

# NARFE

Since  
1921

## President

### Leslie Ravenell

804-224-3069  
nell8211@gmail.com

## Vice President

### Jim Lynch

540 775-7002  
jplynch@crosslink.net

## 2nd Vice President

Ann Mills  
240 463-5614  
Ann.z.mills@gmail.com

## Secretary Maria Wendt

540-220-6855  
mwendt@va.metrocast.net

## Treasurer/Editor

Stan Palen  
540 775-7027  
spalen@crosslink.net

## Membership

Jean Starkey  
804 224-0845  
cbdriesters@aol.com

## Service Officer

Vacant

## Chaplain

Richard Ravenell  
804 224-3069

## Sunshine

Joan Mudd  
540 663-5476  
Joan.mudd@icloud.com

## Alzheimer's

Lloyd Wright  
804-224-8394  
lloyd.wright@verizon.net

National Association of Active and Retired Federal Employees  
Virginia Federation of Chapters  
Chapter 595  
Serving Colonial Beach, Westmoreland, and King George

Volume 28 Issue 3

March 2023

## President's Letter: March 2023

Dear Members of Colonial Beach Chapter 595,

So, is everyone doing okay with these up and down daily temperatures? My Camelia tree is blooming and I see daffodils everywhere. We had no snow at our house all winter. Can spring really be on the way?

Now it is time to start planning for our March meeting which will be held on Tuesday, March 14, 2023. Rich and I will not be at the meeting. This month the speaker is Rob Rudick, a local Photographic Artist. There are more details on the back page. Our First Vice President, Jim Lynch is working closely with our Second Vice President, Ann Mills to get speakers for our monthly meetings. They are doing such a great job! As always, if you have any suggestions, please let them know.

March is NARFE PAC month. You may have already received a mailing asking for a donation. It is through our NARFE-PAC that we are able to work closely with our Members of Congress to preserve our benefits. At both our January and February meetings we discussed the letter Mary Washington Hospital sent out saying that they would no longer be accepting BC/BS insurance. This, of course, was of great concern to our members who have BC/BS. We contacted our NARFE Congressional District Liaison for District 7, Bob Martin who in turn contacted the office of 7<sup>th</sup> District Congresswoman, Abigail Spanberger. As you know by now, the issue with Mary Washington Hospital has now been resolved. This is one example of how our advocacy works to help our NARFE members.

If you have been keeping in touch, you know that our Virginia Federation of NARFE (VFN) will be having its annual conference April 2-5, 2023 at the Embassy Suites and Convention Center, Hampton, VA. At our last meeting, several of you expressed interest in attending and I hope you have registered. If you have not registered and you would like to attend, you can still register. Just go to the [vanarfe.org](http://vanarfe.org) website and all the information is there. The only deadline that has been met is the room rate at the hotel. Please let me know if you would like to attend. At the Conference, the list of candidates for the VFN Board for 2023-2024 will be announced and nominations from the floor will be accepted at the VFN Annual Meeting which is part of the Conference. Voting will take place in May. Thanks to all who donated to the Conference by becoming a supporter.

We hope you can come out to our meeting on Tuesday, March 14, 2023 at noon at the Hunan Diner. In addition to our interesting speakers, we still have our 50/50, our sunshine fund and our food bank donation. Our food bank donation continues to provide significant support at this critical at this time. Looking forward to seeing you soon.

Leslie Ravenell, President,

Colonial Beach Chapter 595

**P.S. FOOD BANK, FOOD BANK, FOOD BANK!! Please don't forget!**

This month's donations go to King George Dept of Social Services.

**MEETING NOTICE**

**March 14, 2023**

**12 PM at the Hunan**

**This month the speaker is Rob Rudick, Photographic Artist**

**Artists' Statement**  
**Rob Rudick, Photography**

**I became interested in photography playing around with my father's Polaroid (8 exposures to the roll). The instantaneity was amazing. I later went through a photographic phase as a black and white street film photographer. I wanted to be the next Henri Cartier-Bresson. I honed this skill during a trip by land (mostly) from Texas to Bolivia. That's how I majored in photography and Latin American studies. And then digital came along, and the immediacy of the image returned. My portfolio expanded vastly, to landscapes, architecture, flowers, interiors, exteriors, landscapes, antique cars, or objects that we see every day.**

**I'm currently the Managing Director of the Artists' Alliance (AA) Art Gallery in Colonial Beach. I've been with AA since we opened in 2018, and show my work there monthly. I will be the featured artist at the reopening of the Tappahannock Artist's Guild in April. I am also the coordinator for Photo Salon, a decades-old group of serious photographers that meets regularly, and I also serve on the Board of Art for the People, an organization committed to bringing art activities to underserved groups (both in Takoma Park, MD).**

**I see a lot of beautiful art regularly. I like photos that pop a bit. I'm taken by the sheer beauty of a subject, and also whimsy. I love color, except when it's not necessary. I still retain a love for black and white photography (and I recently did a show of only B&W). I appreciate good printing. Today's photographers can employ a vast array of printing media, allowing for unlimited creativity.**

**The following is from FEDweek of March 8 2023:**

**[Expert's View: Understanding the Federal Dental and Vision Insurance Program](#)**

Benefits expert Reg Jones continues his series on understanding federal insurance programs with a look at the Federal Dental and Vision Insurance Program. You'll find his column at <https://www.fedweek.com/experts-view/understanding-fedvip-the-federal-employees-dental-and-vision-program/>

**[VA Eases General Mask-Wearing Requirements in Health Care Settings](#)**

The VA has eased mask-wearing requirements for employees, patients and others in its medical facilities, dropping the general requirement for wearing masks that had been in place throughout those facilities since the start of the pandemic in early 2020.

Instead, general requirements will be based on the three-level CDC standards for medical facilities by location.

"When health protection levels are high, masking will remain required. However, when health protection levels are low or medium, medical center leadership will conduct a facility risk assessment to determine if it is appropriate for masking to be optional in certain areas at their facility. Previously, masking had been required at all times in VA medical facilities, regardless of health protection levels," the VA said.

Follow our chapter on FaceBook at [www.facebook.com/narfeckg](http://www.facebook.com/narfeckg)

NARFE Chapter 595  
8283 Oak Wood Dr  
King George, Virginia 22485

**Meeting Date**  
**March 14**  
**At the Hunan**

Address Correction Requested

We are on the Web  
[https://www.vanarfe.org/  
Chapter-595](https://www.vanarfe.org/Chapter-595)