



**NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES**

**ASSOCIATION/MEUNIER-PERRY CHAPTER 1015**

**MYRTLE BEACH, SOUTH CAROLINA**

**MAY 2023 NEWSLETTER-ISSUE 5**



## **President's Message**

### **Sherry Gainer**

Wow, can you believe it is May already? Post-covid life really is moving fast, and so is Chapter 1015. VP Billie Nichols and I had a good experience at the 2023 SC NARFE Federation Conference last month, and I have some pictures and other info that didn't make it into the last newsletter.

First, our Chapter was recognized as raising the most money for Alzheimer's Research of all Chapters in the Federation—thank you again to our Alzheimer's Officer Alice Villavicencio for all her hard work!! Alice is truly dedicated to Alzheimer's research, and she is even now working on our next project. Anyone that has ideas for fundraising or would like to be a committee member, please contact Alice.

We heard from the top officers of our organization, and those presentations are now available on our website, go to <https://1015.scnarfe.org/> to read all the presentations. Below are some pictures from the event, including the one of Billie talking to National President William Shackelford!! And also, Billie with our Alzheimer's Award. And yes, I was there too, but someone has to take Billie's picture!

## **Continued: President's Message**

The Chapter is progressing in our getting-back-to-normal operation; we have added a cordless microphone to assist in the meetings and are looking at some other new AV equipment. We need committee members, so please give any officer a call if you would like to help with keeping our Chapter updated and moving forward.

Alice Villavicencio has volunteered to be our speaker coordinator, tasked with finding and scheduling speakers for our meetings; if you want to suggest a speaker, or have a topic that you would like to know more about, please contact Alice.

We have heard from several prospective members that have seen our new ad in the Horry County shopper advertisers, thank you Billie, for this wonderful ad!

Please note that we have a very interesting speaker for the May 11 meeting, Attorney John Page will be discussing wills and trusts, a very complex and timely issue. We also are talking about having a picnic, and ideas for fundraising for Alzheimer's Research. As a reminder, the minutes of our Chapter meetings are posted on the Chapter website, so that everyone can keep up with what is going on at the meetings; we hope to see you May 11, 11:30, at Damon's.

**Vice President's Message**  
**Billie L Nichols**

Even though we are still receiving inquiries from prospective members who are interested in joining a NARFE chapter in the Myrtle Beach area either through the chapter website or the M-112 Report produced by NARFE it has been a slow process.

A breakdown of the numbers that has shown interest has been four federal retirees who have inquired about chapter membership on the Chapter 1015 website and they reside in the Myrtle Beach.

There also has been four federal retirees who have inquired about membership from the recent newspaper ad on recruitment published weekly in 5 local newspapers in the Myrtle Beach area. They also reside in the Myrtle Beach area.

The monthly chapter newsletter is being sent to all of these prospective members in an effort to generate more interest in joining our chapter.

I am attaching an email from Lynn Harper Region III Vice President that will give you a very good understanding of where we are in our overall efforts to keep our NARFE membership from declining.

Please take time to read this informative email attachment.

**Continued: Vice President**

In the meantime, please keep working diligently to recruit new members and encourage present members to renew their membership.

As Lynn points out NARFE's membership is a double-edged sword because it impacts NARFE's operating revenue and its legislative advocacy. There is strength in numbers.

If we can stick with our efforts and keep reminding eligible federal active and federal retirees as to why it is important to become a member of NARFE I believe we can turn the corner on NARFE's membership decline.. I am hoping that we can also convince some of our younger eligible federal employees to join NARFE.

Our guest speaker for the meeting at Damon's May 11<sup>th</sup> 11:30 am is John P. Page, Managing Attorney of the Murray Law Group. He specializes in Estate Planning procedures.

## Legislative Officer

### Sherry Gainer

Congress is back in session, and the big news is the House passed a Debt Ceiling bill, but President Biden has said it is unacceptable and the Senate will not jump on board either, so the next month will have us sitting on the edge of our seats to see if our lawmakers can agree to disagree enough to prevent a default. Let's hope it doesn't result in another disastrous government shutdown.

**The COLA change** since September 2022 through March 31 was 1.4%; the increase for March was .3%.

**The formation of the PSHB** is moving along; It will be a monumental task to set up a parallel system to FEHB and transfer postal employees, annuitants, and survivors into it. Solicitations have just been put out for building the software for the new system; OPM is wanting a prototype that may be useful for FEHB so that could cause problems. It will become active during Open Season in 2024 to become effective January 2025.

Here is a fact sheet from USPS (via the Mail Handlers Union) for postal annuitants:

<https://www.npmhu.org/media/news/body/Fact-Sheet-PSHB-Annuitant-APRIL-2023-FINAL-FOR-RELEASE-1.pdf>

Another link that should have information is

<https://www.keepingposted.org/>

**Legislation we are following:**

**HR 82: The Social Security Fairness Act**, which repeals the WEP and GPO, is up to 250 cosponsors!! This is amazing; at 290 cosponsors the House Consensus Calendar rule process will activate, and the bill will either be advanced out of committee or come up for a floor vote. There are 177 Democrat cosponsors, and 73 Republican cosponsors,

## Legislative Officer: Continued

but our Congressman Russell Fry is not one of them. Please click this link to send him a message urging him to sign up as a cosponsor:

<https://www.narfe.org/advocacy/legislative-action-center/>

**S 597: Senate companion bill to HR 82;** 39 cosponsors (32 Democrats, 4 Republicans and 3 Independents). And neither SC Senator is a cosponsor for this bill; you can use the same link above to ask Senators Graham and Scott to support S 597.

**HR 866: Equal COLA Act;** will provide Federal Employees Retirement System (FERS) retirees equal COLA payments to CSRS retirees.

**HR 716: Fair COLA for Seniors Act;** proposes to use the Consumer Price Index for the Elderly to calculate COLA

Below are links to contact our elected officials:

[https://fry.house.gov/?utm\\_campaign=12-592](https://fry.house.gov/?utm_campaign=12-592)

<https://www.congress.gov/member/lindsey-graham/G000359?s=1&r=2063>

<https://www.congress.gov/member/tim-scott/S001184?s=1&r=2078>

Congressman Fry has an informative email, Russell's Recap, you can subscribe by clicking on this link:

<https://fry.house.gov/forms/emailsignup/default.aspx>

## Sunshine/Membership

Lynn Vos

Birthdays for the Month

May

Jessica Forman, Donna Rudy,

Patricia Lemick, and

Gail Seavey

## Sunshine Grins

. If Cinderella's glass slippers fit so perfectly, why did one of them fall off? 🏰👠💍

. Why is the word abbreviation so llllooonnnnggg....???

. Only the rich owned cars 100 years ago but everybody had horses. These days everyone owns a car but only the rich own horses. 🐎🐎🐎🚗🚗🚗

. Don't change horses mid-stream. (Abraham Lincoln) 🐎🐎🐎

. Don't carry a grudge. While you are doing all that carrying, the grudgee is out dancing.

(Buddy Hackett) 🧑🧑🧑🧑🧑🧑

. He is safe from danger who is on guard even when safe. (Latin proverb - good one for our modern times...)....don't be scared, just be prepared... 😱😟😟😟😟😟😟😟

## Continued: Sunshine/Membership

### Book Report

for May 2023

I Escaped from Auschwitz

Rudolph Vrba

Stunning and emotional account of an Auschwitz survivor who escaped the Nazis to help save over 200,000 Jews. On April 7, 1944, Rudolph Vrba and Alfred Wetzler became the first to testify in graphic and detailed descriptions of the atrocities of the infamous concentration camp. An astounding story of heroism and courage in the face of seemingly helpless circumstances. Rudolf and Alfred climbed mountains, crossed rivers, and narrowly missed German bullets until they successfully smuggled the first full account of what was happening in the camp. Their Report eventually reached Franklin Roosevelt, Winston Churchill, and the Pope.

Heartbreaking but encouraging to hear about the difference just a few brave, steadfast souls can make for so many. How did they manage to escape? Now, there is a challenge for *YOU to find out!!!*

## **Alzheimer's Research Officer**

**Alice Villavicencio**

### **TIP FOR THE MONTH OF MAY 2023: Ensure that you don't get Brain Fog**

Have you ever experienced what is called "Brain Fog"? Well, I know I have had this symptom on more than one occasion. In most instances, the symptom is not associated with Alzheimer's disease. Health sciences now believe that several factors can cause brain fog symptoms. Here you may be wondering, what causes it or what factors contribute to experiencing this symptom? Past research and current studies have shown that brain fog symptoms may be a result of conditions such as lack of sleep and stress, to me mention a few. Other various factors such as diets that are not rich in certain nutrients may also play a significant role in causing a person to feel tired and malaise. According to the NIH article, a study conducted in 2017 on brain fog revealed that several causes could temporarily cause cognitive reduction. Some of the conditions and symptoms that contribute to brain fog are listed in the above paragraph. Another condition, not mentioned above is hormonal changes, especially in the female population. This condition also may cause brain fog. So, if you are experiencing some of these

**Continued:**

symptoms listed do not be overly concerned that you have dementia, such as Alzheimer's, but do seek the advice of a medical professional. Your doctor is the only person who can prescribe medications to relieve your symptoms, find what conditions are causing you to have these symptoms, and whether you need to have further medical examinations or tests. [www.https://pubmed.ncbi.nlm.nih.gov/34714198](http://www.https://pubmed.ncbi.nlm.nih.gov/34714198).

This website above may have been removed by NIH IT staff because new articles are often released and made accessible on the internet. So, if you cannot access the link, go to the nih.gov website and search words and phrases, such as causes of brain fog, or simply brain fog to find articles on the topic.

We continue to seek ideas for the 2023 Alzheimer's fundraiser. Please voice your ideas at the May 11th Meeting. We are asking for Chapter members to volunteer to be on the Chapter 1015 Alzheimer's Committee.

Thank you for your past help to the Chapter.

**Newsletter Editor**

**Billie Nichols**

**Chapter 1015 Active Membership as of  
May 5, 2023=119**

**Recruitment of New Members to  
Chapter 1015 Status Report**

**During the last couple of months  
the Prospective New Members inquiries that have been recorded  
from**

**the M-112 Report ( NARFE database) =4. One (Cynthia DeSantis) has  
joined Chapter 1015 membership on May 1, 2023.**

**In another category-Prospective New Members inquiries recorded  
from the Chapter 1015  
Website=4**

**It is getting a little bit better in our recruitment of new members but  
there is plenty of work to be done.**

**The next chapter meeting is scheduled for  
Thursday, May 11<sup>th</sup> at 11:30 am  
at Damon's**