



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION/MEUNIER-PERRY CHAPTER
1015
MYRTLE BEACH, SOUTH CAROLINA
FEBRUARY 2021 NEWSLETTER-ISSUE 2**

PRESIDENT'S MESSAGE

Elections and Zooming - - -

By Blake Crawford

As I write this today, I know of several Chapter members who have appointments for covid-19 vaccinations and several more people in the neighborhood who have received the full dose of vaccine.

Yet as encouraging as this sounds, there are reports of shortages in all 50 states. Many of us will be waiting a little longer to receive our doses. And even when we receive that call we're all waiting for, our job will not be over. We still must stay sharp and contribute to the common good by wearing our masks, avoiding crowds, practicing social distancing, and washing our hands frequently.

And we still must avoid boredom! We will want to meet (and Zoom) with our families, friends, and neighbors. So why not learn to Zoom with your friends in Chapter 1015 in February? (Spoiler: I'm not going to stop asking.)

Our Zoom session in January was certainly better than December's version. Nine intrepid people braved the Internet to hang out, and we tried to pack 11 months' worth of business into two hours. We didn't expect people to stay that long, but they did.

President's Message-continued

We need to elect officers for the remainder of 2021. Cathy Linta-Leader is again our nominating committee chair and will run the process. By now everyone should have received an email on this. Read Cathy's article in this issue for more, and volunteer to run!

Alice Villavicencio drew the winner for the delayed Alzheimer's research drawing. She is Rita Patenaude, not a chapter member but still our lucky winner. She is donating part of her winnings back to Alzheimer's research. Chapter members witnessed the integrity of the drawing via Zoom.

We're going to meet again on Feb. 18 (third Thursday). Once again it's an executive committee meeting that all Chapter members are welcome to attend.

As we get better at Zooming, we will invite guest speakers as we did at Damon's, and look to expand our attendance well beyond single digits.

So if you would like to recommend guest speakers who can entertain or educate our crowd via Zoom at an upcoming meeting, send me or Billie your suggestions.

Finally, please re-read Sherry's and Cathy's articles in the December newsletter.

Then ask me for the Zoom link at blcrawford.29526@outlook.com

2021 ELECTIONS

By Cathy Linta-Leader

Nominations were opened for the Chapter's elected positions of President, Vice President, Secretary, and Treasurer. Nominations were received for Blake Crawford as President, Marci Vogel as Vice President, Billie Nichols as Secretary, and Joe Arsenault as Treasurer. Members will receive either an email or letter requesting additional nominees by February 14, 2021. If no additional nominations are received by February 14, 2021, the nominees listed above will be deemed the successful candidates during the February 18, 2021 Zoom meeting.

If additional nominations are received by February 14, 2021, a ballot listing the contested positions will be emailed/mailed shortly after the February 14, 2021 nomination deadline. Ballots will be tabulated and the successful candidates will be announced during the March 18, 2021 meeting.

Happy Valentine's Day



WEB IMPROVEMENTS

By Cathy-Linta-Leader

Our Chapter's website is now <https://1015.scnarfe.org>, making it more secure than ever. The website was revised to include four pages of information, Home, Resource-Center, Chapter-News, and Contacts. "Home" pretty much remains the same. "Resource-Center" contains the bylaws, and links to members of Congress, NARFE HQ, NARFE advocacy, SC Federation, and the SC Federation current newsletter. "Chapter-News" contains newsletters and minutes. "Contacts" includes the names, titles, and email addresses of officers and committee chairs.

AUDIT COMMITTEE

By Cathy Linta-Leader

An audit of the Chapter's account for the calendar year 2020 and the Alzheimer's account for calendar years 2019 and 2020 will be conducted when safe to do so. The Audit Committee was able to complete the 2019 Chapter audit before the pandemic. The pandemic struck before the Committee could conduct the Alzheimer's account audit.

Sunshine/Membership

Lynn Vos

Happy Birthdays February

**Bruce Lake and Dene Nichols
(And in remembrance of our son Jay
Nichols, 18 February 1957-6 September
2004)**

**and Chapter 1015 member
Robert D. Murphy who passed away
Saturday, January 30, 2021**

Sunshine Grins- of- the- Month are:

- . **Don't tell anyone your problems. 20% of people won't care and the other 80% will be glad you have them.**
- . **I told my friend ten jokes to make him laugh. Sadly, no pun 'in 10 did.'**
- . **What do you call bears with no ears? B!**
- . **What do Alexander the Great and Winnie the Pooh have in common? The same middle name.**
- . **What starts with E, ends with E, and has only one letter in it? Envelope.**
- . **Instead of "the John", I call the toilet "the Jim". That way, it sounds better when I say I go to the Jim first thing every morning.**
- . **Why are frogs so happy? Because they eat whatever bugs them.**

Sunshine Books-of-the-Month:

- . **That Doesn't Mean What You Think It Means - The Most Commonly Misused Words and Their Tangled Histories (Ross and Kathryn Petras). Words like adverse vs. averse, affect vs. effect (my particular weakness), words that have a completely different meaning in today's world than yesterday's. Words like 'nice' used to mean stupid or stupid. Hmmm, maybe that means sometimes we can be too nice for our own good?**

Sunshine Books-of-the-Month - continued

. **Isaac's Storm (Eric Larson again! Love Larson!). A real page-turner about a man, a time, and the deadliest hurricane in history. This occurred in September 1900, in Galveston, TX, and was a hurricane that, to this day, remains the deadliest in history. Meticulously researched, as in all his work, Larson presents the facts, the testimony of scores of survivors, and our latest understanding of the how's, and whys of great storms. Ultimately, it is the story of what can happen when human arrogance meets nature's great uncontrollable force.**

. **Ravensbruck - Life and Death in Hitler's Concentration Camp for Women (Sarah Helm) - A compelling account of the heroism, superhuman tenacity, sacrifice, and exceptional willpower to survive. For every prisoner whose strength failed, another took up the banner to resist through acts of self-sacrifice and friendship, as well as sabotage, protest, and escape. While the core of the book sheds a light on the inside of the camp, it also sheds new light on the evolution of the wider genocide, the impotence of the world to intercept, and Himmler's final attempt to seek a separate peace with the Allies by using the Ravensbruck prisoners as a bargaining chip. A good reminder of the need to be constantly vigilant of events that could wake us out of our comfort zone...**

Legislative Officer Sherry Gainer

And so it begins the 117th Congress and the Presidency of Joe Biden. It has begun as fast-paced as the Trump presidency, too, with 17 Executive Orders being signed on Inauguration Day, many of them reversing policies of the previous administration. Of note is that we now have a Democratic President; a Democratic majority in the House and a 50-50 split in the Senate after Georgia elected 2 Democratic Senators.

Below are the legislative issues that NARFE has prioritized for the 117th Congress, and related actions that have taken place in the first few weeks of the new congressional session.

- **Avoid Cuts to Pay and Benefits**
- **Support Reform/Repeal of WEP/GPO**

HR 82: Social Security Fairness Act of 2021 (Jan 4, 2021)—seeks to amend title II of the Social Security Act to repeal the GPO and WEP; referred to the Committee on Ways and Means

- **Support Accurate COLA for Retirees**

HR 304: Equal COLA Act—would guarantee that FERS and CSRS retirees would receive the same COLA increases, using the CPI-W (for Wages, not CPI-E for Elderly) this bill is a renewal of HR 1254 from the 116th Congress.

- **USPS-Protect Postal Retirees Health Benefits**

The USPS Fairness Act was introduced in the Senate this week to eliminate the prefunding mandate for retiree health insurance premiums; a companion bill was introduced in the House and supporters are optimistic for passage during this Congress; it was passed in the 116th Congress by the House but never voted upon in the Senate.

- **Support improved integration of Medicare/FEHP**

Legislative Officer - continued

President Biden has announced he will focus on controlling the pandemic and its economic effects, climate change, racial equity, and getting another stimulus package to citizens, states, and small businesses.

Notable actions that have been taken by President Biden so far are reuniting with the World Health Organization, rejoining the Paris Agreement on Climate Change, and issuing 42 Executive Orders as of January 29! He certainly has done a lot in the short time he has been there. The Executive Orders have: created a position of COVID-19 Response Coordinator to manage all aspects of the pandemic; extended eviction and foreclosure moratoriums; rescinded previous actions that jeopardized national parks and environmental protections; revoked the Keystone Pipeline XL; strengthened the Affordable Care Act and Medicaid; halted further drilling leasing in the Arctic National Wildlife Preserve; rescinded Schedule F; and reinstated diversity training for government agencies. Hearings are underway on remaining cabinet picks. He has pledged to reinstitute protections for federal employment and unions.

Unfortunately, the impeachment hearing will delay actions in the Senate for an undetermined time, putting cabinet approvals on hold. Representative Tom Rice was one of the few Republicans who did vote in favor of impeaching former President Trump.

It is going to be a very interesting next few months! Be sure to keep in touch with our senators and representative by using the NARFE Action Center

<https://www.narfe.org/legislation/>

Alzheimer's Research Officer

Alice Villavicencio

TIP FOR THE MONTH

OF FEBRUARY

Drink Green Tea

Chinese medicine has used green tea to treat various ailments for centuries. In recent years, researchers have conducted studies that show that long-term consumption of Green Tea is beneficial toward fighting certain diseases, such as obesity, type II diabetes, heart disease, and certain chronic diseases, cancers, and dementia. For an explanation of the type of studies conducted and the methodology used to conduct the reviewed studies, see an article entitled **The beneficial effects of Green Tea: A literature review.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2855614/>.

Other more recent research on green tea consumption, Alzheimer's Disease, and mild cognitive or cognitive impairment, including the below-referenced one in which scientists performed a review of observational studies that examined the connection between the consumption of green tea and dementia, Alzheimer's disease, and cognitive impairment.

Alzheimer's Research Officer - continued

The reviewers applied both reported cross-sectional studies and reported cohort studies (meaning that participants are followed for a long time). Their review of the studies "supported the hypothesis that the consumption of green tea might reduce the risk of dementia." These scientists also stated that further results from cohort studies are needed to determine stronger evidence about the health benefits of green tea. For further information please go to <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6567241/>. Other scientific-based studies on green tea's health benefits related to dementia have been published since this 2019 article.

For information on the winner of our chapter drawing held virtually last month, please see Blake Crawford's (Chapter 1015 President) article in this newsletter.



Service Officer

Sherry Gainer

It is a new year and most of us have been basically homebound for the past 10 months. I have made some good use of this quiet time by cleaning out all the closets, painting, doing home repairs, and learning to Zoom! And of course a lot of reading, cooking, computering and TV watching.

But yesterday I was faced with the realization that I had neglected something very important--making sure that my affairs were in order if I was to become incapacitated.

Oh yes, after I was widowed, I spent the next few years reorganizing my finances and directives with a view of my passing away. I reviewed accounts and beneficiaries, made a new will, POA, healthcare directive, and consolidated what I could with the view of making my estate as simple as possible.

But that information was all known by me, readily accessible, and easily organized, as long as I could find my latest password on that wrinkled paper ha-ha! With the pandemic I see that merely having a Power of Attorney is not sufficient, it is no longer just an 'in case of', it is a real possibility that any of us could be hospitalized for a period of time and not be able to handle our affairs, and even unable to have contact with the person who is doing so.

Service Officer - continued

So it was a real eye-opener recently when I was assisting a member; I went to the NARFE website to look for information and found something I had forgotten all about--the F-100, Be Prepared for Life's Events. I had given these out years ago when I was Service Officer in my Tennessee chapter, but as I had a spouse and a well-organized filing cabinet at that time, I did not use it.

But now I see 22 pages of help! All the information needed, in one file. This great tool had always been available to me but I have spent many hours gathering, listing, copying, worrying, and recreating what was right there for me all along. I was a little embarrassed that I hadn't taken advantage of this great benefit from NARFE but instead created numerous files trying to organize my complete financial life so that someone else would know how to pay my bills etc.

You can fill it out right on the computer, so you can update it any time and it will also be legible.

I downloaded the F-100 right then, it will be such a relief to have my affairs organized and accessible in case I or someone else needs them. I strongly urge you to do the same. Log in to the NARFE HQ website, select Home Page, then on the left, under Officer Resources, scroll down and select Online Reports & Forms. Under Resource Library, select Be Prepared, then download the F-100 Be Prepared for Life's Events.

Peace of mind is Priceless!

**Newsletter Editor
Billie Nichols**

Nominations are due by February 14, 2021, to Cathy Linta-Leader (Nominations Committee Chair) to nominate Chapter Officers for the Year 2021. Instructions on the nomination procedures were sent on January 23rd to all members via email. If you did not receive these instructions please contact Cathy at clintaleader@yahoo.com.

Chapter 1015 membership as of February 7, 2021=149

New member-William Hulvey

New Prospective Member-Charles Engle

**Message from the
Vice-President
Marci Vogel**

Hello all NARFE Members. Hope all are well and still healthy. Let's pray that the COVID virus soon disappears and we can get back to normal doing what we wish to do. I am hoping by April the COVID will be gone. KEEPING MY FINGERS CROSSED.

Well, it is February and I am wishing all a happy Valentine's Day. So let's all celebrate by giving your special lady or man a Valentine's card and gift. Take your Valentine out to dinner. If you go, take care and follow the guidelines. Be safe. The restaurants in the area usually have a special meal for this occasion. So let's go.

Till we meet again (which I hope will be soon) Stay safe, keep your distance, and wash your hands.

Marci

