



# ANNANDALE CHAPTER NEWS

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## National Active and Retired Federal Employees Association Chapter 1159 (Annandale)

P.O. Box 1463, Annandale, VA 22003

Serving Current, Former & Retired Federal Employees and Spouses  
and Survivor Annuitants

**Like us on Facebook at NARFE-Annandale 1159**

Find us on the web at: [www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)

We meet at the Mason District Governmental Center  
6507 Columbia Pike, Annandale, Virginia

**October 2022**

**Next Meeting: Wednesday, November 2<sup>nd</sup> at 10:00 A.M.**

**Join us, either in-person or via Zoom, for our next meeting at 10:00 a.m., November 2<sup>nd</sup>, when Michele Nesbitt-Johnson from BlueCross/BlueShield will discuss changes in the FEHBP for 2023 and Arlene Arthur, Virginia Federation of NARFE Chapters' Service Officer, will discuss the assistance provided by a service officer. Also, we will hold elections for our Chapter's 2023 Board Officers. For details, as well as information on registering for the Zoom meeting, see page 2.**

**PREZ SEZ** – Your *Prez* returns this month after disembarking from a beautifully designed, elaborate Venetian Gondola, delighted to come back to weather much cooler than when I left. As Fall progresses, I look forward to the leaves turning, shuffling through crunchy leaves, and a mug of hot chocolate by the fire in the fireplace. The Chapter has much to look forward to – many new programs and election of next year's board officers with the potential of new representation on the horizon.

Time feels like it's moving so rapidly and before we know it the holidays will be upon us. First, due to an increase in the cost of the Holiday luncheon at PJ Skidoos the Board did look into other venues. We were unable to find a suitable option at this time but we are continuing to research new options. Of course, any suggestions are  
**(continued on page 2)**

*(Prez Sez continued)* very welcome. And speaking of our holiday luncheon, we once again have a lovely array of 10 baskets - but that's not all. This time we have three "surprise packages", all wrapped as if from Santa himself. Sorry, no peeking. You won't know what you're getting ahead of time. Pick a holiday basket or pick a Santa-wrapped package.

Also, as the holidays approach and we see others in need with the impact of the economy hitting some very hard, our Social/Hospitality Chairperson has, once again, organized multiple Food Drives with the Mason District Police and forged a new relationship with Giant Food to collect food for the ACCA Food Pantry. Food will be collected at our Chapter meetings, at our food drives, and at the Giant Food in Annandale. Yes, we have even had a presence there this year. In addition, collections of PJ's, slippers and socks will take place. Our members are always so generous but knowing so many of you, it is not surprising. **Kim Rendelson, Chapter President**

**A Few Details for Our November 2<sup>nd</sup> Meeting** – On Wednesday, November 2<sup>nd</sup>, we will meet in the **Large Meeting Room** at the Governmental Center (to the right as you enter the building). We will have two speakers. **Michele Nesbitt-Johnson** from BlueCross/BlueShield will discuss changes in the FEHBP for 2023. Then, **Arlene Arthur**, the Virginia Federation of NARFE Chapters' Service Officer, will discuss the assistance provided by a service officer. We also will hold elections for our Chapter's 2023 Board Officers. To attend on Zoom, let **Doug Jones** know ([doujones500@verizon.net](mailto:doujones500@verizon.net) or 703-425-3361) no later than **Saturday, October 29<sup>th</sup>**, so he can send you the meeting link and passcode.

**Chapter Elections** – At our next meeting we will hold our election for the Chapter's Executive Board for 2023. The following individuals will be nominated by the Nominating Committee: **Kim Rendelson**, President; **John Bankson**, 1<sup>st</sup> Vice President; **Pat Drobnek**, 2<sup>nd</sup> Vice President; **Jack Bagnulo**, Treasurer; and **Fran Walinsky**, Secretary. Kim, John, Pat and Jack currently serve in these positions. Fran has volunteered to run for Secretary to replace **Mary Lou Vroman** who has chosen not to serve again. Nominations also will be accepted from the floor. We want to thank Fran for stepping forward and offering to serve as Secretary. We also want to announce and thank **Phil Church** for offering to replace **Carol Rubin** next year as the Chapter's Program Coordinator. And, our thanks to each of you for your help in making the chapter work.

**October Program** – **Martin Bailey**, from AARP's Fraud Watch Network, talked about Identity Theft and Fraud. Identity theft is the fastest-growing crime in the world. Every two seconds someone's identity is compromised. Identity theft and identity fraud will lead you into the different scams. If you are over 18, your identity has already been compromised in one form or another. So, what is the difference between identity theft and identity fraud? Identity theft is illegally having someone's personally identifiable information such as a Social Security or Medicare number or bank account information; fraud is someone using your identity to commit a crime of some type. Phishing is the most common way to obtain your information. This is done by using email, phone, text, social media, etc. Immediately, you should be wary of anyone who contacts you and claims you need to share sensitive information or payment of some sort – no matter who they say they are. Be alert for any communication that urgently requires action, contains threats, has a suspicious sender or email address, includes poor grammar or spelling errors, etc. Never give access to your computer unless you called. Mr. Bailey went over 10 types of identity theft including the most common one -- credit card theft where they take over your account – and the most dangerous one -- medical identity theft where future treatment may be affected by what's placed in your records. The caregiver might think you have diabetes, for example, but you don't! The impact of identity theft is far reaching. It may be financial where you lose your savings accounts, home, or retirement pensions (401k, IRAs). It may be emotional where fear may range from anxiety to suicidal. It may be physical with possible medical consequences, sleep issues, missed work, or even lost job opportunities. Or, it may be social when a reputation is damaged or personal relationships are stressed. We leave ourselves vulnerable to all of this when we fail to scrutinize reports and receipts, shred everything, secure documents, and suspect other people's motives. Place a freeze and/or fraud alert on credit cards. Do not use debit cards when shopping. Hang Up – do not engage – on a strange call, and do not press any buttons. If you are out and about, be alert as to what you carry in your wallet or purse just in case. For example, you don't need your entire checkbook. Carry with you only the number of checks you'll need that day. Do you need all of those membership cards? Think about what you have in your wallet/purse and how it leads back to you. Scammers only want two things – your money and your personal identifiable information. You only have two weapons (1) due diligence, and (2) vigilance. Use them! If you have been victimized, or are **(continued on page 4)**

(continued from page 3) unsure whether you've been caught in a scam, help is available. Contact [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call the AARP Fraud Watch Network Hotline at **1-877-908-3360**. Snacks were provided by **Della Dahl, Mary Ann Munley, John Bankson, Kim Rendelson, Pat Jack and Sharon Sellers**. Snacks not consumed during the October 6<sup>th</sup> meeting were shared with the Mason District Police Officers and Penny Gross' staff. There were **34** members and guests in attendance (19 in-person and 15 via Zoom). **Mary Lou Vroman, Secretary**

**ACCA Food Drive** -- The October 6<sup>th</sup> donations were amazing, adding an additional



593 lbs of food/personal items and \$149.00 cash to our September start. The total collection to date is 906 lbs and \$1,054.00 cash.

Please keep those donations coming for our last ACCA Food Drive for this year on Thursday, November 3<sup>rd</sup>, 10:00 a.m.-noon. The items most needed are canned goods and personal care items. If you would like to make a cash donation, please make your check out to **ACCA**, include on the memo line *Food Pantry*, under the memo line write *NARFE, Chapter 1159*, and drop it off with our collection team or mail it to **Annandale Christian Community for Action (ACCA), 7200 Columbia Pike, Annandale, VA 22003**. Food donations may be placed in either a collection box during our membership meeting on November 2<sup>nd</sup> or, on November 3<sup>rd</sup>, at the drive-by/drop-off location in the lower parking lot, Mason District Governmental Center (6507 Columbia Pike, Annandale), or, from October 29<sup>th</sup> through November 3<sup>rd</sup>, Giant Foods Annandale is featuring an ACCA display table with suggested shopping lists and designated shopping carts near the cash registers for placement of items after checkout. Thank you for your continuing support of families that truly need help now.

**Don't forget the PJs, Slippers, Socks and Toy Drive** and thanks for the donation



of PJs and socks received so far. Donations of PJs, slippers, socks and toys will be happily accepted on Thursday, November 3<sup>rd</sup>, 10:00-noon, in conjunction with our ACCA Food Pantry Drive. All sizes from infants to teens, both boys and girls styles are appreciated. Please contact

**Sharon Sellers, 703-915-8765**, with any questions or if you want to participate in the wrapping and distribution of these items during the Mason District Holiday Party.

**DECEMBER 7<sup>th</sup> LUNCHEON RAFFLE** -- For those members who enjoy the raffles that benefit Alzheimer’s Research, rest assured we are continuing this tradition. Many great items have been donated so we will have 10+ lovely baskets available at the holiday luncheon. You don’t even have to be onsite at the luncheon; winners will have their baskets delivered to their homes. So take a chance – or many chances – and buy lots of tickets. Pictures are available on the Chapter’s website ([www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)) and on the NARFE Annandale 1159 Facebook page. But what about inflation you ask? While everything else is going up, raffle tickets will remain at the bargain price of \$1.00 each or 6 tickets for \$5.00. Once the pictures go up, we will start selling tickets. Kim Rendelson will mail as many raffle tickets back to you as you would like. Just complete the Holiday Raffle Form (attached below) and mail it to Kim at her address with your check to NARFE Alzheimer's Research, please include Chapter 1159 on the memo line. Tickets will also be for sale at the November 3rd Food Drive for ACCA. All raffle ticket requests must be received no later than November 23<sup>rd</sup>.

NOTE: Due date for receipt of raffle tickets orders by mail is November 23<sup>rd</sup>. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don’t worry about losing them or the email, Kim tracks the numbers so no matter what, if you can’t find your tickets or your email, all is not lost! She will know winner identities. Last-minute tickets will also be sold at the December 7<sup>th</sup> Luncheon.

-----clip and mail form-----

**RAFFLE TICKET FORM**

**Annandale NARFE Holiday Luncheon – December 7<sup>th</sup>, 2022**  
**\$1.00 each or 6 for \$5.00**

I would like to purchase \_\_\_\_\_ Raffle Tickets. My check is enclosed for \$\_\_\_\_\_ made out to *NARFE Alzheimer’s Research Fund*, including *Chapter 1159* on the memo line and mailed to the address provided at the bottom of this page to be **received** no later than **November 23<sup>rd</sup>**.

Please include:  
Your Name:

\_\_\_\_\_  
Address:

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
Phone No. \_\_\_\_\_ (for basket winner delivery purposes if you are not present)

**Donation Only:** If skipping the raffle but still want to make a donation, please send your check made out to **NARFE Alzheimer’s Research Fund** (include *Chapter 1159* on the memo line) and mail it to:

**Kim Rendelson, 3401 Silver Maple Pl., Falls Church, VA 22042**

All checks will be hand delivered to the NARFE 1159 Treasurer

Our **Holiday Luncheon** will be held on **Wednesday, December 7<sup>th</sup>**, at PJ Skidoos at 9908 Fairfax Blvd (Rt 50), Fairfax, in the lower level – enter from the west side of the building. Social time will begin at 11:30 a.m., and lunch will be served at noon. Musical entertainment will be provided. A raffle for a number of special items will be held for the benefit of Alzheimer’s research. Salad will be provided. Menu choices include (1) garden pasta (vegetarian meal), (2) chicken cordon bleu with rice pilaf and green beans, (3) fresh broiled salmon with lemon butter, red potatoes and green beans, and (4) London broil with mushroom wine sauce, mashed potatoes and green beans. Dessert is optional. If desired, select (1) for chocolate mousse or (2) for vanilla ice cream. Ice/hot tea and coffee are included. There will not be a cash bar. A charge of \$37 per person without dessert or \$42 per person with dessert will cover the meal, taxes, and gratuity.

	Entrée (circle 1)				Dessert (circle 1)			Charge
Attendee _____	1	2	3	4	1	2	None	_____
Attendee _____	1	2	3	4	1	2	None	_____
Attendee _____	1	2	3	4	1	2	None	_____
Please make checks payable to <b>NARFE Chapter 1159</b> , and mail them to <b>NARFE 1159 Treasurer, Box 1463, Annandale, VA 22003.</b> Please mail reservations as soon as possible, but they must be received by <b>November 26<sup>th</sup></b> .								Total _____

**Legislation Report** – *Federal Budget*: The Federal Government is operating under a Continuing Resolution (CR) which extends Fiscal Year 2022 funding levels to federal agencies through December 16<sup>th</sup>. The CR has provided for additional aid for Ukraine; emergency funding for water and wastewater infrastructure in Jackson, Mississippi; funding for the low-income home energy assistance program (LIHEAP); and, an extension of the Federal Tort Claims Act for certain health professional volunteers at local health centers. When Congress returns after the November mid-term elections, it will be working to finalize the 2023 Appropriations. (It is entirely possible another CR will be enacted leaving finalization of the budget to the new Congress.)



*H.R. 82, Social Security Fairness Act*: The House Committee on Ways and Means advanced this bill out of Committee. The bill is now sitting (**continued on page 7**)

**(continued from page 6)** on the House's Union Calendar, waiting to be scheduled for a floor vote which may not be possible before the end of this Congress. If passed by both the House and Senate, H.R. 82 would repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). After many years of trying, this is the first time that the House has advanced a bill to eliminate WEP/GPO out of committee, setting the stage for a possible floor vote. With over 300 co-sponsors, it appears to have a lot of support, but without a floor vote by the end of 117<sup>th</sup> Congress, those affected by WEP/GPO will have to wait a little longer for relief.

*H.R. 302, Preventing a Patronage System Act of 2022:* The House passed H.R. 302 which would protect the merit-based civil service from being overridden by new excepted service schedules, such as "Schedule F" created by the previous administration's executive order 13957. The House of Representatives took action to try to protect the merit-based civil service from returning to the spoils system of the 19<sup>th</sup> century. (The bill was introduced by Rep. Connolly, D-VA.)

*H.R. 8466, Chai Suthammanont Healthy Workplaces Act:* This bill would require all Federal agencies to publish plans to protect employees during a public health emergency, specifically, from infectious diseases like COVID-19. The bill (introduced by Rep. Connolly, D-VA) passed in the House with overwhelming bipartisan support, 351 to 72.

*H.R. 6967, Chance to Compete Act was passed by the House:* This bill would improve cross-agency hiring by allowing agencies to share assessments with other agencies, expand use of subject matter experts in the hiring process, and to shift focus on a candidate's relevant experience and skills over self-ratings and degrees.

*COLA:* The announced COLA for 2023 will be 8.7% on CSRS annuities and 7.7% on FERs annuities, and 8.7% on Social Security payments. The COLA should help to cover some of the price increases for Health Insurance and RX co-pays, electricity and natural gas, gas for automobiles and food prices.

**Mary Ann Munley, Legislation Chair**



**Alzheimer's Report** – So far this month we have collected **\$1,564** in donations, bringing this year's total donations to the NARFE Alzheimer's Research Fund to **\$4,422**. If you would like to help find a cure for Alzheimer's, you can send a donation by mail to: **Treasurer, NARFE Chapter 1159, P.O. Box 1463, Annandale, VA, 22003**. Please make checks payable to *NARFE Alzheimer's Research Fund* and include *Chapter 1159* on the memo line.

**Phil Gilliland, Alzheimer's Chair**

**Adopt-a-Road** – We had a beautiful day for our September 22<sup>nd</sup> Adopt-a-Road litter pick-up. Our thanks to **Sharon Sellers, Mary Lou Vroman, Jack Bagnulo, Mary Ann Munley, Margaret Breinholt, Phil Church and Doug Jones** for pitching-in and making our pick-up a success. Please mark your calendars and join us at our last pick-up of the year at 10:00 a.m. on Thursday, November 10<sup>th</sup>. We will have a sign-up sheet at the November 2<sup>nd</sup> Chapter meeting or you can contact **Doug Jones** at [doujones500@verizon.net](mailto:doujones500@verizon.net) or **703-425-3361** to let us know you are attending. We will meet at the corner of Evergreen Lane and High Place in Annandale. You can park along High Place or in the lot at High Place and Evergreen (to use the lot, pull in facing High Place). For more information, contact Doug Jones as listed above.

**2022 FEHBP Open Season and Open Season Workshop** – The federal government's Open Season for federal employees and retirees to change their health plans runs from November 14<sup>th</sup> through December 12<sup>th</sup>. This year Congressman Gerry Connolly will once again be hosting his Annual Open Season Workshop. The workshop will be held from 10:00 a.m. to 1:00 p.m. on **Saturday, December 3, 2022**, at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax). For additional information call **703-256-3071**.

**Inclement Weather Policy – When Fairfax County Public Schools (FCPS) are closed because of inclement weather on the day of a scheduled chapter meeting, the in-person meeting for that month is cancelled, but the meeting will still be held on Zoom. If the FCPS open only 2 hours late on the day of a chapter meeting, the in-person and the Zoom meeting will be held.**



**Election Day is Tuesday, November 8<sup>th</sup>** – Virginia Early Voting is ongoing for your congressional representatives and, depending on your locality, some local races. Remember, every vote counts. So, whether you vote early or on Election Day, please don't forget to vote!



**Do You Know Your Congressional District?** As a result of redistricting, which is a legally-required process to adjust election districts every 10 years, you may find that your congressional district has changed. However, 96% of voters will continue to vote at their same polling place. Double check your congressional district and polling place by looking at your voter information on Virginia's online portal at [www.vote.elections.virginia.gov](http://www.vote.elections.virginia.gov). Or call the Fairfax County Office of Elections. For more information or questions about early voting or identifying your congressional district or polling place, call the Office of Elections at **703-222-0776, TTY 711** or visit [www.FairfaxCounty.gov/elections/early-voting](http://www.FairfaxCounty.gov/elections/early-voting).

**Senior Issues Forum** – At 3:30 p.m. on **October 27<sup>th</sup>**, **Congressman Connolly** will host a virtual webinar where a panel will discuss the many issues that the Senior community faces. They will share resources and legislative measures that are being taken to better the lives of senior citizens, as well as answer questions and address concerns from the audience.

The Panelists include:

- **David Melton**, Public Affairs Specialist for the Social Security Administration
- **Tara Turner**, Director for the Fairfax Area Agency on Aging
- **Sarah Henry**, Director for the Prince William County Area Agency on Aging
- **Carolyn Pennington**, Executive Director of the Shepherd's Center of Northern Virginia

For questions on the Forum, contact **Maddy White** at **703-256-3071** or [maddy.white@mail.house.gov](mailto:maddy.white@mail.house.gov). To register go to:

[https://ushr.zoomgov.com/webinar/register/WN\\_Ky5krVdUSRmS8PJe3s97Ig](https://ushr.zoomgov.com/webinar/register/WN_Ky5krVdUSRmS8PJe3s97Ig)

**“Get to Know Your Board” will return in December.**

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Mara Yachnin



**PLEASE REMEMBER OUR  
NOVEMBER 3<sup>rd</sup> FOOD DRIVE!**