



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION/MEUNIER-PERRY
CHAPTER 1015
MYRTLE BEACH, SOUTH CAROLINA
November 2020 NEWSLETTER-ISSUE 9**

As part of your NARFE membership you are eligible to create an account, create a password and then you can access the various NARFE activities and the many benefits available to you as a member. The process is very simple, log on to www.narfe.org, and if you have not already created an account please do so. From here you can see what is going on within NARFE.

If you need assistance in navigating the NARFE website or creating your account please call or email me at 843-839-0598 Billie Nichols or email me at billie.nichols1@sccoast.net

There are several important announcements and webinars which cover Federal Employees Health Benefits (open enrollment period ends December 15, 2020). The December 10 webinar will cover estate planning strategies. Also, you may access the archives of previous webinars to view any webinars you have not yet viewed on the website. Please be sure to take advantage of all the benefits of your NARFE membership. Looking forward to hearing from all of you. I welcome your feedback.

Listed are some of the activities you should familiarize yourself with. I will list a few that are available on the NARFE Home Page. There are several others that you should read.

NARFE'S one stop shop for all your federal health benefits open season needs. Read more by going to the NARFE website Home Page.

NARFE Issues Statement on Changing Status of Civil Servants With Policy Responsibilities-Read more by going to NARFE website Home Page.

COVID FAQ's-Read more by going to the NARFE website Home Page.

Also be reminded to utilize the NARFE Legislative Action Center one-stop site to Congress at www.narfe.org

Legislative Officer/Service Officer

Sherry Gainer

Even though there is no stimulus help, we have a new Supreme Court justice. Just shows you that the Senate can do things when they want. Please take advantage of the NARFE legislative website to write to your elected representatives and let them know what you think. We must protect our constitutional rights, and also protect our Constitution.

- On September 30, the Senate approved a Continuing Resolution to provide funding allowing the government to continue operating thru December 11.
- The Trump Administration has officially abandoned the effort to merge the Office of Personnel Management with the General Services Administration.
- We thought nothing could overshadow the election, right? But not for Civil Service employees, as President Trump signed an executive order on October 21 that could effectively make higher-level “policy-making” positions political appointees that would not be covered by adverse action protections or unions. Agency heads have been instructed to reclassify positions performing such functions into the new Schedule F by January 19, the day before the presidential inauguration.

Continued: Legislative Officer/Service Officer

To read more, go to <https://www.govexec.com/management/2020/10/stunning-executive-order-would-politicize-civil-service/169479/>

- **HR 8687:** Legislation proposed to block the above executive order; asks that the EO be nullified taking effect if enacted on October 21, 2020, the day the Order was issued.
- **HR 8598:** Social Security Expansion Act, which raises the 2021 COLA to 3% and bases future COLAs on the consumer price index for the elderly (CPI-E). It was noted that the 1.3% for 2021 is the second lowest increase in the history of COLAs for retirees.
- **HR 7864:** Merit Systems Protection Board Empowerment Act (“MSPBEA”) of 2020, requires re-authorizing the MSPB’s governing Board through 2025. The Board is currently vacant as the Senate has refused to vote on the nominees due to political issues. This has resulted in a backlog of almost 3,000 MSPB cases.



Sunshine/Membership

Lynn Vos

Happy Birthday for

November

Debbie Arsenault

Blake Crawford

Todd Dodson

Earl Eastwood

Loretta Eastwood

Joyce Jones

Billie Nichols

The Chapter sent a condolence card to Gail Peapples' family.

Grins-of-the-Month:

- **The problem with quotes on the internet is you can never be sure they are authentic. (Abraham Lincoln)**

- **Be honest. If people knew what you were thinking half the time, you would either be in jail or in a mental hospital.**

- **Me: Alexa, "What's the weather going to be like next weekend?"**

Alexa: "Doesn't matter. You ain't goin' nowhere!"

- **Remember wishing the weekend would last forever? Well, are you happy?**



Continued: Sunshine/Membership

- **How am I doing? Well, I just wiped down the container of Lysol wipes with a Lysol wipe. So, I'm fine, just fine - and I'm lying, of course....I haven't been able to find anything Lysol since last January!**

Sunshine Committee Books-of-the-Month Recommendations:

- **Elevation by Stephen King - A small treat of a book, only 146 short pages. I would say short and sweet, but we're talking about Stephen King here. Big New England guy keeps losing weight without even trying. Lucky guy, right??? But he keeps losing and weighs the same thing with or without clothes and shoes on, no matter how heavy they are. Oh, the horror of it all! Guess I'll stay off the scale for a while...**

- **The Coming Plague by Laurie Garrett and The Great Influenza by John Barry. Although we are 'sick to death' of hearing about this stuff, these books are compelling since they were almost prophetically written back in 1994 and 2004. Interesting photos from 1918 show compliant citizens wearing the same uniform white masks, even when marching in the streets or studying at schools. Perhaps they were provided to them. I'm guessing that people then were less whiny, less spoiled, perhaps more hopeful since they didn't get constant TV news reports. It seems like it hung around for four years???**

Continued: Sunshine/Membership

- The First Conspiracy: The Secret Plot to Kill George Washington by Brad Meltzer and Josh Mensch.

A true story of a plot to kill our first president and how it was revealed. Culprits were leaders, politicians (how surprising!), liars, counterfeiters, and jailhouse confessors, Book also explains just how difficult the struggle was for George Washington and how very close America came to losing the war. It's a page-turner. It's a great gift idea for Christmas. Some people are starting to rediscover the joy of reading.

Enjoy....

Newsletter Editor

Billie Nichols

Calendar of Events

NOVEMBER 2020-No chapter or executive meetings.

DECEMBER 2020-Annual Chapter 1015 Christmas Party-TBD

***All events are subject to change**

Alzheimer's Research Officer

Alice Villavicencio

Research data on certain blood tests that measure abnormalities of the tau protein in the blood were reported at the Alzheimer's Association International Conference (AAIC) held on July 30, 2020, in Chicago. The research suggests these blood tests may detect the early onset of Alzheimer's disease, and that additional testing, such as the positron emission tomography (PET) scans and other currently used methods of testing may not be needed to confirm if a person has Alzheimer's disease. According to the AAIC, further research will verify if no additional testing is needed for a health professional to diagnose a patient with Alzheimer's.

For more details about this specific research and other information reported at the AAIC, please follow: https://www.alz.org/aaic/releases_2020/overview-release.asp.

As all Chapter 1015 members may know, the Walk to End Alzheimer's for the Myrtle Beach area was held on Saturday, November 7, 2020. This year the Walk was held virtually, rather than requiring participants to physically walk. The change in venue and walking requirement was made by Alzheimer's leaders out of caution due to the COVID 19 epidemic. The program began with ceremonies beginning at 9:00 a.m. At 10:00a.m. Participants who wanted to walk did walk in their neighborhoods or other open-air places. I chose to walk in my neighborhood since it was a beautiful day.

This leads me to give a GIANT THANK YOU to Chapter members, family, and friends for their donations to the cause: End Alzheimer's! Because you care, Chapter 1015 exceeded its \$1,000.00 goal, including my "Team Captain" personal goal of \$150.00. THANK YOU, again.

Tip for the Month:

Eat more Turkey and Veggies

Dene Tothill Nichols

I grew up in a small blue-collar suburb of Alexandria, Virginia called Del Ray, seven miles outside of Washington, DC. By Blue Collar, I'm talking railroad workers and during WWII, the Torpedo Plant. We lived with my Grandmother and Grandfather in a sizeable house which was not elaborate by any stretch of the imagination, but adequate. We had all the amenities that the era would allow. Running water, telephone, gas stoves, a coal furnace that had to be stoked in the morning and banked at night, and a hot water heater that had to be manually lit and turned off before the water reached boiling. (Lest it would explode). Nowadays, it would take a college education to be able to coordinate these procedures in an orderly manner. But, my grandmother had a plan and it worked. With all these modern conveniences of the day, my grandmother was not satisfied until my grandfather installed a wood-fired cookstove. I remember the warmth of the kitchen in the mornings and my father kept a pot of coffee on the back of the stove all day long. The aromas were heaven scent. Otherwise, my grandmother didn't use the stove for cooking except on holidays. She began making goodies a month in advance. She made fruit cakes and pies and on the holiday, she baked the turkey as well as homemade biscuits you could die for. All were deliciously prepared in this old wood-fired cookstove. Close your eyes and imagine the heavenly aromas of the holidays. A glorious dream of days gone by! Thanks for allowing me to drift back into my past and sharing it with you. Have a wonderful Thanksgiving from our house to yours.

