

VOLUME XXXL, NUMBER 04 – APRIL 2021

ELECTED OFFICERS

PRESIDENT	Karen Cheatwood	703-606-6513	karenlaurasara@gmail.com
1 ST V.P. /PROGRAM	Dick Shrum	540-872-5409	dickshrum@hughes.net
2 ND V.P.	Lee Miller	540-872-4696	leeandjulie7@gmail.com
SECRETARY	Marilyn Root	540-632-0241	rootger34@gmail.com
TREASURER	Charles Alvarez	540-894-4804	alv10214@aol.com
PAST PRESIDENT	Bill Martin	540-872-3345	bill@retiredusps.net

CALENDAR

APKIL	15	Chapter meeting	- 11:30 a.m.,	Online via Zoom –	Program, Zoo	om presentation	on <u>Accessing</u>

Medical Cannabis in Virginia by Jenn Pedini of Virginia NORML.

MAY 20 Chapter meeting - 11:30 a.m., Online via Zoom – Program, Louisa County Sheriff's

communication tools.

JUNE 17 Chapter meeting - 11:30 a.m., Location and Program, TBD

NOTE: If Louisa County schools are closed because of weather, Louisa County Chapter 2065's meeting is cancelled.

PRESIDENT'S MESSAGE

Spring is upon us and it is so nice to have and expect warm sunny days. I don't know about you but I enjoy sunny days being outside and soaking up mother nature.

I have sad news to report, our chapter lost a member last month with the passing of James Donald. Mr. Donald worked for USDA for 38 years and is survived by his wife, Nancy, of 59 years. To contact Nancy, the address is <u>584</u> Laurelwood Dr; Mineral, VA 23117

Hopefully everyone has had an opportunity to receive their Covid vaccine. I got my 2nd shot 24 March and along with a day of recuperating/sleeping was good to go by the end of the month.

Apparently, some members have still received emails that are supposedly from me asking for money. The latest has been to send \$\$ through PayPal. Per last month's information, these messages are a scam. I will never send any e-mails asking for gift cards or donations anytime. Please report these types of emails to your provider as SPAM and block them.

The Zoom training was very informative and helped those in attendance learn about the application virtually. In keeping with that theme, our April meeting will also be virtual via Zoom. If anyone would like to join and needs help, please let me know.

During the follow-on March meeting a couple of organizations for our chapter to partner with were suggested; they include:

- * Louisa Resource Council
- Louisa Arts Center
- * Habitat for Humanity, or
- * Louisa Humane Society

We decided to hold off on selecting a local charity until there are more funds in the pot to donate. Additionally, we are hoping to partner with a charity that will enable any members who would like to donate time and/or additional funds are able to do so. As a result, the window to recommend a local charity is still open. Please provide any suggestions to me at (703) 606-6513 or by email karenlaurasara@gmail.com.

I'm still looking for pictures of chapter activities or chapter members, both recent and historical that we can post on the VFN website Chapter 2065 tab. Please let me know. I can scan them in and return the originals. If in digital form, please e-mail them to me.

Wishing everyone a nice Easter and hope you are enjoying the beautiful spring weather. Please let us know if there is anything that we can do for you,

KAREN CHEATWOOD, PRESIDENT

SECRETARY'S REPORT

Debbie Fisk conducted the meeting on Zoom training. Her phone number is 804-718-8722, and e-mail is narfe2265df@gmail.com if more help is needed. She recommended using *join.zoom.us* to join the meeting.

Dual backgrounds and filters can be clicked on to use. She did not recommend using the cloud. If you are the host, click on *more* to add cohosts. For security, you can lock the meeting or use waiting rooms. If recording, courtesy expects asking for permission to record. You can use *break out* to form smaller groups for discussion. Reactions to the meetings are shown with thumbs up, clap, or yes/no. *Chat* can be for individuals or groups. A free account can be used for 40 minutes.

Disappointment was expressed that no other members joined the zoom call. The treasurer's report will be in the next newsletter. Suggestions for future programs included Habitat for Humanity, Louisa Humane Society, the Resource Center and the Arts Center.

MARILYN ROOT, SECRETARY

PROGRAM

Looking back to our March Chapter meeting, the "program" to introduce the Zoom system and receive training in how to carry out a virtual meeting was very informative, while at the same time a little disappointing in the low number of attendees. Our Zoom trainer, Debbie Fisk -- the Virginia Federation's expert on the topic – was excellent, answering many questions and providing a sound basis to conduct virtual meetings.

As announced elsewhere, our April Chapter meeting will be virtual and carried out using Zoom. Our program will be one which we have been trying to have for many months. Jenn Michelle Pedini, Executive Director of Virginia NORML and a national officer of NORML Foundation, will join our Zoom meeting. Her presentation will focus on legalized cannabis/marijuana for medical purposes – *Accessing Medical Cannabis in Virginia* – and also provide an update of recent legislative activities regarding marijuana in Virginia. Given the health and criminal history of the substance, some likely questions for her will be what, why and how!

For the May meeting, we are planning for a presentation (probably online Zoom) by the Sheriff's Office on the

County's new SHIELD system and their smartphone app. The initiative is intended to shift how the public views its relationship to law enforcement, sets up a means to communicate with them, and allows us to be more engaged as their eyes and ears on the ground. Sheriff Donnie Lowe will likely give the presentation. Looking further down the road, there are NARFE and other webinars available if we're meeting online, and when things move back to normal, I still have our local "bird lady"; health and swim issues on Lake Anna; and a tour of the high-tech training facilities at the County high & middle schools. As always, I welcome your suggestions for future programs.

DICK SHRUM, PROGRAM CHAIR

MEMBERSHIP

No report.

BILL MARTIN, MEMBERSHIP CHAIR

NATIONAL LEGISLATION REPORT

As most of you already know, the \$1.9 trillion Covid stimulus bill was signed by the President March 11th. Many of the payments to citizens have been sent out. Hopefully everyone has received what you are entitled to.

As far as FY 2022 appropriations bills goes, there hasn't been activity in congress so will keep watching and report when consideration occurs.

Other items that may be of interest:

- HR 446 Protecting Seniors from Emergency Scams Act was introduced in the house. Thes bill requires the Federal Trade Commission to report on, and increase awareness regarding, scams targeting older adults. It requires the commission to revise their web portal with current information about such scams, including contact information for law enforcement and adult protective services agencies, etc.
- OPM is reviewing current laws, regulations and lessons learned from the last year, with the goal of providing agencies with new guidance to use as they <u>craft their own</u> post-pandemic telework and remote work policies

Use NARFE's Legislative Action center to send letters to your legislators. There are specific preplanned letters or you can also write your own.

NARFE legislative action:

center:https://www.narfe.org/legislation/index.cfm?fa=
voterVoice

Karen Cheatwood in coordination with; RAY SIEWERT, ACTING LEGISLATIVE OFFICER

ALZHEIMER'S REPORT

No physical meeting, no 50/50 to report.

MARILYN ROOT, ALZHEIMER'S CHAIR

TREASURER'S REPORT

Balance – Feb. 18 2021 \$ 771.52

Receipts:

Dues from NARFE \$ 59.96

Balance – Mar. 18 2021 \$ 831.48 CHARLES ALVAREZ, TREASURER

LEGISLATIVE CONTACTS

Mark R. Warner; United States Senate,

Washington, DC 20510

202-224-2023

fax 202-224-6295

Email-Go to:

http://warner.senate.gov/public/index.cfm?p=contact and fill out the screen information requested.

Tim Kaine; United States Senate,

Washington, DC 20510

202-224-4024

fax 202-224-6363

Email-Go to: http://kaine.senate.gov/contact/ and fill out the screen information requested.

Abigail Spanberger; U.S. House of Representatives,

Washington, DC 20515

202-225-2815

fax 202-225-0011

Email: http://www.spanberger.house.gov and search the site

Bryce E. Reeves; State Senator, 17th District PO Box 7021, Fredericksburg, VA 22407 540-645-8440

E-mail district17@senate.virginia.gov

Mark J. Peake. State Senator, 22nd District

E-mail district22@senate.virginia.gov

John J. McGuire III; State Delegate-56th District PO Box 87, Richmond, VA 23218 804 389-8601

E-mail DelJMcGuire@house.virginia.gov

Robert D. Orrock, Sr.; State Delegate-54th District P.O. Box 458, Thornburg, VA 22565 540-891-1322

E-mail DelBOrrock@house.virginia.gov

COMMITTEE CHAIRS & APPOINTED POSITIONS

Service Officer Vacant	_		
Chaplain- Marilyn Root	540-634-0241		
Newsletter Editor – Lee Miller	540-872-4696		
Alzheimer's Fund – Marilyn Root	540-634-0241		
National Legislation – Ray Siewert, <i>Actg</i> .	540-967-1544		
State Legislation – <i>Vacant</i>			
Membership – Bill Martin	540-872-3345		
Sunshine – Cathy Mills-Mann	540-872-4697		
Public Relations – Dick Shrum	540-872-5409		
Program – Dick Shrum	540-872-5409		
Holiday lunch – Marilyn Root	540-634-0241		
Commission on Aging – Vacant			