



Virginia Federation of NARFE

Fall 2020 Newsletter



VFN Executive Board

President - Dr. Constance C. Bails, Ph.D
Presidentbails@vanarfe.org

1st Vice President – Maureen (Moe) Nolet
Nltmaureen@aol.com

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Bobmartin1124@gmail.com

Secretary – Deanna Shepherd
dclshepherd@hotmail.com

Treasurer – William (Bill) Martin
treasurer@vanarfe.org

Immediate Past President – Leslie Ravenell
nell8211@gmail.com

FEDERATION PRESIDENT'S MESSAGE



Hopefully, we all realize that these last eight months have been trying times for all of us! I am pleased to hear that most of our members are safe and healthy. We must continue to progress and follow CDC guidelines and advice!

We understand the need for social distancing and the impact on our physical, emotional, and mental health. Thank everyone who diligently adheres to the recommendations over these past and future months until they find a vaccine or a cure. I know it is lonely and sometimes fearful, but our efforts are working. News reports indicate we may be close to treatment or at least a vaccine to fight the disease.

Please continue to maintain your security and the protection of your families, keeping in mind safety first. Utilize contacts by telephone, facetime, zoom, go-to-meeting, and any of the many electronic resources that are free of charge and easy to use, such as zoom and free conference call.com.

NOTE: The Virginia Federation of NARFE (VFN) is now offering training on Zoom (electronic social media) every Thursday, at 2:00 – 3:00 p.m. To sign up, send an e-mail to jbails@aol.com. We are also scheduling go-to-meeting, Facebook, and sessions on accessing and navigating our VFN website. Check out our website for reservations.

During this time of uncertainty, some of our chapters and the Board of Directors meet in person, while others are utilizing electronic meetings. One of the common questions asked across the state is, “does NARFE National advise returning to the face-to-face chapter(s) and Area meetings”? **NOTE from RVP X:** "NARFE Headquarters does not have an official position about holding meetings in person during the Pandemic. NARFE Headquarters is fully aware that local NARFE Chapters are attempting to get back to business and holding face-to-face (in person) meetings, many in the same locations as before the COVID-19 Pandemic. Since attendance at any NARFE event is voluntary, members are urged to adhere to all safety guidelines issued; i.e., social distancing, wearing face coverings, etc., and taking all precautions necessary to protect their health. Additionally, since our organization has no control over the environment/conditions at the individual venues, there is no liability to NARFE for any occurrences at these venues."

The 2019-2020 Annual Report is on our VFN website www.vanarfe.org.

Recruitment and Retention seem to continue to be the number 1 concern for the survival of our Federations and chapters and NARFE National across the country! We are aggressively trying to change that dynamic. We cannot do that without your help. We need all VFN members to make concerted efforts to help us recruit and retain our members. We can do this with enhanced communications, additional available training on fundamental skill development, and the use of electronic resources.

2021 VIRGINIA FEDERATION OF NARFE CONFERENCE – On behalf of the Virginia Federation of NARFE, Bulletin # 1 is on the VFN website introducing our VFN 2021 Conference, which is being planned for April 11-14, 2021, in Richmond, Virginia. Our theme for 2021 is, **"Zooming into the Future"**. We realize nothing is certain at this time because of the COVID-19 Pandemic. However, the VFN Board of Directors, including chapter opinions, decided to move forward and plan the Conference as if everything may be back to normal by April 2021. If things are not secure, please be assured that we will take every precaution to make sure all decisions will be made based on our members' and guests' safety and security.

Virginia Federation of NARFE- Fall 2020 Newsletter

CONVENTION DATES: APRIL 11-14, 2021

- Registration Hours:** Sunday, April 11, 2:00 pm - 5:00 pm.
Monday, April 12, 7:30 am-9:00 am; Noon-1:00 pm; 2:00 pm- 5:00 pm
Tuesday, April 13, 8:00 am-12:00 pm
- Opening Session:** Monday, April 12, 9:00 am
- Welcoming Reception:** Monday, April 12, 7:00 pm
- Banquet:** Tuesday, April 13, 6:00 pm
- Closing Session:** Wednesday, April 14, 9:00 am – 12.00 noon

HOTEL INFORMATION

Hotel Name & Address	DoubleTree by Hilton	1021 Koger Center Blvd., Richmond, VA 23235
Telephone Number	804-379-3800	
Room Rate	\$99.00 per night plus tax	Deadline for Discount Reservations - March 1
Group Name	Virginia Federation of NARFE	
Check-In	Sunday, April 11, 2021	
Check Out	Wednesday, April 14, 2021	

A TRIBUTE TO OUR VETERANS

WEDNESDAY, NOVEMBER 11TH,

THANK YOU FOR YOUR SERVICE



God Bless!

WHAT'S ON THE VFN WEBSITE – CHECK IT OUT!

www.vanarfe.org!

ZOOM TRAINING - Application processes for training that are available from our Electronic Communication Committee.

Training and Development Team - Training that is being offered by our Training and Development Team.

Virginia Federation of NARFE- Fall 2020 Newsletter

Annual Report –published with fascinating contents for our past year activities.

Recruitment Statistics – That will allow you to follow the trends of recruitment and Retention

Additional Federation news from the past few months and photographs can be seen on our facebook page. See <https://www.facebook.com/Virginia-Federation-NARFE->

Chapter and National Only Members Dilemma

NARFE Membership Status Project

We are working on a project to discern how many chapter members have been transferred to national Only members in error. As a result, all Virginia members National and Chapters received a letter in October to clarify their status. We found that many members did not intend to drop or transfer membership. If you are a Chapter member but no longer receive Chapter newsletters and meeting information, please e-mail me at ctbails@aol.com. We also found that some Chapter members were dropped when they renewed their NARFE membership or were erroneously transferred from their Chapter to National Only. If you were a Chapter member and did not intend to drop your membership, we would like to invite you to rejoin us.

Chapters unite federal employees/retirees and their spouses and allow them to get involved in leadership and governance and develop close and lasting friendships. Your local Chapter offers speakers and activities of interest. Chapter members also have access to a Chapter Service Officer for assistance with questions about earned benefits and the federal employee system.

We appreciate your membership, support, and dedication to safeguarding our earned Federal Benefits. We look forward to "**Zooming into the Future**" and meeting face to face to enjoy the fellowship of our communities. The 2021 VFN Conference Bulletin # 1 and the 2020 Annual Report are available on the VFN website at www.vanarfe.org.

Constance T. Bails, Ph.D., VFN President

TEAMWORK MAKES THE DREAM WORK!!!

RECRUIT A MEMBER TODAY!



2021 - "ZOOMING INTO THE FUTURE"



EDITOR'S NOTE

MESSAGE FROM THE EDITOR

Greetings and welcome to the fall edition of the VFN Newsletter. The year is coming to an end and it has been quite a year. Did you know the Virginia Federation was founded over 55 years ago and is still going strong? To keep you aware of what is happening in Virginia, the VFN newsletter is now published in the spring and fall. The annual report was published in September 2020. You can read it on our website at www.vanarfe.org

Happy Holidays.

Kathy Arpa, VFN Newsletter Editor
mkarpa@hotmail.com

Inside This Issue

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NEWS FROM THE FIRST VICE PRESIDENT

2021 Virginia Federation of NARFE Conference

"Zooming Into the Future"

The 2021 Virginia Federation of NARFE (VFN) Conference will be held on Sunday, April 11, thru Wednesday, April 14, 2021. The conference will be held at the DoubleTree by Hilton, 1021 Koger Center Blvd., Richmond, VA. Our theme for this year is "Zooming into the Future." Further information will be forthcoming on this site and/or in Conference Bulletin #1.

If you have any questions, suggestions for exhibitors, break-out sessions or speakers, contact the Conference Coordinator, Moe Nolet, 540-370-0036, NLTAUREEN@aol.com or Constance Bails the Conference Chair, 703-802-7344, presidentbails@vanarfe.org.

While we all have been faced with dealing with the COVID virus and how it has affected all of us in one way or the other, everyone has been doing the best they could given these circumstances. However, I am glad to report the following for the time period of May to October 2020.

I have attended all of the VFN Executive Board and the VFN Board of Directors meetings (virtually). In addition, I attended the Annual Meeting Electronically. I also attended the Training Committee and Electronic Communications Meetings (ECC). They have hit the ground running and are doing a great job. The Training Committee has established a program to have presentations once a month, beginning in January 2021, on various VFN positions and subjects. We have also begun Zoom training for all of our members. This tells the member how to work with Zoom and what it is all about. I also attended the Zoom training. This is a great tool for us as well as Go-to-Meeting and other venues available especially during this time.

The Area Vice Presidents (AVP's) & I have established regular meetings, so that we can be well informed and share ideas, problems and any other related items. The AVP's contributed

input for the VFN Handbook for the next revision. AVP Luther Santiful was responsible for receiving the input and putting it all together and providing it to me. I requested all AVP's to provide me with information as to how they contact their chapter presidents and how the chapter presidents contact their members. Also requested that AVP's reach out to their chapter presidents requesting them to update their chapter web site and/or chapter page on the VFN web page. AVP's photo and a brief biography are now on the VFN website.

With the hopes of having a face-to-face Conference in 2021 I prepared 2021 Conference Bulletin #1 & forms with the assistance from Constance Bails. Our work will continue for the VFN 2021 Conference. Constance and I worked on the booklet Conference Guidelines and Procedures and Responsibilities to be used for all upcoming conferences. I have also established monthly meetings for all members serving on the conference committee.

The VFN 2nd Vice President Bob Martin invited me to his meetings with his Program Chairs and I have done so. He also was invited to my meetings with the AVP's. We hope these meetings will help both Bob and me with understanding the relationships between the Program Chairs and AVP's and hopefully this will open the road to communication and make a better VFN.

Two Congressional Candidates held two virtual debates, which I attended. I also notified AVP's of this, so that they could let their members know and possibly attend.

Maureen Nolet, VFN First Vice President

NEWS FROM THE SECOND VICE

PRESIDENT

The program chairs have been hard at work trying to keep their programs active during a pandemic which has had a crippling effect on most of the state. Many chapters are not meeting, which poses a huge problem for the chairs to get their information out to members.

I have been meeting with the program chairs on a monthly basis via Zoom. I have also made my personal Zoom account available to the chairs to hold meetings or other activities as they deem fit. The chairs also have access to the GoToMeeting application available through the VFN. First Vice President Moe Nolet has also been invited to participate on the Program Chairs' monthly Zoom meetings.

As we go forward, the program chairs will continue to meet monthly via Zoom and will encourage their counterparts at the chapter level to reach out to their chapter members. The VFN is exploring options to make it possible for chapters to meet virtually in order to stay in touch.

Robert Martin, VFN Second Vice President



NEWS AND MESSAGES FROM VFN PROGRAM

CHAIRS

NATIONAL LEGISLATION REPORT

The elections are over and there wasn't much change in Virginia's Congressional Delegation. Ten of our 11 Representatives were re-elected. We have a new Representative for the 5th Congressional District where Robert Good (R) was elected to fill the seat previously held by Denver Riggleman. The split among Democrats and Republicans remains the same. (7D & 4R) In addition, Senator Warner was reelected. This means that, with the exception of the new Congressman, our VFN Senate and Congressional Leadership teams will be able to draw on their prior working relationships as we work to advance NARFE issues in the next Congress. I want to thank the Leadership Team for their dedicated efforts during the 116th Congress, especially, our efforts to get seven Co Sponsors for HR 141-GPO/WEP.

Looking forward to the start of the 117th Congress, NARFE will again publish its **Advocacy Positions** paper which will show legislation which NARFE supports in the following areas: Federal Retirement Benefits; Social Security; Federal Pay and Workforce Policies; Federal Employees Health Benefits program; Medicare; Long Term Care; and U.S. Postal Service Reform. While the list is long, and we are uncertain about what legislation the new Congress will consider, NARFE Advocacy will be on

the lookout to identify those bills which will have a potential impact, either positive or negative, on Active Federal Employees and Retirees. With NARFE Headquarters leadership, the VFN's National Leadership team will rally NARFE members to get involved in contacting their congressional Senators and Representatives. Stay tuned for NARFE email alerts and also get in the habit of checking out the NARFE website www.NARFE.org.

NARFE PAC made a number of contributions to Virginia Representatives and Senators who have supported NARFE issues. National's 3rd quarter PAC report of VA NARFE member contributions shows **VA has contributed \$151,037. WELL DONE VFN!!** This is broken down as follows: 947 **VA National Members** (nine of which are Sustainers who contribute monthly) have contributed \$59,161 and 1,050 **VA Chapter Members** (38 of which are Sustainers) have contributed \$91,875. **Arlington Chapter 0007** contributed the most (\$11,260), **Springfield Chapter 0893** had the most contributors (123) and **Woodbridge Chapter 1270** had the most Sustainers (six). **NARFE PAC Payouts** to nine individual members of the VA Congressional Delegation totals \$73,000. An additional \$23,500 was paid out to four member PACs. The two-year cycle for this Congress ends on December 31, 2020.

With the start of the 117th Congress, a new two year NARFE PAC begins. **Please again support NARFE PAC in 2021 and 2022.** Also, consider becoming a PAC SUSTAINER. It only takes \$10 or more monthly!

National Legislative Plan/Goals 2020-21

- 1) NARFE August Advocacy Month 2020
 - Get the SLLs and CDLs fully activated
Continue the push to get five more Virginia Reps to cosponsors HR-141 WEP& GPO reform
 - Send out email to all VFN members updating them on Advocacy month, encouraging them to call/write their Congressional members on NARFE legislative priorities. Also update on VA NARFE PAC and encourage participation.
- 2) After November elections, assess who wants to continue on the National Legislation Team and work to fill any vacancies.
- 3) Have a team meeting to provide training and get ready for the next Congress.
- 4) Obtain VFN funds for team members to attend the NARFE National Legislative Training Conference.
- 5) Develop and provide training on National Legislative issues at the VFN training Conference.
- 6) Encourage team to attend VFN conference
- 7) Raise awareness of NARFE PAC and host a PAC table at VFN Training Conference.
- 8) Provide periodic reports and articles on National Legislative Team actions/ accomplishments.
- 9) Have CDLs work to improve relationships with Area VPs and chapters with members in their Congressional Districts.

CLOSING QUOTE: “True greatness is starting where you are, using what you have, doing what you can.” Arthur Ashe

Gaston Gianni, VFN National Legislative Chair

STATE LEGISLATION REPORT

The Virginia Federation of NARFE state legislation package included expanding the “no excuse” voting period to 45 days in Virginia. This effectively created an “early in-person voting” period. The 2020 General Assembly passed HB 1 which made that proposal a reality. Virginians took advantage of that ability in a big way and helped dispel fears about voting in the midst of a pandemic.

There has been a court filing regarding our proposal to have Virginia exclude certain federal annuity income for tax purposes, just as Social Security income is excluded. The court filing seeks to have the tax law overturned in the same manner that our proposal seeks. We will follow this court action carefully. We will also continue to recommend legislation to overturn this unfair taxation of Federal annuities.

We are seeking a State Legislation Program Chair as the position is currently vacant. This vacancy, as well as the pandemic, has caused a “pause” in the portfolio for this program. If you know of someone who would be a good candidate for this position, please contact 2nd Vice President Bob Martin.

PUBLIC RELATIONS REPORT



SQUARE Up with NARFE-PAC

Square is an easy credit card processing solution with no long-term commitments and no monthly fees. Through the efforts of VFN Treasurer Bill Martin, the VFN State Legislative PAC has opened a *Square* account. You can now make contributions to our State PAC by credit card! When the State Legislation Chair is making a personal presentation, members can donate by credit card! Members can also donate by cash or check.

Goals for 2020-2021:

1. Reimagine the annual State Legislation meeting to consider COVID-19 and cost concerns.
2. Develop new legislative priorities for the 2021 legislative session.
3. Recruit a new State Legislation Chair

Bob Martin, Acting VFN State Legislation Chair



Since the beginning of FY 2021 we have implemented a new feature on our FaceBook page. The new feature consists of the program chairs creating short videos addressing one aspect of their programs. Visit our Facebook page frequently so you don't miss any of these exciting videos. We have 58 likes and 60 followers: Be sure to share the videos with your friends and family. Let's get more people to visit and like our page. <https://www.facebook.com/Virginia-Federation-NARFE->

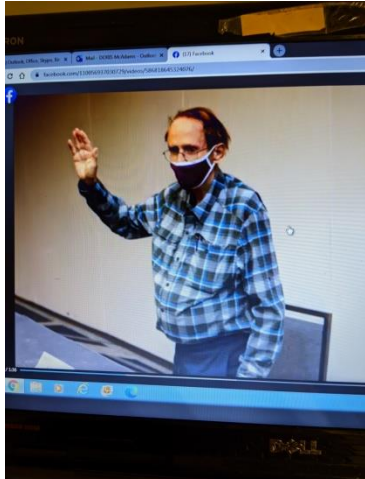
[Log In or Sign Up to View](#)

See posts, photos and more on Facebook.

www.facebook.com

Most younger persons prefer Instagram. To attract some of them, we are now on Instagram. Most of what is posted on FaceBook will be posted on Instagram. Instagram is geared more to pictures, and I will be posting our pictures there as well as on FaceBook. Be sure to visit us on Instagram and invite your friends and family to follow us on Instagram. <https://www.instagram.com/vanarfe/>.

Awards were given out at the July VFN board meeting and Alex Adkins was sworn in as treasurer. Unfortunately, some of the recipients were not able to attend and received their awards later. See photographs on the next page.



Dick Shrum, Louisa National Active and Retired Federal Employees Association chapter first vice president and program chair; Cris Watkins, Louisa County registrar; and Bill Martin, chapter president.

Registrar speaks at NARFE meeting

The National Active and Retired Federal Employees Association (NARFE) Louisa Chapter 2065 met for their regular meeting on Aug. 20. Our guest speaker was Cris Watkins, Louisa County election registrar.

Watkins responded to a late invite to be the program speaker, providing very informative and timely information about her office, the status of their work to prepare for the November presidential and Congressional elections, and the various options for residents to vote. Watkins also brought a lot of clarity to changes the Virginia General Assembly made to registration and voting in their session earlier this year and noted that there may be more changes from the current session.

NARFE is dedicated to protecting the earned pay, retirement and health care benefits of federal employees, retirees and their survivors. Chapter membership is open to all active and retired federal employees and other annuitants. Members and guests are invited to join us at Roma's Italian Restaurant on the third Thursday of most months for a meeting and program. Anyone wishing further information can contact Bill Martin at bill@retiredvaps.net.



Please share video and pictures of your activities. I will gladly post them on our page if you are unable to share to our page.

Would you like to have a VFN mask like this one? <<

Attend the VFN conference in April and you will receive one.

Doris McAdams, VFN Public Relations Chair



ALZHEIMER'S REPORT



We have 5.8 million people diagnosed with Alzheimer's at this time, and the number is growing rapidly. It takes more than 16 million unpaid volunteers to be caretakers for all of these people. Those of you who are in the role of caretaker know far better than others how much of a toll these duties take on individuals and their families. In order to contribute to the Research fund, you may forward your checks directly to me at the address below. Make the checks payable to NARFE Alzheimer's Research, and put your chapter number on the memo line of the check. Every month I make a report and forward all checks I have received to the Alzheimer's Association in Chicago, where your donations are processed.

Our current donations up through October are basically \$15,000 lower than last year at the same time. The pandemic has played havoc with our gifts, but even though we are not meeting in person, it is still vitally important to keep the Alzheimer's program as much as possible on a positive trend.

Harry Johns, CEO of the Alzheimer's Association, addressed the NARFE members at the annual meeting, held virtually, late in October. The high points he made are set out below. For the sake of brevity, this is a shortened version.

He is disappointed to report that a Food and Drug Administration (FDA) Advisory Committee recommended that a new drug not be approved by the FDA to treat Alzheimer's. This is not the end of the road. It is one step in the FDA review process. The Alzheimer's Association will continue to advocate for the FDA to approve aducanumab. Though the treatment would potentially delay decline, not stop onset or progression, given the devastating toll of Alzheimer's, we believe the publicly released data on aducanumab justify FDA approval,

accompanied by a Phase 4 post marketing surveillance study. We have never before been this close to approval of a drug for Alzheimer's that could change the progression of the disease, not just the symptoms. I will share more news with you when the FDA makes its final decision. As always, thank you for everything you do to advance our mission to make a difference for others — today and tomorrow.

The NARFE National Committee and the Alzheimer's Association held their joint meeting September 22 and 23 virtually. This is the meeting where we hear the requests of researchers to NARFE to provide grants for their research. The collection of funds is based on the fiscal year July 1 to June 30, and this year the amount was \$323,300 to be divided.

We had six projects to consider. When all the voting was done, this year's first grant went to Dr. Silvia Fossati who is addressing whether improving blood flow in the brain helps to clear protein deposits and improve cognitive impairments in Alzheimer's patients. The second grant was to Dr. Leonardo Rivera-Rivera who is investigating how damage to the brain's blood vessels might be associated with one's risk for Alzheimer's Disease. Both grants were considered fully funded. This brings our sponsorship to 83 projects, using \$13.6 million from NARFE.

Thanks to all of you for applying the pressure on our members of Congress regarding the Bills HR 3113 and S 1728 concerning the semipostal stamp. The Bills passed and the stamps went on sale October 5 again for the next six years. The price is the same as it was, which is \$0.65 each, one sheet of 20 stamps is \$13.00. The dime "profit" from the sale of the stamps will go to NIH for their Alzheimer's Research program.



Please encourage your members to support this effort, to buy and use the Alzheimer's stamps. Also, any contact you have with Congressmen and Congresswomen should include a plea for them to support the financial needs of NIH. Thank you for your ongoing support to "Help Stamp Out Alzheimer's"!

Donna Shackelford
14429 Round Lick Lane
Centreville, VA 20120

Donna Shackelford, VFN Alzheimer's Chair

MEMBERSHIP REPORT

Membership Goals and Sharing of Ideas – A productive virtual meeting was held October 21st with Chapter Membership Chairs and Area Vice Presidents to discuss goals, issues, and share ideas. I look forward to more of these in the future, which will also include membership training.

Membership page on VFN website has been updated with Recruitment and Retention materials, as well as sample letters to send to prospective and lapsed members. A Revised M-1 is coming soon.

Monthly Membership Gain/Loss Reports are posted on the VFN Membership web page and sent to Membership Chairs with recommendations to contact prospective new members and non-renewals.

Membership Outreach – President Bails sent a letter to all members inviting them to rejoin their chapter if they were inadvertently dropped when they renewed their NARFE membership or were erroneously transferred to National Only. Of the responses reviewed thus far, 65 requested to join their Chapters and are in the process of being reinstated. Chapters unite federal employees/retirees and their spouses and allow us to get involved in leadership and governance and develop close

and lasting friendships. Your local Chapter also offers speakers and activities of interest, as well as a Service Officer to assist with questions about earned benefits and the federal employee system.

Save on Dues – Only a few more days! NARFE members voted to increase dues to \$48/year, effective January 1, 2021. Save money by renewing now at \$40, or by extending to a two- or three-year membership at the current discounted rate. Another choice is NARFE's Dues Withholding Program, which gives you the option to have your NARFE membership dues deducted from your annuity each month at a discounted rate. The new rate for dues withholding members will be \$42 per year, or \$3.50 per month. Once the process is complete, dues withholding members never receive another dues reminder from NARFE and may cancel dues withholding at any time. *Call 800-456-8410 (press 1 for membership).*

2020 Membership Drive continues through December 31 - Recruiters are awarded \$10 for each new member they recruit. Be sure you add your membership ID number to the new member application. (Your ID number is on your NARFE magazine mailing label.) Please participate in this important effort.

As of October 31, there are 5,945 Chapter members and 6,491 National members - a total of 12,436.

If you have suggestions, questions, or would like help with membership, please contact me at feboatman@live.com. Together we will succeed!

HAPPY HOLIDAYS!

Frances Boatman, VFN Membership Chair

SERVICE REPORT

24!! Almost 3/4 of VFN Chapters have Service Officers!

VFN currently has 24 chapter Service Officers. I am especially happy to welcome two new Service Officers - **Carol Lutz** and **Virginia Bozarth**. Carol is a member of Annandale - Chapter 1159. Virginia is a member of Midlothian - Chapter 2265. Every chapter deserves the benefit of having a Service Officer. I am always looking for potential chapter Service Officers.

VFN now has a Facebook page. I recorded a video for our page that has been posted to discuss the Service Officer position. Please review it and like it. I would love to hear from you. There will be more coming in the future.

<https://www.facebook.com/Virginia-Federation-NARFE->

Like it and share it with your friends.

2020 continues to challenge our norms. I had looked forward to seeing many of our chapter members during our annual conference in April. But like so many plans, that didn't materialize. For months chapters did not conduct meetings. Then we all discovered the sometimes flawed art of virtual meetings. I have missed visiting chapters and look forward to the time when we can be together again. To help us stay connected I, in September, started sending monthly Service Officers Connection to every chapter Service Officer. And, for the chapters without a Service Officer the Connection is being sent to chapter Presidents. The purpose of the monthly communiqué is to provide Service Officers with updates and information that could benefit their chapter members. If you're not getting your Connection please email me to let me know. I will also be scheduling virtual meetings for Service Officers. Check your inboxes for periodic updates.

We are approaching the end of Federal Benefits Open Season. This is the time to review your existing health care plans to determine if you need to make changes. Open season ends on December 14. You can obtain plan comparisons by going to www.opm.gov and clicking on insurance and also see the December NARFE magazine .

Contact me at arlenebw@gmail.com with questions, suggestions or updates. I'm always willing to serve our members.

Arlene Arthur, VFN Service Officer

NEWS ACROSS THE AREAS

Jeanne Garrison **Area I**

There have been no meetings in Area I during this reporting period. I have been in contact with the chapters and I participated in the July and October Board Meetings in Richmond.

Julia Hobbs **Area II**

During the preceding months; we have still been under restrictions about any activity other than virtual meetings; in order to prevent the spread of the Covid 19 virus. Therefore; our dealings have either been through email, Postal service mailings or go to meetings.

The preceding months have also kept me quite busy with continuing my assignment of the activities of closing down Eastern Shore Chapter and moving the members to other areas or Chapters. This has required two more days of going to Eastern Shore and conversing with the

previous Officers and the Financial Institution associated with the Chapter.

I am currently working individually with each Chapter to bring forward some new processes that will facilitate them using more of the AMS system and webinars being made available to members and Officers. I have set up a luncheon meeting with the Presidents of the Chapters for November.

Our Chapters have an abundance of old generation members who are reluctant to come to meetings; do not have access to computers and sometimes do not bother with mail from the organizations they do not associate with regularly. Therefore; we have had little interaction with our members. They have sent forward all the information supplied by the National and Federation regarding the Election and the Insurance Open Season.

Chapter 974 has engaged in communication via email and Postal mail several times a month as well as continuing to engage in membership drives at local businesses, libraries and sports facilities when open. Although there has not been a lot of success, as far as we can see, the eligible people in the Virginia Beach area have seen and welcomed the information.

Chapter 66 has stayed in touch with their membership through monthly newsletters and is in the process of setting up Zoom meetings to reach out to the membership. Their first meeting is set up with the Officers as a trial and hope to have their full meeting in November.

Chapter 1827 has created a Zoom website for their members and will have their first Chapter meeting this month.

In Chapter 5 I have been busy trying to update the mailing list and asking the membership to furnish updated information such as their current status and email addresses. This has worked quite well to uncover the errors in the computer system that I use to do mail-outs and

will cut the cost for same as not as many hand addressed envelopes will have to be sent out. In addition, this has caused the members to communicate with me, with the information or comments of appreciation for the information being furnished. I currently have a list to be added to the info available in the AMS system of current email addresses and current status.

All chapters are now in the process of starting the groundwork for the election of Officers that is due to be completed in the November time frame.

Wynn Hasty Area III

I have five active Chapters: 28, 60, 1727, 2065, and 2265. Chapter 2080 is currently inactive. I hope to revitalize this Chapter after COVID and when it is safe. Overall, the basic chapters are hanging on and few will meet until the COVID virus is controlled. Thanks to all Chapter Presidents for their input.

CHAPTER 28

Chapter 28 has several leadership vacancies that are not filled due to people unwilling to do the work. Recently, we filled a National Legislation Chairman. Congratulations to Deloris Cohen. We had a September meeting with a guest speaker, Tamara Eastman, Historian, who spoke to us about the "Great Fire of Petersburg", a book she wrote. Many members bought her autographed book. We plan on having a November meeting provided we have enough members to attend. We will plan our Christmas get-together then. ZOOM is probably not appropriate for Chapter 28 because many do not have computers or, if they do, are only doing the basic processes.

CHAPTER 60:

NARFE Chapter 60 recently participated by ZOOM in a virtual open season health fair conducted by Kathy Bass of Blue Cross/Blue Shield on Monday, October 26, 2020. The session was very informative with 9+ members of Chapter 60 present. Copies of the slides used in the session were emailed to all of the participants and additional information will be sent by USPS. The NARFE Chapter 60 Membership Chair, Phyllis Bruce, and the Vice-President, Yvette Gilmore, participated in the ZOOM NARFE Membership Chair meeting held on Wednesday, October 21, 2020. Participants received the latest information on membership and the challenges that NARFE currently faces. Meetings will be conducted, as needed, in the future. Current Chapter 60 officers have agreed to remain in place for the upcoming year. At present, no in person meetings are anticipated until early 2021. ZOOM meetings have not yet been discussed. Using ZOOM for this chapter is not recommended due to Chapter members not having computers or not adept at computer processes.

CHAPTER 1727:

Chapter 1727 has not met in person since March 2020 due to Pandemic Health and members concerns. They continue to network via email and phone, particularly checking on those who are regular attendees. Their venue remains unavailable to community groups. Their Chapter members and members from the Petersburg, VA Chapter (17 attendees) recently participated in a Blue Cross ZOOM meeting hosted by Kathy Bass, our Blue Cross Representative, about benefits and changes to health care insurance. General and specific questions were answered and discussed. It was

an excellent meeting. It was particularly nice to collaborate with another chapter for a combined activity. The Chapter president I compliment Mr. Hasty, our Area VP, for suggesting this collaboration. Their Executive Committee has recommended looking at January 2021 as a goal to resume meetings either in person or via computer platform. Members are being encouraged to keep up with the vast amount of information being provided by NARFE National, State, and local sources. The Chapter President additionally attended a NARFE State ZOOM meeting hosted by the state President. This was a superb meeting and the networking in this meeting was superb. All Chapters continue to address the issue of declining membership. Our Chapter currently does not have a membership chair. Our Chapter Treasurer continues to provide monthly reports. This Chapter appreciates the leadership and guidance provided by our area VP, Mr. Wynn Hasty.

Chapter 2065:

We cancelled September meeting because of the virus, did not have a quorum in October 2020 so held a planning session with Chapter directors. Planning a meeting in November, but have already cancelled the usual Christmas luncheon/meeting. The November meeting will be our annual meeting, but we are not certain if we will be able to gather a quorum. We had a Chapter officer discussion meeting November 5, but our Treasurer will be unable to attend. We will not have meetings until in person and the site is available.

Chapter 2265:

The September 2020 meeting was cancelled. The October 2020 meeting was the annual BC/BS meeting and GEHA using ZOOM. The ZOOM meeting was successful. Chapter 2265 will hold a Board Meeting using ZOOM on November 5, 2020 to approve a place for December ZOOM meeting for music appreciation and Christmas carols. The church they meet in is closed. This Chapter will likely not meet in person again until COVID vaccine is ready and distributed.

Raymond Orland ***Area IV***

No chapters in Area 1V have had any face to face meetings during this timeframe. I have continued to maintain contact with both the Churchland and Brentwood chapters via e-mail. The virus has had a big impact on recruiting in Area 1V. Recruiting events such as: health fairs, job fairs, and the Peanut Fest were cancelled.

The Suffolk chapter had an electronic meeting hosted by Blue Cross and Blue Shield (BC/BS). This meeting had members from all the chapters in Area 1V participating. There were minor problems but, overall things worked out very well.

I have and will continue to encourage my chapters to invite all members in Area 1V to participate in any electronic meetings they might have during this unusual time.

Mark Fisher **Area VI**

The Wilderness Trail chapter 1837 has closed; and The New River Valley chapter 1134 has closed as of October 26th. The Roanoke Valley chapter 111 has been conducting a chapter and board Zoom meetings and will continue well into the new year. The chapter will also be realigned with Area VII, effectively ending Area VI.

It has been a pleasure serving as Area VI Vice President.

Luther Santiful ***Area VII***

COVID-19 continues to have a deleterious effect on all Area VII Chapters. Although there is some activity mostly by telephone and in a few cases by newsletters, chapters overall can be considered dormant. There is appreciation for the ability of chapters to connect to VFN virtual meetings which provides an indication that NARFE is still alive and on task. Several of our chapters are undergoing a stressful situation with possible changes in health insurance coverage stemming from contract negotiations between Anthem Blue Cross/Blue Shield and Valley Health, the local hospital system. If contract talks fail, Valley Health will no longer be a preferred provider. The overwhelming majority of chapter members use Blue Cross/Blue Shield.

Page Valley Chapter 1793 celebrated its 40TH anniversary in October with an outlook of many years to come. This chapter continues to recruit members, a difficult mission under current conditions.

MARY HECK **AREA VIII**

Colonial Beach Chapter 595

The chapter was able to have their first meeting, since Covid-19 struck, on September 8. The restaurant was not open but the owner opened for the chapter meeting only, following all CDC guidelines including sanitation and social distancing. The speaker for the occasion was Congressman Rob Wittman for the 1st District discussing his support of NARFE issues. October 13, the chapter had planned to have his opponent, Quasim Rashid, speak however the restaurant was closed the entire week and they were unable to reschedule. Since they have to cancel their usual Fall Harvest Supper for Alzheimer's they are asking for members and friends to figure out what they would have spent and send a check to their treasurer, Stan Palen.

Falls Run Chapter 2343

The chapter has not been meeting as a group, but they were able to have their usual "Lights On For Alzheimer's" on October 2 where they raised \$3,000. Instead of their usual annual food drive at the end of October, which goes to the SERVE food closet, they asked participants to send a check directly to SERVE so they can buy in bulk what they need most.

Patricia Jack **Area IX**

The pandemic continued to affect all levels of NARFE. Including the two Chapters which normally meet year-round, there were no membership meetings May – August and only virtual meetings for three of the four Area IX chapters in September and October. Despite the challenges, all chapters have managed to publish newsletters, welcome transferred members and develop a full slate of candidates for their 2021 elections. Area IX provided candidates for both the Federation Nominating and By-law committees and the NVA Caucus of Chapters slate. The focus for the new year will be to entice members to try the virtual meeting format and for chapters to work together to provide or share program content of interest to members. As a first attempt, 893 Springfield has invited 356 Manassas and 1270 Woodbridge to join them for a BC/BS presentation in November. Area X has issued a similar invite to all chapters in northern Virginia.

Attendance at July and October Federation Executive Board meetings was virtual, with some officers at the hotel in Midlothian and the remaining (including myself) at home. Planning for the Annual Conference, scheduled for Midlothian in April, is well underway, but dependent on the state of the pandemic. Virtual committee meetings abound for a variety of initiatives and all participants are learning to cope with the new reality.

Ted Pasek **Area X**

Summary

Chapters did not meet in July and August and many meetings were cancelled in May and June.

Chapter 7 – Arlington

The May meeting and the June luncheon for Chapter 7 were cancelled due to the coronavirus. Their meeting place, Walter Reed Community Center, is closed. The Executive Board met outside in a socially distanced setting in September to discuss a course of action for the upcoming months.

It was decided that in-person meetings would be cancelled at least until January, and not occur until the Community Center reopens. Because the annual Blue Cross/Blue Shield presentation is the Chapter's most widely attended event, arrangements were made with both the Vienna-Oakton and Fairfax chapters to join their Blue Cross Zoom meetings in October and November. A newsletter announcing these meetings was distributed via email and the Post Office.

Chapter 7 is exploring joining with other chapters in future Zoom meetings in the coming year and hopes to continue producing a newsletter on a bimonthly basis.

Chapter 737 - Fairfax

The Fairfax Chapter 737 has been emphasizing meetings via Zoom. In May, we had Virginia Delegate David Bulova speak to about 20 members.



In September Congresswoman Jennifer Wexton of the 10th Congressional District visited and updated about 22 members on major policy issues and her efforts in dealing with Covid, policing, and employment.

Ana Nelson from Alzheimer's Association, spoke to our October meeting about the progress in fighting Alzheimer's and the contributions of NARFE to their Research efforts. We are reaching out to other chapters to join us in our zoom meetings at least to hear the speaker.

Chapter 737 Alzheimer's Chair Annabelle Linden with Region 10 VP Bill Shackelford at 29 Diner in Fairfax. >>



Our Alzheimer's efforts continued with a virtual walk to end Alzheimer's in September, the October program speaker and our annual fund-raiser at the 29 Diner in Fairfax with an "All You Can Eat BBQ."

Chapter 1116 - Vienna-Oakton

Chapter 1116 (Vienna-Oakton) has had four in-person meetings since May (two board and two chapter). Meetings are held at the Vienna Community Center which requires social distancing and a maximum number of attendees. The first chapter meeting in the fall was a slide presentation by Mark and Kathy Arpa on their travel to Ireland and Scotland last year. A Blue Cross representative was scheduled but was not able to join the zoom meeting since they had not received the 2021 rates.

During the summer months, celebrated Shirley Martin's 95th birthday and Adrian Van Huizen's 100th birthday!!

Chapter President Kathy Arpa attended the VFN Board meeting in Richmond to make a presentation as the new VFN Editor providing some guidelines on submission of materials.

In October Membership Chair Jayne Seidman participated in a zoom meeting with VFN Membership Chair Frances Boatman. Later that week, a personalized letter was sent to prospective members.

The chapter has a full slate of officers for 2021. Election will be in November with installation of officers scheduled for December.

FROM THE CHAPLAIN



It is with great sadness we note the deaths of the following former VFN board members:

Alex Adkins – former AVP Area II and VFN Treasurer

Sue Righter – former Co-Service Officer

Don Shiffert – former AVP Area IX; Treasurer and AVP Area VIII

Patricia Taylor, former Public Relations Chair, Area I Vice President, VFN Second Vice President, VFN First 1st Vice President

A Memorial Service will be conducted for members who died in 2019 or 2020. Each Chapter should forward a list of members by the name listed on the chapter printout to their Area Vice President to be recognized in the Memorial Book. Also, send a copy to the Chaplain Marilyn Riddle at 2505 Goodrich Durfey, Williamsburg, VA 23185-8031 or mriddle@cox.net
Deadline is **January 15, 2021**.

Marilyn Riddle, Chaplain

NEWS FROM THE WEBMASTER

We have added a video on how to use the web page. It is on the upper left of the main page. www.vanarfe.org We have also added two videos of how to use GoToMeeting. They are on the upper left and right.

There are always new newsletters listed on the left hand side under Links. If they are fairly new, they will have **red** new next to them. If you click on **List of Chapters** above the newsletters you will see a list of all the Vice Presidential areas, the Chapters and their Newsletters, if they have one.

All of the Items in **blue** are links to either the chapter's web pages, the Area VP's web pages, or the chapter newsletter.

I normally do not delete any old documents or web pages. Significant items are listed in Archives. If you use the universal site search – Site:vanarfe.org 595 The “595” is the item you are searching for in the sample. It will turn up any instance of 595 on the site.

Plan B would be to email me with your questions at Stan@vanarfe.org

Many chapter web pages could use a few photos and some narrative to go with them. If chapters send me the photos or expanded information, I will take care of putting it together and post it to the web site. The public will not come back to the web site if all the information is old. We need some new input. Word documents work best for me. If photos are separate, it helps too. Send me information on your officers for 2021.

The 2021 Convention Documents are on the web page. The fillable ones will be there soon.

Stan Palen, Webmaster



from the Virginia Federation of NARFE!