

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

Volume 27 Issue 8

November 2022

November 2022 President's Message

Dear Members of Colonial Beach Chapter 595,

I know that some of you have already received the reminder email about the Harvest Supper but we decided to send out the November newsletter a little early so we could let you know all the latest details for the Harvest Supper. Just so you know we have 73 chapter members and 57 of you are on the National NARFE email system. If you are not on the list of 57, you can let Stan know and he will help you get registered. As you know November is Alzheimer's month and so this is when we raise funds for NARFE's charity. The total raised by NARFE for Alzheimer's research has reached 15 million and we are now starting to work towards the goal of 16 million dollars!! Last year our chapter raised \$1500. Maybe we can beat that amount this year. The tickets are selling fast but we still have one for you!! Please email me at nell8211@gmail.com so I can hold a ticket for you at the door. Tickets in advance are \$20.00 but they will be \$25.00 at the door if I don't have your name on the list ahead of time. So why not come out on November 5, 2022 at 5:00 to the Colonial Beach Moose Lodge and join the fun. The menu is set with meatloaf, lasagna, chili, ham and scallop potatoes and chicken and dumplings. We have a DJ to play dinner music and after dinner dance music. The items are coming in for the silent auction, but again you still have time to clean out your closet to bring us something precious. Finally, we have some great door prizes. Our special guest at the supper will be the newly elected National NARFE President, Bill Shackelford. We will be setting up for the dinner at noon on Saturday. If you have something for the silent auction or a food dish you can bring it by then. So maybe you cannot come out on the 5th, you can still help by sending in a donation. You can send your check to Stan, our Chapter Treasurer and he will take it from there. Please make your check out to NARFE Colonial Beach Chapter 595 (Or just NARFE 595). Here is the address: Stan Palen, 8283 Oakwood Dr, King George, VA 22485. Questions? Call Stan (540 775-7027).

Once the Harvest Supper is over, we next need to focus on our regular monthly meeting, Tuesday, November 8, 2022 which is also Election Day. I know you need to get out and vote, but please try to make time for our meeting. This mid-term election is very different for some of you as our King George residents are now voting for candidates in the 7th Congressional District while our Colonial Beach residents are still voting for candidates in the 1st Congressional District. And just a few days after our meeting we will also celebrate Veterans Day.

As always, we have an interesting speaker for our November meeting, thanks to our 1st Vice President, Jim Lynch. We will also be discussing our plans for the Christmas Holiday, nominations for Officers for 2023, and of course the results of our fundraising for Alzheimer's.

Looking forward to seeing you on the 5th of November at the Harvest Supper and at our next meeting, Tuesday, November 8 at noon at the Hunan.

This month the food bank items to King George Dept of Social Services. Cash, Checks, or food items.

Leslie Ravenell, President

Colonial Beach Chapter 595

MEETING NOTICE

November 8, 2022

12 PM at the Hunan

Our speaker this month is Gary Butler from King George. He is a King George Realtor

VP Notes for November 11, 2022.

Our speaker this month is Gary Butler from King George. Gary is the owner of three EXIT Realty offices, located in King George, Dahlgren and Warsaw. A former teacher and coach, he has been a Realtor for 30 years. Raised at Fairview Beach, Gary's philosophy is to vigorously give back to the community he calls home. He has been involved in county organizations and has served on the Recreation Department, Board of Zoning Appeals, Planning Commission and Board of Supervisors as well as other ad hoc committees. Gary graduated from King George High School (1969) and James Madison University (1973). He was a star basketball player at both schools, and is in the JMU Sports Hall of Fame.

Jim Lynch, VP

The following is from FEDWeek Weekly of October 29:

8 Mistakes Employees Make During Open Season

By Lacie Harmon, The Federal Benefits Group

Open Season is set for November 14th to December 12th, 2022. But, while managing your insurance choices can be far from easy, you can avoid pitfalls and increase your chances of having a successful Open Season if you avoid a handful of common mistakes: Read at <https://www.fedweek.com/experts-view/8-mistakes-employees-make-during-open-season/>

Watch for 'Significant' FEHB Plan Changes, OPM Says

OPM has called attention to "significant plan changes" for the upcoming FEHB plan year, including some dropouts of plans and addition of options or expansions of geographic coverage areas in others. Read at <https://www.fedweek.com/fedweek/watch-for-significant-fehb-plan-changes-opm-says/>

Expert's View: Open Season Ahead—Time to Shop

Federal employees and retirees know that each fall the OPM announces premium rates and coverage terms for the following year in the FEHB program, writes benefits expert Reg Jones. "What doesn't happen so regularly is a follow up message from OPM urging enrollees to use the open season to comparison shop—as it did earlier this month, days after raising eyebrows and blood pressure across the federal community by disclosing that the average premium increase for 2023 will be 8.7 percent," he writes. You'll find his column at <https://www.fedweek.com/experts-view/fehb-open-season-ahead-time-to-shop/>

January Retirement COLA Set: 8.7 Percent for CSRS, 7.7 Percent for FERS (FedWeek Oct 22)

The largest federal retirement COLA in four decades will be paid in January, 8.7 percent for those retired under CSRS and 7.7 percent for those retired under FERS.

The increase will follow the 5.9 percent/4.9 percent COLAs paid at the start of this year and match the 8.7 percent increase in 1982, before the FERS system even existed, the largest since automatic annual inflation adjustments for federal annuities began in the mid-1960s. The announcement follows completion of the count toward the 2023 adjustment on Thursday (October 13). Read at <https://www.fedweek.com/fedweek/january-retirement-cola-set-8-7-percent-for-csrs-7-7-percent-for-fers/>

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

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

Meeting Date
November 8
At the Hunan

Address Correction Requested

We are on the Web
<https://www.vanarfe.com/Chapter-595>

Colonial Beach, Chapter 595



YOU ARE INVITED

HARVEST DINNER
Food and Music
Silent Auction and Door Prizes

Sat. Nov. 8, 2022

\$25 per person

Benefits
ALZHEIMER'S RESEARCH
Moose Lodge #1267
Colonial Beach, VA

5:00 PM Happy Hour, 6:00 PM Dinner
7:00 PM DJ, Silent Auction, Door Prizes

Contact Stan Palen
for tickets and information
spalen@crosslink.net or 540 775-7027