



# Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

March/April 2020

### 2020 Chapter 2265 Officers

- President:** Cindy Graunke  
cgraunke57@gmail.com
- 1st Vice President:** Don Utton  
don.utton@comcast.net
- 2nd Vice President:** Vacant
- Secretary:** Deborah Fisk  
narfe2265df@gmail.com
- Treasurer:** Ed Heflin  
edheflin@reallifeevents.net

We look forward to how we can plug in to local resources such as the Alzheimer’s Association.

- **Support our NARFE Federation** – Our chapter has volunteered in several capacities for the upcoming NARFE VFN conference in Richmond. Members of Chapter 2265 will serve as greeters, bylaws committee, electronic committee, facilitating the color guard and getting names for the Memorial service held during the conference.

## NATIONAL LEGISLATION

Don Utton

### Cutting Federal Benefits to Align with Private Sector

The 2021 Federal Budget proposes cutting federal benefits to align them with private sector benefits.

Fedsmith.com; Ralph R. Smith February 11, 2020

To change the current system and to bring federal pay and benefits in line with leading private sector practices, the budget proposes the following changes in the federal employee benefits package:

1. Increasing employee contributions to the Federal Employees Retirement System (FERS) such that the employee and employer would each pay half the normal cost;

## PRESIDENT’S CORNER

Cindy Graunke

“What matters now, as always, is not what we can’t do: it is what we can and must do.” *Eleanor Roosevelt*

As we look at the number of issues facing our NARFE constituency, we need to direct our attention to what we can do, both as a Chapter and individually.

- **Communicate with your representatives** -- At our February meeting, Don Utton prepared a number of letters to our Congressional representatives regarding prescription drug prices and the Senior cost of living adjustments. This is something we all can do to inform our representatives.
- **Increase participation and membership** – At February’s meeting a suggestion box was established to gather ideas for the direction of our Chapter and program ideas. Verona, provided a survey regarding some program options. We will also participate in the TRIAD on May 6 at the Victory Tabernacle Church on Genito to talk with potential members.
- **Support Alzheimer’s** – a new committee headed by Faye McKay with Sheila Hecker and Mary Fenner.

## Chapter Meetings

**March 11 & April 15, 2020**

*Hopewell United Methodist Church  
Fellowship Hall*

6200 Courthouse Road  
Chesterfield, VA 23832

- |          |                  |
|----------|------------------|
| 9:30 AM  | Hospitality      |
| 10:00 AM | Business Meeting |
| 11:00 AM | Program/Speaker  |

2. Eliminating the FERS Cost-of-Living Adjustment (COLA) and reducing the Civil Service Retirement System COLA;
3. Eliminating the Special Retirement Supplement;
4. Changing the retirement calculation from the High-3 years to High-5 years; and
5. Reducing the Thrift Savings Plan G Fund interest rate.

For more info on the proposals and rationales for same, see Ralph Smith's Fedsmith.com article at:

[https://www.fedsmith.com/2020/02/11/cutting-federal-benefits-align-private-sector/?utm\\_source=fedsmith-newsletter&utm\\_medium=email&utm\\_campaign=fedsmith-2020-02-13&utm\\_content=post](https://www.fedsmith.com/2020/02/11/cutting-federal-benefits-align-private-sector/?utm_source=fedsmith-newsletter&utm_medium=email&utm_campaign=fedsmith-2020-02-13&utm_content=post)

## CONGRESSIONAL UPDATES

Bob Zombron

### CDL VA 7th Congressional District

Whoever you decide to be your candidate - to run in the Virginia primaries or in the Virginia and national election on November 3 - will possibly be a difficult decision. Your personal criteria used to choose a candidate is what is important. What is important to you? How do we choose...first turn off the TV ads, they may be confusing and certainly bias toward one point of view? Read articles about candidates in more than one newspaper. Go to the NARFE.org website and or the NARFE magazine to see how your member of congress and U.S. Senators voted for issues or bills that affect your paycheck or retirement benefits. Know what you have to lose or gain.

Also, all bills approved by congress must be signed by the President to become law. The President is also up for reelection and will be challenged by the opposition party. If you are receiving a good retirement benefit or annuity and social security - check to see if your "pay raise" is actually a pay raise. Did the cost of your health care insurance supersede your "pay raise"? Will taxes go down or will they go up? There are many issues that affect our income. Give NARFE an opportunity to unravel some of the issues for you.

The March issue of NARFE magazine has an excellent article on another way to learn which candidates support federal employees and retirees. The article is titled

"Benefits on the Ballot." After you read the article you will understand the benefits of NARFE-PAC. Where does the money that you donate to NARFE-PAC go? Who does it support? How are the funds dispersed? What are the threats to the federal community? Choose your advocacy; be proactive.

## 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

## STATE LEGISLATION

Steve Stastny

Listed below are a few items that are part of the VFN 2020 State Legislative Plan.

1. Exempting Certain Federal Pensions from Virginia Income Tax
2. Income Tax Subtraction for Retiree Health Insurance and Long-Term Care Insurance Premiums
3. Minimum Nursing Home Standards
4. Redistricting Reform
5. Absentee Voting – a change from no excuse policy from the 7-day requirement to 45 days
6. Tax Credit for Family Caregivers

**Reminder – March 3, 2020**  
**Democratic Party Primary Election**

## VFN Conference

April 5-8

Double Tree by Hilton  
1021 Koger Center Blvd

Check website for details – [vanarfe.org](http://vanarfe.org)

## MARCH IS NARFE-PAC MONTH

NARFE-PAC is NARFE's political action committee and it raises money to elect members of Congress who support the federal community. The PAC is funded through NARFE members' voluntary contributions and is pooled together to maximize the organization's nationwide impact. Funds are disbursed in congressional races across the country, increasing NARFE-PAC's presence and helping Fed-friendly campaigns get their message out to voters. Together, NARFE members support candidates who stand with the government workforce and help them get to Capitol Hill.

For more information and how to donate see the article in the MARCH 2020 issue of the NARFE magazine.

## SERVICE OFFICER

Virginia Bozarth

I look forward in assisting the members of NARFE in anyway. I will be available at the meetings. Please notify me if members not attending would be open for me to contact them.

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

*If You Are Reading This Newsletter....*

You probably know someone, who knows someone, who knows someone, who's an active federal employee. This

newsletter is primarily devoted to recruitment of active federal employees. The reason? Our Board feels that active employees aren't really aware of the benefits that NARFE provides. At the beginning, I noted that we all probably know someone who is an active federal employee, or we have friends, relatives, and/or associates who knows someone who's an active federal employee. Our chapter and most chapters have aging members and realize that in order for NARFE to survive and to lobby in support of our benefits, we must be able to pass the baton to those coming behind us. We can all do our part to spread the message that NARFE is only as good as its membership. Recruitment of active employees can primarily be done through word of mouth. We all need to impress upon those who are not NARFE members that many proposals are pending which will affect our benefits. Active employees are somewhat more vulnerable because of pay freezes, employee reductions, furloughs, and changes to FERS costs of living adjustments and/or changes to retirement contributions. The chapter may be able to offer some incentives to those who join the chapter. The same incentives could apply to those whose membership is at Headquarters because they don't want to pay chapter dues. Whatever may be the reason for not being a NARFE member is outweighed by the reason to be a NARFE member. Advise someone you know that they don't want to wait until they receive a reduced paycheck and not be fully aware of why nor aware of what they could have done to possibly preclude the reduction. **WILL YOU TRY TO GET AN ACTIVE EMPLOYEE TO BECOME A NARFE MEMBER?**



## HAPPY BIRTHDAY

### MARCH

(4) Frank Walker; (6) Constance Thomas; (10) Kim Newton; (12) Faye McKay; (18) Bob Potts, Denny Arner; (24) Verona McLeod; (29) Bill Gayle, Dolly Carter

### APRIL

(1) Ellen Spiggle; (5) Mary Ann Boyd, Vickie Botkin; (9) Patsy Dunn; (10) Bob Zombron; (12) Joseph Seay; (15) Marian Turner; (19) Dianne Springfield, Warren Olds, Jr; (21) Dorothy Jackson, Ray Yamoka; (25) Ruth Lynch

## PROGRAMS

Verona McLeod

We're changing how we present the program information in the Newsletter this year. To keep from inundating you with the annual programs, we're going to stress the importance of the next two months' meeting and encourage your participation.

### *March Program Notes:*

Do you know why you should have the new DMV Real Driver's License? Do you think it doesn't apply to you? Well, if you do domestic travel and if you want to visit certain government facilities, you will need the Real Driver's License. Still don't think it applies to you! Well, what if you had a family event or emergency, out of town, that required you to take a domestic flight? You wouldn't be able to do it without a Real Driver's License.

### *The requirement takes effect in October of this year.*

So, come to the March meeting and find out everything there is to know about the Real Driver's License and what you need to do to get it. A DMV representative will be our guest speaker.

### *April Program Notes:*

Our April meeting will be our annual State and Local Legislation meeting. Join us in finding out what's happening in your community. Changes are happening every day and although we oftentimes don't want to talk or hear about politics, we need to be aware.

*See you in March and/or April.*

## ALZHEIMER'S

Sheila Hecker

I just want to give you all something to think about....

My husband, Marv Hecker, did the Alzheimer newsletter article even when he was our Chapter President over 10 years ago. He did this because that was how dedicated he was to the cause. Marv felt that if something didn't overcome us; Alzheimer's would sooner or later. That is why we would see some people who live to be over 100 years old with their picture in the local paper for some milestone, such as a birthday or anniversary. How did we get to be that old? We want to **remember** turning 100!

Wouldn't it be wonderful to grow old gracefully together? Let's do all we can to fight Alzheimer's.

Maybe the medical profession can come up with a solution "cure". Hopefully sooner or later. Please support our Chapter efforts to support research on this disease.

## SECRETARY'S REPORT

Deborah Fisk, Secretary

### **Monthly Meeting Minutes**

#### **February 12, 2020**

The monthly meeting of the Midlothian Chapter 2265 was held at the Hopewell United Methodist Church. President Cindy Graunke called the meeting to order at 10:00 a.m. and welcomed everyone to the NARFE February Meeting. We were pleased to have Mike Dowd and Mary Michalek as guests as well as our Area III Vice President, Wynn Hasty.

### **Officer Reports:**

**Treasurer:** Ed Heflin - 2 CD's: \$7,010.61 & \$5,351.21. Beginning Checking Balance: \$5,662.62. Receipts: 2 National Payments - \$426.16. Disbursements: Alzheimer's Research - \$1,519.50. Ending Checking Balance: \$4,569.28. We expect 10 to 15 members from our Chapter to attend the April Conference. Great response from our Chapter for Supporter Donations.

**Secretary:** Deborah Fisk, January Chapter Meeting Minutes have been filed and approved, the February Board of Director Meeting Minutes are outstanding.

**Immediate Past President:** Merv Stuckey, No Report

**1<sup>st</sup> Vice President:** Don Utton, No Report

**2<sup>nd</sup> Vice President:** Vacant, if you have interest, please contact Cindy Graunke or Don Utton

**President:** Cindy Graunke

1. The Board has moved to Quarterly Board Meetings
2. Current discussions: programing and ways to improve the execution of community issues such as advocacy, Alzheimer's fundraising'
3. There is a Suggestion Box that will be available at every meeting. Please feel free to add comments and suggestions.
4. I will be sitting on the Bylaws Committee for 2020 for VFN
5. Encourage everyone to continue to solicit for advertising for the 2020 Conference Brochure.

Merv Stuckey could you inquire at Brandermill to see if they are interested.

### **Committee Reports:**

**Alzheimer's:** Faye McKay, working on organizing her committee, asking for volunteers and looking for additional fundraising opportunities.

**Membership:** Pat Warhurst, 28 members signed in with 3 Guests.

**National Legislation:** Don Utton,

1. To stimulate interest form letters were prepared for items members may be interested in. Just sign and return to Don and he will forward the appropriate legislator. Today's letters addressed:
  - a. H.R. 1553 – Fair COLA for Seniors Act to provide for cost-of-living increases for certain Federal benefits programs based on increases in the Consumer price Index for the elderly
  - b. H.R. 3– Elijah E. Cummings Lower Drug Costs Now Act. Passage of this act is urgently needed to lower the high cost we seniors must pay for many of the medicines we require.
2. We were contacted by a representative from Congressman McEachin's office offering to visit our group at any time to talk about issues and answer questions. General consensus that our membership would appreciate interaction with legislators and/or staff members.

**7<sup>th</sup> District CDL:** Bob Zombron – Reminder to members that contributions to the NARFE PAC are welcomed and necessary for NARFE to continue raise and spend money to elect members of Congress who support the federal community. It is important to let our legislators know we exist by sending more emails and letters. Vast amounts of monies are collected by our legislators; however, small contributions from members like our group signifies that these are dollars coming from the people who actually vote to elect them.

**Net Coordinator:** Deborah Fisk reported she was recently asked to join the Electronic Evaluation Committee and updates are forthcoming. Greatest challenge is determining why some of our members are not assigned to our Chapter and getting them reassigned. Branding and emphasis on social media will be discussed in the coming months.

**Programs:** Verona McLeod challenged our membership to volunteer by asking for member ideas. By completing a simple survey everyone was invited to participate in helping to manage upcoming programs and events. Membership continues to be a struggle and we invite all ideas and suggestions. The March speaker will be from DMV and talking about the new Virginia Driver ID. If you plan to fly or access any Federal building, you must have it.

**Public Relations:** Norma Smith continues to put information about the Chapter Meetings in the Chesterfield Observer.

**Service Officer:** Virginia Bozarth encouraged the membership to update member profiles, addresses, emails and telephone numbers as things change. The "Be Prepared for Life Events" document can be very important to you and or your spouse/executor/administrator. Get a copy, fill it out and make revisions as things change.

**Special Activities:** Lynn Osborne - May 3<sup>rd</sup> is the Virginia International Tattoo at the Scope Arena in Norfolk. The Tattoo is a military tribute performed by military bands from all around the world. Lunch at the Freemason Abbey which is a church that has been converted into a restaurant. This year's theme is the 75<sup>th</sup> Anniversary of the end of World War II. The Bermuda trip which is sponsored by Signa is still scheduled. Other trips planned is Tangier Island in June, Skyline Drive in October and The Rudy Christmas Show in Selma, North Carolina in December.

**State Legislation:** Steve Stastny listed a few items that are part of the VFN 2020 State Legislative Plan.

1. Exempting Certain Federal Pensions from Virginia Income Tax
2. Income Tax Subtraction for Retiree Health Insurance and Long-Term Care Insurance Premiums
3. Minimum Nursing Home Standards
4. Redistricting Reform
5. Absentee Voting – a change from no excuse policy from the 7-day requirement to 45 days
6. Tax Credit for Family Caregivers

Reminder – March 3, 2020 Democratic Party Primary Election

**Hospitality:** Ann Simpkins thanked everyone for their continued support in supplying refreshments for the meetings. A signup sheet was distributed for members to sign up to bring refreshments for the 2020 calendar. Appreciation for those who remember donations to the Hospitality Jar.

**Unfinished Business:**

1. We are looking forward to the April Conference which will be held at the Doubletree on Midlothian Turnpike, Richmond, VA this year.
2. Our Chapter is registered for the Chesterfield Triad Senior Day on May 6<sup>th</sup>, Victory Tabernacle Church on Genito Road. Please contact Cindy if you are interested in volunteering for this event.

**New Business:** Our Area III Vice President, Wynn Hasty introduced himself to our Chapter. He is also President of Chapter 28, Petersburg. They meet the 3<sup>rd</sup> Wednesday of each month (except July & August) at the Lutheran Church of Our Redeemer, 17669 Sycamore St., Petersburg, at 10:30 AM. An open invitation to all was extended.

Wynn explained that his job as our Area III Vice President is to react to member needs and distribute information to the Chapter Presidents from the VFN. Bill Shackelford

reported that the membership report will be complete shortly. In addition, webinars are being planned to begin educating members who will be using the new system.

**Program:** After a short break, Amy Clement, the Public Affairs Officer for Brigadier General David J. Sanford, gave a short presentation about the Defense Supply Center Richmond DLA and Non-DLA Operations as well as the history of this Richmond Gem, nestled quietly off Jefferson Davis Highway.

The meeting was adjourned at 11:35 P.M.

**TREASURER’S REPORT**

**February 12, 2020**

Ed Heflin, Treasurer

<b>2 Certificate of Deposit – Village Bank</b>	\$ 7,010.61
	\$ 5,351.21
<b>Beginning Checking Balance:</b>	<b>\$ 5,662.62</b>
<b>Receipts:</b>	
Nat’l Dues – Oct	426.16
<b>Total Receipts:</b>	<b>\$ 426.16</b>
<b>Disbursements:</b>	
Alz Research	519.50
<b>Total Disbursements:</b>	<b>\$ 519.50</b>
<b>Ending Checking Balance</b>	<b>\$ 4,569.28</b>

SUN	MON	TUES	WED	THU	FRI	SAT
<b>April, 2020</b>			1	2	3	4
5	6	7	8	9	10	11
<div style="border: 1px solid black; padding: 5px; text-align: center;">           VFN Conference April 5-8 at the Double Tree by Hilton         </div>				<b>First Day of Passover</b>	<b>Good Friday</b>	
12	13	14	15	16	17	18
<b>Easter Sunday</b>	<b>Thomas Jefferson’s Birthday</b>		<b>Chapter Meeting 9:30 a.m. Hopewell UMC "Virginia Legislative Update"</b>			
19	20	21	22	23	24	25
26	27	28	29	30		

## On the Road



with *Lynn*

There are some great tours coming up in 2020, the most popular one being the **Virginia International Tattoo Show** at the **Norfolk Scope Arena** on Sunday, **May 3, 2020**. More details are listed below. Call me as soon as you can if you want to attend as this event tends to fill up quickly.

Please remember if I don't have enough people signed up 30 days out from the date of the trip, I have to cancel the coach, so don't procrastinate, call me!

**Lynn - 804.275.2102 or jcolmo68@comcast.net**

### **The "Greatest Generation" Virginia International Tattoo Show-Norfolk, VA Sunday – May 3, 2020**

Marking the 75th Anniversary of the end of World War II and honoring the courage and sacrifice of the Greatest Generation, this year's **Virginia International Military Tattoo Show** held at the Norfolk Scope Arena, offers an astounding display of inspirational military music, majestic massed pipes and drums, show stopping drill team maneuvers, colorful and elegant dancers, and much more. The 24th annual Tattoo features over 1,000 performers from eight countries. The displays of stirring music, historic photos and video, tributes from military bands, and special appearances by veterans make this an event beyond comparison. Lunch today will be in downtown Norfolk at the popular **Freemason Abbey Restaurant**.

**Cost Per Person: \$128.00**

(Payment due by **April 3**)

Departs at Chippenham Hospital at 9:30am & the Shoppes at CrossRidge at 10:00am –  
Returns 6:30/7:00pm

### **Cruise to Tangier Island Wednesday- June 17, 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 **May 24**)

Departs Chippenham Hospital at 7:00am & Shoppes at CrossRidge at 7:30am –  
Returns 6:30/7:00pm

**Make Check Payable to "NARFE 2265"**

## 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



**FEDERAL BENEFITS EXPERTS**

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

NON-PROFIT  
 ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 RICHMOND, VA  
 PERMIT NO. 3022

Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
<b>March, 2020</b>						
1	2	3 <b>Super Tuesday</b>	4	5	6	7 <b>Daylight Saving Time Starts</b>
8	9	10	11 <b>Chapter Meeting 9:30 a.m. Hopewell UMC, "DMV Real ID"</b>	12	13	14
15	16	17 <b>St. Patrick's Day</b>	18	19	20	21
22	23	24	25 <b>Trip to Glen Allen Cultural Arts Center to see "Country Royalty"</b>	26	27	28
29	30	31				