



Chapter 685 Colonial Williamsburg

Fall E-newsletter (December 2021)

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Please visit the VFN website to see complete list of officers and this e-newsletter with pictures:

- 1. Type vanarfe.org into your web browser**
- 2. In the center top of main page, Click on AVP & Chapters**
- 3. Scroll down to Area 1**
- 4. Click on Chapter 685 Williamsburg**

Be sure to check out the “new and improved” VFN website.

President’s Message

The year 2021 has been a successful year for Chapter 0685 despite COVID 19. We were able to hold Zoom meetings during the first half of the year. Beginning in June, we held our first in-person meeting as a social on the Veranda at Colonial Heritage.

In August, the Chapter was able to host one of its two Congressional Representative for our meeting. Congresswoman Elaine Luria, Representative for Virginia’s 2nd Congressional District, provided a very informative program. The meeting was attended by a large number of Chapter members, individuals interested in joining our Chapter, other Virginia 2nd Congressional District NARFE members and State NARFE Officials. The meetings for the remainder of the year have also been very successful.

The Chapter is looking forward to a very successful year in 2022 with its new slate of officers. We hope that more members will be willing to attend in-person and hear the great programs that have been planned.

Alzheimer's News

by Sandy Lee-Bilski, Alzheimer's Chair

Congratulations NARFE Chapter 685!!! Since serving as Alzheimer's chair, to the best of my recollection, this was "our" best quarter!!! During the months of September, October, and November we contributed \$553 to Alzheimer's. Thank you very much for your continuing generosity.

Although we only had a scant number of chapter members show up for the Williamsburg Walk to End Alzheimer's this year, there's always hope for more participation next year. You missed a beautiful day.

On walk day, 63 teams participated in the walk, consisting of 497 participants. The goal for the Williamsburg walk was \$153,000. We were very fortunate, in that, we exceeded the goal and raised \$182,865 to date. To date, our team, NARFE685, has raised \$855. for the walk alone.

Don't forget, donations made by December 31, 2021, will count toward the October walk and boost our team's number. The easiest way to do that is online. Access the Williamsburg Walk to End Alzheimer's, hit up our team, NARFE685, and make a donation. If you prefer, you can write a check. Checks should be made out to [Alzheimer's Association Research](#) and in the memo section of your check write [Williamsburg VA Walk NARFE685](#).

Your check should be sent to:

Alzheimer's Association Williamsburg Va. Walk
P.O. Box 9924
McLean, VA 22102

In our last newsletter, I wrote about the drug *aducanumab* from Biogen and the comment by Harry Johns, President and CEO of the Alzheimer's Association. Mr. Johns said Biogen's price of \$56,000, annually is unacceptable. On November 28th, CBS had a segment on its Sunday Morning Show, which told of a man who has been diagnosed with having early-onset Alzheimer's. The man is well aware of the new drug; however, his health insurance doesn't cover it. He would gladly take *aducanumab* but has no means to pay its high cost. Feel sorry for him? I do. That's why I continue to serve as your Alzheimer's chair even though I do not have a personal connection to this disease.

Voting for VFN 1st Vice President

Please remember to vote for the Virginia Federation of NARFE (VFN) 1st Vice President. Below is the site for online voting. There are two candidates for this VFN position for your consideration. If you don't know who to vote for, know that our Area 1 Vice President, Jeanne Garrison, is voting for Larry McIlwee because he will be good and he belongs to a chapter in our area.

<https://vanarfe.org/2021-elections/>

Introducing Our New Chapter Treasurer

"Hello, I'm the newly-elected NARFE Chapter 0685 Treasurer. My federal career stemmed over 42 years working with the U.S. Army in the weapon system acquisition field. My area of specialization was test and evaluation in support of the materiel acquisition process. The latter half of my career dealt with establishing test and evaluation policy and procedures on behalf of the Army's Test and Evaluation Executive. I was fortunate to survive the horrific 9-11 event while being in the Pentagon on that day.

My bride Cheryl and I have lived in Colonial Heritage since May 2019. Before that we lived in Northern Virginia for almost 45 years. We're both originally from eastern Pennsylvania. I hope to live up to the confidence that was afforded me during the recent elections."

Larry D. Leiby
Treasurer-elect
NARFE Chapter 0685

Being Prepared for Cold & Flu Season

by Ginny Taylor

Following these guidelines will minimize the effects of a cold or flu:

- Get plenty of rest and sleep.
- Drink lots of liquids. Liquids help dilute solutions in the blood and help keep the respiratory tract from dehydration.
- Avoid intake of sugar. Glucose (blood sugar) and Vitamin C compete for transport sites in the white blood cells. Decreased Vitamin C levels, due to excessive sugar consumption, can result in significantly reduced white cell function.
- Take a multivitamin/mineral supplement.
- Increase your Vitamin C intake.
- To avoid an "ache feeling", increase your intake of absorbable calcium. Calcium is the body's #1 mineral, essential for the production of white blood cells, and instrumental in the maximum absorption of Vitamin C by the body. If your body does not have adequate calcium to draw on, it will literally rob your bones to provide sufficient levels for the blood; hence, the aches and pains often associated with colds and flu.

Tongue Twister

If Theophilus Thistle, the celebrated thistle-sifter, stuck three thousand thistles through the thick of his thumb while sifting those 3,000 thistles, how many thistles could an unsophisticated thistle-sifter stick through the thick of his thumb while sifting 3,000 thistles?

January Luncheon Speaker

The guest speaker for our January 2022 lunch will be from the Williamsburg Drug Company. Look for more details in the upcoming chapter lunch invitation email.

Membership News

by Dave Riggs, Membership Chair

New Members

We are pleased to welcome six new members to the chapter.

Samia Farah, Janice M. Hill, and Suzanne Wall come to us as new members of NARFE. We have three additional new chapter members who already were national NARFE members: Marty (Martha) Hamed, Barbara Cailteux-Zevallos, and Deborah Parham. Welcome to Williamsburg Chapter 685!

Please greet them personally at our meetings. Names of new members are obtained from membership statistics and the chapter roster, which are on the NARFE website. Our apologies if we have additional new members and we have not recognized you. Please let us know.

Recruitment Rewards

A reminder that we're in the final weeks of NARFE's end-of-year membership drive, which ends December 31st. NARFE offers \$10 for each new member you recruit, and you also become eligible for other prizes, as well. Guidelines to assist with recruiting were provided in the September issue of *NARFE Magazine* (page 46), and you also can find them on the narfe.org website. For your recruiting to qualify, any new member(s) you obtain must provide your name and membership number with their application.

Name Badges

Several members have asked about NARFE name badges that you can wear to NARFE events, instead of adhesive, handwritten name tags. Badges are purchased from ShopNARFE.

You can go directly to the ShopNARFE website by entering: narfe.org/shopnarfe...

Or, if you prefer the longer route via the NARFE website:
Log in to the narfe.org website with your name and password

Click “NARFE Home Page”

Scroll down to “Other Resources,” which is in bold letters

Below “Other Resources” is “ShopNARFE

Click ShopNARFE

Once you enter the ShopNARFE site, there are options for several types of products. For name badges, click “Chapter Tools” and that will display several items, including name badges. Most of us want what’s called the NARFE Blue Chapter Member Badge (the other badges are for chapter and federation officers). You will be asked to select the badge fastener type of your choice (pin or magnetic), how you want your name to appear on the badge, the chapter number (685), and the chapter city and state. The cost is \$15.96. There’s an additional fee for shipping and handling.

If you have not already done so, you will be asked to create an account, which requires a different name and password from the one that you use for the main NARFE website.

Questions and suggestions about NARFE products can be sent to shopnarfe@narfe.org or telephone 1-571-483-1265.

Keep Your Records Up-To-Date With NARFE

Remember: If you move or change your email address or telephone number, notify NARFE. This enables you to receive *NARFE Magazine* and email communications from national headquarters and Chapter 685. The three ways to notify NARFE are:

- 1) Online, at the NARFE website www.narfe.org – log in and click “My Account”
- 2) Email NARFE at memberrecords@narfe.org
- 3) Telephone toll-free 1 800 456-8410.

Upcoming Events

December 14th Chapter Holiday LUNCH. (contact Penny Kell for details)

December 2021 VFN Special Election and Bylaws (ballots out before 12-12-21)

January 11th Chapter Lunch, first event of 2022!

Recent pictures are below.

HAPPY HOLIDAYS



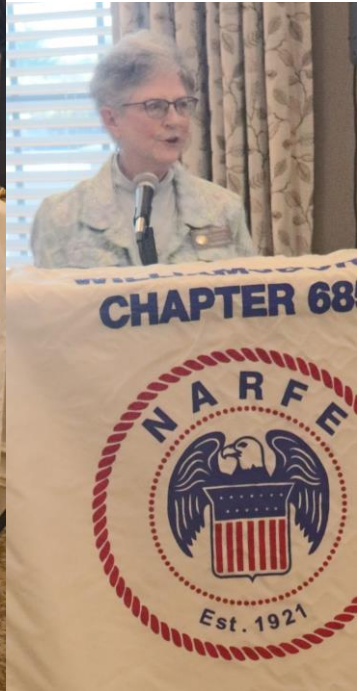
October Walk to End Alzheimer's.



Board members with guest speaker Arlene Arthur, VFN service officer (third from left) and with Esther Nash, VFN secretary (right). Ms Arthur spoke about federal retirement benefit and preparing for life events.



Guest Speaker Deborah Fisk, VFN State Legislative Chair spoke about proposed legislation and technology issues.





Guest speakers Michelle Griffin from BC/BS (left) and Juan Valdez from GEHA.



Treasurer-Elect, Larry Leiby offering some words of wisdom.



Left is 2nd Vice President-Elect, Will McElfresh (glasses) chatting with the Leiby's. On right, Zoetta (glasses) and Jean are enjoying lunch on the Colonial Heritage veranda.



A rare photo of Tom Kell, chapter photographer.