

**Serving all Current and Retired Federal Civilian Employees, Spouses and Survivor Annuity**

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**MEETING:** Monthly on First Tuesday – Except July & August  
**WHERE:** American Legion Post 177 3939 Oak Street, Fairfax  
**TIME:** Social Hour – 11:30 AM Lunch – 12:00PM  
 Cost – \$15.00  
 Speaker / Program – 12:30 PM  
**MEETING SCHEDULE:** November 1, 2022  
 December 6, 2022  
 January 3, 2023

**PRESIDENT'S CORNER**

Election for chapter officers will occur at the November 1st membership meeting. Please plan to attend this very important meeting to cast your vote.

As always, any member who is available and interested in serving NARFE Chapter 737 in some even simple capacity is certainly welcome and may contact me or any member of the current Board for details.

A November tour of the U.S. Army Museum at Fort Belvoir will take place on November 15th. The plan is for the group to meet at the Fairfax American Legion Post 177 at 10:30 A.M. Website & information can be found at <https://www.thenmusa.org/visit/tips-for-your-visit/>. The Museum makes all kinds of accommodations for folks so many could join in the tour. If you are interested in attending the tour, please inform Sharon Lenius, the trip leader, at [leniussa@gmail.com](mailto:leniussa@gmail.com). Please mark your calendar to attend the November 1st program.



**GET OUT AND VOTE** – November 8, 2022, is Election Day, and Fairfax County residents will be able to go to the polls and cast their vote for their U.S. Representative in Congress. This is an important decision that could have a sweeping impact on the future of law enforcement efforts in Virginia and across the country. We know you care deeply about issues relating to fighting crime and keeping our communities safe, so please ensure your voice is heard at all levels of government in November. Be sure to get out and cast your vote on November 8 - either through absentee ballot or at your polling location in Fairfax County! To find out what polling location you're assigned to, visit

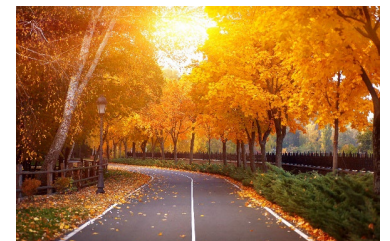
<https://www.elections.virginia.gov/citizen-portal/index.html>.

**Charles "Mike" Fleming – Chapter President**

**AUTUMN DRIVING TIPS**

With the falling temperature and falling leaves, it is a good time to review some information which can help us all have a safe and happy season. That is why we wanted to remind you of a few things you can do this fall to keep you and your loved ones safe while traveling on Virginia roadways. Be sure to plan ahead for wet conditions and take the following preparations before hitting the road:

- When daylight savings time ends, more and more drivers will find themselves driving in the dark. Pay special attention when driving in the dark, particularly for pedestrians, cyclists and road workers.
- Given weather and temperature changes, make sure tires are properly inflated and have plenty of tread.
- Make sure your windshield wipers are in good working condition.
- If driving on a road with excess water, slow down and avoid sudden movements with the steering wheel or brake pedal.



- If you feel like you are floating, steer straight and gently release the gas pedal until you feel the tires make contact with the road surface.
- In an especially heavy downpour, you may want to pull off the road until it is safe to continue.

Finally, fall weather means the potential to encounter deer on our roadways. Be vigilant while driving at dawn or dusk when deer tend to be more active. Use high beams at night to see farther ahead. Slow down and watch for the eye-shine of deer near the edges of roads.

### **FOOD FOR OTHERS**

We will again collect food to contribute to "Food for Others" who support those in need in Fairfax County. In September we collected 153 pounds and delivered to FFO. In October we had no meeting but Bob Sottile collected 105 pounds from his neighbors in Hickory Farms Community Association that he delivered to FFO.

Bob is also planning to collect from Hickory Farms neighbors again in November, the Tuesday after our meeting, to donate to FFO. **Way to go Bob!!** This truly exemplifies community spirit to help others. This is a truly community minded project for NARFE Fairfax Chapter 737. From the [www.FoodforOthers.org/give-food](http://www.FoodforOthers.org/give-food) web site, here is more information. Most needed items include:

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| <ul style="list-style-type: none"> <li>• Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries)</li> <li>• Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant)</li> <li>• Oil</li> <li>• Cereal</li> <li>• Canned tomato products (crushed, peeled, diced, etc.), 4oz – 1 lb</li> <li>• Canned meat (chicken, turkey, or seafood), 2oz – 15oz</li> <li>• Rice, 16oz packages</li> <li>• Spaghetti sauce, 14oz – 1 lb (ideally in cans instead of glass)</li> </ul> | <ul style="list-style-type: none"> <li>• Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz</li> <li>• Dried or canned beans (black, kidney, pinto, etc.)</li> <li>• Pasta</li> <li>• Fruit juice (100% juice) 32oz – 64oz</li> </ul> |
|---|--|

#### **Non Food Items:**

- New or Clean Reusable Grocery Bags 8 ½ x 14 x 15
- Can openers

We are also happy to accept perishable items including meat and dairy products that are sealed, in their original packaging, and **UNEXPIRED**. We are unable to accept donations of items that are more than 3 years expired, opened items, food that is not labeled, homemade items, or cooked food.

***Ted Pasek – Immediate Past Chapter President***

### **PROGRAM SCHEDULE FOR 2022**

Our regular face-to-face meeting location, American Legion Post 177, is **OPEN** now and we have resumed meeting in-person. Chapter meeting begins at 12:00 noon and the program will begin at 12:30 PM. If you have program requests or if you have any comments on the programs, please feel free to contact our Program Chair Sharon Lenius at a Chapter meeting, or at 703-801-2551 by e-mail at [leniussa@gmail.com](mailto:leniussa@gmail.com).

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| November 1 | Presentation of the Colors by American Legion Post 177 Color Guard followed by the reading of the Gettysburg Address<br>Ms. Michele Johnson, Blue Cross / Blue Shield will provide updates in 2023 Health Insurance Program<br>Donna Shackelford, Virginia Federation Alzheimer's Chair, will provide updates on Alzheimer's Research and National, Federation and Chapter contributions |
| December 6 | Holiday Celebration  |

***Sharon Lenius – Program Coordinator***

### **TREASURER'S REPORT**

As of October 1, 2022, the Chapter account balance was \$9,093.75. Our disbursements totaled \$591.16 for the month of October. Our balance as of October 31, 2022, was \$8,502.59. The meeting for the month of October was cancelled due to the conflict with the Virginia Federation Board meeting. Please remember that the cost of our luncheon has gone up to \$15.00 for your meal.

***Donna Shackelford – Treasurer***

### **LUCKY NUMBERS WINNERS**

Due to the cancellation of the October meeting, there were no raffle drawings.

NOVEMBER 2022

## **SERVICE OFFICER**

**HEALTH INSURANCE QUALIFYING LIFE EVENT (QLE)** – An event that may allow individuals eligible for the FEHB Program, FEDVIP, FEGLI or FSAFEDS to enroll, or if already enrolled, to cancel or change their enrollment outside of an Open Season. Qualifying Life Events are not the same for all the Programs. There are no specific QLEs for the FLTCIP. You may apply for coverage or make changes to your coverage at any time, although some changes may require you to answer additional questions related to your health (underwriting). Your answers to these additional questions may prevent you from making the change to your coverage.

*John & Constance Bails, Service Officers*

## **LEGISLATIVE NEWS**

(As of October 18, 2022)

**NATIONAL LEGISLATION** – The US government narrowly averted a shutdown of most federal agencies when the House passed, and President Biden signed a short-term spending bill hours before a September 30 midnight deadline. After approval by the Senate on September 29, the House the passed measure 230 to 201. However, Republican opposition in the House forecasts potential turmoil when the legislation expires Dec. 16, especially if the GOP wins control of one or both chambers in the November midterms. Republicans said they had no role in creating the measure and wanted a stopgap bill that extended into next year instead. Forecasts favor Republicans taking the majority in the House in January and a longer stopgap would have given the party more say in any final spending decisions. Republicans want to cut funding for the Internal Revenue Service tax audits and to provide more money for immigration enforcement.

The stopgap bill provides \$12 billion to help Ukraine defend against Russia's invasion, \$2 billion for domestic disaster relief, \$2.5 billion for New Mexico wildfires and \$1 billion in home heating assistance. Language in the bill allows the Federal Emergency Management Agency to access about \$35 billion in disaster relief funds that should aid victims of Hurricane Ian. The path was cleared for Senate passage after Senate Majority Leader Chuck Schumer and West Virginia Democrat Joe Manchin dropped an effort to include permitting changes for major energy projects. At the request of Republicans, \$27 billion in funding requested by the White House to fight COVID-19 and the monkeypox outbreak was also excluded.

With passage the short-term spending bill checked off the to-do list, legislators left Capitol Hill to hit the campaign trail. Capitol Hill will be empty until after the midterm elections. Senate Majority Leader Schumer announced that a two-week Senate session in October was scrapped, allowing incumbents to stay home and campaign. Senate leadership did strike a deal to officially start debate on the National Defense Authorization Act on October 11, with just a bare bones group of lawmakers in attendance, but there won't be a final vote until after the midterms.

"Proceeding to the NDAA will save us valuable time and enable us to get more done," Schumer said. "But members should be prepared for an extremely- underline extremely- busy agenda in the last two months of this Congress."

Insurance premiums for the Federal Health Benefits Program will jump an average of 8.7% in 2023., the largest increase in more than a decade. When OPM released the new rates, agency officials cited the increased use of healthcare services as the reason for the higher costs.

**VIRGINIA LEGISLATION** – In his state energy plan, Republican Governor Glenn Youngkin is pushing for revisions to the Virginia Clean Economy Act, a Democratic-driven law that ordered the state's electric utilities to decarbonize by midcentury, but he faces opposition from clean energy advocates who say the step would move Virginia backward. The four-year plan, unveiled in front of state and federal representatives at Lynchburg-based transformer manufacturer Delta Star Inc., sets the executive office's roadmap for Virginia energy policy.

The 35-page plan pushes for periodic reviews of the VCEA; greater protections for ratepayers and the restoration of powers to the State Corporation Commission, which regulates the state's electric utilities; and increased use of nuclear energy.

Among its critics are Senate Democrats, including state Senator Jennifer McClennan, D-Richmond, a patron of the VCEA. She contends that VCEA's requirements offer the right "balance" for Virginia's transition to renewables and that "Gov. Youngkin's plan would create roadblocks and mandatory five-year-reviews that would undermine the predictability of Virginia's energy system and make our commonwealth lose out on new jobs."

*Tom Hart – Legislation Program*

**Return Service Requested**  
**NARFE - Fairfax Chapter 737**  
**14429 Round Lick Lane**  
**Centreville VA 20120-1680**



**Postal Service (Time Value) Please Deliver By October 27, 2022**

**SUNRISE SENIOR LIVING**

**HELPING VETERANS FIND THE CARE THEY NEED** – We are proud to have so many veterans and their spouses call Sunrise home. Veterans looking for senior care may be able to take advantage of a valuable benefit through the **Department of Veterans Affairs Aid and Attendance** program. Learn more by visiting [www.SunriseSeniorLiving.com/Veterans](http://www.SunriseSeniorLiving.com/Veterans) or calling Sunrise at Fair Oaks at 703-289-0064.



**ELECTRONIC NEWSLETTER**

Please consider receiving your newsletter electronically. Contact your Newsletter Editor at **WShack1951@aol.com** to make the change. By receiving the E-Newsletter, **the chapter saves money** & you enjoy pictures of chapter activities in color. The newsletter is also on the Virginia Federation website at [www.vanarfe.org](http://www.vanarfe.org) as well as the FEDHub platform at [www.narfe.org](http://www.narfe.org). This issue of the Fairfax Chapter 737 newsletter is being sent to 346 members with 211 being sent by USPS & 135 sent via e-mail.

***William Shackelford – Newsletter Editor***

**NEWSLETTER INFORMATION**

Articles for the December 2022 issue of Fairfax Chapter 737 newsletter are due to the editor by e-mail at **WShack1951@aol.com** by November 17, 2022.