



Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

July/August 2020

2020 Chapter 2265 Officers

President: Cindy Graunke

1st Vice President: Don Utton

2nd Vice President: Vacant

Secretary: Deborah Fisk

Treasurer: Ed Heflin

PRESIDENT'S CORNER

Cindy Graunke

I voted! I hope you did too for the slate of officers in the Virginia Federation and to register your preference on proposed bylaw changes.

Our Chapter Board met before our virtual meeting on June 10th. Because officially, the Board meets quarterly, this was an informal meeting to exchange information. Therefore, no motions were made or considered and no meeting notes.

There is still much uncertainty on when we can meet. The church where we hold our meetings has not opened nor do they have a date when they will reopen. **We are cancelling our July meeting.** Stay tuned for our plans for August.

Our network coordinator, Deborah Fisk, has been busy trying to keep up with the myriad of changes to the NARFE website. You can help by logging in and checking the accuracy of your information. It is fairly simple. Accurate member information helps assure that you are getting relevant information from national, state, and our local chapter.

Stay safe until we meet again.

**MARK YOU CALENDAR: Cruise to Tangier Island
Saturday – September 19, 2020**

NATIONAL LEGISLATION

Don Utton

US Merit Systems Protection Board Staffing Problem

Nearly 2,900 cases for federal workers who may have been wrongly disciplined, demoted or fired are in limbo due to the three unfilled positions at the top of the Merit Systems Protection Board.

Since 2017, it has lacked enough members to pass judgement on any appeals, and for well over a year, the board has had no one on it, leaving three empty chairs and a backlog of cases that's now in the thousands.

Cases that would usually make their way to the board for a final ruling were instead going into storage, because the chairman's spacious office suite, as well as the vice-chairman's, and another for the third and final member of the board, were all empty, and not because of the pandemic.

President Trump has nominated people to fill all three open positions, but the nominations have languished in the senate, awaiting confirmation.

<https://www.cbsnews.com/news/merit-systems-protection-board-appeals-backlog-60-minutes-2020-06-14/>

FDA Pulls Emergency Covid-19-Use Approval for Hydroxychloroquine

WASHINGTON—The Food and Drug Administration has revoked its emergency-use authorization for two malaria drugs, chloroquine and hydroxychloroquine, for the treatment of the Covid-19 disease.

<https://www.wsj.com/articles/fda-withdraws-emergency-use-authorization-for-hydroxychloroquine-for-covid-19-11592238129>

CONGRESSIONAL UPDATES

Bob Zombron

CDL VA 7th Congressional District

On May 1, 2020, the House of Representatives resolved - in House Resolution 949 -116th Congress (2019-2020) supporting the designation of Public Service Recognition Week (May 3-9, 2020) and expressing gratitude to federal workers for their service during the COVID-19 pandemic.

NARFE president Ken Thomas expressed a more detailed Op-Ed expressing the loyalty and stamina of federal employees during their service. He hopes that the recent images of federal employees such as Dr. Anthony Fauci will inspire our youth to seek federal service. He states that one thing that definitely will not inspire tomorrow's critical thinkers to become civil servants is a pervasive misconception by the very people they serve and a lack of appreciation from those at the top. Professionals in the private sector and similarly federal employees thrive when they are valued and serve under effective leaders.

We serve every day, pandemic or not. I hope that all the kind words above can be put into action. As a PAC leader I recognize the fact that actions in our behalf can be brought about by the House and Senate and finally approved or disapproved by the president. In order to get the best support from our leaders we must recognize those who are proposing and voting on behalf of maintaining and improving our federal benefits and receiving compensation respectful of our duties. The NARFE-PAC does a very good job in dividing our mutual pot to reward the politicians who represent us and vote for us. Do your share and support the PAC.

Money isn't all that is needed. Between now and November 3, Election Day, review the voting records and attitudes of our House and Senate members, and the President of the United States. Vote for the incumbents that deserve your vote. Dismiss those who do not. Review the NARFE Bill Tracker in NARFE Magazine. Figure out who is stalling the process of bills proposed in our favor. Virginia House and Senate members appear on the right track – they need some help to push the bills through various committees to move the conclusion to the president's office. Many bills passed by the House are referred to the Senate. Often, they go back and forth.

Call your friends in other states and ask them to ask their senators why bills proposed to help federal employees are stalled. Remember that when the bills in progress don't get through congress by Election Day; they will be cancelled - most likely prior to the forthcoming 117th Congress. Then we have to start bills to help federal employees and retirees all over again with a new congress at square one. Let's resolve to help now as best as we can!

Our Current Representatives

VA Congressional District 7

Abigail Spanberger (D) – 1239 LHOB, Washington DC
>DC Office: 202-225-2815

VA Congressional District 4

Donald McEachin – 314 CHOB, Washington DC
>DC Office: 202-225-6365

VA Congressional District 3

Bobby Scott - 1201 LHOB, Washington DC
>DC Office: 202-225-8354

U.S. Senators

US Senator Mark Warner (D-VA)
>DC Office: 202-224-2023
>Richmond Office: 804-775-2314

US Senator Timothy Kaine (D-VA)
>DC Office: 202-224-4024
>Richmond Office: 804-771-2221

SERVICE OFFICER

Virginia Bozarth

Hello members, I hope Phase 3 will come soon. We are progressing toward the downward trend of COVID 19. I miss our meetings with members. I hope all of you are staying home and self-quarantining yourselves. Hopefully, soon we will all be back together. Now will be a great time for you to take your "Be Prepared for Life's Events" booklet and update it or fill it out, if you've been putting it off.

If you have any questions, please remember I am here to assist you.

What exactly does a Service Officer do?

- Becomes the face and voice of NARFE – helps members apply for benefits, life insurance, etc.

- Relays information as needed on Medicare and Medicaid, Social Security, and retirement benefits.
- Writes notes to families of those who have passed to offer information and support.
- Offers the “Be Prepared for Life’s Events” to NARFE members.

MEMBERSHIP NEWS

Verona McLeod

There Continues to be a Need

Do you feel that there is a need for NARFE? Most of us have become so engrossed in the pandemic and staying healthy that we probably haven’t had time to consider the question. With Covid-19 causing us to not see family and friends, stay sheltered at home, not have our usual mobility and to experience something we never dreamed of, it’s no doubt that NARFE isn’t high on our priority list for things to be concerned about.

BUT, stop and think about it!!! Some people are losing their jobs and regular source of income. Along with that goes a loss of some benefits, primarily health insurance. You are not one of those people, right now. At some point, during this crisis, we might feel some negative impact on our benefits. Who do you think will be advocating on our behalf to prevent the negative impact or to have it minimized? NARFE. Sometimes when we are restricted in what we can do, we do nothing. However, if we can take just a moment of a day or two to scan our personal contact lists of family and friends to see if there are persons who themselves are active/retired federal employees or have relatives who are active

employees and are eligible for NARFE, you could help increase the NARFE membership. “Word of mouth” is always the best recruitment tool for letting these folks know why being a member of NARFE is an investment in their future and it costs very little. Annual membership is \$50 (\$40 national dues and \$10 chapter dues). NARFE LOBBIES ON OUR BEHALF. Let us all commit to doing our part and by “word of mouth” bring in a new member and/or encourage members who have dropped out to return.

NARFE NEEDS OUR HELP AND WE NEED NARFE.



HAPPY BIRTHDAY

JULY

(1) Robert Morley, John Hewlett, Jr.; (6) Patricia Lane; (9) Helen Willis; (16) Leonia Wood; (17) Nancy Price; (18) Cindy Kubat; (19) Shirley Alexander, Louis Ciavarelli; (22) John Donahue; (23) Robert Warren

AUGUST

(9) Carol Lipinski; (10) Sarah Boettger, Selma Gardner; (12) LuAnn Klotz; (16) Russell Melroy; (18) Mary Nissen; (19) Carolyn Hardman; (20) Brenda McCormac; (21) Pat Sowers; (22) Ann Simpkins; (24) Lois Thomas; (25) Ren Lin; (28) Tony Michalek, JoAnne Montague; (30) Joseph Rein

(Don’t see your birthday, request and submit a member profile.)

NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES - NARFE MEMBERSHIP APPLICATION FOR MIDLOTHIAN, VA CHAPTER 2265

PLEASE ENROLL ME IN CHAPTER NO. 2265 _____ NEW MEMBERS DUES 1 YR \$40 _____ ANNUAL RENEWAL \$50

CHECK ALL THAT APPLY _____ RETIREE _____ ACTIVE FED EMP _____ SPOUSE _____ SURVIVOR

NARFE No. _____ DOB: _____ SPOUSE’S NAME _____

NAME: _____ RECRUITER’S NAME/NARFE No.: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____ TELEPHONE: (____) _____ - _____

MAIL APPLICATION WITH CHECK PAYABLE TO NARFE TO NARFE MEMBERSHIP, P.O. Box 565, MIDLOTHIAN, VA 23223

PROGRAMS

Verona McLeod

Well, the program committee thought the plans were all complete and we were ready for the 2020 Programs! But, things aren't working out that way. The pandemic has caused all of our plans to be delayed, cancelled or rescheduled. We're sure most people can't wait until they can safely get out and resume some type of activity, even a meeting. Just being able to have comradery with family and friends will allow you to exhale and smile.

The Program calendar is being revised and we're trying to retain some of the previously scheduled guest performers/speakers. The "Brain Health" presentation is being considered for later in the fall of this year. The Picnic and Membership Program is also being considered for later in the year. For now, there will be no changes to the September program featuring the Virginia Insurance Counseling Assistance Program (Medicare discussion) and the October program with Kathy Bass of Anthem Blue Cross Blue Shield. Lamar Banister who was going to have us clapping our hands and patting our feet in June will now be performing his Christmas Program at our Christmas Luncheon. We are still trying to find venues for the luncheon. Please let us know if you have recommendations.

Be safe and remember we're keeping our options open for having interesting programs available to you as soon as it's safe for us to meet.

ALZHEIMER'S COMMITTEE

Faye McKay, Chair

The following was taken from the "Alzheimer's Foundation of America" website, National Toll-Free Helpline (866) 232-8484.

What is Memory Screening?

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed.

- Various types of qualified healthcare professionals provide memory screenings, including social workers, pharmacists, physician assistants, nurse practitioners, psychologists and physicians.

- The face-to-face screening takes place in a private setting; only the individual being tested and the screener are present.
- A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions.
- Screening tools identified by AFA's Medical, Scientific and Memory Screening Advisory Board include the GPCOG (General Practitioner Assessment of Cognition), MINI-COG, MIS (Memory Impairment Screen) and BAS (Brief Alzheimer's Screening). These four tests meet accepted criteria for use as a screening instrument: effective, easy to administer and validated by research, and AFA is able to offer the test for free for use during this event due to the generous permission of the copyright holders. AFA's Medical, Scientific and Memory Screening Advisory Board welcomes the review of other instruments for possible consideration; please e-mail info@alzfdn.org.
- The person who administers the screening will review the results with the person being screened and suggest whether the person should follow up with a physician or other clinician for more extensive testing.
- Results of the memory screenings are confidential. The participant will receive the screening results to bring to a healthcare professional for follow-up and/or inclusion in medical files.

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.

MEALS on WHEELS

Virginia Bozarth

We are reaching out for volunteers to help with Meals on Wheels deliveries on the 2nd Tuesday of the month for NARFE Chapter 2265. The locations are in Midlothian. Please call Virginia (804-275-0820) or Sharon Whitt (804-651-5053) if any of you have a couple hours to volunteer.

Junk is something you've kept for years and throw away three weeks before you need it.

SECRETARY – VFN VOTING

Deborah Fisk, Secretary

Unfortunately, monthly meetings have been cancelled recently due to COVID-19 restrictions. We all anxiously await a time when we are finally able to safely “mix and mingle”. The board of directors held an online planning meeting in April and, unfortunately, a recent attempt for an online member meeting did not turn out as many participants as we hoped.

As you all know, our Federation Conference was cancelled in April because of the nationwide pandemic. However, elections were still mandatory. When you receive this newsletter, the process should be completed but I want to emphasize the process and how the committee tried to communicate with every member. This stresses how important it is to make sure your member profile (attached) is always kept up to date. An online meeting occurred on April 28th announcing the nominees and accepting nominees from the floor. Voting was completed in the month of June. Information was on the website; you could vote electronically from the site or print a ballot from the site and mail it in. Deadline to receive votes was June 30th. If you do not have access to technology, a post card was mailed out.

It is expected that the elected officers will be installed at a board meeting scheduled July 12-14, 2020. It is our hope that everyone took the opportunity to vote.

With my comments above I want to share information from our VFN Website about the importance of everyone’s vote in November.

“No American should sit on the sidelines on Election Day because every vote matters! As United States citizens we have the right to choose who we want representing us in government.

The entire U.S. House of Representatives, one-third of the U.S. Senate, the White House and nearly 5,000 seats in state legislative districts are up for grabs in 2020. The election process can get complicated with so much state-specific rules and regulations to keep up with.

NARFE, like many nonprofit organizations, participates in election year activities to encourage its members, employees, families, and community members to participate in the political process. We’ve designed the NARFE GOTV2020 Resource Center to pull together

nonpartisan, state-specific voter registration resources all in one place so that voters are ready to cast their votes on Election Day.”

ARE YOU REGISTERED TO VOTE? HAVE YOU MOVED RECENTLY?

*“In 49 states, participating in the democratic process requires an important step: registering to vote. Since voter registration requirements vary by state, it is important for citizens to be informed, especially if they are relocating from one jurisdiction to the next. The only exception is North Dakota, which does not require registration, although North Dakota law allows cities to register voters for city elections. Nonpartisan organizations like **VOTE411** give you direct access to your state’s voter registration requirements, registration deadlines and more.”*

CAN’T MAKE IT TO THE POLLS ON ELECTION DAY?

“Go to National Conference of State Legislatures to find out about your state’s policies on absentee ballots, All-Mail and Voting at Home Options resource.”

KNOW YOUR STATE’S VOTER IDENTIFICATION LAWS

“As of April 2019, 35 states are enforcing voter ID requirements. Know your state’s identification laws and avoid panic on Election Day.”

Who are the candidates competing for your vote at the state, local and national levels?

“Tips for selecting the right candidate:

- *Decide what you are looking for in a candidate.*
- *Gather materials about the candidates by visiting their campaign websites. Or, if the candidate is an incumbent, visit **Congress.gov**.*
- *Evaluate candidates’ stands on issues.*
- *Attend candidate events like town halls, coffee hours and meet and greets.*
- *Candidates are competing for your vote. Don’t be shy about asking questions about issues that matter to you.”*

Never be too open minded, your brains could fall out.



NARFE

Midlothian Chapter 2265

Member Profile

Name: _____ Date: _____

Month and day of birth: _____

Phone Number: _____ Email Address: _____

Member ID Number: _____

Date Retired (if applicable): _____

From which agency did you retire: _____

If still working, Agency name: _____

Job title: _____

Hobbies/Interests: _____

Are you willing to volunteer your services to assist our Chapter in any of the following capacities?

Chapter Officer___, Membership___, Programs___, Alzheimer's___, Technology___,

Special Activities___, Hospitality___, Legislation___, Greeter___, Speaker___

(Please complete and mail to address below or bring to Chapter meeting)

Do you have comments? _____

**Membership Committee
NARFE Midlothian Chapter 2265
P. O. Box 565
Midlothian, VA 23113**

On the Road



with *Lynn*

This has not been a good year for travel. All of the trips, so far, have been cancelled. The Tangier Island trip June 17 has been postponed until Saturday, September 19. We will be joining Signa's Touch of Class travelers for this trip. We will be departing from Chippenham and Embassy Suites on Broad Street. I hope you are all safe, well and staying home. Love to each of you!

Lynn - 804.275.2102 or jcolmo68@comcast.net

Cruise to Tangier Island

Saturday – September 19, 2020

Tangier Island is a small, largely unspoiled, fishing village lined with quaint narrow streets. It is considered the "soft crab capital" of the nation. Although modernization has come to the Island it still has not lost its charm. The people of Tangier, who speak with a lingering trace of Elizabethan accent, are warm, friendly and proud of their Island. Once arriving in Reedville, you will board the Chesapeake Breeze for a 1 ½ hour cruise to Tangier Island. On your way you will learn about historic Reedville, the center of one of the largest fishing industries in the U.S. The Chesapeake Breeze often passes fishing boats working their nets or large ocean freighters traveling between Baltimore and Norfolk. Once arriving at Tangier, enjoy 2 ½ hours to explore the island - lunch is included at the Chesapeake House for a family-style lunch (including crab cakes and oyster fritters) at this favorite island restaurant. Stroll along the small roads and visit the unique gift shops or, for a small fee, hop aboard one of the local's golf carts and take a tour around the island.

Cost Per Person: \$132.00
(Payment due by August 19)

Departs Chippenham Hospital at 7:00am & Embassy Suites at 7:30am
Returns 6:30/7:00pm

Make Check Payable to "NARFE 2265"

ATTITUDE

by Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes!

Chapter 2265 Committees

Alzheimer's:

Faye McKay
804-378-0826

Audit:

Shirley Alexander
804-275-8405

Chaplain:

In memory of
Charlie Wilson

Greeter:

Pat Warhurst
804-658-1208

Hospitality:

Cathy Dorsett: 804-674-4039
Ann Simpkins: 804-379-3631

Membership:

Pat Warhurst
804-658-1208

National Legislation:

Don Utton
804-896-1804

Net Coordinator:

Deborah Fisk
804-748-8722

Newsletter:

Lynn Osborne
804-275-2102

Parliamentarian:

Lynn Osborne
804-275-2102

Programs:

Verona McLeod
804-744-4589

Public Relations:

Norma Smith
804-379-6712

Service Officer:

Virginia Bozarth
804-275-0820

Special Activities:

Lynn Osborne
804-275-2102

State Legislation:

Steve Stastny
804-271-8690

Sunshine:

Pat Warhurst
804-658-1208

Telephone Tree:

Bonnie Behm
804-598-0565



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NARFE Chapter 2265
P.O. Box 565
Midlothian, VA 23113

Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
July, 2020			1	2	3	4 Independence Day
5	6	7	8 No Monthly Meeting	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	