



CLAY COUNTY CHAPTER 1414
ORANGE PARK, FL
NARFE "NEWS UPDATE"



Serving Retired and Active Federal Employees

FLag Day 14th

No 6-23

Issued monthly except August

June 2023

NEXT MEETING

DATE: June 13th, 2023 *2nd Tuesday*
PLACE: *Whitey's Fish Camp, 2032 Co Rd 220, Fleming Island*
TIME: 11:30 PM
PROGRAM: *Social Luncheon*
SPEAKER: *Small Committee Reports*



Monthly Mtg. 3rd Tuesday every month, except July and August, 12:30 PM, OP Library)

PRESIDENT	KEITH BASS	631-9085
1ST VICE PRES.	SUSAN PARKINS	272-0423
2ND VICE PRES.	MARILYN HOLLOWOOD	264-3486
SECRETARY	EILEEN WADDING	772-8431
TREASURER	EILEEN WADDING	772-8431
EXECUTIVE BD.	DEE STEPHENS	276-1067
EXECUTIVE BD.	WILLIAM FLEMING	387-6379
SGT-AT-ARMS	GEORGE TOWER	707-1164
PUBLIC RELATIONS	SCOTT STOVER	
SERVICE OFFICER	MARILYN HOLLOWOOD	264-3486
LEGISLATIVE CH	CHERRY LIGHTNER	955-5599
SUNSHINE CH	LOIS LAMBERT	288-1432
PARLIAMENTARIAN	SUZANNE TOWER	707-1164
NEWSLETTER ED	MARY BERNING	282-0938
Nsitr DISTRIBUTION	MARILYN HOLLOWOOD	264-3486
ALZHEIMER'S CH	WILLIAM FLEMING	384-6379
NARFE-PAC CH	DORIS SMALL	272-2931
RECRUITING	SUSAN PARKINS	272-0423
BIRTHDAY CH	SUZANNE TOWER	707-1164
CHAPLAIN	LINDA FLEMING	783-0197
PAST PRES.	MARILYN HOLLOWOOD	264-3486

PRESIDENT'S MESSAGE

Keith Bass
 President, Chapter 1414
 NARFE Clay County



Well summer is here with it already being hot and rainy even though we are still in May. But the afternoon showers are relaxing and really cools things down. I love the rolling thunder and watching a approaching storm makes one appreciate all refreshing comes from the One who created it.



FUTURE EVENTS

June 13th (2nd Tues.) Chapter Mtg.
11:30 Whitey's Fish Camp, SR 220

June 20-22 - LEGcon23 see pg.3

September 19th (3rd Tues.) Chpt. Mtg.
 Orange Park Library

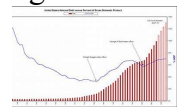
NARFE's Mission Statement

To support legislation beneficial to current and potential federal annuitants and to oppose legislation contrary to their interests.

To promote the general welfare of current and potential federal annuitants by advising them with respect to their rights under retirement laws and regulations.

To cooperate with other organizations and associations in furtherance of these general objectives.

As of late, Congress is still haggling over the **raising the debt ceiling** and avoid a government shutdown on June 1st while the President is over attending the G7 summit in Tokyo. The majority wants to bargain with **taking away costly worker safety measures already in place** as a way to save money but this **will compromise** many making **workplaces** less safe and increases injuries. This should never be part of any negotiation on the budget.



Our **May guest speaker** was a **detective** from the **Orange Park Police Dept.** talked about **safety for seniors.** Mostly highlighted on credit card fraud, phone scams, how to stay safe in public places, and social media usage.

Thanks **Marilyn** for the great ice cream coke and root beer floats you made for us to enjoy!

We celebrate Flag Day June 14th, Fathers Day June 18th, and Independence Day July 4th.



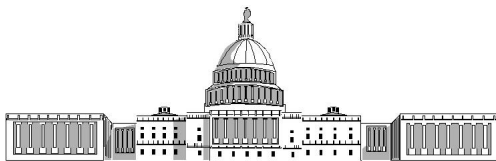
**June 13th
Social Luncheon**
at
11:30 @ Whitey's
Fish Camp, 2032 Co
Rd 220, Fleming
Island.

Come for a relaxed lunch and dress casual.

We will have just a short meeting with just the key chairman reports, President's message, but no keynote speaker. Come enjoy some seafood as we prepare to take a break for summer.

Have a great summer and be safe out there! We want to see you at our next meeting in September.

LEGISLATION - Cherry Lightner



Representative Aaron Bean's
next meeting: **May 24, 2023**
(6 pm - 7 pm @ 1-888-409-5380)
Live Questions of concern are welcomed.

DC office: 1-202-225-0123

Anyone may sign up for his newsletter. I will brief you immediately of any issues that may affect NARFE benefits and or concerns.

SERVICE - Marilyn Hollwood

The BIG ISSUE remains -WEP/GPO!

Remember, your Social Security is most likely affected by these unfair programs if you are a CSRS RETIREE! NARFE CONTINUES the fight to get this unfair practice repealed!

The best method is contacting your congressman, let them know how important the repeal action is for we 'seniors', Without our voice speaking loud and clear, we will continue to be 'lost in the woods'. Every action COUNTS!



Action started on a roll before the last congressional session ended, but **with the new year, it had to start over!** By you letting your congressman know your awareness of the situation, it remains one of the main things we can do as the 'grassroots' folks! Phone calls, mail, e-mails - lets swamp them with our thoughts on this ITEM!



Susan Parkins, NARFE
Federation Membership Chair

Attention Please:
Welcome to our new FL NARFE **Members Website.** Visit often at:
<https://www.FLNARFE.com>

Here you will find many easy real time benefit connections, notifications, campaigns, blog tips, marketing ideas or help input forms, and mostly ZOOM training at your finger-tip, from where ever you are!

Something new too! **New members Orientation!**

Improve NARFE Members services and communication by taking a few minutes to add or **update** your **Email address and phone#** on NARFE Data profile. It is a critical need that can help us help you BETTER.

Ways to update your data Profile Change:

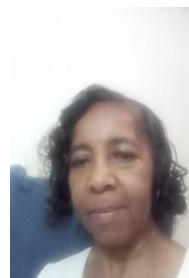
- (A) Call 1-800-456-8410 Opt-1
- (B) Email to: Memberrecords@NARFE.ORG
- (C) Use our new members website to submit the update. <https://www.FLNARFE.COM> - On the site select the FL members upper menu - Then, select drop down menu - member marketing input form - under purpose drop-down, select Email update.

As of 5-17-2023

Total **Current Chapter Members** **157**
Total National Members in Chapter Area **77**
Total Chapter plus National Members **234**

New Membership

Curtis Evelyn	Barbara Hemmings	Beverly Taylor-Mack
Chapter 1414	Chapter1414	Chapter 1984

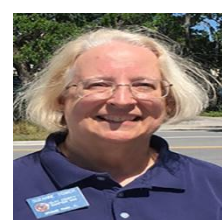


We Send Congratulations In Recognition



Mary Baugh

Suzanne Tower



Chapter 1414

Chapter 1414

“OUT STANDING CONTRIBUTIONS TO NARFE”

NEWSLETTER UPDATE - Marilyn Hollowood

FOR YOUR INFO - NEWSLETTER DISTRIBUTION

The first attempt to utilize e-mail and USPS to distribute our monthly newsletters was fairly successful. Had about 50% each, e-mail/USPS. If this method remains constant, we will continue. IF YOU PREFER THE OTHER SERVICE, I.E., MAIL OR E-MAIL, AS YOU RECEIVED THIS PAST MONTH, contact me (904-264-3486) and I will switch over to YOUR PREFERENCE, your choice! The source for both addresses and e-mails was taken from the Headquarters reports, so if anything needs to be updated, please advise us accordingly.



(Note: These were the USPS LETTERS returned: Martha Forbes, Alvin Eckhardt, Laurence Lehman and Rebecca Washington-do you know them?)

SUNSHINE - Lois Lambert



A Sympathy card was sent to **Eugene Albrecht** family. **Mr. Albrecht**, who lived in Punta Gorda ,passed recently,

If you know anyone we need to acknowledge for any reason, **Call LOIS 904-288-1432.**

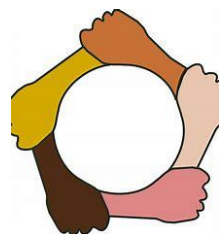


THE POLITICAL "ARM" OF NARFE
Doris Small



“NARFE Partners With Other Groups When Possible to Support Feds”

NARFE Advocacy Department staff members are regular participants in a series of coalitions. NARFE is a major force in uniting others and offering our cooperation in working for the common good. The department is engaged in regular coalition activities through the Federal-Postal Coalition, a coalition of more than 30 national organizations (unions, Management Oassociations, professional associations, retiree/advocacy groups) that collectively represent 5 million federal and postal workers and retirees. Most recently, these groups joined forces to target the “evil twins” Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP) that delete or diminish the Social Security benefits of



so many federal, state and local government retirees.

(Excerpt from NARFE Magazine May 2023, page 4
From the President William Shackelford)

ALZHEIMER’S UPDATE - Bill Fleming

Dementia and Fall Risk

A recent study at Johns Hopkins School of Public Health suggests that people with dementia are twice as likely to fall and three times more likely to have serious fall related injuries as people who do not have dementia.



Three characteristics associated with likelihood of falling among those with dementia are:

1. History of falling during the previous year
2. Impaired vision and
3. Living with others vs living alone

(source: Dementia and Fall Risk, *Focus on Healthy Aging, May 2023* Icahn School of Medicine at Mount Sinai)

Some things that can be done to minimize fall risks include:

- Keep people with dementia as active as possible; people who are mobile are less likely to be injured from a fall
- Keep pathways free of clutter
- Remove small throw rugs or use double-sided tape to keep rugs from slipping
- Equip bathrooms with slip resistant strips and shower grab bars
- Install handrails and lights on all staircases
- Use nightlights in bathrooms, bedrooms, hallways and stairways

These and other tips can be found at [safety-20-minimizing-risks-of-falls.pdf \(alz.org\)](https://www.alz.org/safety-20-minimizing-risks-of-falls.pdf)

The **Annual Walk To End Alzheimer’s** is scheduled for **Saturday, November 4th 2023**. I plan to register and represent NARFE Chapter 1414 with your approval.



News from NARFE - LEGcon23

Register for LEGcon23: June 20-22 for NARFE’s **Virtual Legislative Training Conference**

Registration has opened for NARFE’s virtual legislative training conference, LEGcon23, which is **scheduled for June 20-22, 2023**, with



a pre-training “**Know Before You Go**” session on **June 14 to familiarize registrants with the procedure and instructions** for their successful participation in the conference and the virtual visits with lawmakers. Register today.

At LEGCon23, NARFE’s premier grassroots training event, NARFE **members will learn to advocate for NARFE’s legislative priorities** and be an active participant in protecting and defending their federal benefits. After **a day and a half of virtual trainings**, the conference **culminates with a virtual lobbying day**, when you will talk directly to your lawmakers and/or their staff about NARFE

issues. In addition to preparing you for those meetings, the trainings **will help** you implement bold ideas to **improve your advocacy skills** and become a more influential advocate by building and sustaining relationship with key decision-makers.

Register today and join the fight to defend and advance your earned benefits. The member registration **fee is now \$150.**

[Registration - legcon.narfe.org](http://legcon.narfe.org)

(National Active and Retired Federal Employees Association <communications@narfe.org) **Mar.14, 2023**

ON BEHALF OF CHAPTER 1414 WE WISH A MOST ENJOYABLE BIRTHDAY to the following members celebrating **June** birthdays.

02 Jean Webb
09 Ralph Cocciolo
11 Polly M. Krause
11 Carol Begue

14 Kenneth J. Krulish
17 Marjorie E. Filzen
19 James T. Hundley



We greatly appreciate the generosity of our members who contribute to the Birthday Fund. Your contributions make the publication of this newsletter possible and help keep our chapter dues low. There are many members who celebrate their birthdays each month and whose names are never published in the newsletter. We want to recognize **all members** who celebrate their birthday. Unfortunately, National does not send member's date of birth so **we have to rely on members to furnish this information.** If you have not seen your name published, or if your birthday has been entered incorrectly, please call **Suzanne Tower 707-1164** to correct information.

We have established the **15th of the month as the cut-off date** to furnish the donor's names to our Newsletter editor. All donations received after the 15th will be acknowledged in the next month's newsletter. If YOU would like to be a contributor to our "birthday" recognition fund, send check payable to:

**"NARFE CHAPTER 1414" AND MAIL TO:
Eileen Wadding, Treasurer,
7548 Legrande St. S.
Jacksonville, FL 32244-1632.**

The following members donated to the Birthday Fund: Martha Reed, Michael Songer, Raymond Zerba, Albert Hatcher, and Roger Sparks.

TOTAL \$115.00



DISCLAIMER
REQUIRED BY THE IRS
Dues payment and gifts or contributions to NARFE are not deductible as charitable contributions for Federal Income Tax purposes.

June 2023

**Clay County Chapter 1414
2748 Birchwood Dr.
Orange Park, FL 32073**

**GUARDIAN OF INDEPENDENT
FEDERAL RETIREMENT**