



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION/MEUNIER-PERRY CHAPTER
1015
MYRTLE BEACH, SOUTH CAROLINA
FEBRUARY 2024-NEWSLETTER-ISSUE 2**

**President's Message
Joseph Arsenault**

Welcome to February. Normally cold and bleak up north, the weather so far has been fairly nice. The days are finally starting to get longer. There are some out of the norm items this year. Because it is a leap year there will be a 29th day in the month. Also, and even more rare, Valentines Day and Ash Wednesday both occur on the 14th.

We will again meet at Jiggy's Bistro as the Damons remodeling has taken longer than expected. Hopefully, this will be resolved prior to our March 14th meeting. Speaking of March, NARFE SC Federation will hold this year's conference via Zoom. The date is March 20th, starting at 9am. All NARFE members are invited to attend if they wish. We will cover this item a bit more in depth at our meeting on Feb 8.

Speaking of Zoom/Webinars, on Thursday, February 29, 2024, 2:00 PM – 4:00 PM NARFE HQ is hosting one concerning "Roth Conversions: A Path to Maximize the Value of your TSP".

Webinar, Online Registration Required

President's Message-Continued

Hopefully, you all received the email on this. If not, and you wish to attend, let me know and I can reforward the information.

We still have a few open spots on our roster. Cathy Linta-Leader covers this issue in depth this month. Hopefully, we can figure out a way to get them covered. I'm sure we can come up with viable solutions. Perhaps we can "Job Share" some tasks where possible.

We will adjust our normal agenda this month. Our speaker from the Quilts of Valor program. However, they will not be able to get to our meeting until 12:15 or so. Thus, we will "Flip" the normal format and do Chapter business presentations on the front end of the meeting.

I look forward to seeing you on Thursday.

Secretary

Cathy-Linta Leader

MEETING SPEAKERS

One way to draw more interest in members and/or prospective members attend our meetings is to have speakers. Please consider forming a Program Committee to locate speakers. It shouldn't take much of your time and we already have some ideas. If you're interested, email me at clintaleader@gmail.com with the Subject Line "Meeting Speakers" or let any officer know during the next meeting.

Happy Valentine's Day



Sunshine/Membership

Lynn Vos

Happy Birthdays-February

**Dene Nichols, Bruce Lake, and
Richard Palmer**

Sunshine Grins and Chagrins:

- . What the world needs is more geniuses with humility; there are so few of us left. (Oscar Levant, and master pianist)
- . Accept who and what you you're a serial killer. (Ellen DeGeneres)
- . The universe is under no obligation to make sense to you. (Neil deGrasse Tyson)
- . He who knows little often repeats it.
- . Nothing so needs reform than other people's habits. (Mark Twain)
- . Foolish are the generals who ignore the daily intelligence from the trenches.
- . Show me a man with both feet on the ground and I'll show you a man who can't put his pants on. (Arthur Watson)
- . What did one plate whisper to another plate? Dinner is on me.....
- . Polar bears have transparent fur - it just looks white because of the way it reflects light!
- . A housefly hums in the key of F. Some people use the F word when they see one...
 - . Frogs never drink!

Notable February Dates:

- 2 - Groundhog Day**
- 4 - Homemade Soup Day**
- 7 - Fettucine Alfredo Day**
- 10 - Chinese New Year**
- 11 - Super Bowl LVIII**
- 12 - Abraham Lincoln born 1809**
- 14 - Ash Wednesday**
- 14 - Valentines' Day**
- 16 - Caregivers' Day**
- 19 - Presidents' Day**
- 20 - John Glenn orbits the earth - 1962**
- 21 - Sticky Buns Day**
- 22 - George Washington born 1732**
- 25 - Clam Chowder Day**
- 28 - Chocolate Souffle Day**

Sunshine Book-of-the-Month -Continued:

**This month's fun book is "Stupid Things I Won't Do When I Get Old"
by Steven Petrie**

**Tongue-in-Cheek ideas will
provide positive and**

**attitudes in a fun, reflective
way. Petrie's style feels like
sitting with a friend - gracious and
warm AND frank.**

**Getting older may be inevitable, if
we are lucky but doing it with wit,
wisdom and, yes, irreverence,
helps on the trip with him. Some
fun (?) chapter titles are:**

**I won't be afraid to fall.
I won't lie about my age.
I won't join the 'organ recital'.
I won't tell my life story when
someone asks 'how are you?'
I won't be too honest when lying is
kinder.
I won't allow anyone to talk down
to me.
I won't allow myself to be ignored
or disrespected.
I won't whine or repeat the same
old stories over and over.
I will remain cognizant of what is
going on in this world.
I won't allow myself to be lazy
about personal hygiene.
So there!
Cheerio,**

Cathy Linta-Leader Secretary

VACANT POSITIONS

We have several vacant positions including the Service Officer, Alzheimer's Chair, Audit Committee, NARFE-PAC Chair, and 50/50 Committee. A brief summary of the responsibilities of each follows. Contact an officer if you are interested and/or need additional information.

Service Officer – Provides members information, answers questions, and offers guidance in navigating issues relating to federal pay and benefits such as the procedures governing delivery of annuity checks, life insurance and health benefits, survivor benefits, change-of-beneficiary procedures, death benefits, state and federal income taxes, and Social Security requirements. (Service Officer Guide, FH-10, is available at Headquarters.)

Alzheimer's Chair – On a monthly basis, receive contributions from Chapter members and forward any monies to the Federation Coordinator; write an article for the Chapter newsletter. Oversee the Alzheimer's bank account. During meetings, provide monthly financial reports and give a brief report on any new Alzheimer's news releases. Schedule an Alzheimer's speaker/program for the November chapter meeting. Participate and plan fundraising events including the annual Walk to End Alzheimer's.

Audit – Perform fiscal-year audits of the Chapter Treasurer's and Alzheimer's Chair records and funds. Furnish report to the President and Executive Committee and inform members of findings. If an audit discloses any discrepancy, the Executive Committee determines the cause and corrections. Forward said report to the Federation and Regional Vice President. At least two members are needed.

NARFE-PAC - Promote our Association's political action committee by educating members on its importance, soliciting member contributions, and assisting Federation NARFE-PAC Coordinators in providing state recommendations for contributing NARFE-PAC funds to candidates in our district.

50/50 – Prior to the start of the Chapter meeting, sell 50/50 tickets to members. Tally the total monies received, have members pick two tickets and distribute 50% of the collection to the Chapter and the remaining 50% to two members. Document monies received and gave the Treasurer the Chapter's portion. At least two members are needed.



Know your number.

- **Have your blood pressure checked. It is easy, quick, and painless.**
- **Your blood pressure should be checked by your healthcare provider at least once each year.**
- **If you have high blood pressure, it should be checked more often. You can have your blood pressure checked at your doctor's office, your neighborhood clinic, health fairs at your church, or some shopping malls.**

Blood pressure is the force of blood pushing against your blood vessels. Your blood pressure is at its greatest when your heart contracts and is pumping blood. This is systolic blood pressure. When your heart rests between beats, your blood pressure falls. This is called diastolic blood pressure. Blood pressure is always given as these two numbers: the systolic and diastolic pressures. The numbers are usually written one above or before the other, with systolic first, for example, 120/80.

Is high blood pressure really a big deal?

YES! When your blood pressure is high, your heart has to work harder than it should to pump blood to all parts of the body. High blood pressure is called the "silent killer" because most people feel healthy and do not even know that they have it. If it is not treated, high blood pressure can cause:

- **stroke**
 - **heart attack**
 - **kidney problems**
 - **eye problems**
 - **death**
-
- **Prevent high blood pressure and aim for a healthy weight.**
 - **Choose foods lower in fat and calories.**
 - **Eat smaller portions.**
 - **Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about 1/2 to 1 pound each week until you reach a healthy weight.**
 - **Be physically active every day.**

Legislative Officer Maurice Zupan

- 1. Several Bills have an impact on federal retirees. The one that has been given by far --- the most coverage in recent months through January--- is H.R. 82/S.597: Social Security Fairness Act which repeals the Windfall Elimination Provision (WEP), and the Government Pension Offset (GPO).**
 - January 13, 2024: NARFE winter fund raising letter states that the elimination of the WEP/GPO is a NARFE priority for the 118th Congress.**
 - January 18, 2024: NARFE detailed letter to the House Ways and Means Committee/Subcommittee on Social Security. The letter provides details on how WEP/GPO has worked to lower or eliminate Social Security for government workers who had jobs under Social Security and are receiving a government pension. The letter states that both President Biden and House Speaker Johnson support the Bill.**
 - January 28, 2024: Congressional Report H.R. 82/S.597 is among the top 10 most viewed Bills.**
 - January 30, 2024: NARFE Newsline H.R. 82/S.597 has 304 House Co-sponsors which means that it is likely to pass in the House when taken for a vote.**
- 2. Status of other Bills that impact federal retirees. There are three other pending Bills in Congress that will eliminate, or partially eliminate WEP/GPO, but they have relatively lower co-sponsors for further movement:**
 - a. H.R. 4583/S.2280 is one of them. This one expands and strengthens Social Security and improves the solvency of the Social Security Trust Fund while eliminating WEP/GPO. House co-sponsors 179, and Senate co-sponsors**

Legislative Officer: Continued:

July 2023: Referred to the House Ways and Means Committee, and July 2023 referred to the Senate Finance Committee.

b. H.R. 716. The Fair Cola (Cost of Living Adjustment) for Seniors Act:

The Act would use the Consumer Price Index for the elderly as the basis for the COLA retirement benefit. House co-sponsors 37.

c. H.R. 866/S. 3194. The Equal COLA Act:

The Act provides equal COLA amounts for the Federal Employees Retirement System (FERS), as it does for the Civil Service Retirement System (CSRS). House Co-sponsors 42. Senate co-sponsors 5.

Newsletter Editor
Billie Nichols

Executive Board Chapter Meeting will be held on February 8th Thursday at 10:00 am at Jiggy's located at 5107 N. Kings Hwy, Myrtle Beach, SC.

General Chapter Meeting will be held on February 8th at 11:30 am at Jiggy's Bistro located at 5107 N. Kings Hwy, Myrtle Beach, SC.

Total Chapter 1015 membership as of February 5, 2024=111

Total National Membership located in the Myrtle Beach area=159.

Chapter 1015 in-person member attendance at the Executive Board Meeting conducted on January 11, 2024, at Jiggy's Bistro=6

Chapter in-person member attendance at the General Chapter Meeting conducted at Jiggy's Bistro January 11, 2024=12