

# NARFE

Since  
1921

## President

### Leslie Ravenell

804-224-3069  
nell8211@gmail.com

## Vice President

### Jim Lynch

540 775-7002  
jplynch@crosslink.net

## 2nd Vice President

Ann Mills  
240 463-5614  
Ann.z.mills@gmail.com

## Secretary Maria Wendt

540-220-6855  
mwendt@va.metrocast.net

## Treasurer/Editor

Stan Palen  
540 775-7027  
spalen@crosslink.net

## Membership

Jean Starkey  
804 224-0845  
cbdriesters@aol.com

## Service Officer

Vacant

## Chaplain

Richard Ravenell  
804 224-3069

## Sunshine

Joan Mudd  
540 663-5476  
Joan.mudd@icloud.com

## Alzheimer's

Lloyd Wright  
804-224-8394  
lloyd.wright@verizon.net

# National Association of Active and Retired Federal Employees Virginia Federation of Chapters Chapter 595 Serving Colonial Beach, Westmoreland, and King George

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## President's Letter: February 2023

Dear Members of Colonial Beach Chapter 595,

Well, winter is finally here! The temperature went down to 16 degrees last night and right now it is 24 degrees. Brrr!! So now it is time to start planning for our February meeting which will be held on Tuesday, February 14, 2023. Happy Valentine's Day!! Once again, thanks to our 2nd Vice President, Ann Mills for arranging our guest speaker for the meeting, a representative from the Guadalupe Clinic in Colonial Beach. This clinic was responsible for providing covid 19 vaccine to many residents of Colonial Beach.

At our February meeting we will spend some time discussing our Virginia Federation of NARFE (VFN) Conference which will be held in Hampton, Virginia April 2-5, 2023 at the Embassy Suites and Convention Center. If you are familiar with Embassy Suites you know that there is a bedroom and a living room and the rooms have a microwave and a mini-fridge. They offer a full hot made to order breakfast and a happy hour with complimentary wine and beer. We get all this for the government rate of \$98.00. And the hotel is just 30 miles away from Virginia Beach. So how about a NARFE Conference and a vacation!!

I know that some of you may be saying "why do I want to come to a Conference" Well, here are a few reasons why.

First hand in person information from the various FEHB Health Insurance companies who attend as exhibitors. They can answer your individual questions.

Through speakers and workshops, first hand information on your NARFE benefits, legislative issues, Alzheimer's research, financial planning and other topics of interest to active and retired federal employees.

And after all that business stuff, we also have some fun stuff: a Cocktail reception with heavy hors d'oeuvres and a banquet with plated dinner. The cost of the reception and banquet are included in the conference registration fee. We have several 50/50 drawings and a fabulous silent auction.

So, who ready to sign up for the conference? If you are coming to our meeting on February 14, I will have the registration forms available. If you have questions, you can call me (804 224-3069). You can also go to the vanarfe.org website and get all the forms and all the latest information. Maybe you can't come to Hampton, but please be ready to give a donation to the supporters' fund for the conference.

It seems like the pandemic is waning but our area food banks still need our donations... I know you have seen the long lines for food in various places around the nation but I actually saw an incredibly long line right in King George. So please keep those donations coming. If you can't make it to the meeting and you want to donate to the food bank, please give me a call (804 224-3069) and we will try to arrange a pick-up of some kind.

Installation of officers is postponed until next month.

Hope to enjoy sharing Valentine's Day with you at our next meeting, on February 14 at noon at the Hunan.

Leslie Ravenell, President

Colonial Beach Chapter 595

**P.S. FOOD BANK, FOOD BANK, FOOD BANK!! Please don't forget!**

This month's donations go to St Mary's Episcopal Church

**MEETING NOTICE**

**January 14, 2023**

**12 PM at the Hunan**

**This month the speaker is from the Guadalupe Clinic in Colonial Beach.**

The following is from FEDWeek Weekly of February 4:

### [House Votes to Have Federal Employees Telework Like It's 2019](#)

**UPDATED:** The House approved a bill (HR-139) to require federal agencies to roll back their telework policies to those in place at the end of 2019 and to keep them there unless they can make a management case for the higher levels that for the most part remain in place now three years since the pandemic began. Read at <https://www.fedweek.com/fedweek/house-votes-to-have-federal-employees-to-telework-like-its-2019/>

### [OPM Proposes Overhaul of Suitability and Fitness Policies; Cites Insider Threats](#)

OPM has proposed an overhaul of policies governing suitability and fitness determinations for both current and prospective federal employees, including what would be a revised and expanded set of red flags in those determinations.

Suitability and fitness determinations involve whether an individual has the "required level of character and conduct necessary to perform work" for the government, says a notice in the January 31 Federal Register with a 60-day comment period. Determinations for eligibility for security clearances, which involve some of the same types of considerations, are separate and would not be affected by the revisions. Read at <https://www.fedweek.com/fedweek/opm-proposes-overhaul-of-suitability-and-fitness-policies-cites-insider-threats/>

### [Trends in Employee Survey Bear Watching, Says Report](#)

A report from the Congressional Research Service calls the attention of Congress to trends in participation rates and responses in the annual Federal Employee Viewpoint Survey. For a closer look, go to <https://www.fedweek.com/issue-briefs/trends-in-employee-survey-bear-watching-says-report/>

### [Ethics Guidance Issued for Official Social Media Accounts](#)

The Office of Government Ethics has issued guidance on ethical considerations for federal employees involved with official government social media accounts, saying they "have an obligation to act impartially and to not participate in decisions and actions in which they have a disqualifying financial interest." Read at <https://www.fedweek.com/fedweek/ethics-guidance-issued-for-official-social-media-accounts/>

### [TSP Funds Warm Up in January](#)

After the substantial losses of 2022 in all but the government securities G fund, all TSP funds started 2023 with gains, led by the small company stock S fund, up 10.82 percent in January, followed by the international stock I fund, up 8.43 percent and the large company stock C fund, up 6.28 percent.

The bond F fund gained 3.25 percent and the G fund 0.34 percent.

The monthly returns for the lifecycle L funds were: Income, 2.26; 2025, 3.28; 2030, 4.87; 2035, 5.33; 2040, 5.78; 2045, 6.17; 2050, 6.54; 2055, 2060, 7.62; 2065, 7.63.

Follow our chapter on FaceBook at [www.facebook.com/narfeckbg](http://www.facebook.com/narfeckbg)

NARFE Chapter 595  
8283 Oak Wood Dr  
King George, Virginia 22485

**Meeting Date**  
**February 14**  
**At the Hunan**

Address Correction Requested

We are on the Web  
<https://www.vanarfe.org/Chapter-595>