

# Hot Flashes

July 2021

*Fairfax County Retired Employees Association*

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## ***Chairman's Message***

This time last year, we were essentially “sheltering in place” wondering when we could safely go out into the world again. Happily, the New Year brought the long-awaited vaccine, and things are getting back to a “new normal.” I hope all of you have received your vaccination, because it is time to follow the example of the cicadas and spread our wings!



We hope to have our annual picnic in September. Since it will be outdoors, it will be safe for everyone. We also hope to have our Holiday Party in December, while continuing to follow all COVID protocols. Won't it be great to get together with all our buddies again! A location hasn't been finalized yet, but we are working on it.

What was your first voluntary “outing” after you got your vaccination? Was it visiting with grandkids? Going out to dinner? Didn't it feel GREAT! Share your “adventure” with your fellow retirees in Hot Flashes. Just email it to our great newsletter editor, Chuck Higdon, at [FCREA99@gmail.com](mailto:FCREA99@gmail.com), and he'll take it from there. It doesn't have to be a long story; a paragraph will do. We need to celebrate our happy times together!

That's my news for this issue. Enjoy your summer!

Sincerely,

Pam Martin, Chairman  
Fairfax County Retired Employees Association

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***Retiree enjoying retirement***



In this section, we ask you to share something that may be of interest to other retirees. Please send them to [FCREA](#) and as space is available and relevant, they will be published.

Our thanks to Karen J. Harwood for the following:

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### **Partying On in the Face of COVID-19**

When the COVID-19 virus hit the United States in March 2020, each of us found ourself facing a strange new world to which we had to quickly adapt. What to do? Learning to live the life of an isolationist required quite an adjustment, especially for us extroverts.

Since March 2020, I have watched so much British Public Television (WETA-UK) that I have become an expert at identifying the now-familiar faces of British actors who appear in a variety of excellent series broadcast on WETA-UK. I will be watching a British mystery or drama and will recognize an actor who has starred in other British series. Of course, I usually cannot remember the names of those other series, so I interrupt my mahjong solitaire game (double-tasking on my laptop while I watch TV) and track down the information on the Internet.

I am sure that I am not the only retiree who attributes learning to Zoom, GoogleMeet, or FaceTime to our efforts to keep in touch with friends and family as we adapt to living with the virus. Since March 2020, I have had a standing FaceTime happy hour with five friends at 5:00 pm, every Friday. We have enjoyed getting together in this way so much that we will be continuing with the Friday FaceTime happy hours after all COVID-19 restrictions will have been lifted.

As some of the COVID-19 restrictions began to loosen up this past Spring, I joined fellow Fairfax County retirees Susan Mittereder (Director of Government Relations, ret.) and Brenda Gardiner (Health and Human Services Policy/ Info. Mgr., ret.) for a week in the Outer Banks. We rented a beautiful house in Duck and enjoyed reading and walking on the beach and exploring the many towns and villages connected by the main highway in the Outer Banks. On one particularly clear night, we saw the International Space Station fly right over where we were staying!



*Karen Harwood, Susan Mittereder and Brenda Gardiner*

No stay in the Outer Banks would be complete without a visit to the Bodie Lighthouse in Cape Hatteras. Sue, Brenda and I leisurely explored the grounds. Eating out in good restaurants also provided a welcome change.



*Karen Harwood, Pat Taves, & Jane Gwinn*

The eating out bug still has its hold on me. Most recently, on June 8, 2021, I met fellow Fairfax County retirees Jane Gwinn (Zoning Administrator, Department of Planning and Zoning, ret.) and Pat Taves (Deputy County Attorney, ret.) for lunch at Artie's, near Fairfax Circle. Randy Greehan, Pat's law partner, joined us. We had a wonderful visit as we

reminisced over the many years that we worked together. Our visit was a bit bittersweet, however, because we had to say "goodbye" to Pat. He and his wife Peggy sold their Fairfax City home and bought a home in Maui, Hawaii.

As the COVID-19 restrictions hopefully continue to ease, I will look forward to more opportunities to meet up with my former County friends. Here's wishing each of you good health!

*Karen retired from the Office of the County Attorney in 2009.*

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## ***Fairfax County COVID-19 Vaccine information***

*The following is from Jeffrey C. McKay, Chairman, Fairfax County Board of Supervisors' May 27th [newsletter](#).*

We have big news to share this week - over 74% of Fairfax County residents ages 18 and older have received at least one COVID-19 vaccine dose! This is just over 56% of all County residents.

You can review our vaccine data [here](#) and our COVID-19 case data [here](#).

While we still have work to do, I'm excited to share our progress with you. Our community has worked so hard to slow the spread of COVID and I want to thank you for your dedication to that this past year plus. It was never easy.

That said, for those of you who are not yet vaccinated or know someone who is not yet vaccinated, appointments are available across the County for those 12 and up. As I have said since the beginning, we will only stop this virus together. Sign up for an appointment now through the [Fairfax County Health Department](#) or [any location](#) near you.

**Fairfax County COVID-19 Vaccine Website**

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***Fairfax County Retirement Systems***

## Announcements from the Retirement Systems Office:

Now that vaccines are more widely available, we are pleased to offer limited in-person access to the Retirement Systems office! We will allow two members in the lobby at a time and ask that you maintain social distancing. If you have not been vaccinated, please wear a mask.

**Walk-in hours** are Monday through Friday, 11am – 2pm. This time is perfect for handing in forms regarding changes to your address, tax withholding or direct deposit account. We will not be available for walk-in visits to discuss detailed benefit or account information. If you require more assistance, please call your Payroll Specialist. If you prefer, forms and a locked Drop Box are still available outside our office door. Our main phone line, 703-279-8200, also will be open during this time.

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The **MyRetirement Account** (WMS) FairfaxNet link is facing new restrictions to increase security to the internal network. The new restrictions will require the use of your personal email and a verification code that will be sent to that email address. A “Microsoft Invitation on behalf of Fairfax County Government” was sent out to Retirees in June and will be a continuing process for all incoming Retirees. Instructions on what to expect when you accept the invitation can be found on our website at <https://www.fairfaxcounty.gov/retirement/microsoft-invitations>.

Please note: this does not change how you log in to your MyRetirement Account (WMS). This is only for FairfaxNet, which is used for things like participating in MotivateMe. If you have not used or do not intend to use FairfaxNet, then you do not need to accept the invitation; but if in the future you need to use the FairfaxNet link and haven't already registered your email, it can take up to 24 hours to process a new request.

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Finally, remember that the **cost-of-living-adjustment (COLA)** will be applied to your July 31 benefit payment. Pay advices will be mailed to all retirees. This year, the COLA is 2.6%. It is calculated on your base benefit and any prior COLAs.

Be safe and healthy.  
Retirement Systems Team



## ***The Meaning Behind the Flag – Folding Ceremony***

**Have you ever noticed that the Honor Guard pays meticulous attention to correctly folding the United States of America Flag 13 times?**

The flag-folding ceremony represents the same religious principles on which our great country was originally founded.



1. The first fold of our flag is a symbol of life.
2. The second fold is a symbol of our belief in eternal life.
3. The third fold is made in honor and remembrance of the veteran departing our ranks, who gave a portion of his or her life for the defense of our country to attain peace throughout the world.
4. The fourth fold represents our weaker nature; as American citizens trusting in God, it is to Him we turn in times of peace, as well as in times of war, for His divine guidance.
5. The fifth fold is a tribute to our country. In the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right; but it is still our country, right or wrong."
6. The sixth fold is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.
7. The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies, whether they be found within or without the boundaries of our republic.
8. The eighth fold is a tribute to the one who entered into the valley of the shadow of death that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
9. The ninth fold is a tribute to womanhood, and Mothers. It has been their faith and their love, loyalty and devotion that have molded the character of the men and women who have made this country great.
10. The 10th fold is a tribute to Fathers, who also have given their sons and daughters for the defense of our country.
11. The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies the God of Abraham, Isaac and Jacob.
12. The 12th fold represents an emblem of eternity and glorifies God the Father, the Son and the Holy Ghost.
13. After the 13th and last fold, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a

cocked hat, ever reminding us of the soldiers who served under General George Washington and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they enjoy today.

There are some traditions and ways of doing things that have deep meaning. In the future, you'll see flags folded and now you will know why.

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## **Good Security Tips**

Looking to sink your teeth into some good security tips that you can actually apply? Check out these tips. They are all FREE to use. Applying these tips feels just as good as digging into a plate of hot, fluffy, syrupy pancakes.

Add your phone numbers to the national Do Not Call Registry at [www.donotcall.gov](http://www.donotcall.gov) or by calling 1-888-382-1222. Since February 2008, these registered telephone numbers will no longer expire off the list.



Examine your financial institution statements immediately upon receipt to determine whether there were any unauthorized transactions. Report any unauthorized transactions that you find immediately to your bank or financial institution.

Each year, you are entitled to one free credit report through [www.annualcreditreport.com](http://www.annualcreditreport.com) or by calling 1-877-322-8228.

Request a copy of your annual Social Security statement at [www.ssa.gov/mystatement](http://www.ssa.gov/mystatement) to be sure that no one else is using your social security number for employment.

Opt out of pre-screened credit offers by calling 1-888-567-8688 or at [www.optoutprescreen.com](http://www.optoutprescreen.com).

For additional tips go to [Security](#)

*A member shared these tips from the First National Bank of Anderson, Anderson Texas.*

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## **Volunteer**



## Vietnamese and Korean Speakers Needed as Election Officers

The Fairfax County Office of Elections needs additional bilingual election officers to assist voters in future elections.

Specifically, individuals who speak Vietnamese and English fluently or Korean and English fluently are needed to serve in Annandale, Centreville, Chantilly, and Falls Church.

You will perform all regular election officer duties, including assisting most voters in English, but will be assigned to precincts with a significant number of voters who may primarily speak Vietnamese or Korean. To serve as a designated bilingual election officer, you must also complete a short oral language skills assessment.

Fairfax County is the largest voting jurisdiction in Virginia, with 243 precincts countywide. It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections. Compensation begins at \$175 and training is provided online for new officers.

To apply: <https://www.vote4fairfax.com/apply/> (be sure to indicate if you speak Vietnamese or Korean)

More information: <https://www.fairfaxcounty.gov/elections/officers/new-officers>

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**Fellowship Square**, a local non-profit that provides affordable housing and services to older adults, is seeking volunteers to **deliver donated food** directly to seniors' apartments at two locations in Reston. This is an ongoing opportunity where volunteers will be handing out bread, fresh produce and meat during two-hour shifts offered weekdays between 9am and 4pm. If this opportunity sounds like a good fit for you, please visit <http://bit.ly/FSFoodVol> for more details, including application forms and sign-up links. Please contact Diane Beatley at [dbeatley@fellowshipsquare.org](mailto:dbeatley@fellowshipsquare.org) or 703-483-8575 with any questions.

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## *Let's get to what's next ...*

As we continue to navigate the COVID-19 pandemic, NextMark will prioritize the health and safety of our members, our employees, and the community we serve.

**For Branches, hours and ATMs, click [here](#)**

**For faster service:** Print and complete your [Deposit Slip](#) ahead of time. No worries if you don't; we have slips available for you at our branches and drive-thrus.

### **Online and Mobile Banking are the way to go**

Our Online and Mobile Banking options are available 24/7. If you have not done so already, we encourage you to enroll today by clicking on the "Log in" button on our website ([NextMarkCU.org](http://NextMarkCU.org)). To access mobile banking, we invite you to download our NextMark Mobile Banking App from your App Store.

### **Deposit a check from the comfort & safety of your home**

Get started by downloading the NextMark Mobile Banking App from your App Store, then go to Transactions>Deposit Check and follow the instructions to take a picture and deposit your check right into your account. It's that easy.

### **Financial Relief Products**

If you or someone in your economic household is experiencing a financial hardship, we are here to help. Please visit our [COVID-19 resource page](#) for a detailed list of financial relief products, or email us at [membersolutions@NextMarkCU.org](mailto:membersolutions@NextMarkCU.org).

Check out our latest newsletter [here](#)

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## ***Sad News***

Alpheus C. Dunston "Chandler" passed away on April 30, 2019. Chandler was an Army veteran who served his country from 1950-1952. He also served the Nation's Capital as a firefighter for the DC Fire Department before retiring in 1971. After retiring from the fire department, he went to work for Fairfax County DPW as a Plumbing Inspector until his retirement in 1990.

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## ***FCREA Events***

The FCREA monthly luncheons are cancelled until further notice.

### **Dates for your 2021 Calendar**

FCREA Picnic - September 2021 (TBD)

FCREA Holiday Luncheon - December 15, 2021

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## ***FCREA Membership***

### **New Members**

\* Adelaide Bridges, Retired from Housing and Community Development on 12/31/14

\* Valda Wisdom Brown, Retired from Family Services on 7/25/12

\* Stuart Stallman, Retired from Housing and Community Development on 5/11/21

\* Vaughn L. Terpak, Retired from the Library System on 5/21/21

\* Gail M. Zukosky, Retired from the Health Dept. on 5/7/21



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### **To Join FCREA .. .**

Any retired Fairfax County employee or surviving spouse is eligible to become a member of the Association. Our Hot Flashes newsletter provides retirees with County benefits information, news about other retirees, and other information we believe may be of interest. The Association has an Annual Membership Meeting in May and sponsors several events during the year.

Prospective members should contact [Bobbie Deegan](#). The cost of a lifetime membership is just \$50. For a membership application [click here](#)

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## ***FCREA Members Information.***

For a list of FCREA Board Members: [Board](#)

FCREA retirees are asked to forward any news concerning retirees or their family members who are ill or have passed away to Joyce Gerhart: 703-560-4785 or [ggerhart2@verizon.net](mailto:ggerhart2@verizon.net)

Please send address changes to Bobbie Deegan: 301-937-7070 or [BobbieDeegan@aol.com](mailto:BobbieDeegan@aol.com)

[FCREA Website](#)

[Fairfax County Retirement](#)

12015 Lee Jackson Memorial Hwy, Suite 350, Fairfax, VA 22033-3300  
1-800-333-1633 or 703-279-8200

Fairfax County Retirement Web Member Services: [website](#)

Fairfax County Benefits Summary - [Retirees](#)

Department of Human Resources Retiree Benefits list of [Who to Call Contacts](#)

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## ***Finally... some humor***



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