

Fall Edition September 2023



Williamsburg Chapter 685 – Celebrating 65 Years (est. August 1958)

Elected Officers for 2023



Hazel Braxton, President

rbraxton7@cox.net

Penny Kell, Secretary

pzkell@cox.net

Larry Leiby, Treasurer

larrydavidleiby@gmail.com

Mary Grace Dorsey, 1st Vice President

dorseyspencer008@gmail.com

Will McElfresh, 2nd Vice President

Willcelfre86@gmail.com

See chapter website for appointed chairs and officers.

President's Message by Hazel Braxton, Chapter President

It seems as if it was only yesterday when I was preparing an article for the close of Chapter 685's program Year. I hope that you were able to catch up on your NARFE material during the summer and are now ready to focus on a new year.

Among the agenda items for the beginning of the year is the selection of health plans. In November, representatives from the major health care providers will present their programs at our Tuesday lunch meeting. We should take a close look at each plan before deciding on a specific plan.

Now is also the time to volunteer for one of the Chapter's positions on its executive committee. There are so many of you that are talented. We could use your talents to lift the Chapter to higher heights. Please give this serious consideration.

If you have topics which you would like to have addressed, please let us know. We are here to serve you.

Secretary's Corner by Penny Kell, Chapter Secretary

On August 15, 2023, we had our chapter picnic at the James County Recreation Center on Longhill Road. We had a nice turnout of about 35 members and guests. Our President Hazel Braxton brought the chicken, potato salad, baked beans, coleslaw, rolls, etc for our dining pleasure. For dessert we had a large sheet cake saying "Happy 65th Anniversary NARFE 685." Our treasurer Larry Leiby provided games and prizes for lots of fun and laughter. We were inside an air-conditioned room so heat, rain, ants were not a problem at this picnic!

Next month on September 12, 2023, we return to our regularly, scheduled luncheons at Colonial Heritage. These events are held on the second Tuesday of every month, September-May. Our program chair, Ginny Taylor, has many interesting speakers planned for us. We meet at 11:00 AM for social meeting and then lunch usually arrives at 11:30. After lunch, we have a guest speaker followed by a short business meeting. Hope to see everyone again in September.

Words From Your Treasurer by Larry Leiby, Chapter 685 Treasurer

Our approved Chapter Budget for Calendar Year 2023 had us with a \$513.00 deficit. As of the end of August we're now only operating at a \$265.18 deficit. This was AFTER your Chapter sponsored our annual picnic on August 15, 2023. Everyone enjoyed fried chicken with all the fixings.

Several Chapter 685 members need to be mentioned because the picnic would not have been such a great event without their support. Thanks to Jeff Fratter who brought the water and ice which allowed for fresh water being available the entire time. Thanks to Dan Caldwell for bringing his audio equipment so all could hear the announcements. Our President, Hazel Braxton, once again came through with purchasing and delivering the food. Thanks to Jeanne Garrison for bringing the paper products. Tom and Penny Kell were kind enough to donate the 65th Anniversary cake which was devoured by everyone after we completed our three games. Yours truly led the attendees through these games: 1) Jumble Puzzle, 2) 'Old' Folks quiz; and 3) Are you smarter than a 60-year old quiz. Prize winners were: Jeanne Garrison, Frank Crowe, and Tom Kell respectively. Hope you can make next year's picnic!

Fall 2023 Guest Speakers

September 2023

On September 12, 2023, our speaker will be Deputy Ashley Octaviano from the K-9 Unit of the York County Sheriff's Office. Deputy Octaviano is the handler for Ghost, a German Shepherd, whom she plans to bring with her. Ghost was named the Top Dog in his K-9 class and serves a dual purpose, specializing in explosive and patrol functions for tracking/apprehension. Ghost's first official day on the job was February 2, 2022.

Ghost was purchased from Tarheel Canine in North Carolina. This company specializes in importing and training police service dogs. Deputies travel to Tarheel Canine to select a dog. Once Ghost was selected, he spent the next 5 months training daily. Deputy Octaviano traveled to North Carolina and spent 4 weeks training with Ghost.

October 2023 - Open Forum to Discuss Chapter Business

November 2023

On November 14, 2023, we are planning to have four speakers regarding health benefits. Open season will be upon us. There will be a speaker from Aetna, Blue Cross/Blue Shield, GEHA, and new to us this year, United Health Care. They will only have 15 minutes each to speak and

answer questions. They usually meet with you on a one-on-one basis after the meeting to answer any questions or concerns. They usually bring great handouts also! The scheduled speakers are: BC/BS - Michelle Griffin; Aetna - Patricia Wright; GEHA - Juan Valdez and United Health Care - Nikita West.

Buy your chapter 685 name badge today...



...and other NARFE merchandise **ONLINE** at www.narfe.org/shopNARFE

Membership News *By Dave Riggs, Membership Chair*

New Members

We are pleased to welcome **Allen Wesley**, who joined both NARFE and the Williamsburg chapter since our last newsletter was published in June. Allen is still an active federal employee. Welcome to Chapter 685! Please be sure to greet Allen and all new members personally at our meetings.

Names of new members are obtained from membership statistics and the chapter roster, which are posted on the officer portal of the NARFE website. Our apologies if we have additional new members and we have not recognized you. Please let us know.

NARFE Needs Members and “Recruiting” Can Be Easy

Perhaps the word “recruiting” sounds ambitious or even a little frightening to you. Or it might sound pushy or intrusive (you don’t want to impose upon people because, like them, you don’t like being pestered). Or you might simply be thinking that you’re not the type of person who actively solicits new members.

Seeking new members does not mean that you have to be an extrovert or use high-powered salesmanship.

All you have to do is be alert, and when you encounter an opportunity gently introduce the subject. And, of course, your approach will vary, depending upon the situation and how well you know the person.

One consideration is the status of the person you’re speaking with. Are they still a federal employee or are they retired? Is the person a friend of several years or someone you just met? This governs the comfort zone for both of you, how much time you should spend, and the amount of detail you want to provide without being overbearing. And, of course, the situation itself guides you. Is it a chance encounter or a scheduled event, and will you be with the person for forty-five seconds or forty-five minutes – not that you want that to be your topic for three-quarters of an hour; it just dictates the length of your opportunity.

The second guide to your approach is reasons to join NARFE. Remember some of the standard reasons, such as protecting federal benefits. But also consider reasons why *you* joined, and reasons why the person you're speaking with might be interested. You might remind a current employee that when you retire you no longer have a human resource officer down the hall who can address your concerns and answer complex questions, but that NARFE provides information with a website, a magazine, staff you can write to with personal questions, local chapters, and more. For retirees, you can mention these same services and perhaps a few others that relate to their retirement. Do they belong to AARP? It's fine to keep their AARP membership – it's useful, it's inexpensive. But do they realize that NARFE is similar to AARP with a major difference, namely, that it's geared specifically for federal retirees? Furthermore, when NARFE petitions Congress, it's exclusively on behalf of federal employees and retirees, and NARFE has a long list of achievements in this field. If possible, give them valuable information such as the NARFE website where they can investigate NARFE further on their own.

You might be thinking that this is basic material. True, but remember that it probably is new to the person you're speaking with. You might also be thinking that you have more reasons for being a member that you would mention, and that's good. The point to remember is that NARFE needs to grow, and that each of us can contribute to that objective. It requires no planning, little time, and minimal effort - plus awareness when an opportunity presents itself.

Keep Your Records Up-To-Date With NARFE

Remember: If you move, change your email address, or change your telephone number, notify NARFE. This enables you to receive *NARFE Magazine* and email communications from both national headquarters and Chapter 685. The three ways to notify NARFE are:

- 1) Online, at the NARFE website www.narfe.org – log in and click “My Account”
- 2) Email NARFE at memberrecords@narfe.org
- 3) Telephone toll-free 1 800 456-8410

Alzheimer's Update - by Sandy Lee-Bilski, Alzheimer's Chair

Despite the very hot and humid days we had this summer, I hope you were able to enjoy a good portion of it. As we enter the fall season, guess what happens? I'll give you one guess. That's right! We have our **2023 Williamsburg Walk to End Alzheimer's**. Here are the details:

DATE: Saturday, October 28, 2023

TIME: Registration opens at 8:30 a.m. Opening Ceremony: 9:40 a.m.
Walk begins at 10 a.m.

PLACE: New Town Gazebo 5150 Main Street

Make sure you arrive early enough to meet our sponsors at the tables they set up with SWAG such as coffee, donuts, candies, snacks, fruit, pads, pens, sunglasses, etc.

Bring any donations you collect between now and then and turn them in at the registration tables. You can either register online right now or in person on walk day. Online, search [2023 Walk to End Alzheimer's - Williamsburg, VA](#). Along the top of the page, you'll see a TEAM link. Hit on it and type in our team name, [NARFE 685](#). There's a DONATE link so you can make an online donation to our team. (The money you donate to the walk is separate from the amounts collected at our monthly lunch meetings.) Registered walkers who raise \$100. Will receive an official Walk to End Alzheimer's T-shirt via the USPS. To receive a shirt in time for Walk Day, you must raise the minimum at least 4 weeks prior to the event. Submit check or money order by mail or hand-delivering to the local Alzheimer's office, 358 McLaws Circle - Suite 1, Williamsburg, VA 23185. Be sure to include your online donation form, which can be found in your Participation Center or on the fundraising webpage.

Before the walk begins, registered participants are welcome to stop at the Memory Garden to select a flower that's the color representative of the person you are walking for.

The different color flowers represent the following:

PURPLE = an individual who has lost someone to the disease.

ORANGE = a participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementias.

YELLOW = a person who is currently supporting or caring for someone living with Alzheimer's.

BLUE = someone living with Alzheimer's or another dementia.

Let's show the other walkers NARFE's team spirit. Remember to wear purple. Put on your walking shoes and join us for a nice morning walk. I'm looking forward to seeing and walking alongside you.

What is Robert's Rules of Order? *By Mary Swain, Parliamentarian*

Robert's Rules of Order Newly Revised is the most widely used parliamentary authority in the United States. This book was the first published as the Pocket Manual of Rules of Order for Deliberative Assemblies in 1876. Since then, the book has been expanded and updated several times, incorporating solutions for countless meeting situations and acknowledging both societal and technological changes that affect the way business is conducted. The current edition of this book is Robert's Rules of Order Newly Revised, 12th edition.

Chapter Communications and Leadership Survey

Your Executive Committee members have had some discussions on the value of this newsletter as the most worthwhile way to communicate with chapter members. From our perspective, you can help us determine how best to communicate with you by responding to a few

questions. Please reply to jeff.fratter@gmail.com no later than September 30, 2023. All email responses will remain confidential and presented in aggregate totals and trends.

1. Do you appreciate receiving information by way of the Chapter's Newsletter on a periodic basis? If so, how often?"
2. Is the newsletter a worthwhile way to transmit news and other information or would a simple email message, Facebook or FedHub post, or some other mechanism work just as well? Please specify.
3. Would you like to get more involved in Chapter activities by being an Officer or Committee Chair? If so, to what extent?"

Responses to these questions will undergo an Executive Committee review to improve Chapter 685 communications.

Finally, please be prepared to discuss these key questions during the business portion of our October 2023 luncheon.

Chapter Springs for Summer Picnic *By Tom Kell, staff photographer*

On Tuesday, August 15th, our chapter picked up the tab for the August picnic and celebration of its 65th anniversary.

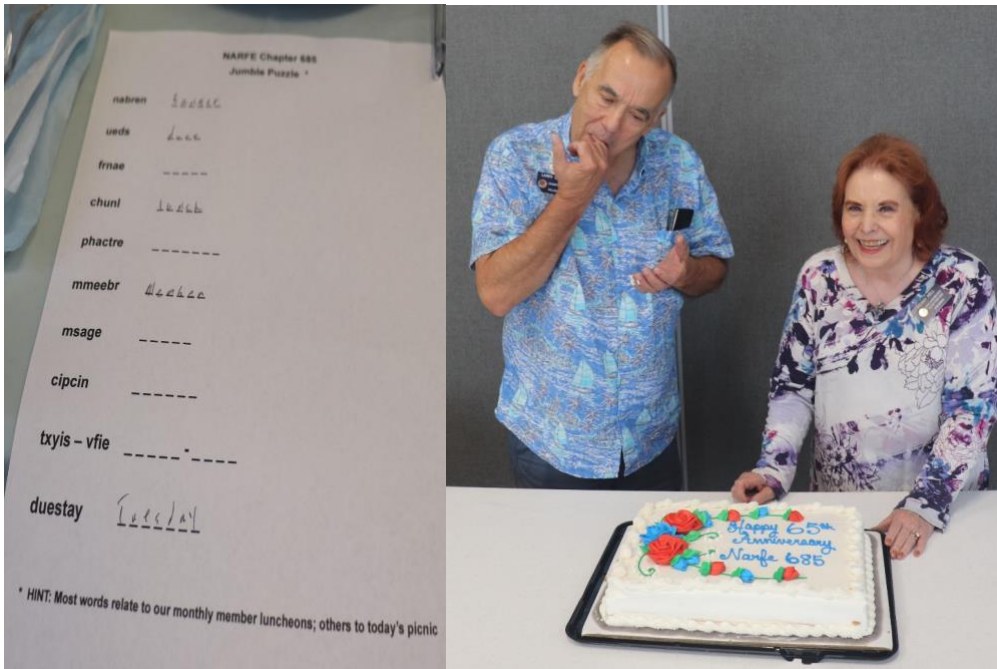
The event took place indoors at the *air-conditioned!* James City County Recreation Center on Longhill Road from 12:00-3:00 PM.



Food included delicious fried and roast chicken, coleslaw, potato salad, and, of course, birthday cake!



Approximately 35 chapter members and their guests enjoyed the food, socializing, and playing clever paper-and-pencil “games” – quizzes suitable for our age group – and even winning prizes for getting the most answers right!



Treasurer Larry Leiby and Secretary Penny Kell perform Quality Control (QC) inspection of cake by Costco.



Newsletter editor Jeff Fratter (right) chats with new member Mary Ann Jefferson about where to find the chapter newsletter. Former VFN Area One Vice President and Chapter Past President Jeanne Garrison looks on with Treasurer Leiby.



Chapter Secretary Penny cuts cake.



The room was large, comfortable and could have accommodated more members!