



# NARFE Chapter 1116 Newsletter

Vienna-Oakton Chapter 1116  
1708 Palm Springs Drive  
Vienna, VA 22182-2330



SEPTEMBER 2022

**Next Chapter Meeting**  
Tuesday, September 13, 2022  
1 PM  
Vienna Community Center  
Vienna, VA 22180

**Next Board Meeting**  
Thursday, September 29, 2022  
1 PM  
Vienna Community Center

## 2022 Board Chapter Officers

**President**  
Kathy Arpa 703-205-9041  
mkarpa@hotmail.com

**1<sup>st</sup> Vice President & Programs**  
Ralph Dantine 703-938-9757

**2nd Vice President &  
Membership**  
Jayne Seidman 703-938-2274

**Secretary**  
Chris Gieseler 703-849-0008

**Treasurer**  
David Graf 703-938-2962

**Board Members**  
**Alzheimer's and  
Photographer**  
Mark Arpa 703-205-9041

**Hostess Jayne Seidman**  
703-938-2274

**National Legislation**  
Daad Pierce 571-274-9334

**State Legislation Chris  
Gieseler 703-849-0008**

**Newsletter Team**  
Kathy Arpa, Chris Gieseler,  
Dave Graf, Mary Margaret  
McGowan

**Public Relations**  
Pec Chan 703-930-3596

**Service Officer**  
Mary Margaret McGowan  
703-281-5123

**Sunshine**  
Harriet Epstein 703-560-4137

## PRESIDENT'S MESSAGE – KATHY ARPA

School has started. Vacation time is over for most families. FEDCON22 is history and we are looking forward to cooler weather and the changing of leaves

**BREAKING NEWS!!!** Our own Bill Shackelford has been elected the new President of NARFE, effective January 1, 2023. Robert Allen of North Carolina has been elected Region X Vice President. Kathryn Hensley has been re-elected Secretary/Treasurer. Congratulations to our new national officers! Bill is our current Region X Vice President, a member of Fairfax Chapter 737, and you may recall he installed our officers a few years ago.

We closed out the spring with an indoor picnic at the home of Jayne Seidman, 2<sup>nd</sup> Vice President with members and guests.

FEDCON22 was a success with around 400 attendees, braving the heat in Scottsdale, Arizona. We were two of the few attendees with no plane delays or lost luggage. See report on FEDCON22 on pages 3 and 4. After the conference, Mark and I went on a tour to the Grand Canyon and Sedona. We plan to have a short slide show of our trip to Arizona at the conclusion of our September 13<sup>th</sup> chapter meeting, for those who are interested in seeing some slides.

Our guest speaker for our September 13<sup>th</sup> meeting will be Debbie Fisk, who is the Virginia State Legislation Chair. She will explain the 2023 State Legislation Plan and will bring copies for all of us. She will also explain the features and purpose of FEDHUB which many members are using to communicate with members in other federations, etc. There are many "communities" you can join to learn more about what is happening in NARFE.

Shirley Martin is "retiring" from her position as Hostess after many, many years. Thanks, Shirley for your contributions! Jayne Seidman will handle these duties. Daad Pierce joined the Legislation Team in the spring, and she will handle National Legislation.

Just a reminder that our meeting time is 1:00 p.m. in September.

*Kathy*

## COMING UP



**September 11** – Patriot’s Day

**September 13** – Chapter Meeting – 1:00 p.m. – Vienna Community Center – Debbie Fisk (pictured here), Virginia State Legislation Chair, will discuss the 2023 Virginia State Plan and the functions of the new FEDHUB on-line software, which is fast becoming a strong communication tool for NARFE members.

**October 11** – Chapter Meeting – 1:00 p.m. – Vienna Community Center - Courtney Arroyo, Community Engagement Manager, Department of Emergency Management and Security, Fairfax County Department of Family Services – Courtney will share information about how to prepare for a natural emergency in our area.

**November 8** – Chapter Meeting – 1:00 p.m. – Vienna Community Center – Election of 2023 Officers. A representative from Blue Cross and Blue Shield has been invited to talk about the changes in health plans for 2023.

December 13 – Installation of 2023 Officers and Holiday Party – watch for details

### SUNSHINE REPORT – HARRIET EPSTEIN



William Franklin “Bill” Martin, 82, of Mineral, VA, passed away peacefully on June 10, 2022. Bill was a former Virginia Federation President, Area Vice President and the Region X Vice President. Bill was in the United States Postal Service from May 1962–October 1992, starting as a mail carrier and retiring from the postal service headquarters in Washington, DC.

Charles Emerich “Bud” Chettle, 84, of Richmond, VA, passed away peacefully on April 23, 2022. Bud was born on Catalina Island, CA and was living in Hawaii at Hickam Air Force Base with his family during the bombing of Pearl Harbor. He proudly served his country in the National Guard. Bud worked for the Federal Government as a cartographer.

If you know of someone who needs a little sunshine, please let me know. You can call me at 703-560-4137.

### ALZHEIMER’S REPORT – MARK ARPA

During FEDCON22, I learned that NARFE members have donated approximately \$600,000 towards Alzheimer's Research. The following information was shared, and awards presented as appropriate.

*Federations with Highest Amounts Raised July 1, 2021- June 30, 2022*

*FIRST PLACE WINNER - Maryland \$213,158.63, SECOND PLACE WINNER - Virginia \$150,927.62  
THIRD PLACE WINNER - Oregon \$15,076.41, FOURTH PLACE WINNER – West Virginia \$13,123.62  
FIFTH PLACE WINNER – Pennsylvania \$12,665.10*

*FEDERATIONS PER CAPITA DUES HIGHEST AMOUNTS*

*FIRST PLACE WINNER - Maryland \$39.35, SECOND PLACE WINNER - Virginia \$30.33  
THIRD PLACE WINNER - West Virginia \$27.40, FOURTH PLACE WINNER - Oregon \$ 15.59  
FIFTH PLACE WINNER - Mississippi \$14.05*

We were reminded to never use Chapter dues for donations to Alzheimer's. Virginia has been the leader for many years. In Maryland, someone passed away and had NARFE Alzheimer's as the beneficiary.

## TREASURER'S REPORT – DAVID GRAF

This report covers all transactions that have occurred since the June Newsletter. During this period, we received \$215.64 for membership dues from National for May, June and July. \$10.00 was donated by a member and a guest at the June Chapter picnic. Our expenses were \$316.75 for the annual per capita dues to the Virginia Federation of NARFE (VFN) and \$45.05 to reimburse David Graf for the purchase of the chicken and refreshments for the chapter picnic held on June 14th.

## REPORT ON JUNE 14 CHAPTER PICNIC – DAVE GRAF



Seventeen members and guests attended the 'inside' picnic which was held at the home of Chapter 2<sup>nd</sup> Vice President Jayne Seidman.



(One guest joined the chapter after attending the picnic!)

Attendees brought a variety of sides and desserts. Thanks to everyone for their contributions. A very enjoyable time was had by all.

## REPORT ON NARFE FEDCON22 – KATHY ARPA

Mark and I attended FEDCON22 from August 21-23 at the Westin Kierland Hotel in Scottsdale, Arizona. We had the opportunity to make new friends and renew friendships with NARFE members from around the country. At the NARFE Annual Business Meeting, we heard reports from Ken Thomas, National President and Katherine Hensley, Secretary/Treasurer of NARFE. Two of the candidates for NARFE National President shared their vision for the future of NARFE. A Welcome Reception was held on Sunday evening.



During the Conference, there were concurrent sessions on Chapter Leadership and Excellence; Help Lead NARFE into the Next 100 years; Discover your Family History; Making the Most of your Meetings; How to Maximize Your Social Security Benefits; Debunking Retirement Myths, and Estate Planning. General sessions included Kevin Brown, The Hero Effect; Ken Thomas, NARFE 360, Where We've Been and Where We're Headed; John Hatton, NARFE HEADLINES, Get the Latest Updates on Legislative Action, and Olivia Williams, Alzheimer's National Committee Update. Virginia received awards for second place in two categories from the Alzheimer's Chair for contributions to Alzheimer's Research. (See photo here and Alzheimer's report on page 2.)

Fifteen members from Virginia were in attendance, including the current Federation President Bob Martin and five past presidents (shown here).

Ann Collins, Bob Martin, Kathy Arpa, Leslie Ravenell,  
Connie Bails and Bill Shackelford >>>>



<<< Members from Virginia Federation at FEDCON22



Kathy Arpa with  
VFN President Bob  
Martin and President  
-Elect Bill  
Shackelford >>



FEDCON24 will be in St. Louis, Missouri on August 18-20, 2024, at the Hyatt Regency.

### MEMBERSHIP REPORT – JAYNE SEIDMAN

We currently have 178 chapter members and 148 National members in our area, for a total of 326 NARFE members in our area. Since our last newsletter, we have two new chapter members. Welcome to Marty Arthur and Leonard Levine. We hope to see them at one of our chapter meetings in the near future.

### SERVICE OFFICER REPORT – MARY MARGARET MCGOWAN

Fall is around the corner but there is another fall NARFE members must be concerned about the kind where you fall down. Falls are not a normal part of aging. In older adults, falls can jeopardize an individual's safety and independence. Falls account for 70 percent of accidental deaths of individuals who are 75 and older. Risk factors for falls in older adults include cognitive impairment, muscle weakness, stiff joints, pain, fear of falling and presence of two or more chronic illnesses. According to the Center for Disease Control and Prevention (CDC), individuals suffering from dementia are eight times more likely to fall compared to individuals without dementia.

### NATIONAL LEGISLATION – DAAD PIERCE

- Congress is on "State Work Period." The Senate will reconvene on September 6<sup>th</sup> and the House on September 13<sup>th</sup>, 2022.
- On August 16<sup>th</sup>, President Biden signed the **Inflation Reduction Act**. Items of interest to NARFE members include:

- Medicare will be able to negotiate the prices of a limited number of prescription drugs. Some of the health care savings offset caps on Medicare Part D enrollee cost sharing and extend some Affordable Care subsidies.
- The Residential Clean Energy Credit will allow subtraction of 30 percent of solar costs from federal taxes, through 2032.
- On August 10<sup>th</sup>, The President signed **The Pact Act**, which provides recognition and health coverage to Vets harmed by burning waste while stationed abroad.

#### **NARFE Advocacy:**

- On August 2<sup>nd</sup>, Senator Tim Kaine, D-VA, joined by several colleagues and with NARFE’s endorsement, introduced the **Preventing a Patronage System Act**, a bill that would prevent future administrations from creating new excepted service schedules to bypass traditional merit-system rules, unless Congress changed laws to allow it.
- Meanwhile, NARFE opposes a new **Public Service Reform Act**, introduced by Rep Chip Roy, R-TX, on July 28<sup>th</sup>, which would eradicate merit-based Civil Service.
- On August 3<sup>rd</sup>, the Senate Committee on Homeland Security and Governmental Affairs advanced the **First Responder Fair RETIRE Act, H.R. 521**, that would permit federal first responders who suffer a disabling injury or illness on the job to remain in the public safety retirement system should they continue their federal service in a non-public safety position. NARFE expressed its support for the bill in a letter submitted to the committee.
- On July 29<sup>th</sup>, NARFE National President Ken Thomas joined Rep. Abigail Spanberger, D-VA, Rep. Rodney Davis, R-IL, and other officials at a press conference to celebrate surpassing 290 cosponsors for the **Social Security Fairness Act, H.R. 82**, which would fully repeal both the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). Per House rules, hitting this threshold and keeping it for 25 legislative days, could allow these representatives to force a floor vote.

#### **Other News**

- Federal agencies are taking precautions to protect employees in the face of growing threats against them, announcing security reviews and encouraging other steps to stave off potential danger.
- The White House and the National Archives and Records Administration are considering how to adjust a looming deadline for transitioning the government to full electronic record keeping, with many agencies expected to miss the target date at the end of this year.

## **STATE LEGISLATION – CHRIS GIESELER**

**2022-2024 Budget Bill.** On June 1, 2022, the Virginia General Assembly passed the 2022-2024 budget bill for the Commonwealth (HB 30). Governor Youngkin then proposed a number of amendments to HB 30. The General Assembly acted on those amendments (adopted, rejected or “passed over”) on June 17 and sent the bill back to the Governor. HB 30, as amended, was signed by the Governor on June 22, 2022 and was effective on July 1<sup>st</sup>.

The General Assembly passed HB 30 and other bills during a Special Session. The Special Session adjourned to September 7, 2022. It’s not clear what will be considered when the Special Session resumes on that date. Perhaps the Senate amendments to HB 30 that were “passed over” will be considered. More information will be provided at the September 13<sup>th</sup> Membership meeting.

**2023 Legislative Plan.** The Virginia Federation of NARFE’s Legislative Team, headed by Debbie Fisk, State Legislation chair, met via Zoom on several occasions during the summer to finalize work on the 2023 Legislative Plan. The Legislative Plan, approved by VFN’s Board, focuses on the following issues: state income tax exemption for Civil Service Retirement System benefits; nursing home minimum standards; state tax deduction for family health care providers; elimination of means-testing for Virginia’s \$1200 age deduction; and allowing Virginia income tax filers to itemize deductions even if they used the standard deduction on their federal income taxes.

The Plan will be the basis for lobbying/educating members of the General Assembly regular session that will open on January 11, 2023, regarding those issues.

The finalized Legislative Plan—in a trifold brochure-- was printed and has been distributed to local NARFE Chapters. The brochures will be available at our September 13<sup>TH</sup> Membership meeting.

Ms. Fisk will be the presenter at our September Membership meeting and will discuss legislative matters of interest. Members of other NARFE Chapters and members of the general public are invited to attend this meeting!

Please let me know if you would like to learn more about any of the topics in this report.



Cacti in front of Westin Kierland Hotel



Sedona, Arizona



Kathy and Mark at the Grand Canyon