronger connections with family and friends. If we continue to listen to others, try to understand differing views and continue to respect each other we can become stronger together.

I have to say I am so thankful we live in Washington State where we can vote by mail. If you are not a registered voter exercise your right to vote and register. I encourage each of you to educate yourself on the candidates and vote. It does make a difference.

Brenda Williams, President Chapter 37

### **We Are All in This Together – Helpful Tips to Weather the Storm**

*Thank you to Chapter 46 President Judith Frey for sharing this valuable information!*

1. **Separate what is in your control from what is not.** We know to wash our hands and maintain a healthy diet. We need to limit our consumption of news.
2. **Do what helps you feel a sense of safety.** This will be different for everyone and it is important not to compare yourself to others. Some may want to shop only during “senior hours” and some may want all groceries delivered.
3. **Get outside in nature as much as you are physically able.** It just feels good to get some fresh air. Exercise helps both physical and mental health. If you have a physical limitation that keeps you in your home, take advantage of sunny days by reading on the porch or near an open window.
4. **Challenge yourself to stay in the present.** Perhaps your worry is compounding—you are not only thinking about what is currently happening now, but also projecting into the future. When you find yourself worrying about something that has not happened, gently bring yourself back to the present moment. Stop where you are and use your senses for a short grounding exercise: What do you see? What can you smell? What can you hear and feel?
5. **Stay connected and reach out if you need support.** If you are feeling unsettled, talk to trusted friends about what you are feeling. If you are feeling particularly anxious, consider calling the Institute on Aging's Friendship Line (available 24 hours a day, 7 days a week). This resource was designed specifically for seniors who need non-emergency support. You can reach the Friendship Line toll-free at 1-800-971-0016.

### **Important Resource Assists Union Families in Times of Need**

The Foundation for Working Families (FFWF) is a non-profit organization established by the Washington State Labor Council (WSLC), AFL-CIO and its affiliates to assist union families (including RPEC members) in Washington state in times of hardship or disaster. The Foundation has given cash assistance to hundreds of families who have suffered during flooding, wildfires, and other extraordinary circumstances. This cash assistance can provide temporary help to keep food on the table and a roof over the heads of Washington families.

**Applications for assistance are held confidential.** Help is not restricted to union members and their families, though they are given priority. **If you or your family is in need help, apply for assistance, downloading the necessary form at <https://www.thestand.org/wp-content/uploads/2020/03/FFWF-Hardship-Request-NEW.pdf>.** If you do not have internet access, contact Karen White at 360-570-5169 or email her at [kwhite@wslc.org](mailto:kwhite@wslc.org)

The FFWF and WSLC thank all first responders, healthcare workers, grocery store employees, and state and local government workers who are working so hard to serve and protect all of us amid the COVID-19 outbreak!

For more information about this valuable resource, go to <https://www.wslc.org/ffwf/>

### **RPEC Executive Director's Report**

The Council office remains closed due to the COVID-19 situation and RPEC staff are continuing to work remotely from their homes until further notice. Staff will have limited access to the office for essential tasks on an individual basis to ensure their safety. We are available via email at [info@rpecwa.org](mailto:info@rpecwa.org) or voicemail at 1-800-562-6097. If you need immediate assistance, please do not hesitate to contact me on my cell phone at 360-460-2483.

**Legislative Update:** We are hearing reports that a special session may be called to revise the state budget in response to the COVID-19 pandemic and the associated drop in state revenue. This special session could take place as soon as this month. There is likely to be very little time between the release of a budget deal and a vote for final passage.

**Please call your Legislators today  
at  
1-800-562-6000 or visit  
<https://app.leg.wa.gov/rosters/>  
to send them an email**

**It is vital that retirees communicate prior to a special session to ensure that retirees benefits are not put on the chopping block to solve the budget crisis.**

**Action Request!** Please call/email your Legislators today and tell them that the state must not balance the budget by attacking the benefits of public sector retirees, who are in the most vulnerable population to COVID-19. Retirees need to remind Legislators that:

- Over 4.2 billion dollars flow into our local economies each year from public sector pensions, with over 70% of that money coming from investment returns, not the state budget (DRS & WSIB)
- Each dollar paid out in pension benefits supported \$1.51 in total economic activity in Washington. (NIRS)
- Protecting the retirement income of our members will help the state in its efforts to help local communities and business recover from the economic fallout of the pandemic.

Wishing you and your loved ones continued health and safety.

Sincerely,



James Cockburn  
Executive Director  
RPEC of WA

#### **All Events to be Held Virtually Until Further Notice**

June 29, 2020

RPEC Political Action Committee Meeting

June 30, 2020

RPEC Executive Board Conference Call

July 9, 2020

Chapter 37 Virtual Membership Meeting

**August 4, 2020**

**Primary Election Day- Be sure to vote!**

August 5, 2020

RPEC Legislative Committee Meeting

August 25, 2020

RPEC Finance Committee Meeting

August 25, 2020

RPEC Statewide Executive Board Meeting

**September 23, 2020**

**2020 RPEC WA Virtual Convention**

**November 10, 2020**

**General Election Day- Mail your ballot!**

November 18, 2020

RPEC Finance Committee Meeting

November 18, 2020

RPEC Statewide Executive Board Meeting