



# ANNANDALE CHAPTER NEWS

## 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

**March 2023**

**Next Meeting: Wednesday, April 5, 2023 at 10:00 A.M.**

**Join us, either in-person or via Zoom, for our next meeting at 10:00 a.m., on Wednesday, April 5<sup>th</sup>, when Anne Lewis, president of City Wildlife, will present “Lights Out”, the problem of bird and building collisions. For details, as well as information on registering for the Zoom meeting, see page 3.**

**PREZ SEZ** – I hope you all had a Happy St Patrick’s Day and no, if you wondered, I did not find the perfect Corned Beef & Cabbage -- but I still hold out hope. Spring will be upon us soon, although it’s tried to emerge more than once already this year, while our two snow tubes gather dust in the garage. Cherry blossoms are scheduled to be out too; they’re always a gorgeous sight and a perk of living in DC area, along with particularly plentiful and gorgeous azaleas on Prosperity Ave between 236 and Route 50.

A few of us will head to Hampton for the Virginia Federation of NARFE Conference April 2 – 5. I hope to bring back news of what newly elected officers are doing and planning for improving NARFE. More to follow at our May meeting.

**Kim Rendelson, Chapter President**

**Inclement Weather Policy --When Fairfax County Public Schools (FCPS) are closed or “virtual only” because of inclement weather on the day of a scheduled chapter meeting, the chapter meeting (both in-person and on Zoom) for that month is canceled. 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.**

**March Program** – **Dr. Jim Kinter** of George Mason University discussed “Climate Change, Preparing for the New Normal in Virginia.” (You can find Dr. Kinter’s slide presentation at the link on our website--[www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)).

The following notes provide highlights from his comprehensive review of this complex topic. His central theme was that climate is changing fast, and humans are responsible. The federal government executive branch produces a quadrennial climate assessment, titled “US National Climate Assessment”. The 5th assessment is due by the end of this year. Dr. Kinter’s major reference material was a 12,000-page report produced by the Intergovernmental Panel on Climate Change (IPCC), a group consisting of scientists and experts plus governments from around the world. The four overarching messages were: (1) climate is changing faster than at any time in the past 2 million years; (2) humans who burn fossil fuel are primarily responsible; (3) consequences are serious and impacts largely negative; and (4) there is hope, as we have the technology and growing commitments to address this. There are numerous recent examples of extreme climate events globally, including: India’s heat; California’s atmospheric rivers; the western US drought; super destructive hurricanes at Ft. Meyers Beach and Puerto Rico; Pakistan’s flood; and Africa’s drought and storms. While not everyone lives in an affected area, it’s estimated approximately 3.3-3.6 billion people (out of @ 8 billion) “live in contexts that are highly vulnerable to climate change.” In Virginia, there could be 40-50 additional days yearly with temperatures averaging above 90, maybe up to 30 more days above 95. Increased heat and humidity could lead to increased deaths. With melting ice, sea level rises. In Norfolk, what is considered flood level today could become high tide in the future, and some homes in Hampton Roads could lie underwater. Hope lies in natural energy solutions and making changes to our infrastructure. For example, transform the energy infrastructure to non-polluting systems like wind, nuclear and geo-thermal, and improve battery storage capabilities. We can also remove the excess carbon we put into the atmosphere, helping us revert to the energy equilibrium atmosphere that sustains life. Many cities have climate action plans; Northern Virginia is a leader in that area. State elected officials are addressing some of these opportunities through legislation. As Dr. Kinter hopefully concluded: “Bold, aggressive action in this decade can avoid even more dangerous climate conditions in the latter half of this century.” Snacks were provided by: **Kim Rendelson, Loretta Nester, Fran Walinsky, Diane Rudnick, Barbara Cornell, and Sharon Sellers.** A total of **35** attended (**20** in-person and **15** on Zoom). **Fran Walinsky, Secretary**

**A Few Details for Our April 5<sup>th</sup> Meeting** – On Wednesday, April 5<sup>th</sup>, we will meet in the **Main Community Room** at the Governmental Center (straight back as you enter the Center's lobby). Our speaker will join us on Zoom and discuss bird collisions with buildings. Building collisions kill more birds than any other single human factor besides habitat loss and domestic cats. The problem worsens during periods of migration. Most neo-tropical songbirds migrate at night to avoid turbulence in the air and they navigate by the stars. Passing over cities, they are often attracted to artificial lights and frequently strike transparent or reflective windows. The blow can be fatal or it can leave the birds injured and vulnerable to predators. The program will address the problem and what can be done to reduce the deaths. To attend on Zoom, let **Doug Jones** know ([doujones500@verizon.net](mailto:doujones500@verizon.net) or **703-425-3361**) no later than **Monday, April 3<sup>rd</sup>**, so he can send you the meeting link and passcode.

**LEGISLATION REPORT** – *Federal Debt Ceiling*: The clock continues to tick



until a potential June 2023 default on our nation's debt. Negotiations to raise the Debt Ceiling are ongoing between the Administration and Congress but it appears it may become a political game rather than a practical responsibility. House leaders are attempting to tie deep spending cuts to any legislation to raise the debt ceiling. Failure is not an option – the emergency measures in place right now will only last until the summer. Of concern to all should be just what spending cuts are being suggested. June is only 3 months away.

*Federal Budget 2024* – The Administration just released its 2024 Budget Proposal. The House has yet to produce their version. Stay tuned.

*H.R. 82/S. 597, Social Security Fairness Act (WEP/GPO repeal)*: This bill has been re-introduced in the new Congress. The House bill now has 194 co-sponsors including **Reps. Connolly and Wexton**. Recently, a Senate companion bill S. 597 was also re-introduced, so repeal of WEP/GPO is still gaining traction.

*H.R. 536/S. 12, Fair Act*, sponsored (respectively) by **Rep. Connolly** (D-VA) and **Sen. Schatz** (D-HI), would increase average Federal salaries by 8.7% in 2024 (4.7% wages; 4.0% locality pay). The President's recently released budget request is in the same ballpark, but House Leadership has yet to release their 2024 budget proposal. *(continued on next page)*

*(Legislation Report continued from page 3)*

*Virginia General Assembly:* House Bill 1446 addressing standards for Nursing Facilities was passed with great bi-partisan support by both the House of Delegates and Senate, and has gone to Virginia's Governor's desk. For many years, this in some form has been on our Virginia State Legislative Agenda. PLEASE COME to our May 3<sup>rd</sup> Chapter meeting and hear more first-hand from our Legislators – **Delegates Kory and Watts and Senator David Marsden.**



**Mary Ann Munley, *Legislation Chair***

**NARFE-PAC needs the YOUR support** -- While March is always designated as NARFE PAC month, every month can be a PAC month if you choose to sign up as a Sustainer with an automatic deduction from your monthly annuity payment. By now, each member should have received a mailing from NARFE with a PAC form and return envelope if you prefer to send your voluntary contribution by check. (If you did not receive or lost your mailing, you can find a contribution form on page 25 of your March 2023 *NARFE Magazine*.) Every NARFE member should consider giving to NARFE PAC as it is a critical tool in gaining access to the Congressional members determining the future of your earned benefits. (*Only NARFE members may contribute to the PAC and NARFE-PAC contributions are not deductible for federal income tax purposes.*)

**In Memory of Steve Ledford** – We regret to announce the death of **Steve Ledford** on February 21, 2023. He had been a member of the Annandale Chapter since 2010. Steve served in various leadership positions for the Chapter and at the Virginia Federation of NARFE (VFN) level. These included the Chapter Legislation Chair (2012); the alternate VFN Congressional District Leader for Congressman Gerry Connolly; the VFN Senatorial Leader for Senators Jim Webb, Mark Warner, and Tim Kaine; and the VFN National Legislation Chair. Steve was always a fun-loving person and is still remembered by many for the time he represented the Chapter dressed as the Phantom of the Opera while riding in a Model T Ford in the Annandale Chamber of Commerce Halloween Parade. Due to health problems over the last few years, his activity in the Chapter had been greatly reduced and he will be sorely missed.

**Alzheimer's Report** – Thanks for everyone's support of the Alzheimer's Research Fund. 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**

## **COMMUNITY CORNER**

**Volunteers Needed** – Volunteer Solutions is a partnership between Fairfax County's Department of Family Services and Neighborhood & Community Services. It offers meaningful volunteer opportunities to improve quality of life for older adults, adults with disabilities, and family caregivers. Volunteers assist in one-on-one or group settings. Drivers (for medical appointments, errands, grocery shopping), social visitors, grocery shoppers, and household organizers are needed in Falls Church, Annandale, and Alexandria, especially. If you have a skill to share, Fairfax County Senior Centers are looking for activity leaders, entertainers, and instructors in line dancing, fitness, languages, cooking, art, crafts, pottery, music, and more. For more information go to [bit.ly/FXVSVOL](https://bit.ly/FXVSVOL), email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov) or call **703-324-5406**.

**Alzheimers Study** – Here is another volunteer opportunity – to join an Alzheimer's study called the *AHEAD Study*. **APT Webstudy** is looking for volunteers as young as 55 to participate in the study that aims to help prevent Alzheimer's Disease. The purpose of the study, which is funded by the National Institutes of Health, is to test whether investigational treatment can slow the earliest brain changes associated with Alzheimer's Disease and help to prevent the associated memory loss. They are looking for volunteers as young as 55 to participate in the study. To learn more go to <https://www.aheadstudy.org>. They also have a separate study that monitors volunteers who are 50 and older for changes in their memory through a series of quarterly, no-cost memory tests. It takes place online, without any in-person visits required. APT Webstudy researchers use the results to track volunteers' memory and, based on potential risk level, invite select volunteers to participate in other Alzheimer's research studies. For more information go to [www.aptwebstudy.org](http://www.aptwebstudy.org).



**Mark your calendars and please join us for our May Chapter meeting on Wednesday, May 3<sup>rd</sup>, when we will have our annual “Report from Richmond” when Virginia Senator Dave Marsden and Delegates Kaye Kory and Vivian Watts will tell us what happened in this year’s session of the Virginia General Assembly. (While the meeting will be available in-person and on Zoom, please join us in-person, if you can.)**

\*\*\*\*\*oOo\*\*\*\*\*

### **Executive Board**

**President**

Kim Rendelson  
[krendelson49@gmail.com](mailto:krendelson49@gmail.com)  
 703-204-0388

**1st Vice President**

John Bankson  
[johnboy1607@outlook.com](mailto:johnboy1607@outlook.com)  
 703-256-2295

**2nd Vice President**

Pat Drobnek  
[drobp@aol.com](mailto:drobp@aol.com)  
 703-967-3935

**Treasurer**

Jack Bagnulo  
[jbagnulo@cox.net](mailto:jbagnulo@cox.net)

**Secretary**

Fran Walinsky  
[walin5@aol.com](mailto:walin5@aol.com)

**Legislation**

Mary Ann Munley  
[mamunley@gmail.com](mailto:mamunley@gmail.com)

**Newsletter Editor**

Doug Jones  
[doujones500@verizon.net](mailto:doujones500@verizon.net)

**Alzheimer’s**

Phil Gilliland  
[pmgilliland@outlook.com](mailto:pmgilliland@outlook.com)

**Public Relations**

Lorin Goodrich  
[lorin.goodrich@outlook.com](mailto:lorin.goodrich@outlook.com)

**Programs**

Phil Church  
[chchurch@gmail.com](mailto:chchurch@gmail.com)

**Outreach**

Rosemary Arnolts  
 703-578-7619

**Senior Citizens Council**

**Representative**  
 Gabe Goldberg

**Service Officer**

Carol Lutz  
 703-916-8546

**Hospitality**

Sharon Sellers  
 703-915-8765

**Members at-Large**

Pat Jack  
 Mary Lou Vroman

**Web Coordinator**

John Bankson  
[johnboy1607@outlook.com](mailto:johnboy1607@outlook.com)  
 703-256-2295

**Membership**

Doug Jones  
[doujones500@verizon.net](mailto:doujones500@verizon.net)  
 703-425-3361

**Greeter**

Mara Yachnin