

**National Active & Retired Federal Employees  
Chapter #331  
York, Pennsylvania  
Newsletter July/August 2020**

**FROM THE PRESIDENT**

Still religiously “hunkering down”. I have not had a haircut since just prior to Christmas. You can’t tell the difference between myself and Boy George now except that his hair isn’t as distinctively mature colored as mine. As I write this newsletter, York County has now been under the green phase for a week. I can get a haircut, but do I want one? If I grow a beard to match the shaggy hair style, I could look like an “old cave man” as seen on GEICO ads.

The green status has allowed restaurants to open for indoor seating, and this includes the Meadow Hill Restaurant. Joanne and I had lunch there today and talked to the new management. The restaurant must still adhere to COVID-19 health protocols. They ask that customers wear a mask until seated before taking it off. They have removed several tables and marked some counter chairs ‘not in use’ to comply with 6 ft. social distancing, the restaurant staff all wear masks, you can sit outside under a tent installed in the parking lot if you would like, and the back ‘meeting’ room is currently limited to 30 people or less. The staff expressed a pleasant response at the prospect of having regular customers return after the pandemic forced closure. Based on this experience, I would like to resume our monthly meetings starting with our July meeting at the regularly scheduled date and time – July 14<sup>th</sup> at 12 noon. Mark your calendar and plan on attending, and bring your mask to comply with COVID-19 rules.

Another insight from June Lloyd. A quick lesson about autoimmune diseases and COVID-19. It is a disease where instead of your white blood cells protecting your body from invaders, they turn around and attack your cells, tissues and organs. Chronic fatigue is another symptom. It is not a cold or flu, you will never get better, and even a nap will not help. Just eating a salad and hitting the gym won’t slim your face or get the pounds off. Sleeping 10 hours doesn’t leave you well rested, ever. Changes in plans caused by that “just got ran over” feeling never makes appointments, it just walks in whenever you aren’t ready. Painful joints, muscles and bones, dry skin, breaking hair, hair loss, mood swings, and depression are just the tip of the iceberg. You are also prone to having multiple autoimmune diseases, easily caught viral and bacterial infections. You have days where, no matter how hard you try, you just can’t smile for anyone.

I urge you to think twice before passing judgement and thinking our nation is overreacting to the extra measures being taken to curb the spread of this virus. YOU might be able to recover from it with no problem however, carry it to SOMEONE WITH A PREEXISTING CONDITION OR AN AUTOIMMUNE DISEASE and that person won’t be as lucky. In

consideration of someone who is fighting Asthma, Addison's disease, Rheumatoid Arthritis, Fibromyalgia, Lupus, Hepatitis, Diabetes, CROHN's disease, MS, and many other autoimmune diseases, think and respond responsibly. Remember social distancing, wearing a mask, staying at home, and getting tested when needed, IT'S NOT JUST ABOUT YOU!

Jim Dine, President

## CHAPTER MEETING/PROGRAM NEWS

Tuesday, July, 14 2020

NARFE Chapter 331 meeting will be at the ***Meadow Hill Family Restaurant*** located at **2935 E Prospect Rd., York, PA 17402** the meeting is at **12:00 noon**. Order from the menu. Please leave a tip for your waitress. Joan Groh with Hospice & Community Care whose topic will be Making Your Wishes Known: A Living Will May Not Be Enough. I want to thank Joan for continuing to work with me during the Covid-19 Virus.

Tuesday, August 11, 2020

NARFE Chapter 331 meeting will be at the ***Meadow Hill Family Restaurant*** located at **2935 E Prospect Rd., York, PA 17402** the meeting is at **12:00 noon**. Order from the menu. Please leave a tip for your waitress. I haven't confirmed anyone for our August program. I kept having to move Joan because of the virus. Does anyone have any suggestions for a program?

### Senate and Congressional Contacts

*U.S. Senator Bob Casey: (717) 231-7540 (Harrisburg) or (202) 244-6324 (Washington, D.C.)*

*U.S. Senator Pat Toomey: (717) 782-3951 (Harrisburg) or (202) 224-4254 (Washington, D.C.)*

*Congressman Scott Perry: (717) 603-4980 (Harrisburg) or (202) 224-6324 (Washington, D.C.)*

*Congressman Lloyd Smucker: (717) 393-0667 (Lancaster) or 202-225-2411 (Washington, D.C.)*

### Chapter Officers

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