



## **Williamsburg Chapter 685**

### **Winter E-newsletter (March 2022)**

#### **Chapter Officers**

Hazel Braxton, President [rbraxton7@cox.net](mailto:rbraxton7@cox.net)

Penny Kell, Secretary [pzkell@cox.net](mailto:pzkell@cox.net)

Mary Grace Dorsey, 1<sup>st</sup> Vice President [dorseyspencer008@gmail.com](mailto:dorseyspencer008@gmail.com)

Will McFresh, 2<sup>nd</sup> Vice President [Wmcelfre@usit.net](mailto:Wmcelfre@usit.net)

Larry Leiby, Treasurer [larrydavidleiby@gmail.com](mailto:larrydavidleiby@gmail.com)

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

**Use this link [www.vanarfe.com/Chapter-685](http://www.vanarfe.com/Chapter-685) to go directly to our chapter web site and E-newsletter.**

#### **President's Message**

Chapter 0685 began the 2021-2022 year with the installation of new officers. The two new officers are Will McElfresh as 2<sup>nd</sup> Vice President and Larry Leiby as Treasurer. The Chapter has drafted its bylaws in keeping with the NARFE and the Virginia Federation requirements and plans to have the body vote on them at the April meeting.

We continue to have an energetic Board and if you have any special needs, please let us know and we will try to reconcile them.

*Hazel Braxton, Chapter 0685 President*

#### **Secretary's Corner**

We have had two NARFE Luncheons in 2022. Not all our members have returned due to Covid concerns, but we have had 27-29 members and guests for January and February. We also had some new members join us. Tom Kell has been publicizing the luncheons in the Virginia Gazette with pictures of our speakers, donations to House of Mercy and our Alzheimer's support. Larry Leiby lives in Colonial Heritage and says there are many retired Federal employees living there. He is trying to submit NARFE information into their local newsletter.

Ginny Taylor provided us with excellent speakers. T.W.Taylor from the Williamsburg Drug spoke at our January meeting and provided information on several drugs and CBD. February's

speaker was Rhoda Bartnikowski from AAA Travel. She talked about the issues of travel domestically and internationally with the Covid restrictions.

Chapter Vice President Will McElfresh, retired Virginia Tech Extension Forester, U.S. Department of Agriculture, will speak at our March 8th luncheon. The topic is *Archaeology and Virginia's First People*.

A past president and long-time member of a Blacksburg, Va., archaeological group, Will has visited numerous Native American archaeological sites across the state. *He will discuss how patient field and laboratory work has enabled archaeologists to reconstruct some of the fascinating history and lifeways of the indigenous people of Virginia by uncovering buried clues of their unwritten past.*

As usual, we meet the second Tuesday of the month at the clubhouse in Colonial Heritage at 11 AM for checking-in and 11:30 AM for lunch. The luncheon costs \$21 payable then in cash, check or credit card. As chapter secretary, I send the notice out including the entrée choices the week before the luncheon. The luncheon usually includes an entrée and dessert. It may also include soup or a salad. RSVPs along with menu selections are due the Thursday before the Tuesday lunch. No shows are charge \$21 because of our contract with Colonial Heritage.

Please come and join us for delicious meals, interesting speakers and conversing with friends.

*Penny Kell, Chapter 0685 Secretary*

### **Upcoming Lunch Guest Speakers**

#### March 8, 2022

Will McElfresh, Chapter 685 Second Vice President, re: Virginia native archaeology.

#### April 12, 2022

Special Agent Robinson, Virginia State Trooper, re: new program on terrorism AND  
Possibly another State Trooper to speak on crime prevention

#### May 10, 2022

Deborah Fisk, Photographer & VFN State Legislative Officer, re: cell phone photography

### **Membership News** *by Dave Riggs, Membership Chair*

#### New Members

We are pleased to welcome two new members to the chapter. Scott Wolz and Patricia Wolz are new members of both NARFE and our chapter. 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.

### Where To Find Useful NARFE Information

Inquiries received by members of the Executive Board often concern basic activities, including but not limited to:

How do I change my address, telephone number, or email address with NARFE?

How do I join a chapter?

How does a friend of mine join NARFE or this chapter?

The key to answering these and other questions is knowing where to find the information. And it's really quite simple. In fact, the guidance you need is literally at your fingertips.

One of the best sources that every member receives does not require a computer: it's your *NARFE Magazine*, which is delivered to your mailbox ten times per year. If you're in the habit of zipping through the first few pages, take note when you receive your next issue. There is an abundance of useful information, usually on page 2 in the center column. In bold, upper case letters you will see printed:

### **TO JOIN NARFE, RENEW YOUR MEMBERSHIP OR FIND A LOCAL CHAPTER**

Following this are two ways you can contact NARFE – a toll-free telephone number (1 800 456-8410) and the NARFE website ([narfe.org](http://narfe.org)) (more about the website, below). Please note that neither the membership chair nor other officers can perform these functions for you, including all aspects of chapter membership (joining this chapter as a new NARFE member, or transferring to or from another chapter). To change your own chapter membership use the 800 telephone number or email [memberrecords@narfe.org](mailto:memberrecords@narfe.org). If you are assisting someone who wants to join NARFE remember that, in addition to the suggestions on page 2 of the magazine, every issue includes an application form in the last few pages, and the form includes complete directions including a mailing address if the new member prefers this option.

Printed beneath this you will find:

### **TO CHANGE YOUR ADDRESS, PHONE NUMBER OR EMAIL LISTING**

This is followed by the same toll-free telephone number (1 800 456-8410). However, there are two electronic methods. One is a direct email address, [memberrecords@narfe.org](mailto:memberrecords@narfe.org). Or, you can go to the website [narfe.org](http://narfe.org), log in using your user ID and password, and then select "My Account".

A host of other contact information for various purposes also can be found on this page. Note that NARFE provides assistance to persons with visual impairments so that they can have access

to *NARFE Magazine*. This information is in the column on the left with the heading, NARFE FOR THE VISUALLY IMPAIRED.

If you prefer electronic options only, as mentioned you can email your information or request at [memberrecords@narfe.org](mailto:memberrecords@narfe.org), or you can go to the NARFE website to conduct your membership business at [narfe.org](http://narfe.org). You must Log In, go to My Account (the blue box at the top), and then select My Profile. There you can change your address, telephone number, or email address. While you are in My Account you will notice that there is an option called My Invoices where you can pay your membership in installments (contact NARFE via telephone or email to discuss and arrange this). Also under My Account there is yet another option called My Settings where, among other things, you can arrange to pay your membership with automatic renewal via credit card. You might have noticed that on the NARFE home page you can select For Members and that there is a category called Renew Membership, but if you select this it will take you to My Profile, so you might as well skip this step.

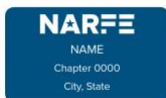
### Two Reminders

#### 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](http://www.narfe.org) – log in and click “My Account”
- 2) Email NARFE at [memberrecords@narfe.org](mailto:memberrecords@narfe.org)
- 3) Telephone toll-free 1 800 456-8410

### How To Obtain NARFE Name Badges



Name badges and other NARFE merchandise may be purchased online at: [narfe.org/shopNARFE](http://narfe.org/shopNARFE)

### **Alzheimer's Update** by *Sandy Lee-Bilski, Alzheimer's Chair*

Do you know that the annual Walk to End Alzheimer's is the world's largest event, as well as the 3rd highest fundraising event in the United States?

Mission: The Alzheimer's Association leads the way to end Alzheimer's and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

2021 Williamsburg Walk to End Alzheimer's: Despite Covid, the walk was a tremendous success. There were 497 participants on 63 teams that raised a total of \$188,008. Team NARFE 685 raised \$1,155. Having raised \$500+ more than once, our team captain Sandy qualified as a "Champion" at two of the annual walks. (Depending on how much money individuals raise, they qualify for rewards at different tiers, i.e., Champion, Grand Champion, and Elite Grand Champion.)

The donations collected by Team NARFE 685 were part of the \$188,008 raised by those who joined in the 2021 Williamsburg Walk. The Southeastern Virginia (SEVA) region, which we're part of, exceeded its walk goal. SEVA raised a total of \$693,654. More importantly, the total raised nationally came to...\$85 million. Do you think our contribution was a mere drop in the bucket? As you can see by the results, every "drop" counts.

On behalf of the Alzheimer's Association and as your Team 685 Captain, once again, I thank you for your generosity.

Drug Approval: Of further interest, you may recall that last June the drug Aducanumab or Aduhelm was approved by the Federal Drug Administration. On January 11, 2022, Harry Johns, Alzheimer's Association CEO, subsequently advised that the Centers for Medicare and Medicaid Services (CMS) released its draft decision on coverage for monoclonal antibodies targeting amyloid for the treatment of Alzheimer's disease.

CMS proposed that access to treatment be available to a select few -- those with access to research institutions. This will exacerbate and create further health inequities. It is discrimination against everyone with Alzheimer's. Especially those already disproportionately impacted by this fatal disease, i.e., women, Blacks, and Hispanics. Underrepresented communities already have challenges and barriers in participating in clinical trials.

He also said the Alzheimer's Association believes that people living with Alzheimer's disease deserve the same access to therapies given to those living with other conditions like cancer, heart disease, and HIV/Aids. It is unacceptable for those in the Administration to treat people with Alzheimer's disease differently. CMS must change its draft decision. It must ensure equitable access for all who could benefit from FDA-approved treatments.

Research Funded: The Alzheimer's Association funded research on Pittsburgh Compound B (PiB) for the first radiotracer capable of showing beta-amyloid in a living brain during a positron emission tomography (PET) scan. Identifying beta-amyloid in a living brain makes it possible for researchers to determine if an experimental drug successfully decreases this protein and provides invaluable information about disease progression.

Note: In addition to working toward a breakthrough in the fight against Alzheimer's and all other dementia, the Association is focusing on a greater emphasis on populations that have traditionally been underserved.

**Trivia Quiz** (*answers on last page after photos*)

1. In what year did the U.S. Federal Government set up the Peace Corps?
2. What is a wordsmith?
3. The letters RDA on a bottle of vitamins stand for what?
4. What does the term *nouveau riche* mean?
5. In the U.S., where will you find The Painted Desert?

**Recent Chapter Event – February Luncheon**





Welcome new member Scott Wolz; New Treasurer Larry Leiby and 2<sup>nd</sup> VP Will McElfresh; Ginny Taylor, program chair; and long-time chapter members Pat and Frank Crowe

### **Trivia Quiz Answers**

Q1: 1961; Q2: skillful writer; Q3: Recommended Daily Allowance; Q4: new to wealth; Q5: Arizona

### **On the lighter side:**

Patient, with a cucumber up his nose, a carrot in one ear, & a banana in the other ear, “What’s the matter with me?”

Doctor: You’re not eating properly.