



Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

November/December 2020

2020 Chapter 2265 Officers

President: Cindy Graunke

1st Vice President: Don Utton

2nd Vice President: Vacant

Secretary: Deborah Fisk

Treasurer: Ed Heflin

you have recently changed your telephone number or dropped your land line, please contact Debbie Fisk with your new number so that we have accurate records. 71 of our members that were contacted expressed interest in virtual meetings. We are working to keep the lines of communication open. Thanks for calling our team back. We each had some nice conversations!

PRESIDENT'S CORNER

Cindy Graunke

As 2020 starts to wind down and the holidays are around the corner, we pause to thank our public servants and first responders. As I write this article, our Presidential election is less than 20 days away. We need to keep pressing on the issues that affect all of us. Pledge to write at least one letter to your representatives this year. It really is simple with the NARFE website (<https://www.narfe.org/legislation>).

October Zoom Meeting

On October 14, our Chapter hosted a Zoom virtual meeting with guests, VFN President Connie Bails and Kathy Bass from Blue Cross/Blue Shield.

We had over 30 folks on the call. It was great to see so many faces after such a long hiatus. Kathy Bass will be sending information by mail to our members. Keep an eye out for a post-meeting survey to see how we can make these calls helpful and responsive to members' needs.

Operation Contact Results

A team made up of our Executive Board and Helen Willis made contact with 131 of our 240 members (about 54%). We discovered that the phone numbers listed for 29 of our members were out of service. If

NATIONAL LEGISLATION

Don Utton

Below is follow-up to my National Legislation input in the Sep-Oct newsletter indicating USPS was warning that mail-in ballots for this year's elections could be delayed. We may see results of the court order as ballots are counted during and after Nov 3.

In Latest Legal Rebuke, Court Orders Postal Service to Prioritize Mail-In Voting

Luke Broadwater, New York Times Sept. 21, 2020 Updated Sept. 25, 2020

WASHINGTON — A federal judge in New York on Monday ordered the Postal Service to reverse operational changes that have slowed mail delivery in recent months and to prioritize election mail, the latest legal rebuke to Louis DeJoy's management of the agency.

By Friday, Judge Victor Marrero said in his ruling, the Postal Service must begin treating all election mail, including ballots, as first-class or priority mail; preapprove all overtime requested from Oct. 26 to Nov. 6, the peak times for election mail; and submit a plan to restore on-time delivery of mail to its highest level this year.

“The right to vote is too vital a value in our democracy to be left in a state of suspense, in the minds of voters, weeks before a presidential election, raising doubts as to whether their votes will ultimately be counted,” Judge Marrero said.

The order came in response to a lawsuit that mail-in voters from six states brought against President Trump and Mr. DeJoy, the postmaster general. The suit, filed in Federal District Court in Manhattan, sought to block cuts that Mr. DeJoy had put in place just months before the election in November.

Seventeen plaintiffs from California, Pennsylvania, Illinois, New Jersey, Wisconsin and New York asked the court to declare that Mr. Trump and Mr. DeJoy, the Republican megadonor and presidential ally installed this year to lead the Postal Service, had violated voters’ rights by scaling back operations in an effort to stymie mail-in voting.

In June, union officials received a notice that Postal Service management was removing 671 machines used to sort mail quickly because of a “reduction to letter and flat mail volume.” In July, the agency sent employees a memo banning additional daily trips beyond their initial runs in an effort to save about \$200 million.

<https://www.nytimes.com/2020/09/21/us/politics/postal-service-mail-in-voting.html>

CONGRESSIONAL UPDATES

Bob Zombron

CDL VA 7th Congressional District

Social Security Fairness Act Progress

Representative Abigail Spanberger of the 7th congressional district has decided to cosponsor H.R. 141, the Social Security Fairness Act by joining nearby Congressmen McEachin and Scott to bring total sponsorship in Virginia to seven of eleven Virginia members of the House of Representatives. Overall, the bill has 259 cosponsors nationwide. This Act, if passed by the House, the Senate and signed by the President can become law. Passage will nullify the Windfall Elimination Provision (WEP) and the Government Pension Offset. Read the details in the September-

October newsletter. Write our senators Warner and Kaine to ask them to participate in the Senate version S. 521.

Key NARFE Votes - 116th Congress

The October 2020 edition of NARFE Magazine, page 44, shows statistics regarding how the Virginia Members of Congress voted on NARFE issues. Abigail Spanberger voted for 85% of NARFE issue preferences. Representatives Scott and McEachin voted 100%. Pages 33-34 provides greater detail of thirteen House bills with an additional bill passed and not detailed and five Senate bills passed. Most have become law - some are waiting for the President’s signature.

2020 NARFE Presidential Candidate Questionnaire

NARFE sent a request to both major candidates running for president. Issues such as Honoring Commitments, Federal Compensation, Health Care, Retirement Security, Social Security Fairness and Modernizing the Government were highlighted. Only one candidate answered all the questions in reasonable detail. The other candidate did not send a reply. Check pages 24-30 of the October issue of NARFE Magazine before or after the election to see who participated and what was said. November 3rd is Election Day.

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 continue to miss our meetings and socializing with the membership. I hope you are all well and staying safe. If there is anything, I can do to assist you please give me a call or email.

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

2021 Federal Benefits Open Season November 9 – December 14, 2020

October 19, 2020

VFN Members,

The Federal Benefits Open Season for the 2021 plan year for health insurance under the Federal Employees Health Benefits (FEHB) Program, dental and vision insurance under the Federal Employees Dental and Vision Program (FEDVIP), and the Federal Flexible Spending Account Program (FSAFEDS) will be held from November 9 through December 14, 2020.

On the VFN website (VANARFE.org) directly below the **VFN Facebook link**, you will find in bold print **2021 Federal Health Plans**, a link to all charts:

- 2021 FEHB and FEDVIP Premiums
- 2020 Federal Benefits Open Season document summarizes each of the benefit programs, changes in plan options, rate information summaries, and links to find additional information.

Virginia Federation of NARFE and Region X President, William Shackelford, sincerely hope you find this information useful for the upcoming Open Season.

Stay Safe, Stay Well

Constance T. Bails, Ph.D., VFN President

HAPPY BIRTHDAY

NOVEMBER

1 Joanne Bagley; **7** Marietha Hoffman; **12** Bobbie Avery; **15** Frances Harrison; **17** Cliff Wolfe; **18** Ray Koberowski; **24** John Clark; **29** Pattie Powell

DECEMBER

3 Gerald Guerrein, Virginia Bozarth, Patsy Dockery; **4** Yvonne Webb; **8** Mary Crump; **11** Ann Reed; **12** Michael Kerwin; **18** Bob Schaefer; **25** James Hall; **27** Norma Smith

PROGRAMS

Verona McLeod

The end of the year is almost here. What a year it has been!!! We hope you are doing well during these unimaginable times. The Program Committee thought the programs for the year were a complete loss, but we were able to hold the October meeting via ZOOM. Several of you were able to participate in that meeting with Kathy Bass from Anthem Blue Cross Blue Shield. Considering it was our first attempt at trying to hold a virtual meeting, so our 2020 planned programs would not be a complete loss, we think it went well.

In as much as we don't know when we'll be able to resume normal in-person meetings again, we will pursue coordination with other speakers, presenters, and performers to present future meetings via ZOOM. Some of you may belong to other organizations that have come up with creative ways to hold a meeting with speakers who are presenting virtually. If so, feel free to provide such information and topics to the committee so we can use it in our planning for 2021. We are still hoping that all of 2020 has not been loss. **Pay close attention to future emails because it is possible that we may be able to salvage and present to you one last program before the end of the year. Stay Tuned!**

Although the holidays will be different this year, remember we, our family and our friends have all come up with creative ways to celebrate special occasions during the pandemic. In spite of COVID, enjoy your upcoming Holidays.



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

ALZHEIMER'S COMMITTEE

Faye McKay, Chair

The Alzheimer's Association continues to reach out to the community in the fight to end Alzheimer's during COVID-19.

"Going Virtual: How Volunteers Continue to Fight to end Alzheimer's During COVID-19" is the title of an article published by the association on April 21, 2020. Lauren Kovach is very passionate about the Alzheimer's Association and the Alzheimer's Impact Movement. She was grateful to her home state for introducing a bipartisan bill that would help increase access to care planning services for all families facing Alzheimer's disease.

Twenty years ago, Lauren's life took an unexpected turn when her grandmother was diagnosed with Alzheimer's at the age of 82. As a result, her work as an advocate continued and her volunteer work included a virtual Zoom call for her fellow Alzheimer's Ambassadors. She wanted to find a way to still get together in this time of social distancing after the cancellation of the Advocacy Forum in Washington, D.C. due to COVID-19. Lauren and her fellow advocates are determined to do what they can do to move Alzheimer's advocacy forward during these times of challenge and crisis. Reaching out to this extended family brought about a sense of normalcy to the shared goal of making a difference in the fight to end Alzheimer's by influencing public policy.

Let us remember to reach out to the families who need support during this time.

MEALS on WHEELS

Virginia Bozarth

Volunteers are still needed to help with Meals on Wheels. Deliveries are the 2nd Tuesday of the month for NARFE Chapter 2265 volunteers. The locations are in Midlothian. Ask a friend to volunteer with you, it's more fun with a friend! Please call Virginia (804-275-0820) or Sharon Whitt (804-651-5053) if any of you have a couple hours to volunteer.

SECRETARY'S CORNER

Deborah Fisk, Secretary

As life moves online, our older generation faces a digital divide. Because many of us are uncomfortable with technology, we sometimes struggle using modern tools to keep up with friends and family in the pandemic.

For some of us, being isolated means the end to a social life and losing touch with others. However, this does not have to be true. There are many ways to digitally maintain communication with our friends, family, and loved ones during a pandemic, even for those of us who are not particularly tech-savvy. While many of us are familiar with platforms such as Instagram and Facebook, there are many engaging ways to keep in touch remotely and be a part of your community from the safety of your home.

Social media and online conferencing are a great platform for communication, especially for younger generations; however, it is not only for young folks. We have seen NARFE Chapters all over our state schedule ZOOM and Go to Meetings and we have cheerfully watched as we all struggle to master technology and accept the challenge of the much dreaded online. For some of us, COVID has forced us to learn new things.

Although businesses may be slowly reopening, it may still be a long time before everyday life returns to normal and large group activities are deemed safe. Therefore, it is important to find alternative forms of communication to stay in touch with friends, family, and your community. The possibilities are countless, diverse, and easy once you overcome your fear and forge full steam to tackle a basic understanding of technology.

Our Chapter hosted an online meeting on October 14, and it was exciting to see so many faces that we have been missing all these months. It was like a prescription dose of smiles to be able to idly chat and visit with one another. I want to challenge everyone to try to login to our next online meeting, perhaps just to say hello to old friends and let everyone know how you are doing. *(continued on page 7)*



Virtual Alzheimer Fundraiser

We will not be having an in-person meeting in November or December. This year, we will all miss the soup and dessert fundraiser and Holiday Social that we've come to cherish. Consider giving the cost of the lunch (\$10) + any other contributions to our Chapter's donation for Alzheimer's. Checks can be made out to **NARFE Chapter 2265**. In the memo section you may note Alzheimer's donation. You may send the check to: NARFE, PO Box 565, Midlothian, VA 23113.

SUN	MON	TUES	WED	THU	FRI	SAT
December, 2020						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve	25 Christmas Day	26
27	28	29	30	31 New Year's Eve		

Continued from page 5

So, build up your confidence, ask someone to help you with equipment choices or technical setup and join us for a future online meeting. We all are seeking human interaction and communication and through the web can be an excellent tool in staying connected.

If you have access to a Facebook account, I also want to share that there are several NARFE Facebook groups out there. If you go to Facebook and search NARFE a couple of pages will come up. All you must do is like the page and then you will be alerted when information is shared on the page. Chapter 2265 has a new page which is called 2265 NARFE, there is also Virginia Federation NARFE, NARFE Region X, NARFE Chapter 90, and NARFE Chapter 1270 Woodbridge to name a few.

So, for all of you who have embraced this new technology, wonderful; and I challenge anyone who has been reluctant to try, give it a try!

On the Road

with *Lynn*



With the rise in new COVID cases, I have cancelled the December trip to Rudy Theatre in Selma, NC. Folks are not comfortable traveling with others who they do not know or where they've been. It is risky and that was my main reason for cancelling the trip.

I haven't set up any trips for 2021 yet. The Virginia International Tattoo is schedule in April, but if they cancel, I will have to cancel the reservation for April 18.

As we go into the Holiday Season, I wish each of you a blessed Thanksgiving, a peaceful Christmas, and a Happy New Year! Hopefully 2021 will be a better year for us all!

Stay safe and well! Get your flu shot, too!

Lynn - 804.275.2102 or jcolmo68@comcast.net

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness.”

- Helen Keller

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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P.O. Box 565
Midlothian, VA 23113

Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
November, 2020						
1	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					