



# Midlothian Chapter 2265 NEWSLETTER

*Serving Current and Retired Federal Employees Since 1921*

Chapter e-mail: narfe2265df@gmail.com

September/October 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

Our Executive Board met virtually for our 3<sup>rd</sup> quarterly meeting on August 12. Many of the items discussed are included in this issue.

**Changes to Bylaws:** One item that will be brought before Chapter members are proposed changes to our Bylaws. We are recommending that the timeframe for completing our financial audit be extended. Currently our Bylaws state that the financial records are closed and audited by December 31st. We propose that the records be closed by December 31 and audited by the end of March.

**Nominating Committee:** Merv Stuckey will chair this year's nominating committee. Both Don Utton and Steve Stastny have volunteered to be part of the committee. We have a few members doing double duty. One vacancy that needs filling for 2021 is the position of Secretary. If you have questions about that position or any other, please contact Merv.

**Operation Contact:** Beginning in September you will be contacted by a member of our Chapter's Executive Board. You will receive important information about our virtual meeting in October where the guest speaker will be Kathy Bass from Anthem BC/BS.

Additionally, we will be making sure our membership roster is up to date and accurate.

As you will see throughout this Newsletter, your participation and advocacy are critical to protect federal benefits, both for retirees and active employees. Take advantage of the NARFE website that makes sending a letter to your Congressional representative and Senators effortless. We all need to do our part and make our voices heard. (NARFE.org)

## NATIONAL LEGISLATION

Don Utton

### **Postal Service warns 46 states their voters could be disenfranchised by delayed mail-in ballots**

Anticipating an avalanche of absentee ballots, the U.S. Postal Service recently sent detailed letters to 46 states and D.C. warning that it cannot guarantee all ballots cast by mail for the November election will arrive in time to be counted.

These warnings were sent even before cost-cutting moves implemented by Postmaster General Louis DeJoy had delayed mail delivery by as much as a week in some places, and a new decision to decommission 10 percent of the Postal Service's sorting machines sparked widespread concern the slowdowns will only worsen. Rank-and-file postal workers say the move is ill-timed and could sharply diminish the speedy processing of flat mail, including letters and ballots.

The Postal Service's structural upheaval alone has led experts and lawmakers from both parties to worry about timely delivery of prescription medications and Social Security checks, as well as ballots.

<https://www.washingtonpost.com/local/md-politics/usps-states-delayed-mail-in->

[ballots/2020/08/14/64bf3c3c-dcc7-11ea-8051-d5f887d73381\\_story.html](https://www.marketwatch.com/story/social-security-could-be-vulnerable-under-president-trumps-plan-for-payroll-taxes-2020-08-10?mod=article_inline)

## **Social Security could be vulnerable under President Trump's plan for payroll taxes**

President Trump's executive order to defer payroll taxes may not hurt Social Security — that is, if everything goes perfectly right, everyone pays back the money they owe, and no plans change whatsoever.

As a deferral, and when all of the money is replaced, Social Security will not be substantially impacted. It may lose some of the interest it would have generated over the next couple of months, but it will still have the money it was initially owed, Romig said.

Social Security will, however, be impacted if anything deviates from this current plan. Employees will need to have the money ready to pay back and employers will need all the logistics figured out for their payroll and paperwork — assuming they are still in business. [https://www.marketwatch.com/story/social-security-could-be-vulnerable-under-president-trumps-plan-for-payroll-taxes-2020-08-10?mod=article\\_inline](https://www.marketwatch.com/story/social-security-could-be-vulnerable-under-president-trumps-plan-for-payroll-taxes-2020-08-10?mod=article_inline)

## **CONGRESSIONAL UPDATES**

Bob Zombron

### **CDL VA 7th Congressional District**

#### **Social Security Fairness**

Over the last two years, I have sent a series of letters and made office visits to Representative Abigail Spanberger and staff to support H.R.141 Social Security Fairness Act of 2019. A response is pending shortly per Bonnie Krenz, Chief of Staff for the congresswomen. Since I am operating under a newsletter deadline – members may have to check with congress.gov to see if we have a positive response. Currently six of eleven Virginia Congressmen and Congresswomen have indicated support for this bill. Nationwide 249 congress members support H.R. 141. This bill was introduced 1/03/19 in the House; referred to the House Committee on Ways and Means on 1/3/19 and referred to the Subcommittee on Social Security 1/31/2019 where it stands today. If passed in the House of Representatives, it will go through a similar



Be Ready for

## **OPERATION CONTACT**

Our Board will be contacting each of you about our October meeting.

process in the senate and if passed will go to the President for his signature.

What's all the fuss all about? The Fairness Act combines two previous attempts to help civil servants. The Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) were combined into one bill in 2019. The WEP - elimination enacted in 1983 lowers your Social Security payment (up to 50% per year) if you also earned money from another public sector job that was not covered by Social Security. For example, the CSRS did not require a Social Security deduction; however, you may have earned it via a previous or secondary employment outside the government. We paid the tax but did not receive full benefit upon retirement. The GPO offset was enacted in 1977, affects spouses and widows of some Social Security earners. Essentially it lowers the Social Security payment for any public sector worker who's received their pension outside of their program, if their spouse received their pension from inside Social Security. The Social Security Fairness Act would permanently eliminate both provisions. Simply stated it is only fair to receive the full amount of Social Security payment as earned, in relation to Social Security taxes previously paid. Receiving less is not fair. If this bill does not get enacted in the 116<sup>th</sup> Congress which ends in early January 2021; a new bill will be required by the new 117th Congress which starts in January 2021. I recommend that you write your member of congress and express your concerns.

Also, you can check the Social Security website and/or buy a book called the "Hero's Penalty" on Amazon to get further and deeper explanations of GPO and WEP.

November 3<sup>rd</sup> is Election Day; whether you send in a ballot or go to the polls remember to Vote for the incumbents that deserve your vote. Dismiss those that do not.

## 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

## PROGRAMS

Verona McLeod

Never in most of our lifetimes would we have thought about being confronted with a pandemic whereby we would not be able to meet with family and friends. It has been really challenging for most of us. Your NARFE Chapter 2265 Board is really trying to be

creative by coming up with ways to connect with our chapter members. We’re still unable to have in person meetings. Therefore, our NARFE programs have been cancelled for the remainder of the year. ***THERE IS ONE EXCEPTION.*** Our October meeting, with Kathy Bass from Anthem Blue Cross Blue Shield, will be held on October 14<sup>th</sup> our normal meeting day. The meeting will be virtual, whereby you can connect via telephone or video. Details are being coordinated with Ms. Bass. You will be contacted directly with all of the specifics. Each chapter member will be contacted by phone using the phone number on file. ***If you have changed your phone number or have gone to a cell phone only, you need to contact a board member with the new number to contact you or email the change to narfedf@gmail.com.*** Doing so will ensure that you receive the phone call and can participate in the October meeting. Ms. Bass’s program is the largest annual program for the Chapter and you have the opportunity to participate even during the pandemic. We look forward to talking with you soon. Be safe.



## HAPPY BIRTHDAY

### SEPTEMBER

(3) Thang Pham; (7) Carolyn Matthews; (15) Janice Sjostrom, John Gamble; (19) Jennie Lekacos; (22) Roy McLeod; (27) Sylvia Coleman; (29) Judy Archer

### OCTOBER

(1) Genevieve Hite; (6) Shelia Hecker; (8) Mary Gross, Joyce Burton; (14) James Bradley, George Reynolds; (18) Mary Faris; (22) Virginia Helmick; (27) Bill Stoken, Cynthia Graunke; (31) Michael Fabrizio

## MEETING DATES & PROGRAMS

Both the trips to Tangier Island Sep 19 and Skyline Drive Oct 21 have been cancelled.

The Sep 9 Membership meeting is cancelled.

The Oct 14 Membership meeting will be virtual with the annual Anthem Blue Cross/Blue Shield update on 2021 Hospitalization benefits. Kathy Bass, Anthem,

will be doing the virtual presentation. You will receive an email with instructions on how to logon to the presentation.

If you don't receive email notifications and/or your birthday does not appear in the newsletter, you need to fill out a Chapter Membership Profile (included in this Newsletter) and email it to [narfe2265df@gmail.com](mailto:narfe2265df@gmail.com) or mail a copy of the Chapter Membership Profile to:

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

## **ALZHEIMER'S COMMITTEE**

Faye McKay, Chair

One of the articles in the Alzheimer's and Dementia e-news for the month of August reminds us of the effect of music in the lives of people affected Alzheimer's Disease. There is an upcoming film, "The Cuban," that depicts the friendship between a musician with the disease and his nurse. In this film, Louis Gossett Jr. is living with Alzheimer's.

His nurse is the singer and actress Ana Golja. Their friendship is fueled by the power of music and imagination. Studies have shown that music can actually improve some behaviors that are associated with Alzheimer's patients in the middle stages of the disease. Ana says music has also helped her during this time of the COVID-19 pandemic. Also, this film inspired her because it reminded her of her relationship with her 93-year-old grandmother living with Alzheimer's. Ana said she saw firsthand how the power of music had brought so much life to her grandmother during the difficult times with the disease.

Louis states that the music scenes in this film allowed him to experience, as an actor, times of being "hyper-aware" to times of being lost in the moment. Louis also says he really wanted his character in this film to highlight the disease and the emotions properly.

I believe this is a film that is well worth our attention, especially during these times of stress and uncertainty.

This film, "The Cuban," was available on-line through August 6 with screenings at select drive-in locations.

## **MEALS on WHEELS**

Virginia Bozarth

Volunteers are still needed to help with Meals on Wheels. Deliveries are the 2<sup>nd</sup> 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 REPORT**

Deborah Fisk, Secretary

The "How are You" conversation which normally is understood to be a polite way of expressing concern for a person's well-being, and to which the socially agreed-upon response is "I'm good," "I'm fine" or "I'm doing well" – hits differently during our COVID-19 era. During the coronavirus pandemic we are all confused, concerned and it is safe to assume everyone's life has changed for the worse in some way. Knowing what to say and how to say it seems to fall flat, usually. People around us are sick and dying in alarming numbers and if we are lucky enough not to be sick, we worry what tomorrow could bring, the virus or find out we are a carrier of the virus. The entire financial future of our families is in jeopardy, in some cases. Are we really going to paper over these grim truths with the usual, compulsorily breezy, "I'm good!"

Turn your greeting into concern and let them know times are not normal and they understand that you care about their emotional and psychological well-being. Perhaps, a better way to respond would be "How are you coping?," which signals that you don't expect whomever you're talking with to be doing great, and that you are genuinely curious about how they are handling things. "What's been on your mind lately?" suggests openness to a deeper conversation. Communication is helpful and necessary during times like these.

Chapter 2265 is family. We need to reach out to each other and share what is good and sometimes even what is bad. In person meetings have not been possible for us since March/April. Since health and safety is our #1 priority, the Board of Directors is not certain when we will be able to meet again in person. There has been a great deal of meetings, education, and social events online since COVID-19 entered our lives. We have the capability of meeting online, but we need your cooperation. Please reach out to a board member or me, [narfe2265df@gmail.com](mailto:narfe2265df@gmail.com), so we can begin to socialize again given the only tool available to us at the moment, VIRTUAL. We are using ZOOM; it is not too difficult, and we have found it to be fairly secure. We use password protection and carefully watch who enters the meeting room. We also have another option to break down large groups into smaller ones so you can chat and *continued from page 4*

socialize. We need each other, we need to talk about what is on our minds. It is a great tool and I hope many of you will opt to join future online meetings. You can use your computer, your iPad, your smartphone or you can call in on your landline. So, there are audio/video options as well as audio only.

Also, keep in mind that some things continue to go on. In the month of August, the NARFE National Election process continues. It would be great to be able to reach out for a quick Q & A meeting. I do not know about you, but I was fairly confused with some of the wording; I hope you were able to get through it and your vote was safely recorded. Right now, there is legislation that needs to be addressed and I know these are items of deep concern to all of us. I would like to be able to reach out and let you know how you can help. With elections in the Fall and legislation uncertain, we need to be proactive in our relationship with our legislators. If we do not continue to speak up, we will cease to be important to any elected official.

**On my mind at this moment:** Raise awareness of the over 2.5 million retirees who have their Social Security benefits significantly reduced each month by the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). We are unfairly penalized simply because we earned Social Security benefits through employment in the private sector as well as pension benefits through public service. We *continued, page 6.*

SUN	MON	TUES	WED	THU	FRI	SAT
<b>October, 2020</b>				1	2	3
4	5	6	7	8	9	10
11	12 <b>Columbus Day</b>	13 <b>Navy Birthday</b>	14 <b>Virtual Membership Meeting</b>	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 <b>Halloween</b>

continued from page 5

need to urge Congress to address these unfair provisions by enacting legislation that brings fairness and financial relief to those affected; in some cases, it will be the spouse of an annuitant.

Reaching out to legislators to ask why they refuse to co-sponsor bills that directly affect Federal Employees is another great initiative we can become involved in together. Bob Zombron, Past President and current CDL Representative, recently mentioned that sometimes he feels his messages and conversations with our representatives are the only ones heard from 2265. Please remember, progress is only accomplished if we all cooperate and participate. Whatever you believe or whomever you support, that is not our intention. However, how you can be heard and how we work together can be an important part of how Chapter 2265 supports you and your future.

So, for now, "How are you coping?" and "What's been on your mind lately?"

## On the Road with *Lynn*

This time presents frustration with trying to plan a trip or just a plain ole get-together. People are not comfortable traveling or just being around a group of folks. With this being said, I have made the decision to cancel the Tangier Island Trip on September 19 and the Skyline Drive Trip on October 21. I will reevaluate the Christmas at the Rudy Theatre on December 3 as we get closer to the date. Needless to say, this has not been a good year for travel. In planning for next year, I will include Tangier Island and Skyline Drive on the schedule. I hope all of you are well and staying safe. Love to each of you!

Lynn - 804.275.2102 or jcolmo68@comcast.net

## *Blessings of Wisdom* *Confessions of St. Augustine*

*Blessings upon you.*

*The blessing of perfect acceptance  
in the face of daunting circumstances.*

*The blessing of contentment and peace  
while the winds blow and the waves rise higher and  
higher.*

*Blessings upon you.*

*The blessing of knowing when acceptance must turn  
to action for the sake of all concerned.*

*The blessing of strength to forsake contentment and  
peace for the purpose of comforting another.*

*Blessings upon you.*

*The blessing of discernment:  
to recognize when to wait,  
and to understand when to move.*



## 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

**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? \_\_\_\_\_

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



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Midlothian, VA 23113

Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
<b>September, 2020</b>						
		1	2	3	4	5
6	7 <b>Labor Day</b>	8	9	10	11 <b>Patriot Day</b>	12
13 <b>National Grandparents Day</b>	14	15	16	17 <b>Constitution Day and Citizenship Day</b>	18 <b>Air Force Birthday</b>	19
20	21	22 <b>September Equinox</b>	23	24	25	26
27	28	29	30			