



Virginia Federation
of
NARFE
(VFN)
Spring 2023 Newsletter



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Inside this issue:

VFN Executive Board	1
Message from Editor	2
Message from the President	2
Secretary’s Report	3
Treasurer’s Report	5
Report from the 1st Vice President	7
Report from the 2nd Vice President	7
Chaplain’s Corner	9
Report on VFN Conference	10
Reports from VFN Program Chairs	12
VA State Legislation Team Report	20
Field Operations	21
Notes from the Webmaster	32

MESSAGE FROM THE EDITOR

Greetings and welcome to the VFN Spring Newsletter.

This newsletter consists of information that is of interest to members of the NARFE community. It includes recent events and meetings involving VFN programs, field operations, the 2023 VFN Conference, committees, and chapter activities. The highlight of this newsletter is the 2023 VFN Conference and Annual Meeting held in Hampton in April 2023. All of our Area Vice Presidents and Program Chairs were in attendance, and they joined NARFE members for a successful conference with time for networking and meeting new NARFE members. In this newsletter you can read about the activities that have been happening in your area during the last six months and hopefully will be interested in participating in your chapter's activities in the future.

Kathy Arpa

VFN Newsletter Editor

mkarpa@hotmail.com

MESSAGE FROM THE VFN PRESIDENT

Greetings Virginia members of NARFE! It has been my privilege and honor to serve as the VFN President since October 2021. There were challenges coming out of the pandemic however, if our April 2023 Conference is any indication, we are on our way to making new headway. We still have a great deal of work to do on national legislation, but our legislative team is definitely up to the challenge and the best in the nation!

Virginia remains one of the largest federations with 37 chapters and over 10,000 members. In this newsletter you will read about the work that has been done in these chapters as they continue their efforts in legislation, recruit new members, train officers and attempt to vitalize chapters that were inactive during the pandemic.

In a few weeks the VFN will have new officers on the Board. I congratulate them all and wish them all the best as they continue to make the Virginia Federation a top Federation in NARFE.

Bob Martin

President

Virginia Federation of NARFE

SECRETARY’S REPORT

VFN Secretary – Esther Nash



The Virginia Federation of NARFE (VANARFE) is happy to announce anniversaries of the following chapters:



November 2022

Arlington, Chapter 7 - 75 Years
President - Patricia Meyers
Area Vice President X Theodore "Ted" Pasek

Midlothian, Chapter 2265 – 30 Years
President – Deborah Fisk
Area III Vice President – Wynn Hasty

March 2023

Roanoke Valley, Chapter 111 – 70 Years
President – Frances Boatman
Area VII Vice President – Luther Santiful

April 2023

Woodbridge, Chapter 1270 - 50 Years
President – Pierce Johnson
Area IX Vice President – Jim Little

Early in 2023 the NARFE Federation Chapter Officer Roster (F7A) was updated for submission to NARFE Headquarters to update their database. This project was accomplished by teamwork between the VFN Secretary, Chapters Officers and the Area Vice Presidents which resulted in a 100 percent completion. Virginia was recognized as the first Federation in NARFE to complete this project.



Esther Nash with Arlene Arthur

Finally, the weather was beautiful, sunny high and a good time was enjoyed by summer. Be Safe.

The 2023 VFN Conference was held at the Embassy Suites by Hampton Convention Center in Hampton, Virginia on April 2-5, 2023. There were 85 attendees at the Conference.



Esther Nash, Maureen Nolet and Bob Martin

and windy. Spirits were all. May you enjoy your

Esther Nash

TREASURER'S REPORT

VA Federation of NARFE Account Balances - As of 04/30/2023

Account	12/31/2022 Balance	03/31/2023 Balance	04/30/2023 Balance
Bank Accounts			
1 InFirst Checking #5783	\$ 45,112.52	\$ 51,127.72	\$ 47,785.05
1 InFirst Savings #5783	100,029.39	100,041.73	100,045.84
TOTAL Bank Accounts	<u>\$ 145,141.91</u>	<u>\$ 151,169.45</u>	<u>\$ 147,830.89</u>
OVERALL TOTAL	<u>\$ 145,141.91</u>	<u>\$ 151,169.45</u>	<u>\$ 147,830.89</u>

VA Federation of NARFE Source and Use of Funds

SOURCE OF FUNDS	07/01/2022- 12/31/2022	07/01/2022- 03/31/2023	07/01/2022- 04/30/2023
1 NARFE HQ 10% Funds	\$20,310.55	\$30,979.52	\$34,746.44
2 Chapter Dues	2,112.25	9,430.25	10,576.50
3 Conference Revenue		11,469.69	15,954.69
5 Other Revenue	(50.59)	3,045.23	3,045.23
6 Interest Revenue	40.02	59.29	65.88
TOTAL SOURCE OF FUNDS	<u>\$ 22,412.23</u>	<u>\$ 54,983.98</u>	<u>\$ 64,388.74</u>

USE OF FUNDS

TOTAL A EXECUTIVE USE OF FUNDS	\$ 21,276.11	\$ 24,940.92	\$ 28,069.41
TOTAL B LEGISLATIVE USE OF FUNDS	2,426.93	3,026.32	4,268.16
TOTAL C PROGRAM OPERATIONS USE OF FUNDS	3,615.89	5,317.14	6,005.84
TOTAL D FIELD OPERATIONS USE OF FUNDS	3,548.78	5,753.67	7,000.93
TOTAL F APPOINTEES USE OF FUNDS	5,326.61	6,749.38	9,961.08
TOTAL H CONFERENCE USE OF FUNDS	3,694.32	20,645.42	23,868.27
TOTAL USE OF FUNDS OUTFLOWS	<u>\$ 39,888.64</u>	<u>\$ 66,432.85</u>	<u>\$ 79,173.69</u>
2022/23 FY OPERATING DEFICIT	<u>(\$17,476.41)</u>	<u>(\$11,448.87)</u>	<u>(\$14,784.95)</u>

Thomas Rachele



The Treasurer’s Report reflects the period of July 1, 2022, through April 30, 2023, and does not include all conference income or expenses since a major portion of expenses came in during the month of May. As the reports indicates, the VFN’s Funds in the bank totaled \$147,830.89. During this Fiscal Year (FY), members of NARFE and the VFN were able to register and pay by credit card online for the conference including vendors. More than 25% of the revenues reflected in this report are from online credit card receipts.

All bills and vouchers that were received through April 30, 2023, have been processed.

Chapter dues received during the period reflect FY 2021/22 and FY 2022/23 are reflected above. There are still some chapters that have bills outstanding from both FY’s.

The VFN PAC reports were all filed on time as required.

Thomas A Rachele

FIRST VICE PRESIDENT'S REPORT

I visited Chapter 0595 Colonial Beach and Chapter 1823 Northern Neck – Warsaw. I attended the Northern Virginia Caucus meetings. I attended the VFN board meeting. I attended Chapter 1270's 50 anniversary celebration.

Most of my time during this period was spent planning for our annual conference. Here I am in the hotel near the registration table. Ninety of you registered and 80+ were able to attend. I hope those in attendance gained some valuable knowledge. Thank you to those of you who worked so hard to make it a successful event. I was pleased to have so many vendors wanting to participate. I hope that those in attendance were able to answer any questions they may have had answered. Once I was able to meet with my hotel and conference center contacts, they were very accommodating and easy to work with. I know some of you were not happy with some things, however, it's a new day in the hotel industry. We will adjust.



The Area Vice Presidents were very active during this period visiting their chapters. Most areas have met and elected new Area Vice Presidents. Thank you to Luther Santiful, Area II VP for your service and especially for always saying yes when I call you for help. Thank you to Jim Little, for your many years serving as Area IX Area VP. New area vice presidents will assume responsibility on July 1.

Respectfully submitted.

Doris McAdams

SECOND VICE PRESIDENT'S REPORT

Spring is the time for renewal, and it is time to renew our commitment to NARFE and its programs that benefit all Federal Employees, both active and retired. Working with our Program Chairs is an honor and a privilege, and I am constantly learning something new about the NARFE programs that serve our members. Our Program Chairs are very dedicated, hard-working NARFE members who have gone 'above and beyond' to maintain the momentum of their programs and keep our members informed.

Virtual meetings are held monthly to coordinate and discuss Program highlights and future. At the January meeting, Program Chairs set goals and objectives, including training and outreach to their Chapter counterparts. Videos and photos of VFN activities are posted on VFN's Facebook page to keep our

members informed and up to date. Communications, reports, and training of Chapter counterparts are ongoing.

Here I am discussing my role as Membership Chair at the VFN Conference held in April.

Participation in the following has been most beneficial in understanding and performing my duties as VFN 2nd Vice President: quarterly VFN Board meetings, VFN Electronic Communications Task Force, Training Committee, Service Officer meetings, Electronic Communications Committee, and informative Training sessions via Zoom, as well as the VFN Conference in Hampton.

The Program Chairs' individual Newsletter articles highlight their accomplishments – please extend a well-deserved 'Thank you' to each of them.

Future plans are to continue with the monthly Program Chairs Meetings, continue interaction with the individual Chapter leaders, and to plan further training for Chapter Program Chairs and anyone interested in participating. Check the VFN Calendar at VANARFE.org for upcoming events. The more you participate, the more you will learn about NARFE and its many programs that serve you. Contact me at feboatman@live.com if I can be of assistance in any way.

“Together we will succeed!”



Frances E. Boatman

CHAPLAIN'S CORNER

I just wanted to put a little article in this newsletter. One of the reasons is to say a very heartfelt thank you for the many prayers, visit to the viewing, and the funeral of my much beloved wife, Chris McIlwee. To say it was a major shocker, doesn't even touch how I feel. My heart is broken in two. God has his reasons, which I am not to question, even though I have. I know I will see her again some sweet day.

I want to thank Marilyn Riddle for taking the task of the Memorial Service, and a deeply grateful thank you to Mark Arpa for the musical selections for the Service.

As Chaplain, I feel that I most of all should understand, but I am human also, and so, I must turn to others for answers and to gain some hope. Losing a loved one suddenly, or in any way, is something you never expect to happen. Chris was doing fine all day, then suddenly took ill that evening. It wasn't a heart attack, or a major stroke. But they say pneumonia.

When a loved one or someone in your chapter passes, please let me know, so that I can send the family a card with the Federation's deepest felt condolences. A card means so much in times like these. It shows that our friends care about us.

Have a wonderful spring and summer. Keep looking up. God bless each one of you.



Larry McIlwee



REPORT ON VFN CONFERENCE

The 2023 VFN Conference was held at the Embassy Suites by Hampton Convention Center in Hampton, Virginia on April 2-5, 2023. A show of hands indicated there were many “first time” attendees and a few National members.

The Conference was dedicated to William (Bill) Martin and Beverly (BJ) Thomas McMillan in recognition of their dedication and support of NARFE and the Virginia Federation of NARFE.

VFN President Robert (Bob) Martin was the Presiding Officer. John D. Bails led the Pledge of Allegiance.



Bob Martin



John Bails

President (pictured

Guest speakers were Bill Shackelford, NARFE National President and Robert Allen, Region X Vice below).



Bill Shackelford

Robert Allen

At the annual meeting and conference, the following members were nominated and presented as candidates for election to the membership by the Nominating Committee for the period of 2023 – 2024.

VFN PRESIDENT -

Doris McAdams Chapter 1279, Woodbridge

Frances Boatman Chapter 111, Roanoke

**VFN Secretary –
Deborah Fisk Chapter 2265 Midlothian
Esther Nash, Chapter 90, Fredericksburg**

Joseph “Larry” McIlwee was elected by acclamation for 1st Vice President and will be sworn in later.

Patricia Wolfe was elected by acclamation for 2nd Vice President and sworn in by William “Bill” Shackelford, NARFE National President and will assume office July 1, 2023.

Treasurer – NO CANDIDATE



Marilyn Riddle (pictured here) presided at a memorial service which was held for NARFE members who had passed away during the past year. Mark Arpa (pictured here) provided the music for the service with his violin and guitar. Area Vice Presidents each took a rose and placed it in a vase as part of the memorial service. Names of deceased members were shown on the big screen by area and chapter.



Reports were given by the Executive Board and Program Chairs. Congressional District Liaisons were recognized by National Legislation Chair Gaston Gianni. Various workshops were given including New Members and First Timers, VFN Website, Wellness by BC/BS, and Quilting. Training was presented by VFN Program Chairs.

A welcome reception was also held on Monday evening.



At the banquet on Tuesday evening, new officers were installed by NARFE President Bill Shackelford.

The former “Leadership Award”, which was renamed the “William Martin Leadership Award” for this year, was presented to Dr. Constance Bails (pictured here) by VFN President Bob Martin.



REPORTS FROM PROGRAM CHAIRS

ALZHEIMER’S REPORT

Virginia Continues to Lead Alzheimer’s Research Contributions

Great News!! As of April 30, 2023, the nation has donated a total of \$15,710,893.46 toward the goal of a world without Alzheimer’s. This is a major drop in collections when compared to April 2022, but we all just must be very diligent in our efforts. We are coming out of the Covid time and have many more meetings in a face-to-face format, so prepare yourselves and get your chapters excited about the new goal of \$16 million by the end of December in 2025. I am personally convinced we can do this by December of 2024!



We can also be very excited about the new pharmaceuticals that are being made available with the FDA stamp of approval. Lecanamab is one of these new ones, and in fact it has been shown to lower the decline in memory and thinking by 27%. What has come to light during the most recent months is that Medicare has not agreed to pay for this drug and any of the other drugs currently being pursued to treat Alzheimer’s, even though they have agreed to pay for most of the drugs that are treating other serious diseases such as heart disease or kidney disease. We need to apply pressure on our congressmen and senators to force Medicare to pay for these drugs which are so important to our senior citizens. The Veteran’s Administration has agreed to pay for these treatments, so it seems equitable for Medicare to also pay.

Scientists are also working very diligently on approval of an additional drug Gantenerumab which is expected to be cleared by FDA for Phase 3 studies and in April this year Donanemab was accepted for Phase 3 studies. We're pretty excited that we finally have something," says Dr. Reisa Sperling, who directs the Center for Alzheimer Research and Treatment at Brigham and Women's Hospital in Boston. "It's not a cure, but it's really a new beginning." The scientific event became "a celebratory meeting," says Maria Carrillo, chief science officer of the Alzheimer's Association. "The data is undeniably positive."

Scientists have developed a blood test to diagnose Alzheimer’s disease without the need for expensive brain imaging or a painful lumbar puncture, where a sample of cerebrospinal fluid (CSF) is drawn from the lower back. If validated, the test could enable faster diagnosis of the disease, meaning therapies could be initiated earlier.

The eyes are more than a window to the soul — they're also a reflection of a person's cognitive health. "The eye is the window into the brain," said ophthalmologist Dr. Christine Greer, director of medical education at the Institute for Neurodegenerative Diseases in Boca Raton, Florida. "You can see directly into the nervous system by looking into the back of the eye, toward the optic nerve and retina." One day doctors may be able to use eye tests to identify cognitive decline soon after it begins. Can you read this and not be excited to think this horrible disease is getting closer to extinction? I cannot. Please continue to be generous Virginians with your contributions and your diligence in staying alert to all the possibilities that are out there.



I want to thank all the members for their donations at the VFN Conference in April.

Donna Shackelford



(above) Donna Shackelford of Chapter 737 (Fairfax) with Ora McCoy of Chapter 0111 Roanoke working at the Silent Auction at the 2023 VFN VFN Conference.

Donna Shackelford

Federation Alzheimer's Coordinator
Region X Coordinator
14429 Round Lick Lane
Centreville, VA 20120

ELECTRONIC COMMUNICATIONS COMMITTEE REPORT



As of November 2022, the Electronic Communications Team was converted from a Virginia Federation of NARFE Standing Committee to a Program Chair Office. The Board of Directors recognized that electronic communications would be instrumental in providing members with electronic communications methods essential for future recruitment, retention, and Legislative advocacy.

Dr. Constance Bails (pictured here)

The ECC approach to this charge is to explore available social media venues which will bring the Virginia Federation's use of electronic communications and social media up to date, and to explore and identify the most cost-effective means.

The ECC Program includes two parts. Part 1 is the VFN Board Representatives with electronic responsibilities for VFN Programs and oversight. Part 2 is your EEC REPs for each VFN Area.

VFN Board of ECC Committee Members

ECC Program Chairperson	Constance T. Bails, Ph.D.
Webmaster	Stan Palen
Net Coordinator	John Bails
Public Relations	Doris McAdams
VFN Secretary	Esther Nash
Newsletter Editor	Kathy Arpa

Area ECC Committee Members

Area I	Janice Hill
Area II	Fran Sansone
Area III	Cindy Graunke & Debbie Fisk
Area IV	Deborah Brown & Willie Levenston
Area VII	Ellie Long
Area VIII	Esther Nash & Stan Palen
Area IX	Otis Langford
Area X	Nancy Palmerino

Under my direction, the team strategy was developed by appointing at least one key person in every Area to reach out to every Area Vice President and Chapter President to begin a professional relationship. Direct communication with Area Vice Presidents and Chapter officers would best identify deficiencies that can then be reported to the Board so that the appropriate officer(s) can follow up.

The current tasks are to train the group in the use of the Federation Calendar as well as understand the NARFE Association Management System (AMS). It is crucial that all VFN Officers discontinue the use of the ORM/OAM information and concentrate on the procedure for accessing and updating the AMS information. There has been some confusion, and the team will be working on training: where to find, update, and transmit the forms.

During the initial discovery period for the ECC, there will be updates to the Handbook on job descriptions, people assigned to the team, and general guidelines and procedures. Much training will be coordinated with various entities within the VFN. It will be the ECC's job to assist the VFN to ensure that every officer has the tools they need to succeed as we move forward with electronic communication.

The ECC Team looks forward to developing tutorials, marketing collateral, and information that will be available to every VFN member.

Dr. Constance T. Bails

PUBLIC RELATIONS REPORT

I visited Chapter 0595 Colonial Beach. I attended Chapter 1823, Northern Neck – Warsaw's Christmas party.

I continue to update our social media with relevant information, articles and/or photos submitted by the chapters.

I attended Congressman's Connolly's Health Fair in November. I made a couple reels while there. The reels were seen by a few hundred people.

I provided promotional materials to the Second Vice President and our Service Officer as well as chapters. Magnets (old logo). I have a limited supply of promotional materials: Cups (change color depending on whether cold or hot liquid is added), key chains, air fresheners, pens, luggage tags, large and small bags.



Please visit our Facebook page and share it with your friends.

[\(7\) NARFE - Virginia Federation | Spotsylvania VA | Facebook](#)

Rob Wittman (pictured here) met with NARFE President Bill Shackelford to protecting strengthening retirement benefits for federal employees.

If you know of activities in your area think that we should be represented let me know. I am happy to help.



National discuss and health

that you at, please



Free advertisement for NARFE here!

Doris McAdams

MEMBERSHIP REPORT

Welcome Spring! Spring is the season of new beginnings and welcomes the change with nature emerging from hibernation. New life appears around us in flowers blooming for all to enjoy. The long ‘winter’ of COVID is past and it is time for renewal. Hopefully, all chapters can resume in-person meetings and programs.

Membership Outreach – During the past six months, I have had the honor and privilege of traveling throughout Virginia to Chapter meetings to speak on membership: Chapter 1743 Suffolk where three new members were signed, Chapter 2065 Louisa’s monthly meeting via Zoom, Chapter 737 Fairfax meeting via Zoom, Chapter 66 Tidewater Norfolk, Chapter 164 Harrisonburg, as well as NOVA Caucus. Membership kits with brochures, magazines, and applications, along with luggage tags were given to members. Each was asked to pass kits along to a prospective member and invite them to a Chapter meeting. A brief Membership presentation was also given at Area VII’s Fall Zoom meeting. If you would like me to make a Membership presentation at your Chapter meeting, please contact me – I look forward to attending.

Membership Training – At the VFN Conference in Hampton I conducted a Membership Workshop with 16 in attendance. On April 26th I also conducted Membership Training via Zoom with 26 in attendance.

Membership Recruitment – Chapter 111 Roanoke Valley had a Membership Recruiting Table at the Anthem BC/BS Member Event in Vinton, with one free membership awarded. One free membership was also awarded at Chapter 1697 Brentwood Recruitment at Anthem BC/BS Health Fair in Chesapeake with 45 new prospects, as well as a one-year free membership at their FBI recruitment, with 20 new prospects. Thank you, Chapter 1697 Brentwood. During NARFE’s Membership Drive (September 1 – December 31), VFN had 21 Recruiters who signed 25 new members. Thank you. With summer festivals and fairs, I hope we will be able to set up recruiting tables and increase our membership. Just let me know when and where and I will be happy to help.

Membership Retention – In the 1980s, NARFE had a half-million members nationwide, but has dropped to around 150,000 currently. As of April 30th, there were 4,458 Chapter members and 6,187 National members, for a total of 10,735 VFN members. We are currently working on reinstating members dropped from Chapter rolls – 13 have been reinstated in the last quarter. Membership Chairs requests for member reinstatements, transfer of members, etc. have been answered and/or forwarded to Headquarters for response.

Monthly Membership Gain/Loss Reports are posted on the VFN Membership web page and sent to AVPs and Membership Chairs with recommendations to contact prospective new members and non-renewals.

The Membership page on VFN website has been updated with Recruitment and Retention materials, as well as sample letters to send to prospective and lapsed members. We welcome feedback on additions or changes you deem will be helpful in your Membership recruitment or retention.

Membership Goals and Future Plans – Plans are to actively work with Chapters to reinstate members dropped, to recruit new members, and to train those interested in Membership Recruitment. Also, to continue my participation in Electronic Communications Committee to enhance communications regarding Membership.

Membership is Everyone's Responsibility – Please get involved and participate in NARFE's Membership Recruitment and Retention. If you have suggestions, questions, or would like help with membership, please contact me at feboatman@live.com.

Together we will succeed!

Frances E. Boatman

VFN Membership Chair

(540) 330-9122

Frances E. Boatman

NATIONAL LEGISLATION REPORT

These notes will primarily focus on updating VFN NARFE members on three areas which The VFN National Legislative Team was involved in during the last six months: Participation in VFN Conference; PAC Funds

Raised at the Conference; Status of WEP/GPO legislation: and assistance to Woodbridge Chapter 1270's 50th Anniversary.

VFN National Legislative Team

I continue to be pleased that our team for the 118th Congress is fully staffed and operating to build relations with the Virginia Congressional Delegation. Eight members of the team attended the VFN conference in April. VFN President Bob Martin announced the formal appointment of the team at the conference.



From left to right Dr. Leon Vinci, Debra Fisk, Marilyn Riddle, Ray Orland, Gaston Gianni, Maggie Keator, Bob Martin, and Frances Boatman. Our Treasurer Tom Rachele in the back row did a photo boom!! In addition, I gave a presentation on the status of the National Legislative Committee activities. This presentation will be posted on the VFN web site.

PAC Fund contributed during the conference.

We had a NARFE PAC table at the conference to raise PAC funds. I am pleased to announce that 18 people contributed \$1,550! **Thank you to all who helped support NARFE PAC.** Of those who contributed two made Sustainer donations. (Best way to contribute monthly). Funds were turned into NARFE Headquarter

NARFE's PAC fund is an important fund to gain access, and hopefully support, of the Congress and our Virginia Congressional Delegation, Representatives and Senators. IF you have yet to contribute to NARFE PAC, please consider doing so. Use the form in the monthly NARFE Magazine and send the contribution to NARFE Headquarters.

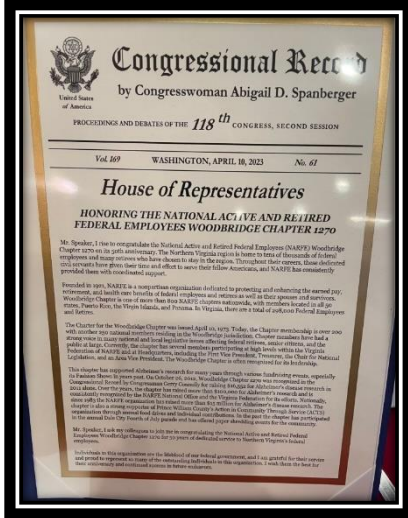
WEP/GPO Update

Despite a good effort in the last Congress (305 Cosponsors in the House) we must start all over in the new 118th Congress. HR 82 (the same number as in the last Congress) was introduced by Rep. Garret Graves (R-LA) and Abigail Spanberger (D-VA). As of May 19, 2023, we had **264 Co-sponsors**. Off to a great start!! VA has 8 of its 11 Representatives co-sponsors—Spanberger, Wexton, Connolly, Wittman, Scott, and Beyer and our two newest Representatives—Kiggans and McClellan.

In the Senate, a similar bill (S. 597) was introduced by Senator Sherrod Brown (D-OH). As of March 29, 2023, there were **44 co-sponsors**. SENATOR Kaine is one of the Co-sponsors.

Other items:

NARFE Legislative Training Conference will be held on June 20-22, 2023. It will be held via ZOOM and is an excellent way to get caught upon NARFE’s legislative issues and how to reach out to congressional delegates. While we have the VFN National Legislative Team leading the way, **we need all NARFE members to participate in the outreach and contact their representative.**



In April the Woodbridge Chapter Celebrated its 50th Anniversary. As part of the celebration, we asked Congresswoman Spanberger, Representative for the 7th Congressional District, to acknowledge the event in the Congressional Record. With the help of Jim Little, our Area 9 Vice President, we succeeded in having the citation included in the Congressional Record on April 10, 2023. Congresswoman Spanberger’s District Coordinator, Natalie Stewart, attended the Woodbridge Chapter to make the presentation and is shown here with Gaston Gianni, VFN National Legislative Chair.



Closing Quote - “Excellence is the gradual result of always striving to do better”! Pat Riley

Gaston Gianni

SERVICE OFFICER REPORT

The Virginia Federation of NARFE can be proud of the 23-chapter Service Officers on record through April 2023. For me the months of November and December 2022 were somewhat quiet but that all changed at the beginning of 2023.

Arlene Arthur pictured here



In January, we started having monthly Zoom Service Officer training sessions. The meetings are held on the first Monday of each month and they have been very exciting. My objective of having these monthly virtual meetings was to allow the members to come together for discussions, sharing of information and their experiences and to give them material that they can share with their chapters - during meetings or in their newsletters. The meetings are open to everyone, but I send the Zoom invitation to chapter Service Officers and chapter Presidents.

During our first Zoom training session, the attendees decided on the future meeting time. Our initial meeting started with a meet and greet. For two members, it turned into a reconnect. What a wonderful surprise to have two chapter Service Officers recognize one another after having worked together during a part of their federal careers. I’ve been told that they had a catch-up phone call later that lasted several hours.

During our January meeting I was able to show how to access NARFE’s website to access needed materials for downloading or ordering materials to be mailed. The beauty of using Zoom is that with Screen Share, I was able to demonstrate the process and answer questions in real time. In February, we visited OPM’s revamped website. Our primary discussion was about how to change beneficiary designations for FEGLI using OPM form SF-2823. March’s training was on *my* Social Security online accounts. It has been beneficial for attendees who may not have been comfortable using online tools to be able to see how to navigate through online sites and materials.

There was no monthly Zoom training session in April because VFN’s annual conference was being held during our regular meeting time. But that’s not to say that we did not have training. The conference had a breakout session for Service Officers. Not surprisingly, only one attendee was a Service Officer. I say, not surprisingly, because all federal employees, and especially retirees, need refreshers on their benefits.

And that’s the beauty of having chapter Service Officers. They don’t need to have been federal HR specialists to answer questions or to direct you to resources that will help you when you have questions about your benefits. Through their sharing of resources, they are giving you glimpses of information that you may not have known that you need, or you might need in the future. As I always say, “sometimes you don’t know what you don’t know”. Every chapter deserves a Service Officer. It is a pleasure teaching and learning from you.

Arlene Arthur

VIRGINIA STATE LEGISLATION TEAM MEMBER REPORT



VA State Legislation 2023-2024

How will redistricting reshape the Virginia General Assembly?

Since 2016, half of the 100 seats in the Virginia House of Delegates have turned over, bringing a wave of newcomers to an institution as old as American democracy itself. The churn will intensify this year, when three dozen House members are either resigning or running for a different office.

The 2023 election cycle could bring even more dramatic change to the Virginia Senate, where key leaders from both political parties are stepping down in a retirement wave affecting at least a quarter of the upper chamber’s 40 seats. A dozen more sitting senators are currently facing primary competition, which could push the number of departures even higher after the June 20 primary elections.

No matter which party wins control in November, when all 140 General Assembly seats are on the ballot, Virginia’s legislature will look very different when it reconvenes next year. And that is met with both trepidation over the loss of longtime statehouse figures and optimism over the opportunity to build anew.

The redistricting will bring a surge of new players into the debate, and potentially more prominent roles for current lawmakers looking to move up. For those who have been the “keepers of cultures that may need to go”, we may see a brand-new body in January 2024.

There will be more information on the vanarfe.org website in the coming months as the primaries take place so you will know more about the candidate(s) who will be on the ballot in your area in November 2023. Primary Elections, 06/20/2023 and General and Special Elections, 11/07/2023.

The 2024 State Legislative Agenda is currently being reviewed. A couple of areas they will be looking at as the plan develops: (all suggestions from members will be reviewed)

CSRS Income Tax Relief

Nursing Homes/Assisted Living (more work to be done on this item)

Home and Community-Based Care/Aging in Place

Electronic Public Access (expand virtual access to public meetings)

Education/Training (awareness of programs to assist older adults)

There is a vacancy on the VFN Board for a State Legislative Chair. If you are so inclined and think this would be a great place for you to serve your fellow Virginia Federation members, please contact Bob Martin, VFN President, bobmartin1124@gmail.com.

Report Submitted by:

Deborah O. Fisk

VFN State Legislation Committee Member

FIELD OPERATIONS

Area I

I am pleased to report that all four chapters still have more members within each of their chapters than those members in their area who choose not to be in chapters. The formula that they continue to apply to keep it so is lots of hospitality—southern or otherwise, good programs, up-to-date information for those who currently work or have retired from federal jobs, legislative reports, occasional trips, and food. A regular meeting place is a bonus. No chapter takes off for the entire summer.

Area I is home to two CDLs: Maggie Keator as well as Marilyn Riddle. Most recently, Larry McElwee was elected a member of the VFN executive committee as First Vice President. Though expected, we elected a member of the state nominating committee as well as an alternate. They are, respectively, Mike Thurber and Carole Brown. Janice Hill is already working as our EEC representative. It was reaffirming that 21 Area I members registered for the conference, which represents ¼ of those attending the state conference. Three of our four chapters had



ads in the conference program book and a fourth from Area I was included in the book. We were well represented among the sponsors as well and with commercial ads also.

Nineteen were able to attend our caucus. We were pleased to have Region X Vice President Robert Allen in attendance for much of that time. Initial plans for an annual area meeting were made. It certainly will be held on the Middle Peninsula, the spot nearest the center of our area. We are not averse to having VFN members from throughout the commonwealth attend! Enjoy your summer.

Marilyn Riddle

Area II



Several members of Area II attended the 2023 Conference in Hampton. Joe Murray served as the Nominating Committee Chair. Julia Hobbs assisted by Betty Warren served as co-Area Vice Presidents and Arlene Arthur served as Service Officer and Chair of the Registration Committee.

Virginia Beach Chapter 974 is composed of approximately 156 members including national members. The monthly meeting letter is sent to all members with email addresses. The chapter hosted a Health Fair for Area II chapters during the 2023 Federal Employees Health Benefits

Open Season. Representatives from the major providers participated and spoke briefly about the benefits in their respective plans. The event was well attended by locals and other Area II chapter members. The chapter Annual Christmas Luncheon was held at VB National on the Green in Virginia Beach. This event is always a joyful and fun filled time. The food is delicious. The Day Ladies provided wonderful entertainment. The Day Ladies versatility is unmatched. We also gained one NARFE member from the Day Ladies. The group is composed of military officers' wives, and they are featured entertainment in the Tidewater and Hampton Roads area. Speakers: January, the spotlight is always on tax preparation, February, Health and Wellness, representative from Anthem Blue Cross, March, Virginia Beach Visitors and Convention Bureau and April VA NARFE CDL Second Congressional District. I am encouraged that the meetings attendance has improved with more versatile speakers.

Metro Chapter 5 is not meeting at the present time. The members are meeting with Virginia Beach Chapter 974. Metro 5 members are included in Chapter 974 monthly meeting newsletter.

Tidewater Chapter 66 did not change in officers. They have monthly meetings with speakers. Arlene Arthur, Service Officer/Membership Chair was the speaker. At the February meeting Frances E. Boatman, 2nd VP Virginia Federation of NARFE was the speaker. Both Arlene and Frances provided informative and valuable information. The chapter meeting attendance is less than desired due to older populations and sickness. The chapter members are working on ideas on how to increase membership and attendance.



Virginia Beach 1827 - In 2022, the Seaside Chapter (Virginia Beach-1827), a small chapter of 36 members, raised a total of \$2,781 for Alzheimer's Research. In January 2023, the chapter's own Barbara Townes gave a presentation on lessons learned regarding probate. In February, members met for lunch in Norfolk and afterwards visited the Ocean View Museum. In March, Arlene Arthur, the NARFE Virginia State Service Officer was the chapter's guest speaker.

As part of its community service projects for 2023, the Seaside chapter held a clothing drive in February and a food drive for the needy in March. The winter clothing drive resulted in bags of clothing being delivered to People in Need and Safe Harbor, two local charitable organizations helping the less fortunate. The food drive was an outstanding success, with members collectively donating bags and bags of food.

Below is just some of the food collected for the needy and donated to Trinity Church food pantry in February 2023. The Social Hall of the Church is where we have our meetings.



Betty Warren

Area III

Petersburg Chapter 28 continues to thrive, albeit with seven vacant offices and program chairs. Meetings are held every month from September to June. Speakers were from Crater District on Aging, Greater Richmond Alzheimer's Chapter. There were programs on Human Trafficking, Senior Medicare Fraud and General Assembly actions and other interesting topics.

Richmond Tuckahoe 1727 remains a small, but vibrant NARFE Chapter continuing in-person meetings. They welcomed two new members, one retiree and one active Federal employee. They have a wide range of programs focusing on the needs of their members. A new Vice-President has been elected to replace the former VP who stepped down. They meet twice yearly for goal setting and chapter direction meeting. They continue to advocate and promote the NARFE agenda including current NARFE issues in each meeting. The President recently attended Zoom training with Deborah Fisk about navigating NARFE National Webpage including data interpretation and use of email system and of Federal Hub. Programs and speakers included changes in tax laws for 2023 of interest to seniors and Fed retirees and senior personal defense program, Edelman Financial Engines, Richmond Office Investment Planning, Henrico County Services for seniors, Bureau of Fire and Clerk of the Henrico County Court.

Midlothian 2265 – The President of Chapter 2265 stated that it is hard to attend a NARFE or VFN event without finding a friendly face everywhere you turn. It is great to find a supportive community within our Virginia Federation. That is what NARFE is, a large community network with a common goal, safeguarding the benefits we have earned. It takes all of us working together to make our work sustainable. Some say, “teamwork makes dream work”.

Chapter 2265 continues to attract interesting programs. They meet on the 2nd Wednesday of every month. Their executive committee meets quarterly and has begun to invite any member who would like

to attend. Through this bold action, they hope to attract our future leadership candidates. They know there will continue to be challenges, but they stand united to face each one as they explore solutions. They are united in knowing the important benefit we each receive as they gather in fellowship with those who assemble with one common goal, protecting our hard-earned benefits. They continue to have dynamic speakers at each meeting.

Louisa 2065 are getting enough people at meetings to have a quorum. However, being a small chapter means that their quorum is not enough to get any worthwhile programs. They use NARFE webinars but that only goes so far. Their May meeting will include voting for VFN officers and planning for the June meeting.

Wynn Hasty

Area IV:

I was sworn in as Area IV Vice President by VFN President Robert Martin at the VFN Fall Board Meeting. I attended Chapter 1697 Brentwood Open Season Health Fair held at the Chesapeake Conference Center in Chesapeake, VA on November 4, 2022. I attended Chapter 1293 November monthly meeting as chapter president and Area IV VP. I attended the following Chapters: 1697 Brentwood, 1743 Suffolk, and 1293 Churchland Monthly meeting and Christmas party. I was present at the Suffolk chapter November meeting. All chapters were invited, and Ms. Boatman was present and gave a presentation on VFN Membership Gain/Loss. Ms. Boatman's presentation also included increasing membership. Suffolk Chapter has had excellent speakers on various health issues and how to improve senior citizen safety. Suffolk Chapter provided a very lovely basket to the VFN Conference in support of Alzheimer's.

Working together, we can have a net Gain in membership. The Churchland chapter continues to meet regularly, discussing how to get more member participation. We called and sent out postal letters to members requesting their help. We continue to collect money for NARFE's Alzheimer's fund. I installed the following Brentwood chapter members, new officers installed: Secretary, Theresa Rodwell and Treasurer, Willie Levenston. And the re-installation of President, June Staton, Vice President, Deborah Brown, Hospitality Chair, Annette Coleman and Alzheimer's Chair, Lyle Thoburn. Ray Orland was present. We had 47 plus ads for the VFN 2023 annual Meeting & Conference booklet.

I was made Advertising chair for the VFN 2023 annual Meeting & Conference. I spoke with Ray Orland. He said he would help work with me on procuring ads for the April VFN conference. I received a copy of the VFN 2021 annual Meeting & Conference book to help with setting up advertisement from Ms. Arlene Arthur. I am working with Area chapter presidents and Stan Palen to update and correct Chapter webpage data issues.

We attended the Virginia Federation of NARFE (VFN) Annual Meeting and Conference. We had chapter members as greeters every day and they did a wonderful job.



Photos of activities of Swearing in, the Banquet, Greeters, and meetings.

Brentwood Chapter 1697



The chapter published enlightening monthly newsletters and provided informative speakers covering timely topics and issues impacting our senior communities:

- **Government Employees Health Association (GEHA) 2023 Medical and Dental Plans** representative provided presentation at November meeting.
- **Membership Training** Chapter members (David Parson, Raymond, and June Staston) attended the informative VFN Membership presentation by VFN Membership Chair, Frances Boatman at the Suffolk Chapter meeting November 16th.
- **Federal Bureau of Investigation (FBI)** The President and David Parson attended the FBI Open Season November 17th. They collected eighteen M-2 prospect cards at the event.



- **H & R Block Presentation Highlights** – Ms. Ballard summarized the 38-page IRS Publication 554 Tax guide for Seniors followed by question-and-answer session.
- **FBI Presentation** - This memorable presentation involved storytelling and sharing individual experiences with the audiences and presenters.
- **Norfolk Town Hall** - The Vice President attended Congressman Bobby Scott's Norfolk Town Hall on March 20th. The takeaway message was he will support WEP/GOP if it makes the docket; however, he believes it is unlikely to pass.

- **2023 VFN CONFERENCE April 2-5, 2023** – Nine members attended the conference; eight served as conference greeters.
- **Chesapeake Convention and Visitors Bureau** – In May, guest speaker, Ms. Wendy Debnam provided extensive information on the parks, recreation, and tourism in Chesapeake.



Graylin Taylor

Area VII

All Area VII Chapters: Roanoke 111, Charlottesville 135, Harrisonburg 164, Winchester 180, Luray 1793 and Shenandoah County 2358 are functioning at pre-pandemic levels. All are meeting in-person; however, some are meeting in new locations.

There is a change in a Senate Legislative Leader (SLL) and some Area VII Congressional District Liaisons (CDL). Charles Kawecki of Chapter 2358 has assumed the duties of the SLL for U. S. Senator Mark Warner. Frances Boatman of Chapter 111, due to redistricting, relinquished the duties of the 6th CDL and is now the 9th CDL. Dr. Leon Vinci of the same chapter replaced her as the 6th CDL. They join Joanne Hirsch of Chapter 135 who has been the 5th CDL for some time.

Area VII was well represented at the VFN 2023 Annual Meeting and Conference by attendees (10), financial supporters (19) and ads: chapters (2), individuals (2) and commercial (1). Preliminary feedback suggests the meeting/conference was beneficial for the attendees.



On a personal note, I am finally relinquishing the duties of Area VII Vice-President because I



found someone willing to take on the responsibilities that I have enjoyed for so long. *Melissa "Missy" Goppel*, of Chapter 0164 Harrisonburg, was sworn in as Area VII Area Vice President by William "Bill" Shackelford, NARFE National President. On July 1, 2023, she will be assuming the responsibility of Area VII Vice President. I think she will be an outstanding Area Vice-President until she is term-limited in six years. The photo here depicts the passing of the torch... I will remain as Chapter Legislative Chair (National) for Chapter 2358, Shenandoah County.

Luther Santiful

Area VIII

Of course, the big event during this reporting period was our VFN Conference in April. Three chapters placed an ad in the program book and six members of Area VIII were in attendance with two chapters being represented. With only two chapters being represented, a full Area caucus was not able to be held and the election of a new Area VIII Vice President with take place by email in June.

I am happy to report that all four chapters in Area VIII are doing well, meeting in person, staffed with chapter officers, and have money in the bank.



Fredericksburg Chapter 90 continues to flourish under the leadership of Chapter President Moe Nolet and Vice President Dennis Cole. They meet at the Salem Church Library on the third Wednesday in Fredericksburg. Recently the meeting place for the chapter was under attack when the County cut the proposed budget to eliminate some funding for libraries. This issue is still pending.

Colonial Beach Chapter 595 held their annual Harvest Supper to support Alzheimer's on November 5, 2022. Over 50 people were in attendance including the National NARFE President-Elect. We had over 30 door prizes and we raised \$3,000. I want to thank the chapter leadership team: Jim Lynch, 1st Vice President, Ann Mills, Second Vice President, Maria Wendt, Secretary, and Stan Palen, Treasurer. Chapter

595 meets on the second Tuesday at the Hunan Diner in Colonial Beach where lunch still costs \$12.00! Our Treasurer Stan Palen (pictured here) did a great job coordinating all the audio-visual equipment at the VFN Conference as he does at every VFN Board Meeting.



Fauquier Chapter 1549 under the leadership of President Pat Maderis along with her executive board, Jerry Rosen, Ray Blankenship, and Ed Cameron, Chapter 1549 is in good shape. They meet every other month on the second Tuesday. They have a new meeting place: IHOP. Their previous meeting place, Northside 29 Restaurant, after many months asked for a room fee for their meeting. So, it was time to move to a new location.

Caroline Chapter 2112 continues to meet at the Timbers in Ruther Glen on the first Thursday of the month with Myrna Satterwhite, President, Linda Gray, Vice President, and Joyce Tignor, Secretary/Treasurer.

Leslie Ravenell

Area IX

Area IX is made up of four Northern Virginia Chapters: Manassas, Woodbridge, Springfield, and Annandale, with a total of 2,562 Chapter and National Only members located in its vicinity. These membership numbers represent a net decrease of 105 members, including several new members, as well as non-renewals and deaths. Chapter membership is Manassas, 130; Springfield, 452; Annandale, 269; and Woodbridge, 217.

Area IX is keenly aware of the challenges NARFE faces, especially the viability of chapters. Recruitment



will continue to be a cornerstone of our 2023 strategic plan. As a recruitment initiative, Area IX members participated in the annual Gerry Connolly Health Fair in Fairfax, Virginia, along with members from Area X. Special appreciation goes to Patricia Wolfe for her coordination of the event, along with Mary Lou Vroman and Ted Pasek for helping Pat and me at the table. Attendance at the fair was brisk, and the NARFE information table attracted many current Feds and retirees, many of whom had never heard of NARFE but were very interested in what the organization has to offer. We gave out over 50 information bags and numerous freebies. Area IX Chapters are also active in the Northern Virginia Caucus of Chapters quarterly meetings, along with Area X. Community service is a cornerstone of each Area IX chapter, especially

during the holidays when each chapter collects food and/or other supplies for local food banks and other charities. Over the year Annandale Chapter supported the local Giant Food, the Annandale Christian Community for Action group, and the Mason District Police Department to collect food and clothing during the fall and winter for local charities. Springfield Chapter partnered with GrandInvolve, a nonprofit program that facilitates volunteer opportunities in 25 of Fairfax County's Title I Elementary Schools, and, also donated school supplies to the Crestwood Elementary School in Springfield. Woodbridge Chapter collected several hundred pounds of groceries and supplies for the Prince William charity Action in Community Through Service with its annual food and sundries collections. Manassas Chapter did its collections for the Northern Virginia Family Service Organization located in Manassas, helping residents receive needed food and other resources and develop the potential for future success. Annandale also continued its sponsorship of the Adopt-A-Road program to keep a local roadway clear of trash and debris.

Springfield and Woodbridge Chapters are also continuing their support for the local arts by sponsoring outings to local theatre groups. Springfield's last outing was in December at the Little Theatre of Alexandria with Tiny Tim's Christmas Carol. Woodbridge's is still-to-be-scheduled at a theater in Fredericksburg.

Raising funds for Alzheimer's Research is another cornerstone for Area IX. In total for 2022, through December Area IX raised over \$14 thousand, surpassing all other Areas in fundraising for the Federation. Annandale Chapter raised nearly \$6 thousand, coming in second to the Winchester Chapter. Congratulations to the Virginia Federation for its continued support of Alzheimer's Fundraising Research. In addition, Manassas and Woodbridge participated in the Annual Walk to End Alzheimer's in Manassas, Virginia, for the sixth year in a row.



On April 12th, Woodbridge Chapter 1270 celebrated its 50th Anniversary and held a formal celebration during its normal monthly meeting on April 20th. Congresswoman Abigail Spanberger, Virginia 7th District, presented the Chapter with an official copy of a Congressional Record Commendation marking the milestone. Many thanks to Natalie Stewart, the congresswoman's representative, for making the presentation to Gaston Gianni, VFN Federal Legislative Chair. We are looking forward to the fall when Manassas Chapter will celebrate its 70th Anniversary! Details to follow!!

Jim Little

AREA X

There are six chapters in Area X and four are quite active. Two are having difficulty with membership and meeting attendance. Dulles and Arlington celebrated anniversaries for their chapters. Area X also was well represented at the VFN (Virginia Federation of NARFE) Conference in April. Pat Wolfe from Dulles Chapter was elected 2nd VP for the Federation. Congratulations to Pat. Mark Arpa from Vienna-Oakton Chapter played and sang at the conference commemoration ceremony for deceased members. Nancy Palmerino of the Arlington chapter is our Area X representative on the VFN ECC committee. Pat Meyers of Arlington is the Area X representative to the VFN Nominating Committee with Jeff Sargent of Dulles as the Alternate. Ted Pasek from Fairfax chapter was re-elected as Area X VP.

Arlington 7 - After ending the year with a great 75th Anniversary celebration, Chapter 7 began 2023 with a series of monthly programs designed to inform members and possible caregivers about programs and resources that may be needed for aging seniors. These programs included a presentation by Sunrise Senior Living on healthy aging, followed by programs on Building an Age Friendly Arlington and Arlington County's Guardianship Program. Our May program will focus on the topic of Care and Choice at the End of Life. We also heard about Arlington County's history as it evolved from being a part of the District of Columbia and Alexandria, VA. We look forward to welcoming NARFE President, Bill Shackelford, as our keynote speaker at our chapter's annual June luncheon scheduled for June 7th. While we do not meet in July or August, we'll be planning for the fall meetings. We were pleased to note increased attendance at the spring meetings and also to welcome two new chapter members in April. We continue to produce monthly newsletters, one of the highlights of which are the eminently readable articles written by Ed Weiler, our legislative chair, on the status of legislation concerning federal employees and retiree. Several members serve as delegates to monthly meetings of the Arlington County Civic Federation. Chapter 7 has also been represented at Northern Virginia caucus meetings and the 2023 VFN conference in Hampton, VA.



Secretary Nancy Palmerino serves as Area X representative on the VFN ECC and Pat Meyers has volunteered to serve as Area X representative on next year's VFN Nominating Committee.

McLean-Great Falls 493 has not been meeting due to low turnout. Meetings were scheduled at the McLean Community Center where we they usually meet. It was an experiment to spark interest from September 2022 to June 2023. However, the turnout during the Fall was dismal; thus, subsequent meetings were cancelled at the McLean Community Center. Currently, there is no plan to meet except for two occasions - one for their normal Christmas Luncheon in December and another one in June to start the summer break. This venue works well, so they are keeping it.

Chapter 737 Fairfax had Blue Cross representative Michele Johnson update us on health benefits in November 2022. The December meeting included a holiday celebration with guitar accompaniment. In January 2023 Ms. Peri Weinfeldt from Goodwin Living spoke on "Stronger Memory: Improve Your Brain Health." In February Nate Salisbury from Sunrise Senior Living spoke on Healthy Aging. We were visited by Congressman Gerry Connolly (pictured here) at our March meeting who answered a number of questions. The April membership meeting was cancelled, because it coincided with the Virginia Federation conference. There was a 'trip' to the Workhouse Art Center in nearby Lorton. Members of Chapter 737 continue in their generosity to donate food to "Food for Others" in Fairfax County as well as to donate to Alzheimer's Research.



Fairfax group visited Workhouse Art Center in Lorton.

Chapter 1116 Vienna-Oakton - The Chapter has been active with guest speakers from Blue Cross and Blue Shield, the office of Congressman Gerald Connolly and the Mayor of Vienna Linda Colbert (pictured here). A holiday party was held at Pan Am Family Restaurant with installation of officers by Ted Pasek, Area X Vice President. In March the Chapter celebrated St. Patrick's Day and First Vice President Ralph Dantine's 80th birthday.



Jim Hathaway joined the Board as the new National Legislation Chair.

Kathy and Mark Arpa attended the VFN Conference. Mark assisted Marilyn Riddle during the Memorial Service by playing the violin and guitar and sang “Serenaded by Angels.” Kathy presented a workshop on FEDHub assisted by Debbie Fisk, which was well attended.

Chapter 1241 Dulles continues to meet monthly on the 4th Monday for luncheon programs at the Amphora Diner Deluxe in Herndon with 18-22 attendees.

- November 2022 – Legislative Breakfast on Saturday morning with good attendance from about half not being able to attend on week days.
- December 2022 – Holiday Party with Capital Carolers as entertainment. Area VP Ted Pasek installed 2023 officers – Jeff Sargent, President; Joe Irwin, Treasurer; Pat Wolfe, Secretary.
- January 2023 – Emily Braley, Northern Virginia Rides (free rides for seniors)
- February 2023 – Maria Ventouris, Reston Concierge, LLC (decluttering, downsizing)
- March 2023 – Moriah Kitaeff, Department of Emergency Management and Security, Fairfax County
- April 2023 – Seth Ickes, (pictured here) NARFE PAC Manager



Pat Wolfe (pictured here) represented the Chapter at the 2023 VFN Conference and was elected as VFN Second Vice President. Congratulations to Pat! Area X will be represented on the VFN Board once again.



Ted Pasek



NOTES FROM THE WEBMASTER

The VFN web page. The address is vanarfe.org. The new site has been updated continuously since its inception in 2021. Each VFN chapter has a web page on there or a link to a chapter's page hosted elsewhere. The site is much more modern than the old one. There are pull down menus for Home (the main page), Who Are We, Board Structure, Chapters, elections, Conference, Resources, Calendar, and Contact.

The information on there is only as good as the input that makes it to the webmaster. We are trying to update all the chapter officer information and meeting locations. This includes the information on the VFN Calendar. We are putting chapter meeting information there also. Beside the location of the meeting, we are adding Speaker and program information when we have it.

If you missed the 2023 Conference, the entire Program Booklet and the Memorial Service are listed under Conference, then Conference 2023. All the chapters that have a current newsletter are listed below Resources, then Information and Documents, then Newsletters. If you get a chance, go look at what your chapter has been up to as well as what all the other chapters are doing. is a great resource for ideas for speakers and programs.

If you are submitting information for the web site, please use Word or something similar. I usually must cut and paste to get it where it belongs. If you have pictures to submit in the text, it works best to have the pictures separate as well as in the document for placement. Newsletters should be submitted in PDF format.

Please provide new information to stan@vanarfe.org. If you find errors, please send them to me and I will make corrections. This also includes suggestions for items that can be added to the web page.



Stan Palen

