

2021 Chapter 2265 Officers

President: Cindy Graunke

Vice President: Don Utton

Secretary: Lynn Osborne (*temporary appointment*)

Treasurer: Ed Heflin

PRESIDENT'S CORNER

Cindy Graunke

As some of you may know, I am a fan of Presidential history. I've read a book about every President except the last two. (It takes a few years to get a perspective on the mission and accomplishments of those Presidents).

I recently read a book entitled "James Madison: The Father of Religious Liberty" by Rodney K. Smith. This book chronicles how the right to religious freedom became sacred to Madison and how he carefully wove this aspect into the Constitution and the Bill of Rights.

Our constitution was ratified in 1787 and almost immediately work began on the Bill of Rights. The Bill of Rights refers to the first 10 amendments of the constitution. The Constitution gives us a framework for our government, while the Bill of Rights specifies our individual rights.

Much of this book centered around the first amendment. This is the amendment regarding freedom of religion, freedom of speech, freedom of the press and the right of the people to peaceably assemble and to petition the Government for redress of grievances.

Madison was instrumental in getting the Bill of Rights to the finish line. This was no small feat. After

Congress approved these amendments, the States by 2/3 majority ratified the amendments in 1791, two years after Congress passed the amendments.

This is significant because it gives all of us, including our NARFE group, the freedom to let our representatives know our opinions. NARFE has made it easy to make our opinions known through the letter-writing feature on its website.

Thank you James Madison.

To learn more about the Bill of Rights use the QR below.



NATIONAL LEGISLATION

Don Utton

"House Democrats will target tech giants with a major set of bills."

Cat Zakrzewski with Aaron Schaffer, The Washington Post, 11 Jun 2021

"Drafts of five bills obtained by The Technology 202 show that lawmakers are weighing a range of changes to federal law to empower regulators to rein in the business practices of Facebook, Google, Apple and Amazon."

"One draft bill would enable the Justice Department or Federal Trade Commission to sue to break up large tech companies when their role as operator of a platform presents an "irreconcilable conflict of interest" in their other lines of business. Another bill

would prevent companies from giving their own services preference over rivals. One measure would block tech giants from acquiring nascent competitors.”

“One is similar to a measure that recently passed the Senate, which would increase merger filing fees for large companies to ensure antitrust enforcers have more money. Another is focused on data interoperability, which could make it easier to use products from different tech companies together.”

“These bills all take aim at practices that the House Judiciary Committee last year concluded tech giants used to solidify their dominance across the Internet, following a historic, 16-month investigation into their business practices. The measures are a sign that Congress is moving from grappling with the problems in the tech industry to actually debating legislation that would address long-running concerns.”

“Even before the bills have been formally introduced, tech industry groups have come out swinging against them. NetChoice, which represents Amazon, Google, Facebook and other tech companies, said the measures would “kneecap” American companies and undermine American innovation amid increasing concerns about the competitive threat posed by China.”

<https://www.washingtonpost.com/politics/2021/06/11/technology-202-house-democrats-will-target-tech-giants-with-major-set-bills/>

Senator Kaine News Release, May 26, 2021

King, Brown, Kaine Introduce Bill to Empower IRS to Close Trillion Dollar “Tax Gap”

“The Stop CHEATERS Act would provide \$80 billion in mandatory funding to the IRS over the next decade, set audit rate goals for high-income individuals and corporations.

WASHINGTON, D.C. – U.S. Senators Angus King (I-Maine), Sherrod Brown (D-Ohio), Chairman of the Senate Committee on Banking, Housing, and Urban Affairs, and Tim Kaine (D-Va.) are introducing legislation to provide additional funding to the Internal Revenue Service (IRS), so it has the necessary resources to take on high-income tax evaders. The Stop Corporations and High Earners from Avoiding Taxes and Enforce the Rules Strictly

(Stop CHEATERS) Act aims to reverse trends that have undermined the IRS’s enforcement ability; over the last decade, the IRS’s budget has been cut by 20%, leading to the IRS disproportionately auditing lower income earners. As a result, IRS Commissioner Chuck Rettig estimates that tax cheats – frequently in the highest-income brackets – are shortchanging the country by as much as \$1 trillion. Today’s legislation would allocate \$80 billion to the IRS over the next decade, direct the agency to set audit rate goals for high-income individuals, corporations, and estates, and increase the penalties for tax noncompliance on taxpayers who earn more than \$2 million of taxable income.”

[https://www.kaine.senate.gov/press-releases/King, Brown, Kaine Introduce Bill to Empower IRS to Close Trillion Dollar “Tax Gap” | U.S. Senator Tim Kaine of Virginia \(senate.gov\)](https://www.kaine.senate.gov/press-releases/King, Brown, Kaine Introduce Bill to Empower IRS to Close Trillion Dollar “Tax Gap” | U.S. Senator Tim Kaine of Virginia (senate.gov))

CONGRESSIONAL UPDATES

Bob Zombron

CDL VA 7th Congressional District

REP. SPANBERGER PROGRESS

As reported in the May-June 2021 Newsletter, Representative Abigail Davis Spanberger is definitely a friend of NARFE. She co-sponsored two bills that could be of great benefit to federal public servants. We thank her for her action. Getting the bills above the House Ways and Means Committee will take extraordinary effort. She co-sponsored H.R. 82 – The Social Security Fairness Act of 2021 on 1/4/21 and H.R. 2337 – Public Service Protection and Fairness Act of 2021 on 4/1/21.

When the above bills get 290 sponsors, House rules grant a floor vote. H.R.82 has 167 co-sponsors and H.R. 2337 has 160. What we need to do is call Ms. Spanberger and ask her to suggest to her colleagues to co-sponsor and eventually vote for passage of both bills.

LEGISLATIVE TRAINING CONFERENCE

Between June 21 and 23 I will attend NARFE’s virtual Legislative Conference called LEGcon21. From what I see in the training videos it looks like they have all aspects of technology covered. This training is a great

leap from the in-person conferences that I have attended since 2013 in the Washington D.C. area. Instead of a crowded room of inquisitive minds at a hotel, you attend with your computer at your home office or living room. This will be very similar to our chapter ZOOM meetings.

On Tuesday I expect to see Representative Spanberger remark on her progress in the House of Representatives to her constituents, federal employees and retirees and members of NARFE.

What will come up at the conference will be NARFE's request to congress for the improvement of our benefits. Items of interest will be the key concerns of NARFE. The first key includes two bills: H.R. 82 – Social Security Fairness Act of 2021. This bill repeals provisions that reduced benefits for retired federal CSRS employees who are receiving Social Security. The second bill will be H.R. 2337 – Public Servants Protection and Fairness Act of 2021. This bill establishes an alternative formula to calculate Social Security retirement benefits for those who receive pensions for certain non-covered employment. Take note that Representative Spanberger sponsored both bills.

The second key point is Federal Employee Health Benefits (FEHB). Premiums could rise if the Postal Reform Act of 2021 is passed. H.R. 3076 and S.1720 moves most postal workers into a new Postal Service Health Benefits program. The new program would leave postal retirees without Medicare. Those costs would be moved into FEHB in which non-postal workers presently are a part of. The most costly to insure - those without Medicare - would apparently be a financial burden to retired non-postal retirees. NARFE is against passage of this bill.

The third key point for discussion will be to have congress support a bill for a more accurate cost of living adjustment for annuities and Social Security. Presently the cost of living for retirees does not reflect our actual cost of living for seniors. Let your representative or senator know what you think about this proposed bill.

For more information and continuing progress on the above bills go into [congress.gov](https://www.congress.gov) and search for the bill of interest.

VIRGINIA REAL ID UPDATE

Deborah Fisk

The following update was published in late April and we wanted to make sure that anyone interested in getting the Real ID knows that they have been given an extension of time.

"VIRGINIA — U.S. residents will have an additional 19 months to get their REAL ID after the Department of Homeland Security delayed the requirement for air travelers to have a REAL ID-compliant form of identification by Oct. 1. The deadline has been postponed until May 3, 2023, for Virginia and all other states."

Our Current Representatives

VA Congressional District 7

Abigail Spanberger - 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

If you or anyone you may know has a need for help with federal benefits or the death of a loved one, please reach out and I will try to help. I may not know the answer to the question, but I can get in touch with those

who do and find an answer for you or connect you to someone who can help.

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

We missed you on Wednesday, June 9th at our picnic. There were 32 attendees who all said they enjoyed themselves. Maybe you’ll be able to join us for our next meeting and/or event.

As some of the restrictions associated with the pandemic are lifted, we are hoping to be back to our regular meeting location soon. The church has said we should be able to return in August. In any event, we continue to make plans for the remainder of the year. Our program plans are as follows:

July 14	Virtual - Chesterfield County Library
August 11	National Legislature
September 8	Still confirming
Oct 13	Blue Cross Blue Shield
Nov 10	Alzheimer Special Activity
Dec 8	To be determined

You will be notified in reference to the specific type of meeting, in person or virtual, prior to the actual meeting date. Now that we have less restrictions, let’s all try to be more active by participating in chapter meetings and by encouraging others to do the same.

MEMBERSHIP

Verona McLeod

Having an advocate to lobby on your behalf is always important. Yet, our membership continues to drop. Our chapter currently has 224 members. However,

there are 130 national members in our area. Chapter members pay \$10 dues, national members do not because they are not affiliated with a chapter. The question is, what is the deciding factor for not belonging to a chapter? Chapter 2265 will try to find the answer to that question and will try to encourage the 130 national members to join our chapter. If you know someone who falls into that category, please encourage them to become affiliated with our chapter. Over the next several months we will be soliciting new members. Will you help by encouraging friends and family, who are eligible, to join our chapter?

As federal employees and retirees, our benefits are always vulnerable. We need NARFE to continue to lobby on our behalf. NARFE cannot do it alone. They need us.



HAPPY BIRTHDAY

JULY

1 Robert Morley; **2** John Hewlett, Jr.; **6** Patricia Lane; **9** Helen Willis; **16** Leonia Wood; **17** Nancy Price; **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; **29** Tony Michalek, Joanne Montague; **30** Joseph Rein

NARFE Perks, Your Membership

PAYS

Have you heard about NARFE Perks? Make your membership pay for itself!

All NARFE members know they have put their confidence in a legislative powerhouse that is determined to defend their federal community, but do you know about other benefits? Whether you are planning your next vacation or planning for retirement,

members can save money on everyday purchases thanks to NARFE Affinity Partners.

If you are not using these, find out more at: <https://www.narfe.org/Membership/?fa=memberperks>

NARFE INSURANCE PROGRAMS – a multitude of options

PRE-PLANNING

- Dignity Memorial – End of Life Planning
- Neptune Society

TRAVEL

- MemberDeals – nationwide attractions and events
- Worldwide Travel Discounts – Savings may exceed 50% and average 10-20% below-market on hotels
- Choice Hotels International – 20% discount at more than 6,400 hotels in the US and throughout the world
- Extra Holidays Resorts – Resort stays at hotel prices

AUTO RENTAL

- Alamo Auto Rental
- Avis Auto Rental
- Budget Auto Rental
- Enterprise Rent-a-Car
- National Auto Rental – 20% discount

PRODUCTS

- Consumer’s Checkbook
- LegalShield
- IDShield
- Office Depot and OfficeMax
- Omaha Steaks
- Purchasing Power
- Sam’s Club
- Ship Sunshine

MOVING SERVICES

- Bekins
- Coleman Allied
- MiniMoves
- Wheaton

WELLNESS

- HearUSA
- Brookdale Senior Living
- Life Line Screening

Make sure you are getting the most out of your membership, check the NARFE Membership, Membership Perks page frequently.

Getting Back to NORMAL?

Debbie Fisk

Why getting back to normal may seem terrifying. “After a year of anxiety, anger, and burnout, many people are struggling with returning to pre-pandemic behaviors.” Does this sound familiar?

Some call it “the fourth wave” of the COVID-19 pandemic. Mental health impact can be profound and far-reaching, likely outlasting the physical health impact. As restrictions are lifting, many people are feeling the lingering psychological effects from what has been a collective traumatic experience.

The pandemic produced a great many unexpected factors that could lead to emotional health problems: anxiety, brain fog, depression, and PTSD. Symptoms of fatigue, exhaustion, and burnout are common, and stress can have a long-lasting effect on brain function. As things come back to normal, most people rebound as they lose their fear of infection; however, a sizeable minority may confront new or long-term mental health issues.

Researchers have reported that people are sleeping poorly and/or forming unhealthy habits. Do not fall victim to this. Our Chapter recently hosted an in-person meeting. We gathered outside but I wish I could have bottled up all those smiles and laughs. It is proof that people who manage to keep strong social connections are less likely to show negative, depressive attitudes.

We all know that mental health holds a stigma in our society. For my purposes I am talking about brain health, not mental health. I want people to begin to remind themselves that the brain is actually an organ,

just like your heart. Brain health is greatly dependent on attitude, sleep, exercise, nutrition, and fellowship.

Whether our upcoming Chapter Meetings are in-person or online, do your brain a favor, sign up or meet up.

SECRETARY'S REPORT

Lynn Osborne, Secretary

NARFE Midlothian Chapter 2265

Monthly Meeting Minutes, June 9, 2021

The Monthly meeting of the Midlothian Chapter 2265 was held at Rockwood Park on Wednesday, June 9, 2021. President Cindy Graunke called the meeting to order at 12:10 pm after 32 members enjoyed a picnic and socializing with those attending. She welcomed everyone to the NARFE meeting.

Pledge of Allegiance: Members repeated the Pledge of Allegiance to the Flag of the United States of America.

Introduction of Guests: There were no guests present.

Birthdays/Illnesses: President Graunke announced the birthdays.

Thought of the Day: Ann Simpkins brought Thoughts of the Day.

Officer Reports:

Treasurer: Ed Heflin reported the finances of the chapter.

Secretary: There were no minutes from the May meeting.

Vice President: Don Utton – No Report

President: President Graunke reminded members of the upcoming VFN Conference in October and encouraged members to register and sign up to help with the Conference.

Committee Reports:

Alzheimer's: Faye McKay – No Report

Net Coordinator: Deborah Fisk shared that NARFE continues to work on reports for chapters. VFN is

working on the Conference and retrieving registrations from last year. You will have to fill in a new registration form for October.

NARFE-PAC: Bob Zombron – No Report

National Legislation: Don Utton – No Report

Programs: Verona McLeod – The July program will be on the Chesterfield Public Library.

Special Activities: Lynn Osborne – Trips are still on hold.

State Legislation: Steve Stastny – The VFN State Legislation Committee is working on the State Legislation for the General Assembly 2022 Session.

Hospitality: Cathy Dorsett – Lynn and Cathy cleaned out the NARFE supplies in the closet at the Church. Only one container allowed in the closet.

Unfinished Business: None

New Business:

Program: There was no program.

The next membership meeting will be July 14, 2021.

The meeting was adjourned at 12:30 pm.

Pictures from the June 9th Chapter Picnic.



On the Road with Lynn

As the summer begins, people are beginning to get out and socialize. I'm not convinced we are ready to board a bus and take a trip. Hopefully, by the Fall we will be able to take a one-day trip to somewhere.



I hope all of you have received your COVID 19 shots and will get your regular flu shot in September or October. Remember little ones are not inoculated and can be carriers, so if you are around them, it might be a good idea to wear a mask. The best defense is thoroughly washing your hands often and continue to stay socially distanced.

Stay safe and well!

Lynn - 804.275.2102 or jcolmo68@comcast.net

Alzheimer's Legislation

Debbie Fisk

Alzheimer's Advocates lobby at U.S. Congress. More than 6 million Americans are living with Alzheimer's disease, including 150,000 in Virginia in addition to their 349,000 caregivers. As an Alzheimer's advocate and a former caregiver for my father who died in 2008, I feel the need to speak out.

Without medical breakthroughs, the number of Americans struggling with Alzheimer's is projected to rise to nearly 13 million by 2050, more than two times the current number. Compare this to decreases in some cancers and other serious diseases, and this trend is even more alarming.

Recently, my U.S. Representative Donald McEachin, D-4th met with some of his constituents to explain why Congress must continue to prioritize legislative action against Alzheimer's. Specifically, he was asked:

- Cosponsor the Comprehensive Care for Alzheimer's Act, SB 1125 and HR 2517.
- Cosponsor the ENACT Act (SB 1548 and HR 3085) which seeks to increase representation in Alzheimer's clinical trials among traditional underrepresented groups.
- Support a \$289 Million increase for Alzheimer's research at the NIH to attempt to slow, stop or cure the disease.
- Cosponsor the bipartisan Alzheimer's Caregivers Support Act (SB 56 and HR 1474) to expand training and support services for families and caregivers of those with Alzheimer's.

Please reach out to Rep. McEachin and any other legislator to let them know how important you think it is to invest in policies that address the critical national public health challenge that this disease poses.

"America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand."

- Harry S. Truman

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:

Vacant



FEDERAL BENEFITS EXPERTS

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NARFE Chapter 2265
P.O. Box 565
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NON-PROFIT ORGANIZATION
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Dated Material

Calendar grid for July 2021 with columns SUN, MON, TUES, WED, THU, FRI, SAT. Includes dates 1-31 and events: Independence Day, Independence Day (observed), Membership Meeting, 10am.