



NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

CHAPTER 2065 NEWSLETTER

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ELECTED OFFICERS

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PAST PRESIDENT	Bill Martin	540-872-3345	bill@retireduSPs.net

CALENDAR

APRIL	11	Online/Zoom Meeting - 11:30 a.m., The VFN Annual Meeting
APRIL	21	Chapter Meeting - 11:30 a.m., Roma's Restaurant, program: "All About NARFE", with a guest speaker from the VFN.
MAY	19	Chapter Meeting - 11:30 a.m., Roma's Restaurant, program: guest speaker from the VFN

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

PRESIDENT'S MESSAGE

This newsletter opens with sad news for our membership, Paul Brown passed away March 26th. His funeral will be at St Jude's Catholic Church in Mineral. Although I never met him or his wife, many of you knew them when they were active, we send our sympathies and prayers to Barbara and their family. Please know that we are here for you so please reach out to us at any time.

The 2020 Census resulted in new House of Representative Congressional Districts here in Virginia along with the rest of the country. We have seen this in the news and mailings received at home from current and proposed candidates for congress that will be selected in primaries and then be on the November 2022 ballot for the House of Representatives mid-term elections.

Chapter 2065 is going to be mostly in Virginia's 5th Congressional District which includes Louisa, Goochland and Fluvanna counties and the western portion of Hanover County. The current 5th district represented is Bob Good (R), Those members in Spotsylvania are now in the Seventh Congressional District which will cover the counties of Greene, Madison, Orange, Spotsylvania, Caroline, King George, Stafford and Culpeper as well as part of Albemarle and Prince William Counties.

Part of every chapter's job is to contact their elected representatives and senators representing that chapter's state and congressional district requesting they support legislation that is important/beneficial to their members and/or is promoted by NARFE. You see these requests that you contact your legislators in the National Legislative Report.

There is concern among some chapters that NARFE is slowly fading away! The number of members and chapters continues to decrease. I've written that one of the main purposes of NARFE is to advocate for our benefits both as retirees and active employees. A part of this is that senators and representatives count e-mails and letters that they receive from their constituents; this is where the Advocacy part of NARFE is important. We may lose our clout as an advocacy organization where numbers mean everything, particularly in the halls of Congress. If we do not wish to be irrelevant, we need to add members. Speak to your fellow retirees and employees, your letter carrier, postal clerk (if you ever go into a post office), old acquaintances, these are important contacts.

FUTURE MEETING DATES. (All on the 3rd Thursday of the month, except July and August), please stick these dates on your cell phone or write these dates on your calendar!_ Apr 21st; May 19th and Jun 16th; then Summer break for July and August; resuming on Sep 15th; Oct 20th;

Nov 17th for our annual meeting and Dec 15 for our Christmas Luncheon.

Thank you for reading my rants and other notes, I appreciate the honor of being chapter president. If I can be of service to anyone, please don't hesitate to contact me. Take care of yourselves and stay healthy.

KAREN CHEATWOOD, PRESIDENT

SECRETARY'S REPORT

NARFE Minutes March 17, 2022

Seven members were present. The meeting opened with prayer and pledge to the flag. The previous month's minutes were approved after a motion by Charles Alvarez seconded by Bob Maher. The balance in the treasury is \$972.18. Charles has filed our tax return.

President Karen Cheatwood and Dick Shrum attended the Fredericksburg chapter meeting to get ideas for programs. A zoom annual VFN meeting will be held on April 11. Our chapter should consider moving to Area 8 which includes Fredericksburg. The number of chapters is declining. A legislative webinar will be held from 2 to 4 on March 23. Debbie Fisk will be invited to speak on state legislation at the April meeting,

There will be no chapter meetings in July or August. The Christmas luncheon will be at Roma's.

Karen won the 50/50 drawing of \$25 and donated her share. Bill Martin donated \$15 to Alzheimers. Mark Chapman sent an e-mail that Congress increased the money for Alzheimer's research by 289 million.

MARILYN ROOT, SECRETARY

PROGRAM

For those who didn't notice, the last day of March was one of the luckiest we have had in a while. The "Tornado Watch" warning issued for our area turned out to be just that – only a warning and not an event! I am taking that as a good sign, and looking forward to a pleasant Spring and Summer...

As predicted, the March program was a little different from the norm, being mainly about our future Chapter meetings and programs. The Chapter meeting schedule will change a little, with no meetings in June and July (vacation), November focus on our annual meeting/elections, and December for our normal Christmas luncheon. Our programs will change some, with about half of them focusing on NARFE issues and activities, and the other half remaining more traditional, with most being held at Roma's and some offsite, such as those we had at the Historic Society or Monticello. I'm sure that more discussion about the March meeting results will appear in the President's and Secretary's reports.

The upcoming April program will focus entirely on the organization – “**All About NARFE**”. The goal is to spend time on all phases of NARFE, including the national, regional, federation and chapter levels, to better understand what and how it operates to benefit us retired and active federal employees. It is planned to have four speakers to cover the topics: Bill Martin, past president and regional officer; Karen Cheatwood, chapter president and past VFN Secretary; and myself, chapter vice-president and past VFN Secretary. We have also invited Wynn Hasty, our current VFN Area Vice President, to cover the federation. A review of the NARFE website, services and magazine will be included, and it is strongly hoped that more than the usual number of chapter members will attend the meeting to ask their questions or add their own experiences and views to the discussion. Plus, we plan to have an additional email notice of the meeting and invitation to attend going out about a week before.

As previously stated, we need your help in the “programs” area. What would YOU like to have as a program in the coming months? Is there a topic or location that you have thought about, and would you even be willing to coordinate and lead that event? Please, let us know!

DICK SHRUM, PROGRAM CHAIR

MEMBERSHIP

No report

BILL MARTIN, MEMBERSHIP CHAIR

NATIONAL LEGISLATION REPORT

As you probably already know, Congress passed a full year spending bill (Consolidated Appropriations Act, 2022 (H.R. 2471) of \$1.5 trillion. The measure includes funding boosts for nearly every agency in government, it would increase non-defense discretionary spending by 6.7%, and defense spending would jump about 6%.

Relevant federal government bills:

- * The Comprehensive Access to Resources and Education (CARE) for Long COVID Act legislation was introduced to help people living with long-term COVID-19 symptoms. This bill would improve research on long COVID as well as provide resources for people with long COVID.
 - o Specifically, the CARE for Long COVID Act would:

- Accelerate research by centralizing data regarding long COVID patient experiences;
 - Increase understanding of treatment by expanding research to provide recommendations to improve the health care responses to long COVID;
 - Educate long COVID patients and medical providers by working with the CDC to develop and provide the public with information on common symptoms, treatment, and other related illnesses;
 - Facilitate interagency coordination to educate employers and schools on the impact of long COVID and employment, disability, and education rights for people with long COVID; and
 - Develop partnerships between community-based organizations, social service providers, and legal assistance providers to help people with long COVID access needed services.
- * Setting Every Community Up for Retirement Enhancement (SECURE) Act 2.0 was signed into law last month representing a massive economic policy shift regarding retirement savings and investment.
- The retirement savings legislation expands the original SECURE Act and includes provisions to boost the required minimum distribution (RMD) age from 72 to 75 over time, broaden automatic enrollment in retirement plans, and enhance 403(b) plans.
 - The original SECURE Act was passed into law by former President Donald Trump in December 2019. This legislation altered the existing retirement savings plan system in terms of RMD, contributions to traditional IRAs, 529 plan uses for student loans, and making annuities easier

- for 401(k) plan administrators to offer.
- SECURE Act 2.0 changes policies on catch-up limits concerning retirement plans and indexes IRA catch-up limits to inflation beginning in 2023 among other initiatives.

One of the benefits of being a NARFE member is the ability to send emails directly to your senators and representatives through the legislative advocacy center of the website,
<https://new.narfe.org/advocacy/legislative-action-center/>

There are a few already prepared letters or you can write your own. NARFE will forward the email to your congressional representatives for you and will let you know that it was sent.

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

ALZHEIMER’S REPORT

Karen won the 50/50 drawing of \$25 and donated her share. Bill Martin donated \$15 to Alzheimers. Mark Chapman sent an e-mail that Congress increased the money for Alzheimer’s research by 289 million.

MARILYN ROOT, ALZHEIMER’S CHAIR

TREASURER’S REPORT

No Report

CHARLES ALVAREZ, TREASURER

LEGISLATIVE CONTACTS

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Email-Go to:

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

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State Legislation – *Vacant*

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*