



# Virginia Federation of NARFE (VFN) Spring 2022 Newsletter

## FEDERATION PRESIDENT'S MESSAGE

Coming off a successful Conference in October 2021, the Virginia Federation of NARFE continues to move forward. All officers serving on the VFN Board were reappointed and continue to work hard to move the organization forward.

The VFN Board Winter meeting was a “blended” meeting with the in-person portion held in

Williamsburg and via Zoom. At that meeting, the Board determined to hold a virtual Annual Meeting rather than an in-person meeting, especially considering we had just had an in-person Conference.

The Annual Meeting was held via Zoom with a limited agenda. The Nominating Committee put forward the names of the current officers for re-election as the Executive Board, except for the office of treasurer. A search continues for a new treasurer. There were no other nominations from the floor.

The VFN is happy to welcome back Dulles Chapter 1241 to the Federation, however we are saddened to close Falls Run Chapter 2343. Happily, many of the Falls Run chapter members elected to transfer to Fredericksburg Chapter 90 and remain chapter members.

Work has begun on the 2023 Federation Conference with the appointment of a Conference Location Committee. Led by Leslie Ravenell, committee members 1<sup>st</sup> VP Doris McAdams, who will serve as the Conference Committee Chair, 2<sup>nd</sup> VP Francis Boatman, Immediate Past President Dr. Constance Bails and Larry McIlwee of the Northern Neck Chapter 1823. As of this report, the Committee has visited sites in Virginia Beach and Charlottesville.

*Bob Martin*

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## MESSAGE FROM THE EDITOR



Greetings and welcome to the 2022 spring edition of the VFN Newsletter. As the 2022 Spring VFN Newsletter goes to press, it feels more like summer.

In this newsletter you will see what our NARFE members have been doing for the past six months. Many chapters are still not able to meet but the ones that have been meeting have been quite busy with a variety of interesting programs and speakers.

VFN members will have a busy summer as they analyze the National Office Candidate Statements, then vote for new National Officers and elect a new Region X Vice President, and prepare for FEDCON22 at the Westin Kierland Resort & Spa in Scottsdale, Arizona.

Virginia will be well represented at FEDCON22 this year. I hope to see you there!

**FEDCON22**  
LEARN • ADVOCATE • LEAD



*Kathy Arpa,*  
VFN Newsletter Editor  
[mkarpa@hotmail.com](mailto:mkarpa@hotmail.com)



### VFN Executive Board

#### President

Robert "Bob" Martin  
[bobmartin1124@gmail.com](mailto:bobmartin1124@gmail.com)  
(202) 255 - 3320

#### 1<sup>st</sup> Vice President

Doris McAdams  
[dmac200592@msn.com](mailto:dmac200592@msn.com)  
(540) 220 – 9091

#### 2<sup>nd</sup> Vice President

Frances E. Boatman  
[feboatman@live.com](mailto:feboatman@live.com)  
(540) 330 – 9122

#### Secretary

Esther L. Nash  
[ladyone191@gmail.com](mailto:ladyone191@gmail.com)  
(540) 848 – 1777

#### Treasurer

Thomas "Tom" Rachele  
[thomas.rachele@verizon.net](mailto:thomas.rachele@verizon.net)  
(703) 801 – 5615

#### Immediate Past President

Constance Bails, Ph.D.  
[ctbails2@aol.com](mailto:ctbails2@aol.com)  
(703) 303 – 1341

SECRETARY'S REPORT – Esther Nash



Virginia Federation of NARFE is happy to announce anniversaries of the following chapters:



***Dumfries Chapter 1270 - 49th Anniversary  
President William “Bill” Lidell***

***Dulles Chapter 1241 - 50<sup>th</sup> Anniversary  
President Jeffery D. Sargent  
(Celebration – June 27, 2022 – Amphora Restaurant –  
Herndon, VA)***

***Roanoke Chapter 111 - 70<sup>th</sup> Anniversary  
President Frances E. Boatman***

As secretary of the VFN I have been attending all executive, board of directors and special meetings. I also attended the 2<sup>nd</sup> Vice President Chair Meeting for the Program Chairs. This keeps me abreast of activities of the federation and provides an opportunity to offer the committee my assistance and theirs to me if needed.

To maintain my technical skills, I attend the free zoom training class, which is offered to membership at no cost by the VFN Chairs Deborah Fisk and John Bails Electronic Communications Committee (ECC). I established and attended this year's nomination committee meeting, with a member from each Area representing the membership ensuring fairness and full representation.

I worked with the Bylaws Committee on the submission of updated documents to Headquarters in a timely manner. We are still waiting for a final approval. I submitted the Federation Convention/Conference Report for Conference October 2021 and NARFE Federation Officer Roster (F7A) to Headquarters.

The winter session of the Virginia Federation of NARFE was held January 9-11, 2022, in person and virtually by Zoom at Hampton Inn and Suites, 718 Bypass Road, Williamsburg, Virginia 23185. Meeting was called to order by President Robert Martin. The quorum was met in accordance with the bylaws.

President Robert Martin welcomed the Board of Directors, and the membership in attendance by zoom. followed by the swearing in of newly elected VFN 1<sup>st</sup> Vice President Doris McAdams.

Newly elected First Vice President Ms. Doris McAdams stated that she was looking forward to working with the Area Vice Presidents.

The following members were nominated and presented to the membership by the Nominating Committee for the period of 2022 – 2023.

**Robert “Bob” Martin**, VFN President  
**Doris McAdams**, VFN 1st Vice President  
**Frances Boatman**, VFN 2nd Vice President  
**Esther Nash**, VFN Secretary  
**NO CANDIDATE**, Treasurer

Second Vice President Frances E. Boatman and VFN Membership Chair presented activities of the Program Committees. It should be noted that *Donation Checks* should be made out to **NARFE Alzheimer’s Research**, should be either sent directly to VFN Donna Shackelford, VFN Alzheimer’s Chair or submitted to a VFN Chapter Alzheimer’s Chairperson in your area. This enables the Virginia Federation and/or your chapter to receive credit for your donation. Donations sent directly to Alzheimer on behalf of VFN cannot be verified d by Donna.

Bob informed the VFN Board that he had received a letter containing a Certificate for Distinguished Service identifying the VFN as 1<sup>st</sup> Place in Alzheimer’s contributions, the highest amount raised during the period of July 1, 2020 to November 30, 2021. Bob thanked Donna and her committee. He recognized her via Zoom for her challenging work and stated that she would receive a certificate in the mail.

On April 11, VFN members participated in the Virginia Federation of NARFE (VFN) Annual Meeting by Zoom.



In addition to a report from the VFN Executive Board and Region X Vice President Bill Shackelford, we also heard from the two candidates for Region X Vice President (pictured below):



<<Robert Allen



Charles Talley>>



Map of Region X

Virginia is part of Region X. We also heard from three of the four candidates for NARFE National President (pictured below):



Gary Roundtree



Bill Austin



Bill Shackelford

(You can see the bios of all the candidates in the May NARFE Magazine.)

Erin Carter, Director of Programs at NARFE, shared information about FEDCON22 coming up in August in Scottsdale, Arizona and FEDHUB, which seem to be drawing a lot of interest. You can find more information on these topics on the NARFE website at [www.narfe.org](http://www.narfe.org)

The VFN Search Committee has been scouting the state looking for a potential location for the 2023 VFN Conference, which is tentatively scheduled for April 2023.

If you are interested in what is going on in the VFN and YOU want to get involved, you can ask your Chapter President or Area Vice President for the contact information of the various committee chairs.

*Esther L. Nash*

TREASURER'S REPORT

The latest VFN PAC reporting to the Virginia Department of Elections has been completed and submitted for the period 01/01/2022 to 03/31/2022. The deadline for the report submission was April 15, 2022. The next report deadline for the reporting of 04/01/2022 to 06/30/2022 is on 07/15/2022.

Financial Reports are being submitted reflecting the current fiscal year's activities and the balances reflect and reconcile to the current InFirst Federal Credit Unions bank statements. The current VFN PAC checking account balance is \$6,889.12 and the savings account has a balance of \$5.00.

VFN (Virginia Federation of National Active and Retired Federal Employees) Financial Reporting



Since taking over the VFN financial record keeping, I have consolidated and closed all the accounts and or sub-accounts that were not necessary. There is now only one primary VFN checking account and one VFN savings account (that is required to maintain the VFN account with InFirst FCU). There is currently \$154,084.87 in the VFN Checking account and \$5.00 in the VFN Savings account for a total balance of \$154,089.87. I am only maintaining electronic copies of all records, and do not keep copies of any hard copies of any type of records. All reimbursements are maintained in an electronic file format. The required

IRS Tax filing is in the process of being prepared. The return was due by May 15, 2022, and the accounting firm had gone ahead and filed the necessary extension to ensure that the VFN did not become delinquent. My initial assessment of the subsequent Tax returns was that they had not been properly done and, from our previous meetings, I had discussed the difference between income and transferring funds from the various account as not being a reportable income source. I am also awaiting the final determination of reporting the PAC into the VFN Tax return. NARFE generally reports monthly of what the VFN reimbursement is going to be before being deposited into our VFN Checking account; however, they have reported inaccurate information occasionally, that has required follow-up with them. A final note, I have not yet sent the assessments out to Chapters.

*Thomas A Rachele*

NEWS FROM THE FIRST VICE PRESIDENT

This covers a brief period as I was elected and installed as First Vice President in January.

Since becoming First Vice President, I attended two Northern Virginia Caucus meetings, one of which, I provided an updated on the federation. I also met via Zoom with the Area Vice Presidents. I participated in the April VANARFE conference held by Zoom.

Most of the Area Vice Presidents have held their caucus meetings and have been re-elected to another term. Area I Vice President Jeanne Garrison's term ends with the end of the VANARFE year. We thank her for six great years of service. Marilyn Riddle was elected as the new Area I Vice President. Area IV is vacant. I am trying to fill that position.

The Area Vice Presidents are doing a wonderful job of keeping their chapters informed and providing assistance as needed. Thank you for a job well done.

I have participated in one site visit to find a place to hold the 2023 VFN annual conference.

*Doris McAdams*

NEWS FROM THE SECOND VICE PRESIDENT

Welcome Spring! Spring is the season of new beginnings and welcomes the change with nature emerging from hibernation. New life appears around us in the green grass, trees putting forth their foliage, and flowers blooming for all to enjoy. It is a time for renewal and new beginnings. It is time to renew our commitment to NARFE and its programs that benefit all Federal Employees, both active and retired.

I attended the following meetings/training:

Weekly Zoom Training, Chapter 737 Meeting via Zoom, Alzheimer's Chair Meeting, ECC Meetings, Training Committee Meetings, Quarterly VFN Board Meeting, National Legislation/PAC Training, Service Officer Training, Federation and Chapter Records Management Training

I also participated in the 2023 Conference Site Committee Review of Charlottesville, Hampton, and Virginia Beach hotels.

Working with our Program Chairs is an honor and a privilege, and I am constantly learning about NARFE programs that serve our members. Each Program Chair is a very dedicated, hard-working NARFE member who continues to go 'above and beyond' to maintain the momentum of their programs to serve our members. I am proud to serve with these dedicated, hardworking individuals – please extend a well-deserved 'Thank you' to each of them.

Virtual meetings were held monthly to coordinate and discuss Program highlights and future plans. At the January meeting, Program Chairs set goals and objectives, including training and outreach to their Chapter counterparts. Videos and photos of VFN activities are posted on VFN's Facebook page to keep our members informed and up-to-date. Communications, reports, meetings, and training with the Chapter counterparts are ongoing.

Whenever you have the opportunity, please take advantage of the monthly training via Zoom. You don't have to leave the comfort of your home to participate. Program Chairs have conducted training/meetings on Alzheimer's, Membership, State Legislation, National Legislation/PAC, Service Officer, Public Relations, as well as weekly Electronic Communications training on various subjects. Check the Calendar on the VANARFE.org website for details. The more you participate, the more you will learn about NARFE and its many programs that serve you.

Future plans are to continue with the monthly Program Chairs Meetings, continue interaction with the individual Chapter leaders, and to plan further training for Chapter Program Chairs and anyone interested in participating.

As we begin to meet in person again, I hope to visit many of the Chapters and meet you all. In the meantime, feel free to contact me if I can be of assistance in any way.

"Together we will succeed."

*Frances E. Boatman*





## REPORTS FROM PROGRAM CHAIRS

### NATIONAL LEGISLATION REPORT

#### ADVOCACY, ADVOCACY, ADVOCACY

As this issue of VFN Notes goes to press, we are getting ready for the important final ADVOCACY push before the 117<sup>th</sup> Congress ends. Why is this time so critical to NARFE, VFN and all NARFE members? Unless we succeed with our legislative priorities before the end on December 2022, all the demanding work we have done in the past two years to get cosponsors to congressional bills, especially WEP and GPO, will have to be repeated as the new 118<sup>th</sup> congress starts in January 2023!!



**Two specific bills need your attention:** **HR 82** Social Security Fairness Act introduced by Rep. Rodney Davis(R) MA. and **HR 2337** Public Servants Protection and Fairness Act introduced by Richard Neal (D) MA. We are close to getting

the required number of cosponsors to have the bills moved to the floor for debate.

**HR 82** has 273 cosponsors, (8 of VA's 11 representatives have signed on). NARFE Members living in the 5<sup>th</sup>, 6<sup>th</sup> or 9<sup>th</sup> Congressional Districts need to contact their congressional representative and **ASK THEM** to join their other VA representatives and sign on as a cosponsor.

**HR 2337** has 187 cosponsors, (5 of VA's 11 representatives have signed on). NARFE Members living in the 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, or 9<sup>th</sup> Congressional Districts need to contact their congressional representative and **ASK THEM** to join other VA representatives and sign on as a cosponsor.

See pages 14-16 in the June/July NARFE Magazine for more Information.

**VFN NATIONAL LEGISLATIVE TEAM UPDATE:** The Team has been busy the last six months trying to obtain cosponsors, attending congressional fund raisers with the assistance of NARFE PAC funds, and providing VFN training on National Legislative issues and NARFE PAC funds status. Any chapter wishing to receive such training, please email me at [gastongianni@aol.com](mailto:gastongianni@aol.com).

Our Congressional District Leaders attended the following fund raisers:

CDL for 11<sup>th</sup> District, Judy Thorne (Dulles 1241), and Mike Musick attended Congressman Gerry Connolly's event along with NARFE Region X Vice President, Bill Shackelford.

CDL for 10<sup>th</sup> District, Dennis Friedman (Fairfax 737) attended an event for Representatives Wexton, Spanberger and Luria.

CDL for 8<sup>th</sup> District, Thomas Hart (Fairfax 737) and Alyssa Marlow attended an event for Representative Don Beyer.

CDL for 3<sup>rd</sup> District, Ray Orland (Suffolk 1743), and his wife Gail, Graylin Taylor (Churchland 1293) and his wife Mary, and June Staton and Deborah Brown (Brentwood 1697) attended an event for Congressman Bobby Scott. Both Senators Warren and Kaine also were in attendance.



**NARFE PAC FUNDS UPDATE for Virginia--Jan 2021- March 2022**

**Collections**

**TOTAL-- \$63,573**

- **CHAPTERS--\$36,684**
- **VA NATIONAL Members--\$26,888**
- **NUMBER OF CONTRIBUTERS--1066**
- **CHAPTERS—538**
- **VA NATIONAL—528**
- **Number of Sustainers—38**
- **Chapters—32**
- **VA National—6**

**Distributions as of March 30, 2022**

- **A total of \$20,000 was distributed to individual members of the VA Congressional Delegation**
- **Virginia 02 Elaine Luria D \$4,000**
- **Virginia 03 Bobby Scott D \$1,000**
- **Virginia 04 Don McEachin D \$2,500**
- **Virginia 07 Abigail Spanberger D \$2,000**

- Virginia 08 Don Beyer D \$1,000
- Virginia 10 Jennifer Wexton D \$4,000
- Virginia 11 Gerry Connolly D \$5,500
- In addition, a total of \$20,000 (\$5,000 each) was distributed to the Leadership PAC of Senators Kaine, Warner and Congressmen Beyer and Connolly.

**NARFE ADVOCACY COMMITTEE:** The committee is made up of representatives from each of the 10 NARFE Regions. I represent NARFE Region 10 on the committee. The committee is charged with developing issues which NARFE can support during the upcoming 118<sup>th</sup> Congress (2023-2024). Federations, Chapters and NARFE members will be invited to offer suggestions for the committee's consideration in developing a list of items for the NARFE Executive Board to consider and approve. The new FED-HUB will play an important part in collecting information. There should be specific information on the process in the June/July NARFE Magazines (See page 51). If you want to raise an issue for the Committee's consideration, go to [www.narfe.org/advocacy-positions](http://www.narfe.org/advocacy-positions)

**A Look to the Future.** The recent Congressional District realignment for VA will have impacts on which congressional district our members will be in. This has significant impact on when it's time to vote in November. Be sure to check out which will be your district. This will also have some impact on our National Legislative Team.

We will be looking for VA NARFE members who live in the new 3<sup>rd</sup>, 6<sup>th</sup> and 7<sup>th</sup> Congressional Districts and who may be interested in becoming a Congressional District Leader. The shift in district boundaries will move several of our current CDLs into new districts. Thus, a need to find replacements. More to follow in the coming months.

**CLOSING QUOTE:** "People acting together as a group can accomplish things which no individual action alone could ever hope to bring about." Franklin Delano Roosevelt

*Gaston Gianni*

## STATE LEGISLATION REPORT

The 2022 State Legislative Session is almost over. Please check out the current status.

- A. Exempting a Segment of CSRS Pensions Equivalent to Social Security Retirement – there was no mention of this item in 2022; however, in the 2020 Session House Bill No. 676, Patron Del Roxann Robinson submitted a similar bill. “Provide an individual income tax subtraction equal to 20% of the federal Civil Service Retirement System (CSRS) benefits received by a taxpayer each taxable year.” I will continue to follow up with Delegate Robinson and our committee will collaborate with the Delegates office.

**Side Note: we should watch as we lobby for a CSRS exemption –**

1. Currently SB381 Income Tax, state; exempts military retirement income of a veteran introduced by Ryan McDougle. Exempts, beginning in 2022, up to \$40,000 of military retirement income of a veteran who is at least 55 years old and who was honorably discharged after active duty in the Armed Forces.  
We should watch this bill, as it could be impacting our argument for CSRS unfair treatment in the future. AS OF 02/10/2022 – SENATE – Incorporated by Finance and Appropriations
2. SB528 – sponsored by Bryce Reeves similar to SB381. 03/12/2022 it was continued to 2022 Special Session 1 pursuant to HJR455

- B. Age Deduction – amend state tax code to allow a deduction to all individuals 65 and older in the amount of \$12,000. We did not see any legislation in 2022.
- C. Minimum Nursing Home Standards, H.B. 646, sponsored by Betsy Carr was continued over to 2023, left in Health, Welfare and Institutions by a voice vote. This will be picked up in 2023.
- D. Family Caregiver Tax Credit – we watched HB291 sponsored by Sam Rasoul. As of 02/15/2022 it was left in House Appropriations.
- E. Income Tax Subtraction for Retiree Health Insurance Premiums – no legislation tracked.
- F. Global Warming
- HB206 – Small renewable energy projects; impact on natural resources – 04/11/22 approved by the Governor
  - HB998 – Building energy use intensity; reporting, reduction, requirement, incentive programs - 02/15/22 left in the House Counties, Cities and Towns
  - SB499 – Renewable energy facilities; Dept. of Energy, et.al, to analyze life cycle, report – 04/01/22 approved by the Governor

- G. Allow Virginia Income Tax filers to itemize on their state return regardless of taking the standard deduction on their filing status.

The closest we came to this issue was a bill introduced by Joseph McNamara, H.B. 472 Income Tax, State; Increases the standard deduction which would increase the standard deduction. Increases the standard deduction, starting with taxable year 2022, from \$4,500 to \$9,000 for single filers and from \$9,000 to \$18,000 for married filers. The increase would remain in effect for taxable years 2026 and after, when, under current law, the standard deduction is scheduled to be reduced to \$3,000 for single filers and \$6,000 for married filers. As of 03/01/2022 it was continued in the Senate to 2023 in the Finance and Appropriations Committee.

The Virginia General Assembly's regular session ended on March 12, and the House and Senate continued to hold private meetings to close the \$3 billion gap between their respective versions of a two-year spending plan.

They came back to Richmond in late April to begin to make progress on the state's budget and address vetoes and amendments placed on legislation by Governor Glenn Youngkin. A main point of contention between the parties in the legislature is the scope of tax cuts. The Republican-controlled House is pushing for more sweeping cuts, while the Democratic-controlled Senate wants the cuts to be more surgical.

Key items in the budget include the Governor's plan for a three-month gas tax holiday and possible state funding for the construction of a Washington Commanders stadium.

Governor Youngkin originally proposed the gas tax holiday in a special session earlier in April, but did so three hours after that session had gone to recess.

The General Assembly has until June 30 to finalize the state budget.



*Deborah Fisk*



## ALZHEIMER'S REPORT

The most exciting news to be broadcast is that the FDA has approved a test for diagnostic purposes to identify the initial stages of Alzheimer's disease and to prompt treatment. The test is a sample of spinal fluid which will be examined and ranked as to how many tau tangles have been formed. That will greatly assist health care workers to aggressively prepare the patient and begin appropriate treatment.

### **Alzheimer's study finds 42 more genes linked to higher risk of disease**

The largest genetic study of Alzheimer's to date has provided compelling evidence linking the disease to disruption in the brain's immune system.

The study, using the genomes of 100,000 people with Alzheimer's and 600,000 healthy people, identified 75 genes linked to an increased risk of the disease, including 42 that had not previously been implicated.

The findings suggest degeneration in the brains of dementia patients could be spurred on by "over-aggressive" activity in the brain's immune cells, called microglia.

Professor Julie Williams, the director of the UK [Dementia](#) Research Institute at Cardiff University and a co-author of the study, said the findings could help reignite efforts to find an effective treatment. "This is an enormous clue to what's going wrong," she said. "Eight or nine years ago we weren't working on the immune system. The genetics has refocused us."

The study, the largest of its kind to date, also allowed scientists to devise a genetic risk score that could predict which patients with cognitive impairment would, within three years of first showing symptoms, go on to develop Alzheimer's. The score is not intended for clinical use at the moment but could be used when recruiting people for clinical trials of drugs aimed at treating the disease in the earliest stages.

### **'Stressed' cells offer clues to eliminating build-up of toxic proteins in dementia**

A characteristic of diseases such as Alzheimer's and Parkinson's – collectively known as neurodegenerative diseases – is the build-up of misfolded proteins. These proteins, such as amyloid and tau in Alzheimer's disease, form 'aggregates' (or tangles) that can cause irreversible damage to nerve cells in the brain. Protein folding is a normal process in the body, and in healthy individuals, cells carry out a form of quality control to ensure that proteins are correctly folded and that misfolded proteins are destroyed. But in neurodegenerative diseases, this system becomes impaired, with potentially devastating consequences.

“Just like when we get stressed by a heavy workload, so, too, cells can get ‘stressed’ if they’re called upon to produce a large number of proteins,” explained Dr Edward Avezov from the UK Dementia Research Institute at the University of Cambridge. “We were astonished to find that stressing the cell actually eliminated the aggregates – not by degrading them or clearing them out, but by unravelling the aggregates, potentially allowing them to refold correctly,” said Dr Avezov.

“If we can find a way of awakening this mechanism without stressing the cells – which could cause more damage than good – then we might be able to find a way of treating some dementias.”

Up to date goal information is dated through March because I have not yet received the April numbers.

Donations toward the National Goal of \$15 Million: **\$14,345,612.68**

through March 2022

(Includes \$3960 for Longest Day, and \$79,778.98 for Walk, both 2021 totals)

*Donna Shackelford*

Region X Coordinator

14429 Round Lick Lane  
Centreville, VA 20120

## **PUBLIC RELATIONS REPORT**

As I searched my calendar and Facebook posts, I was surprised at all we have done since November. Most of our chapters are meeting and participating in various activities.

The Colonial Beach Chapter held its annual Harvest Festival and Alzheimer’s fund raiser. I and other VFN officers attended this event and had a wonderful time.

Most chapters held celebrations on NARFE’s first 100 years throughout the year. Woodbridge Chapter held it’s in November.



Mary Lou Vroman [pictured here] from Annandale Chapter 1159 and Ted Pasek from Fairfax Chapter 737 invited attendees at Congressman Gerald Connolly's annual Health Fair to join NARFE and explained the benefits NARFE provides.

Several chapters held Christmas Parties.

Chapter 1270 Woodbridge collected 322 pounds of food and personal items for Action in Community Through Service (ACTS) at its Christmas party. Pictured

here are members Betty Koger, Adele Jones and Thomas Rachele. >>>>



<<Holiday Party for Chapter 1116 (Vienna-Oakton) members



Several board members attended Chapter 1757 Middle Peninsula\_Gloucester's March meeting.

I know there will be more opportunities to participate in community activities and spread the word about NARFE during the summer months.

This year we are having an election to elect National and Regional Officers. The candidates have been asked to provide their campaign literature to be posted on our Facebook page. One candidate for National President and one for Region X VP have submitted materials. Please read all the candidates' materials so you can be informed before you vote. Several are talking about changing the organization structure of NARFE. I will post materials as I receive them.



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](http://www.facebook.com)

*Doris McAdams*



## MEMBERSHIP REPORT

**Welcome Spring!** Spring is the season of new beginnings and welcomes the change with nature emerging from hibernation. New life appears around us in the green grass, trees putting forth their foliage, and flowers blooming for all to enjoy. It is a time for renewal and new beginnings.

Chapter Membership Chairs requests have been answered and/or forwarded to Headquarters for response.

Membership page on VFN website continues to be updated with Recruitment & Retention materials, and Reinstatement forms, as well as sample letters to send to prospective and lapsed members.

Membership Training via Zoom was conducted January 26 with 20 members in attendance. Once Covid subsides so we can safely meet in person, two sessions are planned for Membership Chairs. Meeting in Williamsburg for Areas I – IV and meeting in Richmond for Areas VII – X. Locations to be determined.

Membership Gain/Loss Report – Prepared and distributed monthly to Membership Chairs, VFN Executive Board, and Area Vice Presidents with recommendations to contact prospective new members and non-renewals. Developed form for tracking Prospective Member Contacts, and plan to present it to Membership Committee for final approval and distribution to Chapter Membership Chairs.

Membership Recruiting/Retention – 2021 Membership Drive ended with 17 new members signed by Recruiters. Plans are to participate in seminars, health fairs, conventions, etc. to recruit new members. With the Covid cases beginning to drop and the weather warming up, I'm hoping we will be able to set up quite a few recruiting tables. Just let me know when and where. Plans are to also actively work with Chapters to reinstate members dropped for nonpayment of dues and to promote Dues Withholding.

The meeting of NARFE Chapter 1757 Middle Peninsula Gloucester was especially lively and informative on March 15. Officers of the Virginia Federation of NARFE joined local members and friends, adding more tables at Olivia's for lunch in Gloucester. Frances Boatman gave many helpful suggestions for increasing membership, and Service Officer Arlene Arthur and Area I Vice President Jeanne Garrison, also from the VA Federation of NARFE, added helpful information. Also attending were VFN Chaplain Marilyn Riddle and Wanda Ware. The Chapter submitted a write-up and photograph to the "Gloucester – Matthews Gazette – Journal", now posted on VFN Facebook page. Each attendee was given a VFN bag with NARFE magazine, membership brochures and applications, along with a pen and magnetic clip and asked to distribute to active or retired Federal employees in their community. One gentleman asked for 10 applications to take to Post Offices and branches in the area. Membership Chair Jim Bradbury has extras.



Pictured from left: Wanda Ware, Marilyn Riddle (VFN Chaplain), Bob Howe (Chapter 1757 President), Frances Boatman (VFN 2<sup>nd</sup> VP/Membership Chair), Jeanne Garrison (Area I Vice President), Arlene Arthur (VFN Service Officer), Jim Bradbury (Chapter 1757 Membership Chair) at meeting of NARFE Chapter 1757 Middle Peninsula Gloucester

I attended Area VII meeting via Zoom and gave a brief Membership presentation.

As of April 30<sup>TH</sup>, there were 5,040 Chapter members and 6,032 National members, for a total of 11,072 VFN members. In April, we welcomed 20 new members – one in Area I, one in Area II, one in Area III, three in Area VII, one in Area VIII, four in Area IX, and nine in Area X, and there were 11 Reinstatements and 30 Transfer In due to closing of Chapter 2343 Falls Run. There were seven deaths, two Transfers out, 36 members dropped for non-payment, and one voluntary cancellation. This resulted in a net gain of 15 Chapter members. We are headed in the right direction now, and with 224 new Prospects in April, I trust we can continue in the right direction.

**Remember - Membership is Everyone's Responsibility** - If you have suggestions, questions, or would like help with membership, please contact me at [feboatman@live.com](mailto:feboatman@live.com).

**Together we will succeed!**

*Frances E. Boatman*

## SERVICE OFFICER REPORT

These last six months seems to have zoomed past. While we are slowly starting to interact more in person, most of us are taking a hybrid approach. Many business meetings are virtual and while trending more to in person social gatherings.

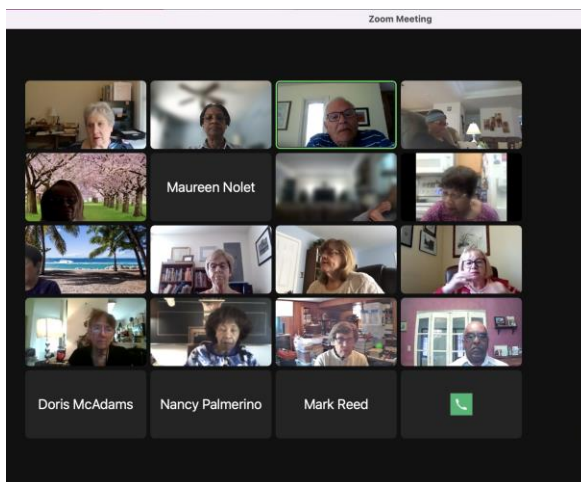
In late October I conducted an online Service Officers training session. The Zoom training was very well attended but I wasn't pleased with the technical part of my presentation, so I offered to redo my training in the future. Due to other scheduled training sessions, I was rescheduled for April 2022.

In November I published my last Service Officer Connection (newsletter) for the year. In early April I emailed a Service Officer Survey to all chapter Service Officers and chapter Presidents. The purpose of the survey was to get feedback on the relevance of information that I'm providing to the officers and to determine if I'm meeting their needs. I also was interested in knowing how they are sharing the resources with their chapter members. Based on the feedback, it appears that the newsletters have been a good source of information. Officers are sharing information via their chapter newsletters, when available and verbally when meeting otherwise. They can look forward to the Service Officer Connection resuming soon.

In March, I went to **Chapter 1757 - Middle Peninsula-Gloucester** to support 2nd VP and VFN Membership Chair **Frances Boatman** who was the guest speaker. Frances lives in Roanoke and I live in Norfolk, so it gave me an opportunity to have a change of scenery. The drive was scenic, and Gloucester is lovely. And, I got to see my new friends **Robert and Jennie Howe** (whom I'd met during the 2021 VFN Conference) again.

I have traveled all around the state, visiting chapters, since becoming VFN's Service Officer. Each chapter has its unique culture, and each part of the state is different, and I've enjoyed every visit. I look forward to seeing more of you throughout the coming year.

As mentioned earlier, I conducted Service Officer training in April via Zoom. This time the technology worked smoothly. Thanks to all who attended for your support. If you attended training and your chapter doesn't currently have a Service Officer, consider volunteering for that position. It will be rewarding for you and your chapter's membership. If you weren't able to attend but might be interested in becoming a Service Officer, just contact me.



As of April 8, the Virginia Federation has 25 chapter Service Officers. Of the 25, one is an acting Service Officer, and one chapter has two Service Officers.

Zoom screen shot from April 27, 2022 Service Officer training.

Stay safe and stay healthy. I can be contacted by email at [arlenebw@gmail.com](mailto:arlenebw@gmail.com) or by phone at 757-567-1790 if I can be of assistance.

*Arlene Arthur*

## ELECTRONIC COMMUNICATIONS COMMITTEE REPORT



There is an anticipated change in the VFN Bylaws that were accepted by our membership in December 2021 and currently reside at National NARFE awaiting final approval.

“ARTICLE VIII –BOARD OF DIRECTORS SECTION 1 – The Board of the Federation shall consist of the five elected officers of the Federation, Immediate Past President, Area Vice Presidents and Chairs of the National Legislation, State Legislation, Membership, Public Relations, Service, Electronic Communications, and

Alzheimer’s Programs.” The expected addition of the Electronic Communications Committee will be added as a Program Chair position on the VFN Board of Directors.

As our Federation moves into the next phase of technology, electronic communications will continue to be important, perhaps critical. It will allow NARFE and our Federation to lower overhead costs, expand communication options, and improve collaboration among our membership. Electronic communications will allow us to disseminate information quickly and efficiently.

Because of the anticipated Bylaws change, the VFN will continue to move from paper to exploring better options for communication. I can see so many opportunities that will be possible and I look forward to assembling a team to explore the next phase. It is exciting to know how far we have come and where this journey may lead.

NARFE continues to lead the way and we will continue to support their efforts and learn from their example. Re-branding and the updated website are just the beginning. Recently they rolled out a new platform, FEDHub. If you have not heard about it, please take a minute and explore the platform or give me a call and we can go over the basics. I have a power point slide deck that I am happy to share with you so you can become more familiar with the application.

I recently held a training session on the basics of getting connected to FEDHub and I plan to offer more detailed information in the near future. FEDHub is set up to create communities based on subject matter. I was



**FEDHub**

I was asked to beta test a community for the Virginia Federation. Please remember, this is a beta test and NARFE is looking for our feedback. It is not perfect yet, but it is a beginning. FEDHub will be a terrific way to communicate with your peers all over the United States. Collaboration can save time.

The Wednesday 2:00 pm training sessions have been re-instated. We plan to vary content according to information that is requested from our membership. The calendar which can be found on our website (<https://www.vanarfe.org>) will give information about the link and the content each week. The education link will remain the same until the end of the year.

If you are interested in technology and would like to serve on the Electronic Communications Committee, please contact me. If you have comments, suggestions, or need more information on a technology related item, give me a shout out.

Deborah Fisk [valeg@vanarfe.org](mailto:valeg@vanarfe.org) or (804) 748-8722

*Deborah Fisk*

## FIELD OPERATIONS

### *Area 1*

The past year has been a mixture of on again off again activity for Area 1. Due to Covid restrictions chapters have experienced an assortment of in person meetings, Zoom meetings and cancelled meetings.

In Newport news Chapter 682 was unable to hold in person meetings for a long time due to the closure of their normal venue. By Christmas I was able to attend a meeting and conduct the installation of chapter officers. In person meetings did continue with a speaker on health care fraud, a visit from local delegate to the state legislature, Shelly Simonds and a luncheon provided by a local retirement community. There was also presentation from the Peninsula Agency on Aging. This is an organization that provides a number of services designed to help people remain in their own home as long as possible. They continued to support Alzheimer's Research through their unique "Miles of Pennies" program.

Williamsburg Chapter 685 has held in person luncheon meetings monthly and the number of attendees is growing. Programs have included a presentation on elder law and one from the state police department on scams. Deborah Fisk presented information on the state legislature and also did a program on how to take photographs with a smart phone. The December Christmas meeting included music by a young harpist. Nonperishable goods were collected and given to the House of Mercy, a local organization that provides food to those in need. The chapter membership chair is also working with a person at the College of William and Mary on a project to preserve the chapter history. Some items of historical importance will be held at the college.

I attended the November meeting of Middle Peninsula Chapter 1757 which meets in Gloucester. They met in person again in December and I installed chapter officers for the coming year. This annual holiday meeting included games and prizes and was enjoyed by all. Previously the chapter had decided to not meet January thru March since many members vacation in Florida in this time period. However, they decided to try to return to meetings using Zoom since so much had been missed with Covid issues. In March they were once again able to get together in person. VFN Membership Chair Frances Boatman gave a presentation. Service Officer, Arlene Arthur was there and talked about the VFN monthly training.

Northern Neck Chapter 1823 has no regular meeting location since their membership covers a wide area. They did continue to meet as much as possible. The December luncheon included a silent auction of white elephant items to raise money for Alzheimer's research. Black History month was celebrated in February with a presentation from the co-author of a book on several Black Women of Philadelphia who were leaders. Another meeting included a Zoom presentation by representatives from the FTC on scams aimed at seniors.

*Jeanne Garrison*

## **Area VII**

All Area VII Chapters: Roanoke 111, Charlottesville 135, Harrisonburg 164, Winchester 180, Luray 1793 and Shenandoah County 2358 are functioning, albeit not at full speed. All are meeting in-person except Luray.

In December 2021, I swore in Chapter 111 officers.

Left to right: Luther Santiful, VFN Area VII Vice President and Chapter 111 2022 Officers, Frances Boatman, President; Wanda Ware, 1st Vice President; Mark Fisher, Treasurer; and Ellie Long, Secretary.

We held an Area Zoom meeting on March 17; however, Winchester 180 and Harrisonburg did not participate. VFN Board members Doris McAdams, Frances Boatman and Debbie Fisk made presentations and participated during the meeting. It was a chance for chapter representatives to meet and interact with VFN Board members who have assumed new roles.

I visited our flagship Winchester Chapter 180 at their regular meeting on March 25 and presented a HQ NARFE Award Certificate for Outstanding Support of Alzheimer's Research.



*Luther Santiful*

## **Area VIII**

At the beginning of the newsletter reporting period there were five chapters in Area VIII and now there are four (see below for closing of chapter 2343). All four chapters are meeting in person, have elected officers, and have money in the bank. I have continued to serve as Area VIII Vice President but hope in the future to find an enthusiastic NARFE member to step up and serve this area.

**Fredericksburg Chapter 90:** Chapter President Moe Nolet is still on her journey of recovery from a life-threatening illness, but she is making progress every day. In the meantime, Vice President Dennis Cole, has stepped up to conduct the meetings whenever it is needed. The meeting place for Chapter 90 is the Salem Church Library. Chapter 90 returned to in person meetings in the fall and had a holiday lunch in December. I attended the January Executive Board meeting and the January chapter meeting. The discussion focused on how to get members back to in person meetings. The President of Louisa Chapter 2265 also attended the meeting.

When the winter brought COVID back, the library closed, and the February meeting was cancelled. As the positivity rate for Fredericksburg went down, the library opened back up and so did Chapter 90. The Chapter has been busy welcoming all the new members who were transferred from Chapter 2343 (see below).

**Colonial Beach Chapter 595** continues to meet in person. They haven't skipped a beat since September 2020. The annual Harvest Supper to support Alzheimer's was held on November 6, 2021. In addition to the chapter and community members, four members of the VFN Board, including the VFN President, were in attendance. This charity event raised \$1,500 for Alzheimer's. The COVID numbers were up so the January meeting was cancelled. In person meetings resumed in February.

**Fauquier Chapter 1549:** This chapter meets every other month and resumed in person meetings in the fall. In the past they met at the former Officers Club at Vint Hill. This was no longer possible due to the meeting attendance, so the chapter meets at Northside 29 restaurant. The menu is American comfort food but also includes Greek food. I was able to sample the Greek food when I attended the April 2022 meeting along with VFN President Bob Martin.

**Caroline Chapter 2112** met in person for the first time since the pandemic in November 2021. I was able to attend this meeting and they continue to meet at the Timbers in Ladysmith. Even though the Chapter President does not have email, the Chapter Vice President and the Secretary/Treasurer do have email. So, between the two of them, they keep the chapter up to date with all things NARFE.

**Falls Run Chapter 2343:** On April 1, 2022, the Falls Run Chapter 2343 was officially closed by NARFE Headquarters. This chapter had been in operation since 2004 in the gated community of Falls Run. At the time of its inception, it was the only chapter to have all its members in one zip code. At closing there were 51 members. Six members chose National only and the remaining 45 members were transferred to Fredericksburg Chapter 90. Chapter 90 meets at a location just a few miles from Falls Run.

*Leslie Ravenell*

## **Area IX**

Area IX is located in Northern Virginia and represents nearly 25 percent of the total VFN membership. All chapters remained active during the pandemic and most recently have returned to some normalcy on a chapter-by-chapter basis. Currently, we have a total of 2,756 National and Chapter members, with chapter members as follows: Manassas, 139; Springfield, 547; Annandale, 298; and Woodbridge, 225. While overall chapter membership has seen a net decrease due to non-renewals, transfers, and deaths, Area IX recruited 15 new members during the reporting period. All chapters have active Executive Boards which meet monthly, and, to date, Woodbridge has resumed monthly in-person meetings; Annandale has instituted a combination of Zoom and in-person meetings; Springfield continues Zoom only; and Manassas has postponed meeting in-person until further notice.

During the period, I attended at least one of each chapter's meetings and have sworn in each chapter's slate of officers, with the exception of Manassas, which has postponed elections until they resume monthly chapter meetings.

All chapters continue to publish informative monthly newsletters, and those chapters holding monthly meetings have provided informative speakers covering timely topics, including local and state elected officials covering important issues impacting our communities; VANRFE officials providing updates on the Federation's priorities and technology advances in the Federation; police officers explaining how the latest drone technologies are used in Fairfax County to improve public safety and emergency response; a CPA presenting tips on 2021 tax preparation and new tax law changes; a retired public safety official providing driving safety tips for seniors; a local TV meteorologist/personality providing a down-to-earth perspective on weather forecasting; a Master Gardener explaining how to attract wildlife with the introduction of native plantings; two Alzheimer's Association officials discussing the disease and the advent of new medications; a local resident providing tips for caregivers on how to cope with the stress of caregiving.

All chapters continue to excel in Alzheimer's fundraising; they support the Northern Virginia Caucus which holds a quarterly meeting that follows each quarterly VFN Board meeting; they support social interactions within their membership with planned spring/summer/fall activities, including theater engagements by Springfield and Woodbridge Chapters; an Adopt-A-Road cleanup by Springfield Chapter; and spring luncheons by Springfield and Annandale Chapters.

*Jim Little*



## Area X

Area X again includes six chapters with the return of Dulles Chapter 1241 to the VFN. Four of the six met in-person or virtually by Zoom. Several executive board meetings utilized Zoom to accomplish their goals – and saving gas! Two chapters reached out to members to try and have them return to meetings. Vienna-Oakton had in-person meetings with good attendance. Other chapters have used hybrid, in-person and Zoom, meetings. As shown below with the chapter reports there are many interesting topics discussed. Several members in Area X Plan to attend FEDCON22 in Scottsdale, Arizona.

**Chapter 7 – Arlington** - conducted its first and final meeting of 2021 with its annual holiday luncheon in December at the Italian Café in Falls Church, Virginia. It was a good turnout of members, and all enjoyed re-connecting. They also conducted business at this meeting, including a discussion of the future of Chapter 7 based on their summer membership survey, election and installation of officers and a 50-50 raffle for the Alzheimer’s Association. Area X Vice President Ted Pasek installed officers and gave a brief presentation about happenings in the VFN.

Because the previous community center meeting site is still closed because of Covid for an indefinite time in 2022 and an alternate site unavailable through April, the Executive Board met in March to determine when and where to begin in-person meetings. In-person is the preference of their members. The board decided to launch 2022 with the annual June luncheon and, since they don’t meet in July and August, to focus on preparing for fall in-person monthly meetings. They hope to hear that their request for Lubber Run Community Center meeting space will be approved.

Various board members attended VFN training sessions conducted on-line as well as other meetings, including the on-line monthly Arlington Federation of Civic Associations meetings. The chapter was also represented at the NOVA caucus meeting in April 2022.

**McLean-Great Falls Chapter 489** - There are no changes for the McLean-Great Falls Chapter 489. They have not met since COVID although several members attended a meeting hosted by the Vienna-Oakton Chapter. The next in-person meeting in 2022 is to be determined depending on responses to in-person meetings.

**Fairfax Chapter 737** - Elections were held in November 2021 for chapter officers. The following members were elected:

President	Charles “Mike” Fleming
Vice-President	Sharon Lenius
Secretary	Jim Mays
Treasurer	Donna Shackelford

Newly elected President Mike Fleming moved to Milwaukee, Wisconsin beginning in April 2022 for the remainder of his term. As a result, meetings of the board continue to be held via Zoom.

Membership meetings were held at the American Legion Post 177 in the City of Fairfax except for January and February 2022 when they were held via Zoom because of Covid. The March and April Chapter meetings were held in-person. The June 7th meeting will be a picnic held at Van Dyck Park in the City of Fairfax.

Non-perishable food was collected for donation to “Food for Others” at some of the membership meetings. 218 pounds were collected and donated at the April, 2022 meeting. The activities for the meetings were:

Election, Presentation of the Colors and Blue Cross Update, Sing-a-along Holiday party, Dan Cronin from Alzheimer’s Association National Capital Area Chapter, Deborah Fisk VA Federation ECC (Electronic Communications Committee) on State Legislation, Bill Shackelford Region 10 VP on HQ activities, Tracy Gillispie Historic Site Manager for Northern Virginia Regional Park Authority,

We are pleased to report that Chapter 737 member, Bill Shackelford, Region 10 VP, is running for National President of NARFE.

**Vienna-Oakton Chapter 1116** continued to have in-person meetings during this reporting period.

The fall season began with guest speaker Kathy Bass, Account Executive, Federal Health Benefits, from Blue Cross and Blue Shield. Other speakers this year were Maddy White, Fairfax Outreach Representative, Office of Congressman Gerald E. Connolly and Carolyn Pennington, Executive Director of the Shepherd's Center of Northern Virginia, which serves Oakton, Vienna, Reston, Herndon and Great Falls. A program on “Decluttering” presented by representatives from America’s Downsizing & Decluttering Consultants, drew a big crowd with several guests and NARFE members from the Annandale, Fairfax, and McLean-Great Falls Chapters. Another speaker, a current member, worked with the Partnership for Public Service and he was instrumental in the development of one of the Partnership’s premier initiatives, the “Best Places to Work” in the Federal Government rankings. The members found it quite interesting in seeing where “their” agency ranked.

Chapter 1116 Members held a holiday party in December at Pan Am Family Restaurant with installation of officers by Ted Pasek, Area 10 Vice President. Kay Dellinger and Shirley Martin received certificates signed by National President Ken Thomas, in recognition of the services they had provided to the Chapter and/or to NARFE over the years.

Shirley Martin, Kathy Arpa and Kay Dellinger >>>

Several chapter members participated in the “virtual” VFN Annual Meeting held on April 11<sup>th</sup>.



**Dulles Chapter 1241** reports the following for the period November 2021 to April 30, 2022:

They held a successful Holiday Luncheon with Capital Carolers as entertainment.

The Executive Committee met monthly via teleconference and had Area X VP Ted Pasek as guest in February. Teleconference seems to work well as board members do not have to travel to meeting.

The Executive Committee voted to re-join the Virginia Federation.

They held chapter membership luncheon meetings in March and April with about 15 attendees.

Guest speakers were Erica Carter from Fairfax County Solid Waste Management who spoke on recycling and Delegate Irene Shin (D-VA 86) with an update on the General Assembly.

The Chapter is preparing for their 50th Anniversary Celebration on June 27, 2022. Several guests are invited.

**Metro Northern Virginia Chapter 1665** - The last newsletter was October 2020, but there has not been a meeting. The Chapter sent an email to those members with email addresses inviting them to have lunch at the Athena Pallas, a new location in May. Their previous meeting location is no longer open for lunch on Thursdays. The secretary and newsletter editor has resigned (from everything, NARFE included), due to serious health problems.

*Ted Pasek*

