



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION/MEUNIER-PERRY
CHAPTER 1015
MYRTLE BEACH, SOUTH CAROLINA
December 2020 NEWSLETTER-ISSUE 10**

Do You Zoom?

By Blake Crawford

President

“When can we expect to resume meeting in person?” That’s the question I hear more than any other from NARFE chapter members.

As I write today, there is great news – the first approved vaccine (under emergency authorization) is being administered to Americans, and a massive logistical effort is underway to make the vaccine accessible to all. It is safe and it saves lives. Others may be approved in the New Year.

But the answer to that nagging question about when life will be normal again is still, “Not yet.” It will be months until vaccination is widely accessible to normal, healthy Americans, so the classic public health interventions – including masking, social distancing, frequent handwashing – are still necessary. The temptation will be to stop being careful and paying attention – and that way lies trouble, including more infections.

Caution will still be required for gatherings, especially indoors. Our NARFE chapter is accustomed to just the opposite -- gathering together, usually for a carefree lunch, and making decisions in person as a group.

Continued: President

To keep each other safe and to carry out even our routine business, we need alternatives that will allow us to carry on – to share the presentations we used to have in person at lunch, vote on chapter business, elect officers, and discuss efforts to support organizations like FEEA, the Alzheimer’s Association, or Freedom Readers. We need to readily mobilize a quorum as needed for chapter business.

Online seems to be the most flexible and helpful way to go, and some of our executive committee members tried out a small scale Zoom meeting in December. Let’s say we need to practice... but it was OK!

So we like Zoom and would like to enlist more members in using Zoom for our business. For those of you who have not used Zoom or are skeptical, Cathy Linta-Leader has a companion article this month that will introduce you to Zoom.(See Page 6-this newsletter)****

Next month we’ll send out an email to identify members who are keeping their Zoom skills under wraps, or who could be tempted to try the technology for the good of the chapter.

So, Do You Zoom? Would you like to Zoom? Don’t wait until next month. Tell us now!

Legislative Officer and Service Officer

Sherry Gainer

My Goodness!! The pandemic and now the presidential transition have us in total confusion. Things are subject to changes on a daily basis so I will note trending topics and not make statements that may change in a few hours...the best we can do is watch for bulletins at once!

Also, I was the victim of a computer crash last week; I'm trying to reconstruct all my data and settings but so far all I have is the blue screen of death! So I apologize for the brevity of this column as I have not yet been able to restore all my information sources. But here are the biggies:

Mr. President-Elect: We finally have an official decision and political consensus that Joe Biden will be our next president. Many agencies are preparing briefs to assist him. The National Academy of Public Administration is working on a proposed executive order (that could be signed on Day One] that would effectively reverse many of President Trump's executive orders regarding OPM and federal employment.

Lame Duck: After many failed challenges to his defeat, President Trump is rushing to put in place as much as he can before leaving. This includes leasing drilling rights in the Arctic National Wildlife Preserve and pushing Schedule F for government employees (fingers crossed that legal challenges will delay this until he is gone). There is a growing number of Republicans distancing themselves from the President.

Continued: Legislative Officer/Service Officer

Stimulus package: Now that the handwriting is on the wall about a Biden presidency, Congress is going bi-partisan and is close to finalizing another stimulus package. Neither side has what they wanted, but those hurting from the pandemic will benefit, as they should. We could know by the end of the week what will be included.

Government shutdown: Last month I mentioned that a bill had passed to fund the government till December 11—and now have given themselves an extension until Dec 18; there is sure to be an agreement or another extension shortly.

Pandemic: It is only getting worse, and we must all be vigilant in protecting ourselves. I have friends who are infected in SC, Ohio, WV, TN, and PA. They all thought they were being safe, but if you are in contact with someone that is infected...the odds are you are going to catch it. It is frightening how even short contacts while wearing masks, have led to infections. And with so many people asymptomatic you must assume that anyone you come in contact with could have it.

The good news is, President-Elect Biden is keeping Dr. Fauci and making him the chief medical advisor.

The vaccine: No definite word yet from SC about how it will be rolled out after healthcare workers, those in nursing homes, and essential workers; have heard that the Veterans Administration will be announcing plans to give it to veterans. I wish for you all a month of comfort, peace, and cheer in your homes and the same for your friends and family.

Please keep in contact with your legislative representatives, and consider Zooming with us! Seasons Blessings and Happy New Year.

Sunshine/Membership

Lynn Vos

Birthday Shout Outs for

December

Marjorie Anctil, Bob Murphy, Joe Arsenault, Ann Murphy, Mary Brady, and Carolyn Webb

Sunshine Grins-of-the-Month:

- Jellyfish have survived for eons of years despite having no brains. Is this the key to survival? This gives hope to so many people, particularly many politicians we love to hate!
- I think my soulmate must be carbs, especially around the holidays.
- I asked my cat, "What is 2 - 2?" He said nothing.
- I waited all night to see where the sun would rise, and then it dawned on me.
- Time flies like an arrow, fruit flies like a banana.
- Yesterday I saw a guy spill all his Scrabble letters on the road so I asked him, "What's the word on the street?"
- What is a Karen called in Europe? An American.
- A ham sandwich walks into a bar and orders a beer. The bartender says, "Sorry, we don't serve food here."

Continued: Sunshine/Membership

Sunshine Books of the Month Report

- **The Lost City of Oz (David Grann)** - True adventure of legendary British explorer, Percy Fawcett, and crew in search of a fabled civilization (the glittering kingdom of El Dorado) deep in the Amazon jungle back in 1925. Thrilling, riveting, deadly adventure, acclaimed by WA Post, NY Times, Wall St Journal.
- **Stalin's Daughter (Rosemary Sullivan)** The extraordinary and tumultuous life of Svetlana Alliluyeva with all the insights you can't imagine into her father's personal and political life and exploits. Wow!
- **Something Worth Saving (Sandi Ward)** And for a completely different, innocent change of pace, try this cute little book told by a Cat who tries to save a family member from a bully, told in a cute, cat-like fashion.



Newsletter Editor

Billie Nichols

Calendar of Events

**December 2020-No Chapter or
Executive meetings.**

**December-No Annual Chapter 1015
Christmas Party-Regretfully**

Chapter Membership as of

December 18, 2020 - 148

Alzheimer's Research Officer

Alice Villavicencio

TIP FOR THE MONTH OF DECEMBER

You may want to read about Stem Cell Research currently being considered and used in research to discover a therapy for Alzheimer's.

A recent Mayo Clinic newsletter outlines the possible benefits of the use of stem cells to produce therapy for diseases such as Type 1 Diabetes, Parkinson's disease, and Alzheimer's disease. Although stem cell research is promising, there is controversy over its use. Controversy primarily exists about the use of embryonic cells because "they are extracted from human embryos." For further information, see

<https://www.mayoclinic.org/tests-procedures/bone-marrow-transplant/in-depth/stem-cells/art-20048117> .



Act of Kindness

By Dene Tothill Nichols

Picture this! It's the 1930's. The Depression Era. My uncle was walking down F Street in Washington, DC, and he was approached by a shabbily dressed man who asks for a nickel to buy a cup of coffee. My uncle quickly said, "I'm working this side of the street you go across the street". Of course, he wasn't working that side of the street but he had no money to share. They were the days when money was scarce and very few jobs available. My uncle did have a job. He worked at the Willard Hotel for a very small pittance and it was hard enough to support a wife and six hungry children.

He was paid in cash every Friday. To preclude loss or theft of that hard-earned money, he always took a cab home on Friday nights. As luck would have it, there was a wreck and my uncle was thrown from the taxi, unconscious. When he awoke, his money was gone and it was just a few days before Christmas. No food, no presents under the tree for those little hungry children. He said he felt like crying. He hated to go home.

Meanwhile, his nephew who worked for the Alexandria, Virginia, Police Department heard about his uncle's loss. He couldn't help out. He, too, was struggling to make ends meet. It was so sad. He told some of the other police and they immediately decided to help out. My uncle said, as tears rolled down his cheeks, that was the best Christmas we ever had. Food was on the table and presents under the tree. My uncle was a good man and with a little help, he and his family were able to survive. What a true blessing of kindness.

Welcome to Zoom

By Cathy Linta-Leader

Due to the pandemic, our Chapter 1015 has not had a meeting since February 2020. To keep members informed, we want your thoughts on holding monthly meetings via Zoom beginning February 2021. For those unfamiliar with Zoom, it's a website, www.zoom.us that allows online video conferencing. You do not have to create a Zoom account to participate or join in a meeting. Nor does it cost you anything. Before the meeting, Chapter President Blake Crawford will send you an email with a link and passcode to the meeting. Simply click on the link and enter the passcode to become a participant.

To learn more, visit the website, <https://www.zoom.us>, and click on "Resources" in the upper right-hand corner of the screen. From the drop-down menu, select "Video Tutorials". The screen "Zoom video tutorials" appears. Under the heading "Zoom Meetings and Webinars," you'll see "Join a Meeting." Click on "Learn More" to watch a video or read the instructions on how to join a meeting. Additional information for accessing Zoom via your computer or mobile phone is available by clicking on "Getting Started" to the left of the "Joining a meeting" screen.

Members who have experience in Zoom are available to assist you before attending your first Zoom meeting. Feel free to email them so you can experiment with this worldwide-used phenomenon. Their names and emails are as follows:

Cathy Linta-Leader clintaleader@gmail.com

Blake Crawford blcrawford.29526@outlook.com

Sherry Gainer SGAIN14@aol.com

So think about using this new technology to stay connected not only with NARFE but also with your family and friends. Share your thoughts with any of us or Billie Nichols at billie.nichols1@sccoast.net

Zoom, Zoom – I like it

By Sherry Gainer

Zoom Zoom! Everyone is doing it, and it is surprisingly easy, especially if you have a smartphone or tablet. I first Zoomed with a friend here who, like many of us, has no local family and has only made quick trips to the grocery since March. Zooming with her friends and family has kept her connected with them, helped the feelings of isolation, and allowed her to have happy hour every Friday with her brother in The Villages, dinner with a friend in Asheville on Thursdays; have a weekly Zoom with her sister in Greensboro, and family Zooms on Thanksgiving, birthdays and other events. Sometimes she has a hard time fitting me into her Zoom schedule, she is so connected. The pandemic may end but Zoom will be here from now on!

I started a Zoom with some ladies I play dulcimer with, and my ukulele group also Zooms. Granted, it is a little more awkward than meeting in person weekly but in hindsight 10 months later, it has been a real blessing!

The easiest way to Zoom is to let someone send you an email inviting you to a meeting; you click on the link, which takes you to the meeting room, the host authorizes you to join the meeting, and you enable the audio and video functions and they can see and hear you. For our meetings, Blake will be doing all the heavy lifting so it will be quite easy on a smartphone or tablet. And if you are using a smartphone or tablet, you have a built-in camera; many PC monitors do not have cameras so you will have to attach an external camera.

It is helpful to do a dry run; I downloaded the app on my phone, set up a free account, and then sent an email invite to a person in the next room. He clicked on the link, and that was it, we were Zooming! You don't need to download the app unless you want to host a meeting, but it will let you familiarize yourself with the screens and also access the tutorials.

It will still be months before we can freely socialize again, so if you haven't Zoomed this will be a great opportunity to learn. It is so nice to see a smiling face when you are talking to someone!