



**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES ASSOCIATION
MEUNIER-PERRY CHAPTER 1015
MYRTLE BEACH, SOUTH CAROLINA
SEPTEMBER 2023 NEWSLETTER-ISSUE 7**

Message from the President Billie Nichols

Here we go. Back on track after enduring a hot summer we are planning some exciting chapter business for the remaining months of 2023. The executive committee met in June and the committee decided after 5 1/2 years it was time for us to bring our chapter bylaws up to date. More details will be provided at our September meeting.

September 14th Meeting--We will have our guest speaker (Jill Foxworth) from the Horry County Council on Aging to share with us some of the services that are provided to Seniors.

October 12th Meeting--We will discuss voting on the proposed changes and revisions to our current chapter bylaws. November 9th Meeting--Open Season (Nov 13-Dec 11). Representatives from Blue Cross/Blue Shield presented by Ann Marie Usher and an Aetna/CVS Health (Relationship Mgr., Federal Plans) will be our speakers to inform members about new changes and options available to us on our Federal Employees Health Benefits (FEHB) Plans for Year 2024.

Continued: President

December 14th - Meeting--Our annual Holiday Party will be held at TBD. We will discuss at our September meeting where we plan to have our annual Holiday Party. Please volunteer to help Santa with his (or her?) gifts and help plan the party.

Speaker for September

Jill Foxworth, Marketing Director of the Horry County Council on Aging (HCCOA) will be the guest speaker for the September 14, Chapter 1915 Meeting. HCCOA provides various services to Horry County Seniors (60+). It was created in 1965 in accordance with the Older American Act of 1968.

HCCOA provides activities and care services to members, such as offering meals and transportation to medical appointments. All HCCOA's services are provided at no cost to seniors. HCCOA does accept donations. In one of chapter 1015 Fall meetings----(name) will ask for your donations for this 501©(3) non-profit corporation.

Newsletter Editor

Billie Nichols

Chapter 1015 Calendar

SAVE THESE DATES

**September 14-Thursday, General
Chapter Meeting at Damon's-11:30 am**

**October 12-Thursday, General Chapter
Meeting at Damon's-11:30 am**

**November 9-Thursday, General Chapter
Meeting at Damon's-11:30 am**

December 14, 2023-Thursday Holiday

Party at TBD

Health Benefits Open Season

**My date is set! We will be at Horry
Georgetown Technical College on the
old Air Force Base on October 18. We
will be there all day from 8-4:00. I am
setting the first meeting at 9 am.
Maybe 9, 11 and 1 pm. I haven't
decided yet, but regardless, I'll be
there at 8 am.**

Hope to see you there!

Ann Marie Usher, PAHM

Marketing Representative II

Federal Employee Program

**Chapter Membership as of September
7, 2023=118**

**Attendance at last meeting June 8,
2023, at Damon's=14**

Legislative Update

Cathy Linta-Leader

Our Chapter needs a Legislative Committee Chair to apprise us of what's happening in Congress. Your Officers cannot fill as many vacant positions as they do. Anyone interested should contact Billie Nichols, Joe Arsenault, or Cathy Linta-Leader.

Visit the NARFE Legislative Action Center and send letters to your representatives about the following issues (among others).

"Protecting America's Economic Security," the Republican Study Committee's FY 2024 budget proposal includes the following:

For retirees:

- reduces/eliminates COLAs for FERS and CSRS annuitants and indirectly implements Chained-CPI to calculate COLAs;
- voucherizes the FEHBP with the government providing a set dollar contribution rather than contributing a percentage of a healthcare plan's cost which would increase our cost; and
- reduces the TSP's G Fund to nearly zero.

For employees:

- increases their share of FERS contribution.
- base future retirement calculations on the employee's highest 5 years of pay; and
- eliminate the FERS annuity supplement.

For new hires:

- eliminate the federal annuity portion of FERS, limiting retirement compensation to TSP; and
- cannot participate in FEHBP upon retirement.

"Saving the Civil Service Act"

H.R.1002/S.399 – Among other measures, would prevent the return of Schedule F, a statutory loophole created by the previous administration that would have bypassed the system of rules ensuring civil servants are hired and fired based on merit.

Now (and always) is the perfect time to call our Senators and Representative.

	Washington DC	SC
Lindsay Graham	202-224-5972	843-849-3887
Tim Scott	202-224-6121	843-727-4525
Russell Fry	202-225-9898	843-353-5377

Sunshine

Lynn Vos

Happy Birthdays

JULY: Mikaela Koncilja, Cathy-Linta Leader, Becky Hyman, Don Pagani, Mary Beth Hawn, and Morris Zupan

AUGUST: Betty Alexakos, Grace Contino, Pat Schemn, and Mary Ann West

SEPTEMBER: Leo Atwell, Ann Marie Cwalina, Sam Quade, Charlotte Downey, Carroll Sallas and Alice Villavicencio



Sunshine

Grins of the Month

- If history teaches us anything, it's that we just never seem to learn its lessons.
- The more you learn about the dignity of gorillas, the more you want to avoid people.
- Choice usually isn't really a choice; it's only what you're left with.
(Richard Ford)
- Nothing is ever as good as it is in the beginning or in your imagination.(Lauren Bacall)
- We learn two things from bees: one is to be a busy bee/not to be idle; one is to learn not to get stung in the process!
- A friend in power is a friend lost! (Henry Adams)... Especially, in politics, yes?.
- I did not attend his funeral, but I wrote a nice letter saying I approve of it.
(Mark Twain)
- Ever since I put grease in my hair, everything slips my mind.
- Health food makes me sick!

Sunshine

Book of the Month

Down the River Roosevelt (Larry Rohter)

After Teddy Roosevelt lost the 1912 bid for a third presidential term, he became restless for a new adventure and planned an expedition into Brazil's uncharted forest. He was introduced to a 48-year-old Brazilian Army Colonel, Candido Mariana da Silva Rondon. By any measure Rondon is the greatest explorer of the tropics in recorded history.

This story ranks as one of the greatest feats of history in fairly modern times. It was composed of over 100 men and was more than 2500 miles, traversed via horse, mule, truck, steamboat, barge, launch and canoe, boats, moving supplies, pack animals. Roosevelt was offered five different itineraries, one of which was to descend the Rio da Duvida - the River of Doubt, which, in Rondon's understated assessment, offered the greatest number of unforeseen difficulties. The principal focus would be cartography with the work to be carried out in terrain utterly unknown to either science or geography. When friends at the American Museum of Natural History urgently warned him not to go, he coolly responded, "I have already lived and enjoyed much of my life as any nine other men I know. I have had my full share and if it is necessary for me to leave my bones in South America, I am quite ready to do so."

So, BTW, he was an adventurer, yes. But he also an avid reader. Are you one of them? Just reading that book will tire you out!

Healthy Aging

See the World/Expand Your Mind. After a lifetime of raising children and working, older Americans love to travel -- to see new things and experience new cultures.

TIP:
Begin to plan a trip. Half the excitement is in the planning!

Watch Game Shows. Watch Jeopardy! to keep your mind razor sharp.

Laugh Loud, Laugh Often. A good sense of humor is essential.

Start the day off on a light note by reading the comic sections of your local newspaper. If you're over 60, you might refer to this section as "the funnies".

Give of Yourself. Be generous with the most important thing you own -- your time.

Volunteer: how about the Peace Corps, a local nursing home, or teach a youngster to swim.

Seek Inspiration/Keep the Faith. Belief in a higher power is of paramount importance according to the contest entrants.

Be a Beauty Contest Winner. An astonishing number of women said they enjoy competing in beauty pageants.

**If You're a Man, Get Married! Many married men attributed their longevity to the loving care and companionship of their wives. Women, on the other hand, didn't claim their husbands helped them live longer.
For what are you waiting?**