



National Active and Retired Federal Employees APPLETON-FOX VALLEY CHAPTER 437 NEWSLETTER

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From Merlin Sanderfoot, President

Here come the frauds: From bogus vaccine kits to “Silver Solution,” coronavirus cons begin. This is the headline from the WisconsinWatch.org – a nonprofit newsroom that focuses on government integrity and quality of life issues. Hopefully, you won’t mind my deviating from our normal NARFE congressional legislation issues. The swindles have begun. As Americans struggle to cope with the spread of COVID-19, they will also need to brace themselves for “disaster fraud” – those cons that rely on post-catastrophe chaos to separate people from their money. The Justice Department filed its first enforcement action against a website peddling non-existent World Health Organization kits.

A person has been charged by federal prosecutors with trying to peddle fake coronavirus cure to his social media followers (2.4million) and soliciting investors for the scheme.

This past Wednesday a U.S. attorney charged an actor for trying to line up investors for pills he claimed would make people immune to the virus and injections for those already infected

Jim Baker, the televangelist, was ordered to stop selling colloidal silver called Silver Solution which he stated were preventions for contracting COVID-19. Another, a radio host selling so called anti-coronavirus toothpaste on his show.

There are also a number of fake charitable solicitations, which tend to arise in the early stages of recovery. In the days following 9/11, dozens of websites cropped up claiming to take donations for victims, only to keep the money.

And, you know what will be next, the stimulus money.

Stay alert and wait word from Lee on our next meeting. Stay Healthy!

FROM TOM BUSS, LEGISLATIVE OFFICER

2019 Wisconsin taxes: Did you know that Social Security and Military Retirement benefits are exempt? CSRS/FERS retirement benefits are exempt if individual’s account was established before 1964. Additional personal exemption of \$700.00 and a deduction of \$250.00 if age 65+. Wisconsin ranks 43rd in combined state and local sales tax rates (5.46%). The highest is Tennessee (9.53%). The lowest is Alaska (1.76%).

HAPPY BIRTHDAY TO:

There are no birthdays in this time period.

HAPPY ANNIVERSARY TO:

ALAN & MARGARET KRUEGER MAY 9TH
MR. & MRS. TOM STILP MAY 9TH

These are all the Birthday and Anniversaries I am aware of. If I have missed someone, please let me know.

FROM THE DESK OF LEE BENNER

Well, what an interesting 2 months we have had. I hope I reached everyone before our last meeting, so that no one showed up at the meeting place to find out we were not there. Your officers decided, that it was in the best interest of all of our members to call off our meeting in March, and now with the situation even more serious, we are again calling of the April meeting. With the "SAFE AT HOME" order in place, we are asking all of our members to do just that. With so many more new cases of COVID 19 showing up everyday, we want all of you to please be safe and stay at home. I am sure you are all aware of the restrictive policies that have been put into place to try to stop this virus, which is now a world wide pandemic.

Too many people are not taking this seriously and therefore the virus is spreading like wild-fire. I also know that some of the larger numbers are because there are finally more testing kits to reach more people. If we all do what we can, we can hopefully squash this disease.

I, myself have had a very good experience during this time. As most of you know I have had to have blood work done every week or at least every other week. For the month of March and so far for the month of April, when I have had to go for blood work, I haven't had to leave my car. When I arrive at my doctor's office, which is Primary Care Associates of Appleton, I have not left my car at all. When I get to the office, I pull up under the overhang and call the office. Tell them who I am and what I need, and within a few minutes, there is a nurse, with all of the protection equipment on, coming out to my car, gets ready to do the blood draw and within a matter of a couple of minutes I am on my way. The same way with my pharmacy, Northland Hometown, and they don't have a drive-up window, I call them when I am out front, tell them my name and yesterday they didn't even bring out the credit card reader. They took my information and almost immediately came out and handed me my meds and I was again on my way. Amazing how they have become so well organized with this pandemic.

Bud has informed me that the McDowell Chours concerts have been postponed until this fall. More when we know more about how this all shakes out.

Further on in this unusual newsletter, I will be enclosing a double sheet of instructions so if there is anyone out there who can sew, you will be able to sew yourself and your family members a mask to keep you safer when you are outside your home, which is now what the health officials are recommending.

If you don't sew, another idea is to take a large, what we used to call a farmers hankerchief, and fold it diagonally so when you are finished folding, it will be wide enough, from top to bottom to cover your nose and your mouth and you tie it behind your head, sort of like a cops and robber mask. I wear mine all day long, but have it just around my neck, so when I go outdoors, I can pull it up to cover my nose and mouth.

Any way you can think to have your nose and mouth covered while outdoors, even in your own yard, so you won't breath in any particles of dirt or possible infection which is in the air.

Stay safe and well everyone, until we can once again gather together for our meetings, and some socializing.

Fifty ways to beat COVID-19

**Don't hop on the bus, Gus,
Stay away from the pack, Jack,
Sneeze into your sleeve, Steve,
To keep virus free.**

**Stop touching your face, Grace,
Stay back to six feet, Pete,
Keep washing your hands, Stan,
And heed CDC.**

**Don't visit your Gran, Jan,
Wipe down every toy, Roy,
Don't hoard all the food, dude,
Please buy sensibly.**

**Just use some Purell, Mel,
Keep wipes near at hand, man.
Don't listen to John, Don -
You don't need more TP!**

**This isn't Spring Break, Jake,
Stay home if you're sick, Dick,
Just follow the rules, fools,
And stay virus free!**

Versatile Face Mask Pattern

TheCraftyQuilter.com

Face mask size: This face mask is one size only. It will fit most adults. If you want to make it larger, I suggest adding 1/4"- 3/8" on all sides to start. If you want to make it smaller, subtract 1/4" - 3/8" from all sides.

See my [Versatile Face Mask Tutorial](#) for more information such as supply details, expanded instructions and more photos.

Materials:

- Two 8" cotton fabric squares for outside of mask, washed and dried
- Two 8" cotton fabric squares for inside of mask, washed and dried
- 1/4" elastic or 1/4"-3/8" wide grosgrain ribbon or double-fold bias tape or hair ties
- wire or pipe cleaners or twist ties (optional)
- filter (optional)
- pencil or other fabric marking tool
- sewing machine
- scissors
- printed face mask pattern

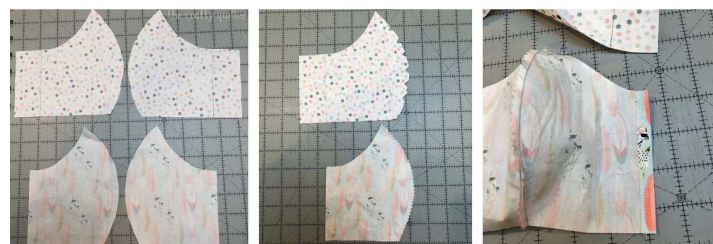


Assembly Instructions

1. Cut out inner and outer face mask pattern pieces on the solid lines (includes 1/4" seam allowance).
2. With fabric right sides together, pin pattern pieces to fabric or trace cutting lines onto fabric. Cut out inner and outer face mask pieces.
3. Transfer solid casing line (1 1/2" from raw edge) onto the wrong side of outer face mask pieces using pencil or other marking tool.
4. With right sides together, sew 1/4" seam along the inside center face mask pieces. Repeat for the outside center face mask seam.
5. Cut notches into the curved seam allowance just sewn or use pinking shears to trim curved seam allowance. This will reduce bulk and help the seam to lay flat. Gently press to one side.
6. Turn under 1/4" along the short side edges of the inner face mask and press. Stitch in place.
7. With right sides together, pin inner and outer face mask pieces along upper edge, matching center seam. Stitch using 1/4" seam allowance (backstitching at the beginning and end).
8. Clip seam allowance. Turn right side out and press seam, extending 1/4" fold along the outer face mask edge.
9. Top stitch upper seam edge in place 1/8" from folded edges.
10. Repeat step 7 on the bottom edge – right sides together and matching the center seam.
11. Clip seam allowance on both sides of center seam.
12. Turn right side out and press as before.



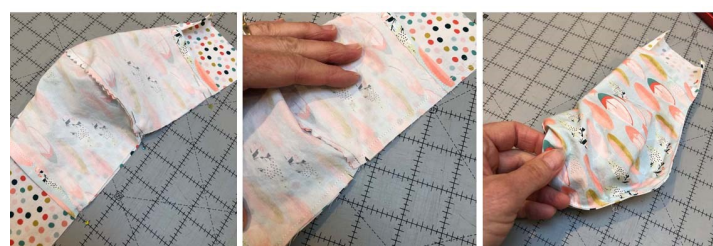
Steps 1-3



Steps 4-6



Steps 7-9



Steps 10-12

13. Turn under 1/4" along the short sides of the outer face mask and press.
14. Fold this edge again (5/8") so that it meets the pencil line and press.
15. Stitch along the inner folded edge, creating a casing for elastic or ties.
16. Add elastic or ties to the mask. If you have elastic, cut a 12" length and thread through the side casing. Tie a knot and adjust it as needed. Once it's comfortable, you can slide the elastic around so the knot is inside the casing (optional).
17. If you're using hair ties, you can cut them in half and sew them to the outside instead of feeding them through the casing. Otherwise, you will have to place them into the casing before stitching the casing seam closed.
18. For ribbon or fabric ties, you can attach them two ways. The first way (my preference) is to sew each one to a corner of the face mask. The length should be about 16" each. This takes a little longer to put the face mask on, but it's adjustable, the mask sits tight against the face and it makes it easy to remove the mask partially without having to completely remove it.
19. The second way to attach ribbon or fabric ties is to thread a longer tie (36") through the casing on each side and tie behind the head. This method is more difficult to tie it behind the head tightly. It also gathers the short sides of the face mask which might give you a better fit but it also can create gaps.



Steps 13-15

Steps 16-17



Step 18



Step 19



Optional nose wire: Cut a length of wire or pipe cleaner to 3 1/2". Turn under the ends a tiny bit and crimp so that there are no sharp edges. I used thin florist wire so I folded a 6 1/2" piece in half and covered the exposed ends with electrical tape. Sew a channel for the wire 1/4" away from the upper edge stitching and about 1 1/2" on either side of the center seam. Insert wire through the side opening. Stitch channel ends closed or leave one end open if you want to remove the wire prior to washing.

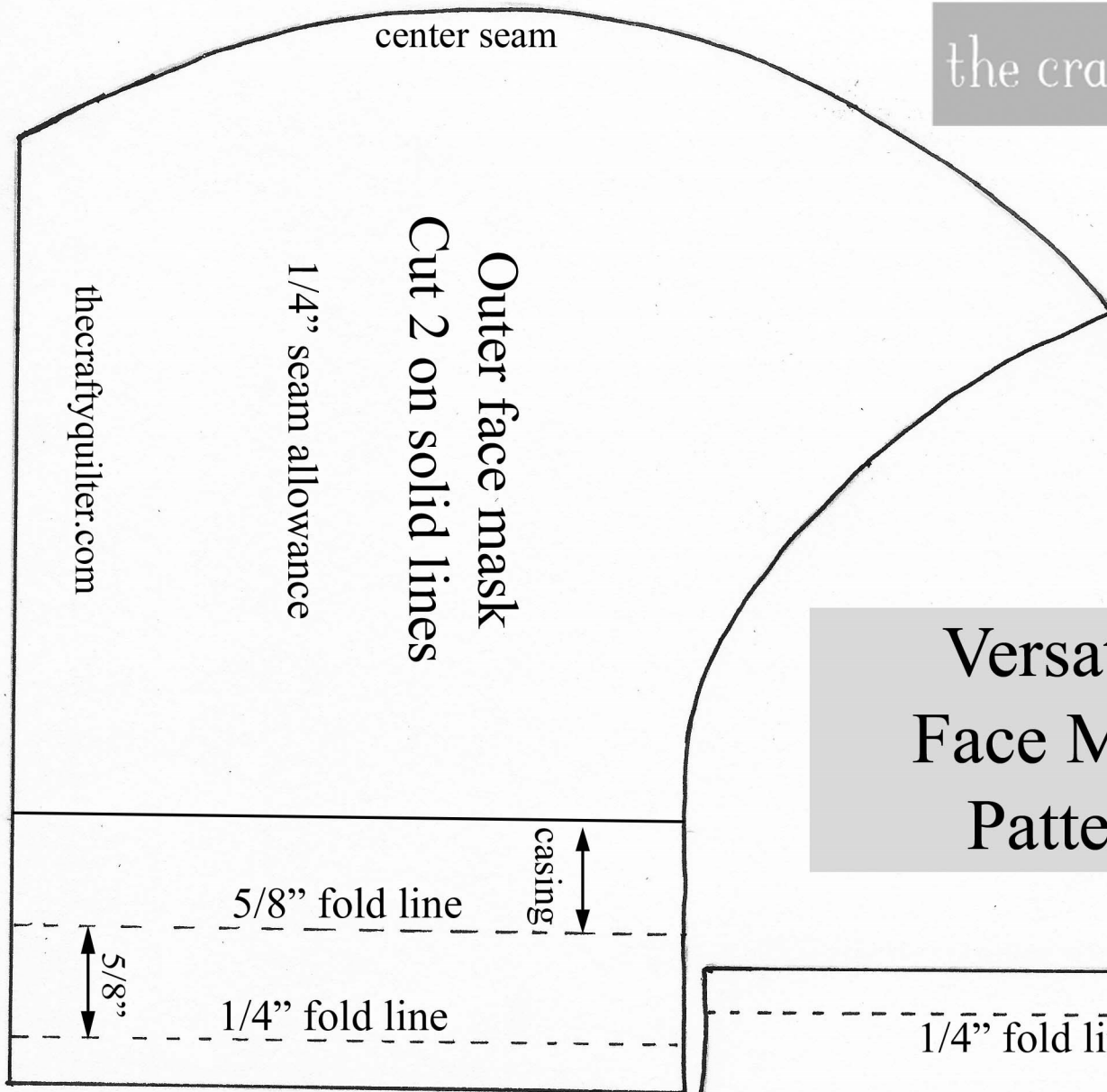
Optional Filter: A filter or another layer of material can be inserted at this point. Since I don't have access to any filters, I've used some interfacing just for example purposes. I cut a rectangle 5" x 7" and then cut a curve on both top edges by estimating it (eyeballing it). Use the pattern as a guide. You can also fuse interfacing to the outer face mask pieces at the beginning of mask assembly.



Nose wire



Disclaimer: This pattern has not been tested. If you find a mistake, please let me know. This face mask is not considered personal protective equipment (PPE) and should be used only if nothing else is available.



Versatile Face Mask Pattern

one
inch

Print at actual size
No scaling

