



**NATIONAL ACTIVE AND RETIRED FEDERAL  
EMPLOYEES ASSOCIATION/MEUNIER-PERRY  
CHAPTER 1015  
MYRTLE BEACH, SOUTH CAROLINA  
March 2020 NEWSLETTER-ISSUE 3**

## **Inside this Issue**

### **Chapter Officers Webinar**

**Mar 25, 2-3 pm ET: Click on  
<https://attendee.gotowebinar.com/register/5625661543795871746>**

## **Message from the Vice President**

**Former Vice President Becky Hyman is very sick and is currently under a doctor's care. I am sure Becky would love to hear from the members of Chapter 1015. So make her day and give her a call or send her a get well card.**

## **Chapter Headlines**

### **Upcoming Events**

**56th Annual SC NARFE Federation Conference-Apr 27-29, Hilton Garden Inn-406 Sigma Drive, Summerville, SC. Toll Free Registration: 1-877-782-9444 or On Line Reservations: [www.hilton.com](http://www.hilton.com). [Use the group code NARFE to get the special conference rate.](#)**

**Annual Picnic is scheduled for Thursday, June 4, 2020, at 11:30 am at the Lodge. More details to come.**

**Annual Christmas Party scheduled for Thursday, December 10, 2020, at 11:30 am at the Lodge. More details to come.**

## **Message from the President Blake Crawford**

**NARFE Chapter 1015 is canceling its Thursday, March 19, executive and luncheon meetings due to concern about the spread of the coronavirus that causes COVID-19.**

**We are just beginning to see information on cases in South Carolina. However, the CDC is advising that older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness.**

**As the CDC writes, this is a rapidly evolving situation.**

**After telephone consultations among chapter officers and executive committee members, we decided to err on the side of safety and cancel the March meeting. We hope we can return to our regular schedule of chapter meetings throughout the year. Our speaker this month, financial expert, Gary Newman, said he will be pleased to join us at another time.**

**We will keep you updated via email and the newsletter, and you are always welcome to call any chapter officer to discuss.**

**CDC has a new web page that pulls together regular situation updates, information on how to protect yourself and your family, what to do if you're sick, what you should know if you're older or at higher risk, questions about pets and animals, and more. [See www.coronavirus.gov](http://www.coronavirus.gov)**

## **WEBINAR**

**March 25, 2-3pm ET: Click**

**<https://attendee.gotowebinar.com/register/5625661543795871746>**

### **Scholarships**

**FEEA has reminded us that scholarship applications are being accepted until March 25. These \$1,000 scholarships are open to children and grandchildren of NARFE members. If you have an interest, call me or email me.**

**The 56<sup>th</sup> Annual SC NARFE Federation conference will be held in Summerville at the Lowcountry Conference Center, Hilton Garden Inn. Check-in is Mon., Apr 27, and check-out is mid-day Wed., Apr 29.**

### **Legislative Officer/Service Officer**

**Sherry Gainer**

**For Feds right now, it's the budget again! President Trump has included many cuts to the Federal community in the 2021 budget but, hopefully, Congress will once again prevail and eliminate them, as in the 2020 budget. His justification is bringing federal pay and benefits in line with the private sector, which mostly means no defined pension programs. Some of the proposals: Eliminate FERS retirement COLA, and special supplement; reduce CSRS**

### **Continued Legislative Officer**

**COLA by .5%; calculate retirement on high 5 instead of 3; and change the TSP G Fund interest rate to the short term T bill rate, which would reduce it. The budget also includes a plan for USPS restructuring which would eliminate 7,000 employees, lower pay, and allows raise rates to be changed by USPS, but not privatize, which is a plus.**

### **Bills of interest:**

**Postal reform--HR 2382, USPS Fairness Act, repealing the prefunding of retiree health premiums, endorsed by NARFE, was passed by the House on Feb 6 and will become S 2965 in the Senate. It doesn't require future USPS retirees to enroll in Medicare Part B which has been a sticking point of this and other bills, but USPS finances are becoming so critical that it was passed as a bipartisan compromise.**

### **Bills to contact Tom Rice about (you can use the NARFE website):**

**HR 1553 Fair COLA for Seniors CPI-E**

**HR 1254 Equal COLA (to eliminate FERS COLA discount)**

**HR 3934 WEP/GPO**

**HR 4540 WEP/GPO**

**Contact Senators Graham and Scott about S 2965 USPS Fairness Act, already passed in the House**

**Both Tom Rice and Lindsey Graham are up for reelection this year. I reviewed Tom Rice's voting record and was dismayed that he was not supporting the environment and federal employees. I urge you to check out <https://justfacts.votesmart.org/> to see if Tom and Lindsey are voting to represent your beliefs.**

**Thanks.**

**Messages from the Newsletter  
Editor**

**Billie Nichols**

**The General Meeting for NARFE Chapter 1015 for 19 March 2020 is canceled. The next meeting will be Thursday, April 16, 2020 at 11:30 am at Damon's Restaurant, 2985 Ocean Blvd. Call Marci Vogel at 843-215-4149 to place your reservation.**

**The Executive Meeting for NARFE Chapter 1015 is canceled. The next meeting will be Thursday, April 16, 2020 at 10:00 am at Damon's Restaurant. All members are welcomed to attend.**



**Sunshine/Membership**

**Lynn Vos**

**Upcoming Happy Birthdays for  
March**

**Emily Aspel, Evelyn Ewing, Betty Law,  
William Patriarca, Raymond Poutre, Wayne  
Stogner, Ronald Strom and Lynn Vos**

**Get well cards sent to Becky Hyman, Joanne  
Quade and Sam Quade**

**Friendship cards also sent to Betty Law,  
Marjorie Ricker, and Ron Strom.**

**Please advise if there is someone you think  
should receive greetings from our NARFE  
Chapter 1015. Call Lynn Vos at 843-748-0173**

**Sunshine Grin of the  
Month**

**Always borrow money from a  
pessimist –they won't expect  
you to pay it back.**

**Reach out and help find Chapter 1015  
members who have not attended one of our  
meetings lately. Do you know a member who  
you could reach out to and tell them what  
they are missing? If you do, why don't you  
give them a call or email them and give them  
the information on our monthly meetings at  
Damon's? Let's try and show them that we  
are thinking about them and ensure they are  
still part of our chapter. Invite them to our  
next meeting.**

**Alzheimer's Research Officer**

**Alice Villavicencio**

**TIP FOR MARCH 2020**

**GET PLENTY OF SLEEP**

Recently, a group of researchers at the University of Rochester Medical Center (URMC) conducted a study with mice. The study found that immune cells called microglia that are active during sleep help to reorganize “connections between nerve cells (fight) infections, and repair brain damage caused by stroke and other traumatic injury.” In other words, these cells rewire the brain during sleep. According to these researchers, the important connection “between sleep and brain health” was reinforced by their recent study and could “explain the established relationship between sleep disturbances and the onset of... Alzheimer's, Parkinson's” and other such neurological diseases. See, University of Rochester Medical Center, Newsletter, entitled “The Night Gardeners – Immune Cells Rewire, Repair Brain While We Sleep.” (October 21, 2019):

<https://www.sciencedaily.com/releases/2019/10/191021111835.htm>.

It's that time again to sell tickets to benefit Alzheimer's research. The tickets are 1 for \$1, 6 for \$5, and 15 for \$10. Of course, if you buy more than 15, your chances of winning increase. One-half of all the money collected will be given to Alzheimer's. One-half of the remaining amounts will be presented to the first prize winner; the remaining one-half will be divided between the second and third prize winners. So, the more money that is collected by all chapters in South Carolina, the more money, the winners will receive.

**Continued:**

**Alzheimer's Research Officer**

Because no meeting will be held in March, Marci and I will be selling tickets via email and U.S. Mail. This is how we plan on selling the tickets: (1) I will email you asking for the number of tickets you want to buy; (2) you will email me back telling how many you want to buy; (3) either Marci or I will send you the tickets in an envelope via US Mail, along with an envelope addressed to Marci or me, so you can return it with a check as payment for the tickets that you purchased, you will keep one portion of the ticket – the portion with the ticket number, you will send either to Marci or me the portion of the ticket with your name and phone number; and (4) you will send us the money in the envelope which is addressed either to Marci or me. When I email you, I will provide you with Marci's and with my phone number and address.

**The ticket sale will end after our Chapter meeting in April. The tickets and money will be given to Olivia Williams, NARFE Alzheimer's Coordinator, at the SC Federation Conference on April 27-29, 2020.**