

NARFE

Since
1921

President

Leslie Ravenell

804-224-3069
nell8211@gmail.com

Vice President

Jim Lynch

540 775-7002
jplynch@crosslink.net

2nd Vice President

Ann Mills
240 463-5614
Ann.z.mills@gmail.com

Secretary Maria Wendt

540-220-6855
mwendt@va.metrocast.net

Treasurer/Editor

Stan Palen
540 775-7027
spalen@crosslink.net

Membership

Jean Starkey
804 224-0845
cbdriesters@aol.com

Service Officer

Vacant

Chaplain

Richard Ravenell
804 224-3069

Sunshine

Joan Mudd
540 663-5476
Joan.mudd@icloud.com

Alzheimer's

Lloyd Wright
804-224-8394
lloyd.wright@verizon.net

National Association of Active and Retired Federal Employees Virginia Federation of Chapters Chapter 595 Serving Colonial Beach, Westmoreland, and King George

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President's Letter: May 2022

Dear Members of Colonial Beach Chapter 595,

So, has it been cold enough for you? I hope you have not already planted your garden. Rich waited but now he will have to play catchup. I think by the time you read this letter, the weather will have improved and I hope when we get together for our next NARFE meeting on Tuesday, May 10, 2022 we will have a nice warm day.

Later today (April 30) Rich and I will be going to get our next booster shot for the Covid 19 at the Guadalupe Clinic in Colonial Beach. I think you know that one half of our chapter lives in Westmoreland County and the other half lives in King George County. In 2021 when the first vaccines came out, it was very difficult to get information on where to get the vaccine. Westmoreland County is now doing a much better job of notifying residents of where to get the shot. If you live in Westmoreland County and are interested in more information, please let me know. Also, if you need information for King George County, we will try to get it for you. The Hunan Diner is open for full operation in-person dining. However, we still have some precautions in place. The owner, Alan, ensures that all the sanitation guidelines from the CDC are in place. We are the only ones to enter by the back door. Alan would prefer that we order off of the lunch menu. If you do, your lunch, tax, and tip will be \$12.50. By following all of these procedures and social distancing during the meeting, we can continue to keep each other safe and still enjoy our meeting.

Have you read the latest edition (May 2022) of your NARFE magazine? In addition to getting all the legislative updates and information on your benefits, the May edition has the candidate statements for the four individuals who are running for National NARFE President and also the two candidates for Region X Vice President. It is very important that you save this copy of your magazine so you can refer to the statements from the candidates when you vote in the National NARFE election later this summer. All information on the actual voting will be in your August magazine. We will discuss these issues in more detail at our May and June meetings.

I think I told everyone this, but I am now serving as the Acting Area VIII Vice President for the Virginia Federation. So, the reason I was not with you last month was because I went to visit Chapter 1549 in Warrenton. Their chapter meets at a restaurant on Route 29. I was told it was a typical restaurant with American comfort food. Imagine my surprise when I found Greek food on the menu. What a treat for me! Some years ago, I was the Area VIII Vice President and at that time we had seven chapters in the Area. Now we have just four, Colonial Beach Chapter 595, Fredericksburg Chapter 90, Caroline Chapter 2112, and Warrenton Chapter 1549. So, life is changing for our Federation and our National Organization. We have a critical need to recruit members to give our organization the political clout we need to help preserve and protect our benefits. Do you know someone who is eligible to become a member? Now is the time to talk with them about the importance of membership in NARFE.

I want to thank everyone who have been making donations to our food bank. The last few months our total donation has been very generous. Last month the food bank donation went to Colonial Beach Baptist Church. Just as we see some improvement in food insecurity rates, we now have inflation punching us in the face! Let's continue to help our communities as the need is still significant.

Looking forward to seeing you either in person if you feel safe or on Zoom on May 10, 2022 at noon at the Hunan.

Leslie Ravenell, President

Colonial Beach Chapter 595

MEETING NOTICE

May 10, 2022

12 PM at the Hunan

This month's Speakers are **Dhurva Mishra, and Amara Halt**

P.S. Thanks to everyone who has been so generously donating to our food bank program. This month's donation goes to King George Dept of Social Services. Let's keep it up!!

A note from our 1st Vice President:

May is celebrated as Asian American, Native Hawaiian and Pacific Islander Meritage Month. During this month, the Nation recognizes the innumerable contributions, vibrant cultures, and rich heritage of Asian Americans, Native Hawaiians, and Pacific Islanders (AA and NHPIs). As some of the fastest-growing racial and ethnic groups in the United States, AA and NHPI communities represent a multitude of ethnicities, languages, and experiences that enrich America and strengthen our Union." Quoting from the White House proclamation recently.

Our speakers this month are Dhurva Mishra, and Amara Halt. *Both are employees at Dahlgren, NSWC. We look forward to having them at our meeting.*

A note about online security. Apparently all iPhones and Android devices have security flaws. You should shut your phone completely off and restart it at least once a week. The viruses being used now are very potent. You should also make sure all your computer antivirus software is up to date. The banks and financial companies are not as secure as they think they are. I am not planning to do any more banking on my phone. That includes depositing checks.

Stan Palen Editor

The following is from FEDWeek Weekly of May 2:

COLA Count Creeps Up on 6 Percent

With one month to go in the count toward the January 2022 federal retirement COLA, the count stands at 5.9 percent, following an increase in August of 0.2 percentage points in the inflation index used to set that adjustment.

Average 2022 FEHB Premiums to Rise 3.8 Percent

The enrollee share of FEHB premiums will rise 3.8 percent on average for 2022 while premiums in the FEDVIP vision-dental insurance program will rise by just under 1 percent on average.

Mixed Bag of FEGLI Premium Changes Ahead

Some FEGLI life insurance premiums will increase effective with the first full pay period after October 1, while others will decrease and others will remain unchanged, OPM has said in announcing the first revision to those rates since 2016.

The biweekly rate for Basic (coverage equal to salary rounded up to the next \$1,000 plus \$2,000) for employees is increasing from \$.15 to \$.16 per \$1,000 of coverage. That rate is of the widest interest, since enrollees must have Basic to be eligible for any of the optional coverages. (Note: The Postal Service pays the full cost of Basic for its employees, but not for its retirees.)

Follow our chapter on FaceBook at www.facebook.com/narfecbkg

NARFE Chapter 595
8283 Oak Wood Dr
King George, Virginia 22485

Meeting Date

May 10

At the Hunan

Address Correction Requested

We are on the Web
www.vanarfe.org/595.htm