



Midlothian Chapter 2265 NEWSLETTER

Serving Current and Retired Federal Employees Since 1921

Chapter e-mail: narfe2265df@gmail.com

January/February 2021

2021 Chapter 2265 Officers

President: Cindy Graunke

Vice President: Don Utton

Secretary: Lynn Osborne (*temporary appointment*)

Treasurer: Ed Heflin

PRESIDENT'S CORNER

Cindy Graunke

Happy New Year! I am hopeful that 2021 will be a time of healing, both from the COVID virus and for our Government. As I write, the Electoral College announced formally that Joe Biden is our 46th President of the United States. Regardless of party, I am hopeful that our country can come together and break the partisan divide.

Holiday Zoom Program

On December 9, a Holiday Zoom Program was held with an hour of history and entertainment given by Mr. Lamar Banister. Despite a rocky start, the presentation was riveting. Mr. Banister played a variety of historic musical instruments and gave us the history behind many Christmas Carols. Several members of the Chapter wrote to us expressing how much they enjoyed the program. We are doing a follow-up survey to keep communications open with our member.

Chapter Officers for 2021

In November, chapter members affirmed the following slate of officers via email.

President – Cindy Graunke (2nd Year)

Vice President – Don Utton (2nd Year)

Treasurer – Ed Heflin

Secretary – Temporary Appointment – Lynn Osborne
(We are seeking a permanent to fill this vacancy.)

VFN Conference

Currently our VFN conference is scheduled for April 11-14, 2021 at the Double Tree hotel on Koger Avenue here in Richmond. However, the VFN Board is considering alternatives given the surge in COVID. We will communicate any changes as soon as possible.

NATIONAL LEGISLATION

Don Utton

Members may want to urge our congressmen and senators to work with new administration to sanction Russians and Chinese for hacking against US government and corporations.

DHS, State and NIH join list of federal agencies — now five — hacked in major Russian cyberespionage campaign

Washington Post, Ellen Nakashima and Craig Timberg (Dec. 14, 2020 at 11:20 p.m. EST)

“The Department of Homeland Security, the State Department and the National Institutes of Health on Monday joined the list of known victims of a months-long, highly sophisticated digital spying operation by Russia whose damage remains uncertain but is presumed to be extensive, experts say.”

“The list of victims of the cyberespionage, which already included the Treasury and Commerce departments, is expected to grow and to include more federal agencies and numerous private companies, said officials and others familiar with the matter, who spoke on the condition of anonymity because it is under investigation.”

“The Russian Foreign Intelligence Service (SVR) is thought to be behind the campaign, which has been running since at least the spring.”

https://www.washingtonpost.com/national-security/dhs-is-third-federal-agency-hacked-in-major-russian-cyberespionage-campaign/2020/12/14/41f8fc98-3e3c-11eb-8bc0-ae155bee4aff_story.html

China-Backed Hackers Broke Into 100 Firms and Agencies, U.S. Says

New York Times, Katie Benner and Nicole Perlroth (Sept. 16, 2020)

“WASHINGTON — The Justice Department said on Wednesday that a group of hackers associated with China’s main intelligence service had infiltrated more than 100 companies and organizations around the world to steal intelligence, hijack their networks and extort their victims.

The United States government presented the allegations in a set of three indictments unsealed on Wednesday that showed the scope and sophistication of China’s attempts to unlawfully advance its economy and to become the dominant global superpower through cyberattacks. The indictments also said some of the hackers had worked with Malaysian nationals to steal and launder money through the video game industry.”

<https://www.nytimes.com/2020/09/16/us/politics/china-hackers.html>

CONGRESSIONAL UPDATES

Bob Zombron

CDL VA 7th Congressional District

The National Election

Apparently, November 3 wasn’t the last day of the election process. It lingered until December 14 when the Electoral College announced the final results. The vote was 306 to 232 in favor of Joe Biden. Not to my surprise - the November results were the same for those who won the November popular election. It seems that computers know the answer before we actually believe the outcome. It is amazing how data and statistics are now a relevant factor in our lives. Fifty or more years

ago, statistics were apparently the realm of insurance agents, scholastic aptitude tests and money lenders. I reckon that statics and data were always available but only to a few knowledgeable and interested parties. The only difference is that computers speed up the results and more are aware of the results. We still must put the information into the computer to effectuate a result.

Congratulations to the President elect and Vice President elect

Joseph R. Biden has indisputably won the honor to serve us as President of the United States. Kamala Harris, a senator from California has won as Vice President and will be the President of the Senate. Mr. Biden brings over 36 years of experience in the senate and eight years as vice president to his presidency. That is about as close as it gets, time wise, to any of our careers in the federal government. However, he had to be elected many times over and has witnessed the entire scope and relevance of how bills become laws, understand the plight and ambitions of foreign governments and civil servants, small business, large corporations and the gamut of American society, our allies and our enemies; a great job with tremendous responsibility. Mr. President - elect good luck and best wishes for continued good health, success in governing, and an abundance of wisdom for you, the Vice President - elect and those who advise and consul.

U.S. Senator and House Members

Our Virginia incumbents have persevered this election cycle. Senator Mark Warner, Representatives Abigail Spanberger of the 7th congressional district, Donald McEachin of the 4th and Bobby Scott of the 3rd have been re-elected. They have high scores in voting for NARFE initiatives.

The bills in progress that are important to NARFE members and federal employees often don’t succeed beyond sponsorship and review committees to a point when the Senate or the House get an opportunity to actually vote to pass or nullify a bill. It’s a struggle to get compromise and approval of anything that involves money and politics, which could lead to increased taxes. So, we hope that whatever is morally right or necessary to support the American citizens

and federal employees can be justified in front of those elected. Therefore, all federal employees and especially NARFE members should contact your representatives in government and express your point of view. Things just don't happen in your favor if you don't take the time to ask. Use the NARFE advocacy website or write your elected senators and representatives. The very least is to ask them to support NARFE initiatives.

Executive Order (EO) 13957

President Trump signed EO 13957 - October 21, 2020. This is an example of which the integrity of a professional and nonpartisan civil service is disrupted. The EO does so by converting upwards of hundreds of thousands of civil service positions into essentially political appointments. The executive order creates Schedule F in the Excepted Service. These employees may now have to pledge allegiance to a particular political party instead of the Constitution of the United States.

I cannot fully explain the total gravity and detail of the EO; however, the NARFE.org website Legislation Action Center does a great job of what is involved including an attachment of the EO. Use the website to tell congress to block the Executive order politicizing federal jobs. A nonpartisan civil service has been a standard since the late 1800's.

On November 17, 2020, Senator Warner of Virginia and Senator Peters of Michigan introduced a bill to nullify the executive order; please write or email your support.

Biden Vows to Raise Federal Employees Pay

In a questionnaire published by NARFE the former vice president said that he would abandon efforts by the Trump administration to force federal workers to contribute more to their defined benefit retirement accounts. A summary of this account appears in a recent web edition of Government Executive magazine.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

— John Quincy Adams

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

MEMBERSHIP MATTERS

Debbie Fisk

Membership, recruitment, and retention can be exciting, rewarding, and... a lot of work. Sometimes it can be mentally taxing – so when it comes to thinking up fresh ideas for new membership content or features,

it is not uncommon to find that the well has run a little dry.

We all need a helping hand with getting those creative juices flowing every now and then! That is why I am asking if there is anyone in our membership who may have some ideas for some ways to generate ideas and inspiration that they would like to share with me, please do. I know how important membership is to the lifeblood of our continued success and I want to make sure we are exploring every avenue to attract and keep members.

I recently created our 2265 Midlothian NARFE Facebook page. I believe it can be a gathering place with content in one place that may be of interest to you, as a member or even to a non-member. It is a place for us to come together, ask questions, vent frustrations, and talk about issues/problems/obstacles we are facing. So, sign into Facebook, search for 2265 Midlothian NARFE or enter @narfe2265 and LIKE our page. I try to post content every few days, especially our Region X news.

I think it is critical that we have a platform to stay in touch and engage in conversations that are relevant and important. But it does not have to be on Facebook. We have made several attempts to schedule ZOOM Meetings during this time when in-person meetings are not possible. In addition, the VFN is offering training classes on various online applications and programs. Please join our next ZOOM meeting or, if you need help getting online, just reach out. If you would like more information on training, please contact me, Deborah Fisk (narfe2265df@gmail.com).

The most important factor in membership is the WHY! Why did you join and Why is it beneficial for me to remain a member?

For me, the WHY - NARFE is the only association dedicated to preserving and enhancing the retirement benefits of current and future federal retirees. You also have exclusive access to **NARFE's** Legislative Action Center, where you can actively **participate** in protecting your benefits by sending your own message to Capitol Hill.

So, I hope this is WHY you joined, and I hope you will use every opportunity you find to tell others WHY you remain a proud member of NARFE.



HAPPY BIRTHDAY

JANUARY

11 Rose Acheson; **12** Suzanne Weeks; **14** Barbara Bartham; **15** Liz Mills; **17** Noel Boraski, Steve Long, Stuart Townes; **20** Betty "BJ" Gamble; **23** Sara Helgeson; **24** Cynthia Gifford; **25** Donald Long; **26** Charles H. Reed

FEBRUARY

3 Dave Burton; **20** Jenny Mohler; **21** Joyce Taylor, Lynn Osborne; **22** Stephen Stastny; **26** Virginia Rosen

PROGRAMS

Verona McLeod

WELCOME TO 2021

As we enter a new year we are still in the mist of the pandemic. However, we got through 2020, with its many challenges, and we're prepared for any that we must confront in this new year. Since most of our programs for 2020 were canceled, we will try to bring some of them back for this year. In addition, most of us are in the vulnerable COVID-19 group, as seniors, and probably have varied opinions regarding the vaccine. We'll try to get a speaker to address the topic and present the pros and cons of taking the vaccine and the side effects. We still plan on having our meetings virtually for a while so again I ask for your help by identifying which types of speaker/presenters you would be interested in having as our guest. We also welcome your input on performers as well. Unfortunately, the calendar isn't available for this edition of the newsletter but should be included in the next edition. We will send out a mass communication regarding the first quarter programs as they are confirmed. Stay tune.



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

2021 MEDICARE PART B PREMIUMS ANNOUNCED

from *NARFE website* - November 9, 2020

In 2021, the total cost of the monthly Medicare Part B standard premium is increasing from \$144.60 to \$148.50. This is a 2.7 percent increase from 2020 to 2021, while most Social Security recipients and federal retirees are only receiving a 1.3 percent increase in income based on the 2021 cost-of-living adjustment (COLA). In addition, the 2021 deductible for Medicare Part B is increasing 2.5 percent from \$198 to \$203.

A small percentage of enrollees with higher income will also see an increase to their monthly Medicare Part B premium. Here is the chart that reflects the 2021 monthly rates for Medicare Part B, based on your modified adjusted gross income (MAGI) reported to the IRS on your 2019 tax return.

For what you pay in 2021, if your MAGI in 2019 was...			Your 2021 monthly premium is..
File individual tax return	File joint tax return	File married & separate tax return	
\$88,000 or less	\$176,000 or less	\$88,000 or less	\$148.50
above \$88,000 up to \$111,000	above \$176,000 up to \$222,000	Not applicable	\$207.90
above \$111,000 up to \$138,000	above \$222,000 up to \$276,000	Not applicable	\$297.00
above \$138,000 up to \$165,000	above \$276,000 up to \$330,000	Not applicable	\$386.10
above \$165,000 and less than \$500,000	above \$330,000 and less than \$750,000	above \$88,000 and less than \$412,000	\$475.20
\$500,000 or above	\$750,000 and above	\$412,000 and above	\$504.90

NOTE: All premiums listed in this article are per person/per month.

SUN	MON	TUES	WED	THU	FRI	SAT
February, 2021						
	1 National Freedom Day	2 Groundhog Day	3	4	5 National Wear Red Day	6
7 Super Bowl	8	9	10	11	12	13
14 Valentine's Day	15 President's Day	16	17	18	19	20
21	22	23	24	25	26	27
28						

ALZHEIMER'S COMMITTEE

Mary Fenner

I recently saw a PBS program titled: Alzheimer's: The Caregiver's Perspective and was to learn some interesting facts that affect those caring for Alzheimer patients and other persons with many types of dementia diseases. There were 15 million family members and friends that provided 18.1 billion hours of unpaid care in **2015** for those experiencing Alzheimer and other dementia diseases.

Alzheimer accounts for 65 to 75% of the 10 different diseases that have been identified as Dementia to include Parkinson's disease, Creutzfeldt-Jakob disease, Huntington's disease and Wernicke-Korsakoff disease as well as others. Dementia is the 6th leading cause of death and there are 5 million people with Alzheimer across the nation.

Unfortunately, often the caregiver dies before the patient. Suggestions from some of the caregivers were: join a support group; find an Elder Law Attorney, often it can take up to 2 years to diagnosis Early-On Alzheimer; difficult to take your parents to court to declare them incompetent; never argue with someone with Alzheimer; focus on things they can do; and always carry a POA (Power of Attorney), Advanced Medical Documents, Evaluation from Therapist (these will keep Social Services out of our hair if a situation should arise). One of the hardest things to hear is "This is not just Grandmother's disease anymore."

This PBS program was the fifth in a series on HBO Max - The Alzheimer's Project. The Alzheimer's Association continues to request donations to support the WALK TO END ALZHEIMER'S campaign.

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.

On the Road with *Lynn*

Never in my wildest imagination did I believe we would go a whole year without a trip! Goodbye 2020!! My wish is we will be able to continue some kind of travel in 2021. It may be mid-year, but at least we'll have some fun time!

The only inkling of a trip on the books is The International Tattoo scheduled for April 18, 2021, at the Scope in Norfolk. I'm not too upbeat on this event with the rising of COVID cases over the past few weeks. The vaccine is out, but it's really too early to see any impact on new cases.

Please continue to wear a mask, wash your hands often, stay socially distanced and call a friend to share a memory, tell a joke or just to tell them you love them! I love all of you!

Stay safe and well!

Lynn - 804.275.2102 or jcolmo68@comcast.net

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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Dated Material

SUN	MON	TUES	WED	THU	FRI	SAT
January, 2021					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20 Inauguration Day	21	22	23
24	25	26	27	28	29	30
31						