

VIRGINIA FEDERATION OF NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES' ASSOCIATION



ANNUAL REPORT

July 1, 2022 – June 30, 2023

President	1st Vice President	2nd Vice President	Secretary	Treasurer	Past President
Robert Martin	Doris McAdams	Frances E. Boatman	Esther Nash	Thomas Rachele	Dr. Constance Bails

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INTRODUCTION

The Virginia Federation of NARFE (VFN) continues to serve as an effective and prominent representative of the NARFE organization. The Virginia Federation has a long history of making recommendations and offering guidance to federal employees and retirees. It was founded on April 9, 1955, by NARFE members living in the Commonwealth of Virginia, and there are now over 10,000 NARFE members in the Federation, including current and retired federal employees, spouses, and survivor annuitants. At this time, there are eight VFN Areas organized geographically across the state, and each Chapter belongs to one of these Areas.

After the pandemic, the VFN began holding annual conferences/annual meetings at various locations in Virginia, the most recent one being in Hampton, Virginia in April 2023 with the theme “Evolving to Remain Relevant.” NARFE’s mission statement is to support legislation and regulations beneficial to federal civilian employees and annuitants and potential annuitants under any federal retirement system, and to advise them of their rights under retirement, health and other employee and retiree benefits laws and regulations.

The Virginia Federation is one of NARFE’s leaders in the congressional advocacy area. See report on pages 25-28. A State Legislation Plan is developed every year and presented to Virginia Delegates. The State Legislation Plan had success in Nursing Home Standards and currently includes a Standard on “Itemize vs. Standard Deduction.” See report on page 32. We invite you to look at our Plan and our newsletter at our Federation website www.vanarfe.org.

Our Service Officers are available to provide NARFE members, their families, and survivors with aid in contacting the Office of Personnel Management (OPM) concerning benefits and programs, such as civil service annuities, survivor benefits, life insurance, income tax-withholding from annuities and health insurance; and information on other important programs, such as Medicare, Social Security, and veterans’ benefits.

As a NARFE member you can also receive information at our NARFE National website www.narfe.org, including on-demand webinars, and information about the latest legislative issues and the bi-annual FEDCON conferences open to all NARFE members, potential members, and guests. The next one will be in St. Louis Missouri in August 2024. We hope you also look at our Virginia Federation website at www.vanarfe.org for the latest information on local chapter meetings, newsletters, and upcoming conferences.

Message from Region X Vice President Report for the Virginia NARFE Federation

I've been the NARFE Region X Vice President since January 2023. Hence, this report contains only what has transpired during the first half of 2023.

The region as a whole is doing well. Our membership, however, has declined from 19,715 to 18,793, a little under 1,000. Of this, Virginia declined from 10,841 to 10,546. The NARFE membership committee is working on a plan to increase our recruitment and retention.

Every federation but Kentucky held an annual meeting/conference during this reporting period. (Kentucky's will be in September 2023). Of the four that held them, only North Carolina's was virtual. Of the in-person sessions, Virginia's had the largest attendance. I had the honor to attend and present at them and I look forward to presenting at next year's conferences.

There were several federation board meetings during the period in which I participated. The only one in person so far in 2023 was the Virginia meeting in January in Hampton. At each meeting I provided National Executive Broad (NEB) updates.

The NEB met three times in the first half of 2023, all of which were virtual. The minutes are available on the NARFE website for review. I was a lively participant in the sessions and voted on motions based on what is best for NARFE as a whole and particularly when they concern Region X directly. The first in-person meeting for 2023 will be in August jointly with the Federation Presidents' meeting.

I began planning for the 2023 Region X Conference (the first one since 2019) to be held in Frankfort, KY in September. I'm happy to say 10 members of the VFN board will attend and I trust there will be other Virginia Federation members who will be there.

Very respectfully,
Robert Allen, NARFE Region X Vice President



VFN President's Report

2022 – 2023 was a year of reawakening for the Virginia Federation of NARFE. The Pandemic forced us to hide out in our homes and find new ways to work as a community. The VFN turned to Zoom for many of our activities and it was a boon for us! We used Zoom for everything from meetings to training. We held annual meetings via Zoom and chapter meetings. Zoom gave us a new way to do things that we couldn't do before and it is here to stay.

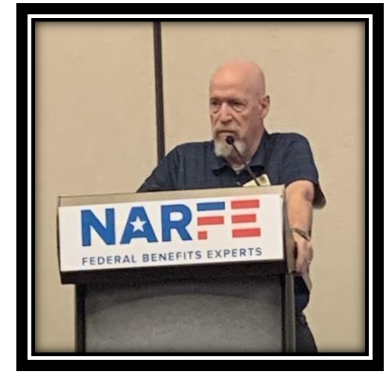
This past year was a time to come out of our safe havens, albeit cautiously. Although our April 2022 Annual Meeting was held via Zoom, our first Board of Directors meeting was held in person in July. At VFN Board July 2022 meeting, the Conference Site Search Committee recommended holding the 2023 in the City of Hampton after reviewing several sites. After a presentation by the Search Committee, the Board voted to accept the Committee's recommendation and Conference planning began.

As we moved through the summer, several members of the VFN attended the National NARFE Conference in Scottsdale, Arizona. The Virginia Federation was represented by 1st Vice President Doris McAdams, Immediate Past President Dr. Constance Bails, Area VIII Vice President Leslie Ravenell, Newsletter Editor Kathy Arpa, Sergeant-at-Arms/Network Coordinator John Bails, and President Bob Martin, who also attended the Federation Presidents' Meeting. Fifteen members from Virginia attended, including the current Federation President Bob Martin and five past presidents. Unfortunately, this was the year Virginia lost the first-place crown in supporting Alzheimer's Research, but we did post a strong second place. And we are determined to take back the first place slot again.

As we moved into the fall of 2022, chapters began to meet again. A respectable number started to meet in person. Some continued to meet via Zoom. Our old activities were beginning to resume. The VFN Board met at the Embassy Suites Hampton to check on the facilities for the upcoming Conference. It was at this meeting the VFN Board voted to rename the VFN Management Award as the William F. Martin VFN Management Award. In June we were saddened by the loss of Bill who had served NARFE and the VFN as a Chapter president, VFN President, Region X Vice President and most recently as the VFN Treasurer. He has been sorely missed.

Fall 2022 also saw Congressional elections in redrawn Congressional Districts. Our National Legislation Chair, Gaston Gianni, did an excellent job pulling together Congressional District Liaisons (CDLs) for the redrawn districts. Once again, the Virginia CDLs and SSLs are the model for the nation.

It was during the fall we were pleased to learn that Region X Vice President William “Bill” Shackelford (pictured) had been elected NARFE National President and began his term of office January 1, 2023. Bill is a member of Chapter 737 Fairfax and has served as the Chapter’s Service Officer, Vice President, and President. He has also served as the Virginia Federation 2nd Vice President, 1st Vice President and President. We wish Bill continued success in his administration of NARFE!



In January 2023, planning for the April Conference and Annual Meeting began in earnest. The VFN President formally accepted the Nomination Committee’s report which had two candidates for President and two candidates for Secretary. There was only one candidate each for 1st and 2nd Vice President while there were no nominations for Treasurer.

As April rolled around Conference preparation turned into reality. Attendance was good – better than the previous Conference held in October 2021 but not as good as Conferences prior to the



Pandemic. There were a number of vendors and almost all vendors were happy with the turnout and conversations they had with attendees. The various conference committee chairs did an outstanding job bringing the Conference to fruition. We were pleased with the outcome but know we can do better next time. Newly elected board members (pictured here) were sworn in at the Banquet.

The Annual Meeting did not result in any additional candidates and election of a President and a Secretary, as well as two bylaw changes were voted upon in May. The votes were cast both online and by mail. The vote resulted in the election of Frances Boatman as President and Deborah Fisk as Secretary. The two Bylaw amendments, one to change the notice for VFN annual meetings from 60 days to 30 days in order to take advantage of the NARFE magazine publishing schedule and the other to change the quorum needed for VFN Annual Meetings from .005% of membership to 10 members, passed overwhelmingly.

I appreciate the opportunity to have served as the President of the VFN for two terms and I especially appreciate all those that contributed to helping the VFN move forward. As we continue to grow out of the Pandemic, we will truly be able to do important things together.

Bob Martin
President, October 2021 – June 2023
Virginia Federation of NARFE

VFN 1st Vice President's Report

Met with Area Vice Presidents and helped fill the vacant Area IV AVP position.

Areas have caucused and selected Area VPs for the 2023 – 2024 FY. Thanks for your service to the outgoing VP's and welcome to the incoming VP's. AVP's continue to meet with their local chapters.

Attended FEDCON in Scottsdale, Arizona.

Visited several chapters and helped chapters celebrated milestone anniversaries.

The highlight of the year was the annual conference in April. There were ninety registered of which 80+ attended. There was a great response from the vendor community.

Doris McAdams
First Vice President

VFN 2nd Vice President's Report

Attended: All VFN Board Meetings, Monthly Program Chairs, Training Committee, and Electronic Communications Committee Meetings, Zoom Training, State Legislation Committee, December Conference Committee Meeting, Monthly Service Officer Meetings and VFN Task Force Meetings, NOVA Caucus meeting, NARFE NEB Meeting via Zoom, and Conference Site Search Committee. Also attended LEGcon23 Training and participated in Virtual Lobbying Day.

Chapter Visits: July – Midlothian Chapter 2265 monthly meeting
November – Area VII Zoom meeting
November – Suffolk Chapter 1743
November – Louisa Chapter 2065 via Zoom
January – Fairfax Chapter 737 via Zoom
February – Tidewater Chapter 66
March – Harrisonburg Chapter 164

Program Chairs Meetings are conducted via Zoom on the first Tuesday of each month to coordinate and discuss Program highlights, needs, and future plans. Each Program Chair established goals and objectives, including training and outreach to their Chapter counterparts. Communications, reports, meetings, and training with the Chapter counterparts are ongoing.

Quarterly Reports are submitted, as well as articles for the VFN Fall and Spring Newsletters and Annual Reports.

Budget: Obtained 2024 Budget Proposals from each Program Chair and submitted with 2nd V.P. Proposal.

Accomplishments of each Program Chair are highlighted in their individual reports. I am enormously proud to serve these dedicated and hardworking individuals.

Two years ago, I became 2nd Vice President with responsibility and oversight for the Program Chairs. It has been an exciting and rewarding experience to work with such dedicated leaders. Patricia Wolfe, our newly elected 2nd Vice President, plans to continue with the monthly Program Chairs Meetings, and I feel certain she will be an excellent leader.

Together we will succeed!

Frances E. Boatman
VFN Second Vice-President

VFN Secretary's Report



THE VIRGINIA FEDERATION OF NARFE (VFN) IS PLEASED TO HAVE CELEBRATED THE ANNIVERSARY OF THE FOLLOWING CHAPTERS DURING THE PAST FISCAL YEAR:

Arlington Chapter 7
November 2022 - 75th Anniversary
President Patricia Meyers
Area Vice President X Theodore "Ted" Pasek

Richmond Chapter 60
November 2022 - 70th Anniversary
President Judith G Brantner
Area Vice President III Winfred "Wynn" Hasty

Tidewater Norfolk Chapter 66
May 2022 - 70th Anniversary
President Margie Mitchell
Area Vice President III Winfred "Wynn" Hasty

Woodbridge Chapter 1270
April 2023 – 50th Anniversary
President Pierce Johnson
Area IX Vice President Jim Little

The fall and winter board meetings were held at the Embassy Suites, Hampton, Virginia. The location was selected as the location for the 2023 VFN Conference. The months that led up to the conference required full participation of the board and the Area Vice-Presidents and the Chapters near the conference's location.

Early in 2023 the NARFE Federation Chapter Officer Roster (F7A) was updated with required documentation in preparation for submission to Headquarters by email by the VFN Secretary to update their database. In 2024 the Chapter will be required to send their updated F-7 to Headquarters with a copy to the VFN Secretary. Due to Chapters Officers and the Area Vice Presidents teamwork, Virginia achieved 100 percent completion update. It was recognized as the first Federation in NARFE to make this achievement. It is with thanks that I say thank you for working with me as a team and for a great job well done.

The Virginia Federation of NARFE 2023 (VFN) Annual Meeting and Conference was held April 2-5, 2023 at the Embassy Suites/Hilton Hampton Convention Center, Hampton, Virginia. The theme was "Evolving to Remain Relevant." Presiding over the conference was Robert (Bob) Martin (pictured here). The conference brought together old and new friends. For the first time there were ten first-time members in attendance, with a National Only Member attending, who subsequently joined a local chapter in his area. There was so much to do and see. Each day was full of guest speakers, including William Shackelford, National President of NARFE and Region X Vice President Robert Allen; workshops, seminars, and a variety of vendors. The Alzheimer's Room had much activity with raffles and silent auction.



In recognition of their dedication and support to the National Active and Retired Federal Employees (NARFE); the 2023 VFN Conference was dedicated to:

William F. "Bill" Martin and Beverly "BJ" Thomas McMillan.

At the annual meeting, 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:

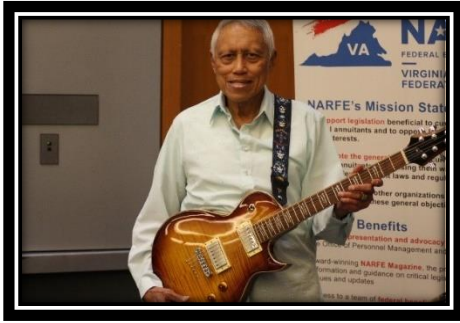
Deborah Fisk Chapter 2265 Midlothian

Esther Nash, Chapter 90, Fredericksburg

Joseph "Larry" McIlwee was elected by acclamation for 1st Vice President.

Patricia Wolfe was elected by acclamation for 2nd Vice President.

Treasurer – NO CANDIDATE



During the VFN Conference, a Celebration of Life Memorial Service was held. Mark Arpa (pictured here) assisted Marilyn Riddle, our past chaplain, during the Service by playing the violin and performing a solo presentation on his guitar singing “Serenaded by Angels”, the song selected by our Chaplain Joseph “Larry” McIlwee.

Areas held their caucus meetings and elected Ms. Melissa “Missy” Groppe, Area VII and re-elected Marilyn Riddle, Area I; Julia Hobbs, Area II; Wynn Hasty, Area III; Graylin Taylor, Area IV; and Ted Pasek, Area X. Also rejoining the board is Leslie Ravenell, Area VIII and John Bankson, Area IX. Leaving the Board are Vice President Luther Santiful, Area VII and James “Jim” Little, Area IX, and Arlene Arthur, VFN Service Officer, who gave many hours and years of their time and talent to these positions.

During the banquet, VFN President presented Dr. Constance Bails, PhD with the 2023 William F. Martin Management Award, for outstanding leadership, support, and dedication to the Virginia Federation of NARFE. Also during the banquet, new officers were installed by NARFE President Bill Shackelford.



Effective July 1, 2023, will have a new Virginia Federation Executive Board with our new President, Ms. Frances E. Boatman, who was the Federation’s Second Vice President. Joseph “Larry” McIlwee, the VFN Chaplain was elected to the position of First Vice President and Ms. Patricia M. Wolfe, Second Vice President. They both were elected by acclamation. Ms. Boatman and Ms. Fisk were the winners of their run-off elections. The Virginia Federation will continue to grow with those who wish to serve and step up to the plate with a willingness to support the mission.

The Virginia Federation 2023 Conference Report has been completed with the 2023 -2024 NARFE Federation Officer Roster. The database has been updated giving the newly elected officers official access. Bylaws 2022 were approved by Kathryn Hensley, National Secretary/Treasurer, NARFE Headquarters. This was accomplished through the dedicated work of Jim Little and his bylaws committee. This is one of the documents that is the backbone of the Virginia Federation.

As a newcomer to the Virginia Federation Board, I had the extraordinary experience of serving under the leadership of two Virginian Federation Presidents, Dr. Constance Bails, and Mr. Robert Martin. I appreciate the knowledge gained from being in the secretary’s position and working with some amazing people. As with each new administration, changes will be forthcoming, and we look forward to the continuing growth of the VFN and another fruitful year.

We say goodbye to Virginia Federation President Robert Martin as he goes on to other endeavors and assumes the position of Immediate Past President, assisting Ms. Boatman when needed in her new role of leadership. We wish him well and thank him for his leadership.

I wish success to the new incoming 2023 Virginia Federation Executive Board and Board of Directors.

Esther L. Nash

VFN Treasurer's Report

The Treasurer's Report reflects the period of July 1, 2022, through June 30, 2023 with a comparison of Fiscal Year 2022 and the Fiscal Year 2024 Budget Projections. As the reports indicates, the VFN's Funds in the bank totaled \$144,785.75 and at the end of Fiscal 2024 will be estimated at \$65,164. The reduction in funds represents VFN's commitment to providing a more active role in supporting the Chapters and providing the support that they need.

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.

The VFN's FY 2023 Tax Return is underway, and before the final submission to the IRS, the Executive Officers of the VFN will review the Return.

Chapter dues that were billed and received during FY 2022 were significantly less because of slow paying while FY 2023 reflect higher than average because the Chapters were catching up with their past due invoices. There are still some chapters that have bills outstanding from both FY's.

This past Fiscal year, VFN PAC filed four reports, as required by the State Election Commission. All filed on time as required.

In the FY 2024 budget, the Executive Use of Funds indicates a significant increase in the budget versus FY 2023. This is due primarily to the administrative and technology expenses, including the Tax Return preparation. It also includes the Alzheimer's Chair, Network Coordinator, Service Officer, and purchase of public relations materials.

Thomas Rachele



VA Federation of NARFE Fund Balances FY 2022 vs. FY 2023

Account	06/30/2022 Balance	06/30/2023 Balance	06/30/2024 Balance*
Bank Accounts			
1 InFirst Checking #5783	\$ 162,613	\$ 44,732	\$ 44,732
1 InFirst Savings #5783	\$ 5	\$ 100,054	\$ 100,054
RESERVE FUNDS			\$ (79,164)
TOTAL Bank Accounts	<u>\$ 162,618</u>	<u>\$ 144,786</u>	<u>\$ 65,622</u>

*Projected

VA Federation of NARFE Source and Use of Funds

SOURCE OF FUNDS	07/1/2021- 06/30/2022	07/01/2022- 06/30/2023	2023/24 BUDGET **
** FY 2024 Projection			
1 NARFE HQ 10% Funds	\$ 46,424	\$ 40,946	\$ 40,500
2 Chapter Dues	6,726	10,577	8,300
3 Conference Revenue	5,483	17,847	17,350
5 Other Revenue	51	3,045	100
6 Interest Revenue	75	79	100
TOTAL SOURCE OF FUNDS	<u>\$ 58,759</u>	<u>\$ 72,493</u>	<u>\$ 66,350</u>

USE OF FUNDS

TOTAL A EXECUTIVE USE OF FUNDS	\$ 12,991	\$ 32,353	\$ 60,615
TOTAL B LEGISLATIVE USE OF FUNDS	3,479	6,624	12,916
TOTAL C PROGRAM OPERATIONS USE OF FUNDS	4,822	7,361	11,591
TOTAL D FIELD OPERATIONS USE OF FUNDS	3,867	9,192	29,054
TOTAL F APPOINTEES USE OF FUNDS	3,734	9,961	7,163
TOTAL H CONFERENCE USE OF FUNDS	18,906	24,687	24,175
TOTAL USE OF FUNDS OUTFLOWS	<u>\$ 47,799</u>	<u>\$ 90,178</u>	<u>\$ 145,514</u>
2022/23 FY OPERATING DEFICIT	<u>\$ 10,959</u>	<u>\$ (17,685)</u>	<u>\$ (79,164)</u>
Reserve Funds Usage			<u>\$ 79,164</u>
BALANCED BUDGET			<u>\$ -</u>

FIELD OPERATIONS

Area I President's Report

It is a pleasure to continue to work with these four chapters—682, 685, 1757, and 1823. Through their sustained work, most current members see the advantages of chapter membership and continue within these local groups. Longtime mutually beneficial friendships are the norm. Key chapter officer positions rarely go unfilled for any length of time. At the present time, I am working to refill the area ECC position because of a resignation due to additional family responsibilities. Three of the four chapters have luncheon meetings. The fourth finds that light refreshments work best for them. All but one meet throughout the summer. The attendance of 22 at the 2023 conference shows their dedication and all but two of those at our area meeting within that event echoes the same. After a long absence, we are proud to have a VFN vice president within our membership. We also have the only member of Virginia's Congressional delegation holding chapter membership within our area. There are high hopes that this next year will produce even better results.

Peninsula, Chapter 682

President Mike Thurber, the newest of the four presidents, has taken responsibility in a good fashion. He volunteered quickly to be our main area representative on the VFN Nominating Committee. He went to the National meeting last year so he got a good orientation there. They have a regular newsletter.

Williamsburg, Chapter 685

This chapter will be celebrating their 60th anniversary with a picnic in August. They take a two-month break in June and July as they have in recent history. Our chapter continues to be pleased with Jeff Fratter's leadership with our newsletter and the splendid work of Treasurer Larry Leiby. Eight members attended the state conference.

Middle Peninsula, Chapter 1757

The wife of the President, Bob Howe, is in hospice care. Jim Bradbury, former president, has assumed the duties at the present time. I plan to keep in close touch with them for the near future. They only have 38 members, but their attendance is usually near 50%, not experienced by other chapters.

Northern Neck, Chapter 1823

This chapter meets all summer at various locations as well. There is some concern about lower attendance for this period this year, but this chapter experienced two key deaths within a three-month period, and hopefully this will not occur again in the future.

My ongoing brag is not as strong this time regarding our extremely high percentage of members who choose chapters. We are still the only area that has all chapters reporting 50% or more. Chapters 682 and 685 have 50%; whereas, Chapter 1757 has 62% and Chapter 1823 has 61%. That gives an overall of 53%. VFN has 42%.

Marilyn M. Riddle

Area II President's Report

As AVP for Area II, I sent letters inviting 25-30 members of Chapter 5 to attend the Monthly meeting for chapter 574, as visitors to chapter 574 meetings. Working with Mrs. Warren, we have tried to make the meetings more appealing and useful, and to find facilities that are more attractive to the members. Chapter 5 has been in a transition state for the year. I have been writing more letters to inform our members with current information about the elections, realignments and new interests of the National Office and try to explain information about how to contact Legislatives members and Senators.

Chapter 1827 has been active with a luncheon at a local restaurant; and received an award for one of the members outstanding contributions to Alzheimer's.

Other chapters are currently working on finding appropriate places to hold meetings to begin meeting in September.

Julia Hobbs

Area III President's Report

There are five chapters in Area 3 that are currently active in one form or another. They are Petersburg Chapter 28, Chapter 1727 Richmond Tuckahoe, Chapter 2265 Midlothian, Chapter 2065 Louisa, and Chapter 60 Richmond. The Piedmont Chapter that was previously active a few years ago but is currently dormant.

Despite suffering the loss of two key chapter Leaders in December 2022 and March 2023, and not meeting since COVID, there is great optimism that Chapter 60 can reconstitute leadership and continue area viable Chapter. The Federation has committed to offering resources and training to get this Chapter back on their feet. Membership continues to be an issue with all Chapters. Some Chapters have added a few new members and are working on retention of existing members. All Chapter Presidents are focused on this issue.

Having attended some chapter meetings and looking at their agendas for the speakers they have at their meetings, I find very informative and excellent speakers and presentations. Just a few that are worthy of mention are State Legislators, Medicare and Senior Fraud, Blue Cross/Blue Shield Anthem, Senior Nutrition and Exercise Programs, and Wills and Estate Planning. This along with Federation Webinars have offered great training opportunities for Area 3 Chapter meetings.

I look forward to the continuation of great things from Area 3 chapter in the coming fall and New Year. Most Area 3 Chapters are on summer break and will resume meeting in the fall.

Wynn Hasty

Area IV President's Report

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 in November. I attended chapter 1293 November monthly meeting as chapter president and Area IV VP. I attended the following Chapter's, 1697 Brentwood, 1743 Suffolk, and 1293 Churchland Monthly meeting and Christmas party. I was present at the Suffolk chapter November meeting. All chapters in Area IV were invited and Ms. Boatman, VFN Membership Chair, 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. 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. Ray Orland, former AVP helped me procure ads for the April VFN conference. I received a copy of the VFN 2021 annual Meeting & Conference book to help with setting up advertisement. I am working with Area chapter presidents and Stan Palen to update and correct Chapter webpage data issues.



My wife and I attended the VFN Annual Meeting and Conference in April 2023. We had chapter members as greeters' every day.

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 a presentation. Chapter members (David Parson, Raymond, and June Staton) attended the informative VFN Membership presentation by VFN Membership Chair, Frances Boatman at the Suffolk Chapter meeting. The President and David Parson attended the FBI Open Season. They collected 18 M-2 prospect cards at the event. At the H & R Block Presentation Highlights, Ms. Ballard summarized the 38-page IRS Publication 554 Tax guide for Seniors followed by question-and-answer session. The FBI presentation involved storytelling and sharing individual experiences with the audiences and presenters. Chapter 1697 Vice President attended Congressman Bobby Scott's Norfolk Town Hall. The takeaway message was he will support WEP/GOP if it makes the docket; however, he believes it is unlikely to pass. Nine members attended the VFN conference; eight served as conference greeters. Guest speaker, Ms. Wendy Debnam of the Chesapeake Convention and Visitors Bureau provided extensive information on the parks, recreation, and tourism in the area.

For the VFN 2023 Conference; I was assigned the role of advertising chairperson. I developed a spreadsheet to keep track of advertisement sales for our conference. We collected over \$5,000. We had Chapter 1697 members as greeters every day.



Graylin and Mary Taylor, Michael Thurber, and Deborah Brown attended a 30th Anniversary Reception honoring Congressman Bobby Scott in May in Newport News. He is an incredibly talented and well-seasoned Representative. I believe we represented NARFE well and gleaned quite a bit of information and enjoyed ourselves.

I attended Chapter 1697 Brentwood and Chapter 1293 luncheons. We discussed plans for the fall reopening of the chapters in September.

We attended the home going service of long time member Gerald Hogg. We acknowledged to the Hogg Family from NARFE a proclamation, service award, flowers basket and planted a tree in his honor.

Graylin Taylor

Area VII President's Report

All Area VII chapters, Roanoke Valley–111, Charlottesville/Albemarle–135, Harrisonburg-164, Winchester–180, Page Valley/Luray–1793, and Shenandoah County–2358 are viable and productive. Each chapter held elections and acquired the requisite officers but not without challenges. Many positions, not required, remain vacant as membership continues to decline across the entire NARFE National community. Many chapter members hold multiple positions within their chapters. Despite an aging population unable to attend in-person meetings easily (access, transportation), struggles with technology meeting virtually, and longtime members facing burn-out and loss of energy, current members remain enthusiastic to maintain and renew their chapters. Declining membership also means chapters are raising less money so some chapters; e.g. Winchester-180, have raised their annual dues fee. Chapters have been actively seeking new, soon-to-retire members via innovative ideas such as Harrisonburg-164's invitation to prospective members (promoted in their local newspaper's "Club Notes" section) to be the chapter's guests for their first lunch with the group. All Area VII chapters continue to advocate, and raise funds, for the National Alzheimer's Association. A particular stand-out for this effort was our largest chapter, Winchester-180, that received a Citation for Distinguished Service" award at our April VFN Conference for "outstanding contributions" to the NARFE Alzheimer's Program, having raised over \$7,200 by offering two bus excursions. A couple of annual auctions, and raffles of handmade quilts, are also great fundraisers for Alzheimer's, having been held by Page Valley/Luray-1793, and Harrisonburg-164. A significant anniversary marked this past year was for Roanoke Valley–111, as the chapter celebrated its 70th anniversary in December, an occasion also when new officers were installed.

Among a couple of our Area VII chapters, several members have assumed leadership responsibilities for the new VFN administration and year: From Roanoke Valley-111, Frances Boatman, chapter president, successfully ran for VFN President; Ellie Long was appointed to the VFN Electronics Communications Committee; Dr. Leon Vinci was appointed 6th Congressional District Liaison; and Wanda Ware was appointed VFN Chaplain. Melissa "Missy" Groppe, of Harrisonburg-164, was elected Vice President for Area VII during the 2023 Annual VFN Conference. Examples of interesting, valuable, and informational presentations held by our six chapters include one about the significance of a large painting hanging in the U.S. Capitol that depicts the important occasion of the signing of the U. S. Constitution (Harrisonburg-164). For another, an account executive with Morgan Canterbury Federal Health Benefits, from Blue Cross/Blue Shield, presented changes and costs for its programs in the coming year (Shenandoah County-2358).

As I leave the position of Area VII VP after several years, I want to express my heartfelt gratitude to the Area VII chapters and VFN board members with whom I have worked over these many years. You are volunteers doing noble work in the same tradition as when you were serving the nation as federal employees. Fortunately, I was able to find Melissa (Missy) Groppe, who will be a great AVP, as a member of the VFN board. I ask that you welcome her and afford her the same courtesies shown to me.

Luther Santiful

Area VIII President's Report

All four chapters met for the entire year in person, they have elected officers, and have money in the bank. I have continued to serve as Area VIII Vice President but I am still looking for someone to step up and serve this area. For the past two years (but just being noted in this report), Area VIII has had a significant role in the VFN with the following Federation Officers and Board Members: VFN President, Bob Martin, Chapter 90, VFN Secretary, Esther Nash, Chapter 90, Area VIII Vice President, Leslie Ravenell, Chapter 595, and Webmaster Stan Palen, Chapter 595. At the Annual meeting six members of Area VIII attended representing two chapters and three chapters contributed to the Conference Program Book. Stan Palen as webmaster worked relentlessly on the VFN website. Leslie Ravenell worked closely with NARFE HQ to sign up five NARFE Affinity Partners for participation at the Annual Conference. But most importantly, Bob Martin as President and Esther Nash as Secretary led the Board successfully.

Fredericksburg Chapter 90

The meeting place for Chapter 90 continues to be the Salem Church Library. However, some months into the calendar year, there was a threat from the Spotsylvania County Board of Supervisors as they threatened to cut off county funding for the library, thus cutting off their services. Thankfully, the Board of supervisors changed their direction and the library can continue as a meeting place for the chapter.

Colonial Beach Chapter 595

The big event for the chapter is the annual Harvest Supper to support Alzheimer's which was held in November 2022. In addition to the chapter and community members, the incoming National NARFE President, Bill Shackelford and his spouse, Donna (VFN Alzheimer's chair) were in attendance. There was a significant increase in the amount raised as this year, one of the chapter members donated in memory of his wife who passed away recently with Alzheimer's. This charity event raised more than \$3,000 for Alzheimer's.

Fauquier Chapter 1549

This chapter meets every other month. All officers from the previous year returned to serve the chapter. Chapter 1549 has had a few challenges in finding a meeting place. Since the pandemic, many restaurants have now placed a fee on using a room for a luncheon meeting. In order to not pay a fee, the chapter is meeting at a local IHop where there is no fee.

Caroline Chapter 2112

The chapter continues to meet at the Timbers in Ladysmith. Even though the Chapter President does not have email, the Chapter Vice President and the Secretary/Treasurer do have email. So, between the two of them, they keep the chapter up to date with all things NARFE. This year the area around the Timbers has had significant construction. Chapter 2112 is the smallest chapter in the VFN. For a number of years they consistently had 14 members. However, during the reporting period they went up to 15. This gives them a 100% renewal rate!!

Leslie Ravenell

Area IX President's Report

Currently, Area IX has over 2,500 Chapter and National Only members located in its vicinity, with chapter members in Manassas Chapter 356, Springfield Chapter 893, Annandale Chapter 1159, and Woodbridge Chapter 1270. Although membership continues to decline, we are encouraged that new members continue to be recruited in each chapter.

All Area IX chapters resumed their pre-Pandemic activities with gusto during 2022 as if nothing had happened! All chapters resumed monthly meetings with interesting and informative speakers. Immediately following the summer recess in September 2022, Woodbridge Chapter 1270 held its Annual Picnic with a free catered Dixie Bones Barbecue lunch for local politicians. In addition to five local and state elected officials, honored guests were then NARFE President Elect, Bill Shackelford, VFN President, Bob Martin, VFN First Vice President, Doris McAdams, and VFN Alzheimer's Chair, Donna Shackelford. Manassas Chapter 356 and Woodbridge Chapter teamed up and marched in the Annual Walk for Alzheimer's in Manassas. Also, Area IX joined Area X in hosting a NARFE table at Congressman Gerry Connolly's Annual Health Fair.

Community service is a cornerstone of Area IX, especially during the holidays when all chapters collect food for local food banks. During this reporting period, Annandale Chapter sponsored three food collection and clothing drives in the fall of 2022 in cooperation with Giant Food and the ACCA (Annandale Christian Community for Action), and the Mason District Police Department. During the period they collected a total of 1,236 pounds of food and personal items and \$1,203 in cash. Pictured at Annadale Food Pickup: Officer Dicker and Annandale Chapter President Kim Rendelson, Jack Bagnulo and Mary Lou Vroman.



Annandale also continued its sponsorship of the Adopt-A-Road program, having adopted a roadway in Annandale to keep tidy and clear of trash and debris. In addition, Springfield Chapter partnered with GrandInvolve, a nonprofit program that facilitates volunteer opportunities in 25 of Fairfax County's Title I Elementary Schools! GrandInvolve is currently recruiting adult volunteers who are interested in providing classroom assistance with math, reading, and other simple educational tasks to fulfill teachers' needs and requests. 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. Springfield Chapter also continued its support for the local arts by sponsoring outings to The Little Theater of Alexandria. Raising funds for Alzheimer's Research is another cornerstone with each chapter, and Annandale, Woodbridge, and Springfield were second, third, and fourth highest fundraisers in earlier statewide reports. In addition, as mentioned, Manassas and Woodbridge Chapters participated in the Manassas Annual Walk to End Alzheimer's, as they have done for the last five years. Pictured here VFN 1st Vice President Doris McAdams, Jim and Bonnie Little, and Manassas Chapter Alzheimer's Chair Marilyn Markham participating in the Manassas Walk To End Alzheimer's.



All four chapters participate in the quarterly Northern Virginia Caucus of Chapters' meetings comprised of members in Area IX and Area X. This year as in the past, the Caucus is already planning for its recruitment table at the Annual Gerry Connelly Open Season event. In the past Congressman Connelly's event has had a huge turnout of both active and retired Federal employees and been a great venue for recruiting new members, advertising NARFE's benefits, and publicizing its brand. Area IX is keenly aware of the challenges NARFE faces, especially the viability of chapters, and this venue is a cornerstone of our 2023 strategic plan. For last year's table, 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. (Pictured here at Congressman Connolly's Health Fair. Jim Little, Pat Wolfe, Mary Lou Vroman, Ted Pasek last fall.) 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 extremely interested in what the organization has to offer. We gave out over 50 information bags and numerous freebies.



In April, Woodbridge Chapter 1270 celebrated its 50th Anniversary and held a formal celebration during its normal monthly meeting. An aide to 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 and Springfield will celebrate its 60th Anniversary!



This will be my last report as Acting Area IX Vice President. It has been an honor to serve the VFN in both Acting and elected capacities over the last ten years. I appreciate Pat Jack for her service during that period and wish John Bankson, newly elected Vice President, best wishes as he begins his tenure.

Jim Little

Area X President's Report

Area X includes six chapters, four of which are active and meeting monthly. Since Covid all chapters are attempting to increase in-person meeting attendance. Our 2023-2024 goals: to recruit new members; improve in-person attendance; identify new officers and board members. Working with the VFN, another goal is to provide meaningful training to all members.

Arlington Chapter 7

The highlight of 2022 was Arlington Chapter's celebration of their 75'sth anniversary in December. The chapter has recovered from Covid and now is resuming newsletters and developing interesting programs. Excellent programs last year consisted of these presentations: the Virginia Ombudsman Program, Stronger Memory/Cognitive Impairment, the 2023 Blue Cross/Blue Shield updates. Other programs aimed for aging seniors: a Sunrise presentation on Healthy Aging, Building an Age Friendly Arlington County by their Guardianship Program and Care and Choice at the End of Life.

Chapter 7 welcomed speakers including NARFE National President Bill Shackelford and Virginia Delegate Patrick Hope. Three chapter members served as delegates to the Arlington County Civic Federation. Nancy Palmerino volunteered to serve as Area X representative on the VFN ECC and Pat Meyers volunteered to serve as Area X representative on the 2024 VFN Nominating Committee.

Fairfax Chapter 737

The chapter has a decrease of 69 members from last year. Food donations at meetings averaging 188 pounds are donated to "Food for Others" in Fairfax County.

A variety of program speakers visited the Fairfax chapter, including Fairfax County Sheriff Stacy Kincaid sharing guidelines to avoid senior scams; BCBS updates; a Holiday sing-along; Goodwin House on "Stronger Memory: Improve Your Brain Health"; , Sunrise Senior Living on "Healthy Aging: Resources for Aging with Alzheimer & Memory Care Support; Representative Gerald Connolly attracted the largest attendance; a Burke Historical Society member spoke on the work and successes of Clara Barton; Virginia Delegate David Bulova spoke at the June picnic. Several members joined a Field Trip to visit the Workhouse Arts Center.

Vienna Oakton Chapter 1116

The chapter has a full slate of officers for 2023. The Chapter has been active with guest speakers from the Department of Emergency Management and Security, Fairfax County Department of Family Services, Blue Cross and Blue Shield, the office of Congressman Gerald Connolly, the



Mayor of Vienna, and Debbie Fisk from the Virginia Legislation Committee. Members from local chapters were invited to hear Debbie Fisk's presentation. Pictured left to right: John Bankson, Chapter 1159 Annandale; Pat Myes, and Ed Weiler, Chapter 7 Arlington; Mary Ann Munley, Chapter 1159, Debbie Fisk, Chapter 2265 Richmond, and Chris Gieseler from Chapter 1116.

Also attending was Jim Little from Chapter 1270 Woodbridge. State Legislation Chair Gieseler was heavily involved with the State Legislation Team by providing comments on the draft 2023 and 2024 NARFE Legislative Plans and kept the Chapter up to date on bills of interest to the Chapter by reports presented at meetings of the Chapter's Board and of the membership, and via submissions for the Chapter periodic Newsletters.

A holiday party was held at Pan Am Family Restaurant with installation of officers by Ted Pasek, Area X Vice President. This year the Chapter celebrated First Vice President Ralph Dantine's "special" birthday. Two members attended the VFN Conference. Mark Arpa assisted Marilyn Riddle during the Memorial Service by playing the violin and a solo presentation on his guitar.. Kathy Arpa presented a workshop on FEDHub assisted by Debbie Fisk. During the year, Jim Hathaway joined the Board as the new National Legislation Chair.

Dulles Chapter 1241

Luncheon meetings included excellent speakers on senior services/free rides, decluttering, emergency management, NARFE-PAC, VFN Service Officer Program and BCBS Federal Insurance news. Unique events included U.S. Representative Gerry Connolly and a Saturday Legislative Brunch that attracted 10+ active employees/others who could not attend Monday luncheons. The Capitol Carolers' entertained the group for the second year at the festive Holiday Party. Average attendance at luncheon meetings since the pandemic is 18-21. The chapter publishes a bi-monthly electronic newsletter.

McLean-Great Falls Chapter 493.

The Chapter has not re-started their meetings after Covid. For various reasons, members are not able to attend the meetings.

Metro Northern Virginia Chapters 1665.

The Chapter has not re-started their meetings after Covid. They are contacting members to meet in September.

Ted Pasek



PROGRAM AREAS

Alzheimer's Chair Report



There is incredibly positive progress in this field, and much can be attributed to the generosity of NARFE members. In the words of our Chief Science Officer Dr. Maria Carrillo, these early data, which is being reported at the Alzheimer's Association International Conference in Amsterdam, are "the strongest phase 3 data for an Alzheimer's treatment to date. They demonstrate the progress we've made."

Clinical trial results announced for a drug called donanemab showed the strongest benefits of any Alzheimer's treatment research to date. These topline results indicate the drug will significantly change the course of the disease for those in the initial stages. Centers for Medicare & Medicaid Services (CMS) has agreed to cover an FDA-approved Alzheimer's treatment known as lecanemab (Leqembi). It has been found to be effective in the earlier stages of the disease, and other drugs are similarly in the limelight at this time.

Every cent collected from NARFE members goes to the Research Program, and as of June 30, 2023, the total donation from our organization is \$15,853,618.68, just \$147,000 short of our goal of \$16 million by December 2025. We can readily make that goal prior to 2025, so let's all make the effort to increase our donations as individuals and as chapters.

Some research projects to note are listed here.

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.

I am pleased to announce that I collected \$1,788.00 at the recent VFN Conference and want to thank everyone for their support and contributions.

Donna J. Shackelford, Alzheimer's Coordinator



Membership Chair Report

Fiscal Year 2023 ended with 10,614 Virginia Federation members consisting of 4,499 Chapter members and 6,115 National members. Membership decreased by 701 (6.20%) - Chapter members decreased by 465 (9.37%) and National members decreased by 236 (3.72%). Monthly Membership Gain/Loss Reports are distributed and posted on VFN Membership web page. VFN website Membership page also contains Recruitment & Retention materials, as well as sample correspondence.

Membership Presentations at Chapter Meetings: Each attendee was given a VFN Membership kit and asked to distribute to active or retired Federal employees in their community.

July – Midlothian Chapter 2265 monthly meeting

November – Area VII Zoom meeting

November – Suffolk Chapter 1743. Three new members joined at the meeting.

November – Louisa Chapter 2065 – via Zoom

February – Tidewater Chapter 66

March – Harrisonburg Chapter 164. Reinstated one member at meeting.

Membership Training: Conducted Membership Workshop at VFN Conference with 16 in attendance. Folders with brochures, applications, and Instructions on Accessing Reports were given each attendee. Also conducted Membership Training via Zoom, with 26 in attendance.



Membership Recruitment: Membership Recruiting Display Tables set up:

October – Roanoke Valley Chapter 111 at Anthem BC/BS event at Vinton War Memorial

(Membership recruiting picture is of Roanoke Valley Chapter 111)

November – Brentwood Chapter 1697 at Anthem BC/BS Health Fair in Chesapeake, with 45 new prospects. Also set up at FBI event, with 20 new prospects. Thank you June Staton

April – Tidewater Chapter 66 at Norfolk Festival with new prospects. Thank you Arlene Arthur.

September – December – 21 Recruiters signed 25 new members. Thank you Recruiters.

June – Virginia United Postmasters and Managers of America State Convention in Williamsburg

Attended: All VFN Board Meetings, Monthly Program Chairs, Training Committee, and Electronic Communications Committee Meetings, Zoom Training, December Conference Committee Meeting, and VFN Task Force Meetings.

Chapter Membership Chairs Requests regarding access to the M-112, updating Chapter Officer Roster via the F-7, member transfers, member reinstatements, dues, listings of deceased members, errors in transfers, Membership Gain/Loss Reports, etc. were all answered. Reached out to Headquarters when needed to resolve an issue.

Four years ago I became Membership Chair and it has been an exciting and rewarding experience working with such dedicated Chapter Membership Chairs. Now it is time for a new Membership Chair. Remember, Membership is Everyone's Responsibility – please get involved and participate. If you are willing to step up to become Membership Chair, contact me at feboatman@live.com.

Together we will succeed!

Frances E. Boatman

National Legislation Chair Report

The Virginia Federation is one of NARFE's leaders in the congressional advocacy area. This is accomplished through the Federation's National Legislative Team consisting of a Chair, 11 Congressional District Leaders (CDL), one for each of Virginia's 11 Congressional Districts, and two Senator Legislative Leaders (SLL), one for each of our Senators. The Team leads the Federation's efforts to build relationships with the Virginia Federal Congressional delegation and to advance NARFE's position on important legislative matters affecting active and retired federal employees. The Team also informs and interacts with the Federation's Area Vice Presidents, Chapters and VA National members about issues affecting the pay and benefits of Federal employees and retirees. The Committee is also responsible for coordinating Virginia NARFE's participation in NARFE's Political Action Committee (PAC). This includes encouraging NARFE members to contribute to NARFE PAC, reporting on VA NARFE PAC statistics (Collections and Disbursements within in Virginia), and coordinating the process for seeking Chapters and Area VPs inputs to the NARFE PAC's decision-making process for allocating funds to VA's congressional delegation.

This report is like the **TAIL of TWO CONGRESS**---the 117th which ended in December 2022 and the 118th which began on January 1, 2023. During the 117th the National Legislative Team worked to advance the NARFE legislative agenda. While some progress was made with obtaining cosponsors to NARFE's priority bills, in the end time ran out on the 117th Congress. This meant that we had to start all over in the 118th Congress. (See below for actions for actions in the new Congress).

PAC Fund report for the 117th Congress

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. The VFN (Chapters and VA Nationals) contributed a total of \$113,843 and had 38 sustainer contributors. This put VA second behind California (\$145,602) in total contributions.

The breakout between VFN Chapters and VFN Nation is as follows: 698 chapter members contributed \$64,346 (3rd place behind California and Maryland) and 33 sustainers; 644 VA National members contributed \$49,597 (2nd place behind California) and five sustainers.

Top 5 VFN Chapters:

#1 Arlington-007---\$7,191, 49 contributors; #2 Annandale-1159--\$7,144, 61 contributors; #3 Springfield-893--\$6,084, 70 contributors; #4 Fairfax-737--\$4,687, 44 contributors and #5 Woodbridge-1270--\$4,455, 33 contributors.

PAC Distributions

A total of \$104,500 was disbursed to the Virginia Congressional Delegation. Of this amount \$40,000 was disbursed (\$10,000 each) to the Leadership PACs of Senators Warner and Kaine and Congressman Connolly and Beyer. Another \$64,500 was distributed to eight of 11 congressional Representatives: Wittman -- \$5,000; Luria--\$10,000; Scott--\$5,000; McEachin--\$4,500; Spanberger--\$10,000; Beyer--\$10,000; Wexton--\$10,000; and Connolly--\$10,000.

118th Congress

The 118th Congress brought several changes to the National Legislative Team, including new members to the delegation and revised congressional districts. This required making a change to the assignment to team responsibilities as to who they would be SLL and CDL for in the 118th Congress. The new team is listed below along with their Virginia Congressional Delegation follows.

Chair: Gaston Gianni

- ▶ **SL Charles Kawecki, Shenandoah 2358—Sen. Mark Warner**
- ▶ **SL Eddie Eitches, McLean Great Falls 489—Sen. Tim Kaine**
- ▶ **1st CDL—Marilyn Riddle, Williamsburg 685--Rep. Rob Wittman**
- ▶ **2nd CDL—Ray Orland, Suffolk 1743-Rep Jen Kiggans**
- ▶ **3rd CDL –Maggie Keator, Peninsula 682, Rep. Bobby Scott**
- ▶ **4th CDL Debbie Fisk, Midlothian 2265, Rep. Donald McEachin**
- ▶ **5th CDL Joanne Hirsch, Charlottesville 0135—Rep. Bob Good**
- ▶ **6th CDL Dr. Leon Vinci Roanoke 111, Rep. Ben Cline**
- ▶ **7th CDL Bob Martin, Fredericksburg 90—Rep. Abigail Spanberger**
- ▶ **8th CDL Thomas Hart, Fairfax 737--Rep. Don Beyer**
- ▶ **9th CDL—Frances Boatman, Roanoke 111--Rep. Morgan Griffith**
- ▶ **10th CDL Dennis Freeman Fairfax 737—Rep. Jenifer Wexton**
- ▶ **11th CDL Judy Thorne, Dulles 1241—Rep. Gerald Connolly**

VFN Conference

Eight members of the VFC National Legislative Team attended the conference in April. In addition, three former members of the team were present and recognized. I gave a presentation on the VFN's Legislation Program. This presentation is posted on the VFN website (www.vanarfe.org) under the National Legislation Section. We raised \$1,550 thanks to 18 people who contributed, including two new Sustainer donates. VRN 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!!

NARFE NATIONAL LEGISLATION CONFERENCE

There were 220 NARFE members in attendance, 15 of which were from the VFC. Of these seven were from the VFC National Legislative team. The purpose of the conference was to train members on Advocacy methods and to highlight the three top areas to discuss with the congressional delegations on the third day of the conference. These meetings were Zoom meetings, mostly with the principals' staff members. The three areas were: WPO/GPO (HR 82 and S 597) reform sponsorship; Equal COLA for FERS Act (HR 866) encourage cosigning; and protecting Federal Active and Retirees earned benefits during the upcoming budget talks. We had 10 Zoom meetings with individual staff - two senate and eight representatives. Meetings were divided among 15 VFN members with the CDLs present taking the lead with their respective representatives. In addition, the President of NARFE, who is a member of the VFN, joined several of the ZOOM calls.

CDL Office Visits:

During the past six months the National Legislative team has been busy establishing contacts with the new members of the 118th Congress and introducing themselves as new CDLs. The results were incredibly positive! We obtained the cosponsors of four additional representatives on HR 82! This brings the total number of Virginia cosponsors to eight (six Democrats and two Republicans).

An addition, with the assistance of NARFE PAC funds we were able to send four NARFE members to Congressman Bobby Scott's birthday celebration. See picture below.



Debora Brown, Mary and Graylin Taylor, Michael Thurber, and Congressman Scott.

ADVOCACY

Advocacy is everyone's responsibility! Begin making plans to contact your Senators and Representatives to ask for their support for NARFE priorities. Use the NARFE Advocacy web site (www.narfe.org) to access letters to send to your representatives. As of this time there were 287 cosponsors for HR 82—WEP and GRP reform. We need only three more cosponsors in Congress to get to the magic 290!! Eight of VA's 11 Representatives are cosponsors. **We need NARFE members to contact their Congressional Districts Representatives (District 5—Congressman Good); (District 6—Congressman Cline); and (District 9 –Congressmen Griffith) and ask for their support of Federal Active and Retired Employees and their earned benefits.**

NARFE PAC FUNDS

Please consider supporting NARFE PAC Fund by donating to this especially worthy cause. The funds are used to members who support NARFE legislation priorities.

CLOSING QUOTE

“To love what you do and feel it matters—how could anything be more fun?” Katharine Graham

Gaston Gianni

Public Relations Chair Report

Attended Congressman Connolly's health fair and recorded several reels that were viewed by several hundred people.

Visited several chapters and celebrated milestone anniversaries. Pictures are posted on social media.

Provided promotional materials to the chapters, VFN membership chair and service officer.

Lead the public relations training at the spring conference.

Posted relevant material and information submitted by chapters to social media. It is important to keep your social accounts active. You do not need to post every day but don't go months without posting. It can look worse to have an inactive or poor quality page than no page at all. Social media was designed to be a way to engage with others. Try to be creative. The more you enjoy it, the more others will too. Keep things positive. Post regularly. Respond promptly to messages and comments. Do not post items unrelated to NARFE's mission.



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

Doris McAdams

Service Officer Chair Report

Over my years as VFN Service Officer, I've often said how rewarding the position is. It has allowed me to learn so much about federal benefits and share that knowledge with our chapter members. It has allowed me to meet so many wonderful federal retirees and learn about your federal careers. I've had the opportunity to travel around the state and share meals and wonderful conversations with some pretty interesting people. And, I have seen how organizations function on a local, state, and national level.

This past last year as VFN's Service Officer has been busy. Each month, excluding April, I attended monthly Zoom meetings for program chairs and hosted by our 2nd Vice President, Frances Boatman. During these meetings I provided the status of my interactions with chapter Service Officers, service officer referrals, VFN chapter visits or presentations and upcoming activities.

As Federation Service Officer, I expected to receive Service Officer referrals at any time. Throughout the year I received requests for benefits assistance from Chapter Service Officers, chapter members and chapter family members. In each case I have worked with the parties involved until their request was handled. Sometimes, the resolution meant waiting for OPM to complete its paperwork but when we know that OPM is actively involved my job is over.

Over the past year I have been invited to several chapters to give presentations. I went to Chapter 1159 Annandale in November. I was invited to Chapter 1827 Virginia Beach (Seaside) in March. And, my last chapter visit was with Chapter 1241 Dulles. Each visit gave me an opportunity to share more information about NARFE, your access to online services that are of value to annuitants and annuitant services in general. During each visit I prepared handouts that reinforced the information that I was sharing.

I attended the Fall and Winter Board meetings and April's conference and annual meeting. I was Registration Chair for our 2023 Conference "Evolving to Stay Relevant". Working with registration gave me another opportunity to put faces with names that I've heard or members that I've talked with over the years. The conference was a wonderful time to enjoy social interactions with VFN's members.

Over the years I've tried to find ways to communicate with the chapter Service Officers, to give them tools that they can share with their members. I've conducted training sessions during conferences. I've generated monthly newsletters. I've visited chapters and provided verbal and written information. In January I started having monthly Zoom training sessions. The monthly invitations were sent to both chapter Service Officers and chapter leadership, but the sessions were open to everyone. Each monthly meeting was held on the first Monday of the month, starting at 10:30 am. The intention was to give the Service Officers information that they could share during their monthly meetings or in their newsletters. After each online session I emailed a written follow-up to the same parties so that they could have material to share regardless of if they were able to attend or not.

My time as VFN's Service Officer concluded on June 30th. I have enjoyed my six years of growth and service with this valuable organization. If I've been able to help someone along the way, I feel honored. I've tried to instill knowledge and build confidence in our chapter Service Officers. I've always been honest about letting our members know that, as an annuitant spouse, I started with zero knowledge of federal benefits. I am more grateful than you'll ever know for everyone who has helped me grow. As a Chapter Service Officer, I am looking forward to working with my replacement.

Arlene Arthur

COMMITTEE REPORTS

Electronic Communication Committee (ECC) Program

The ECC is responsible for developing, updating, and monitoring the VFN communications policies, social networking accounts, and electronic communication platforms as well as recommending new ways for the VFN to communicate with its members and other interested parties through various means.

To accomplish our goals and objectives, the Electronic Communications Committee meets each Thursday as we research, review, educate, and develop procedures that will further strengthen the VFN communications platforms.

The team was developed to include key VFN officers as well as a representatives chosen from each Area to liaison between the ECC and Area Vice Presidents and Chapters. The purpose for creating the Area Admin is to expand the communication network between the Board of Directors, Area Vice Presidents, and Chapter Officers.

VFN Board of ECC Committee Members

ECC Program Chairperson
Webmaster
Net Coordinator
Public Relations
VFN Secretary
Newsletter Editor

Constance T. Bails, Ph.D.
Stan Palin
John Bails
Doris McAdams
Esther Nash /Debbie Fisk
Kathy Arpa

Chapter ECC Committee Members

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

The initial progress report reveals that the initiative has been overwhelmingly successful.

Items Completed:

Most F7 information is updated or currently in process.

- Area Vice Presidents and most Chapter Officers are aware that there is ECC support available.
- All team members have access to and are trained to update Chapter Calendars
- The first training session on F7 reporting is complete.
- The first training on access to FEDHub is complete.
- Training on Google Calendar is complete.

Items To Be Completed:

- Implement a plugin for WordPress to give privileges to each Area Admin to update websites assigned to their Area
- Website/WordPress training
- Social Media access and training
- Newsletter development training will be available to any chapter who requests help
- ECC Mission Statement and Job Responsibilities are under development to include in the updated Handbook
- Database Management in the form of training chapter officers to correctly update AMS Records

Upon completion of our National Database Project to update VFN records, we will continue to develop our Website Social Media platforms – Facebook, Twitter, and Newsletter Publication.

Please know that any VFN Chapter member, with any electronic knowledge, and interested in joining the ECC Communication Committee, please contact me at 703-303-1341, ctbails@aol.com.

Dr. Constance Bails, Ph.D.,
Electronic Communication Committee Program, Chairperson

State Legislation Committee Report

The 2022 Legislative Plan was developed, printed, and distributed by August 2022. The plan consisted of:

- a. Exempting a Segment of CSRS Pensions Equivalent to Social Security Retirement
- b. Nursing Home Standard
- c. Family Caregiver
- d. Age Deduction
- e. Itemize vs. Standard Deduction

There was success in Nursing Home Standards championed by Del. Vivian Watts. The bill passed with several amendments and will not be effective until July 2025. It was not exactly what we envisioned but it is a first step. The VFN will continue to monitor and talk about nursing home inequalities. We collaborated with E. Woods and D. Taylor with a coalition of interested parties, in particular “Virginia Voices for Nursing Home Residents.”

A bill submitted by Del. McNamara increased the Virginia Income Tax Standard Deduction. Beginning in 2022 Virginia individual income tax returns, the standard deduction will increase by \$8,000 for single filers and \$16,000 for married couples filing jointly provided certain revenue targets are met. If those targets are not met, then the standard deduction will increase to \$7,500 and \$15,000, respectively.

There is much anticipation in 2023 as the residual effects of re-districting linger. There were three special elections to fill seats in SD 7, HD 24, and HD 35. Further changes resulted in 44 of 100 sitting legislators drawn into the same district with another colleague, most in the same party.

Elections will be held November for every Virginia Senator and every Virginia Delegate.

Important dates:

November 7, 2023	Election Day
September 22, 2023	Early voting at your local registrar’s office
October 16, 2023	Deadline to register to vote, or update your existing registration
October 27, 2023	Deadline to apply for a ballot to be mailed to you
October 28, 2023	Voter registration offices open for early voting
November 4, 2023	The last day of in-person early voting at your local registrar’s office

The VA State Legislation Team began work on the 2024 State Legislation Plan in early June. The proposed 2024 plan is being developed and will be sent the VFN Board of Directors for approval. Please expect delivery of marketing materials in September.

Debbie Fisk

Training Committee

The Training Committee continued to provide monthly training sessions on assorted subjects related to VFN and the chapter roles. President Bob Martin provided a session on “What is NARFE?” Other programs included duties and responsibilities of Service Officers; how to take meeting minutes, and most recently the role of Membership Chairs. The goals for the upcoming year are to develop training about the various VFN positions and what is involved to ‘entice’ other new members to become involved.

Ted Pasek

VFN Webmaster

The VFN website continues to be updated and expanded. We have added more links to items or websites that may be of interest to the NARFE community. The pulldowns at the top of the website have been expanded to make it easier to use the site. The site will be under construction for a bit after July 1, 2023, while we get the information on our new officers on the site. Please go to the site and poke around. Suggestions for improvement are welcome. The address is vanarfe.org. Each VFN chapter has a web page on there or a link to a chapter’s page hosted elsewhere.

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.

Current chapter newsletters are listed together on the Newsletter page under Resources. There is a current review of information and the period it will be displayed on the site. In particular newsletters on the file page may be moved to an archive file but will always reside on the Chapter Site Page. You will be advised if/when there is a change. Chapter newsletters are usually posted on chapter pages that are hosted on the VFN site. Older newsletters are also available on the Chapter pages, usually on the bottom. The entire 2023 Convention Program Booklet and the Memorial Service are listed under Conference, then Conference 2023.

Please provide current information to stan@vanarfe.org. If you find errors, please send them to me and I will make corrections.

Stan Palen

NARFE CHAPTERS IN VIRGINIA

Area I

Chapter 682 Newport News/Peninsula
Chapter 685 Williamsburg
Chapter 1757 Gloucester
Chapter 1823 Northern Neck

Area II

Chapter 5 VA Beach (Metro)
Chapter 66 Tidewater
Chapter 974 VA Beach (Bayside)
Chapter 1827 VA Beach (Seaside)

Area III

Chapter 28 Petersburg
Chapter 60 Richmond
Chapter 1727 Tuckahoe
Chapter 2065 Louisa
Chapter 2080 Piedmont
Chapter 2265 Midlothian

Area IV

Chapter 1293 Churchland/Portsmouth
Chapter 1697 Brentwood
Chapter 1743 Suffolk

Area VII

Chapter 111 Roanoke Valley
Chapter 135 Charlottesville/Albermarle
Chapter 164 Harrisonburg
Chapter 180 Winchester
Chapter 1793 Page Valley/Luray
Chapter 2358 Shenandoah County

Area VIII

Chapter 90 Fredericksburg
Chapter 595 Colonial Beach
Chapter 1549 Fauquier
Chapter 2112 Caroline

Area IX

Chapter 356 Manassas
Chapter 893 Springfield
Chapter 1159 Annandale
Chapter 1270 Woodbridge

Area X

Chapter 7 Arlington
Chapter 489 McLean/Great Falls
Chapter 737 Fairfax
Chapter 1116 Vienna-Oakton
Chapter 1241 Dulles
Chapter 1665 Metro NOVA

