

Serving Current and Retired Federal Civilian Employees, Spouses and Survivor Annuitants

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The chapter membership meets on the first Tuesday of the month September through May and we have the annual chapter picnic on the first Tuesday in June.

- WHEN:** November 7
PROGRAM: Presentation of the colors in honor of Veteran's Day. Deana Tisdale from CareFirst Blue Cross Blue Shield will be speaking about updates to the 2024 Health Plans
WHERE: American Legion Post 177, 3939 Oak St, Fairfax
TIME: Social Hour-11:30 AM, Lunch-12:00PM, Program-12:30
COST: \$17.00
CONTACT: If you plan to attend email TedPasek@verizon.net or Ralph Thompson at gorat2@aol.com

Dec 5: Holiday Party with musical accompaniment

Jan 2: Brian Slawski from the Burke Historical Society will speak on "Everything Burke." This includes facts about the past and present Burke and other Burkes across the country.

PRESIDENT'S CORNER

The program for the 7 November membership meeting will feature updates to the 2024 Blue Cross Blue Shield health plans. If you cannot attend the meeting, you may observe it via Zoom. Details for using Zoom are:

<https://us02web.zoom.us/j/83853660400?pwd=RFEzNXgrRG53U0pLdG4zZzJMdG5sQT09>

The cost of the luncheon will be \$17 per person. Sign-in will begin at 11:30 a.m. Donations of dry goods for Food for Others will be welcome.

Election for Chapter officers will take place at this meeting. The candidates are:

- | | |
|----------------|-------------------|
| President | Mike Fleming |
| Vice-president | Ted Pasek |
| Secretary | Jim Mays |
| Treasurer | Donna Shackelford |

Volunteers to help manage various chapter activities are welcome. Please contact me and I will be glad to tell you how you can help.

If you plan to attend the 7 November membership meeting, please inform Ted Pasek at tedpasek@verizon.net by e-mail or Ralph Thompson at 703-280-2356 by telephone. Making a firm reservation for the luncheon is very important.

Sincerely yours,

Charles "Mike" Fleming – Chapter President

HEALTH FAIR

Congressman Gerry Connolly's annual Open Season Health Fair will be on Saturday, November 18th. It will be held in the Fairfax County Government Centers at 10 am. NARFE will also have a table at the fair.

CHAPTER WEB SITE

Members are encouraged to check out the website for information and program schedules. Information useful for chapter members can be submitted for posting. The website link is <https://vanarfe.org/Chapter-737/>.

Ruby Harney – Public Relations Chair

PROGRAM

Dementia is a syndrome marked by multiple symptoms. Alzheimer's is a disease that is the most common cause of dementia. Alzheimer research was the topic at the October meeting. Each of the 10 NARFE regions has an Alzheimer representative. Donna Shackelford is the Region 10 Alzheimer representative. She pointed out that when celebrities like Rita Hayworth come out that they have Alzheimer, it helps remove the stigma of the disease. Our National goal is still \$16 million by the end of 2024. We are currently at \$15,883,811.51, just \$126,000 short of that goal. Nationally during the month of August we collected \$13,764.22. She introduced presenter Dr. Percy Griffin who is a dementia researcher and works with more than 75 associations on Alzheimer communication. A presentation of his for the Alzheimer's Association was played. You can watch it at:

https://vanarfe.org/wp-content/uploads/2023/08/narfe_2023_cut_2-1-Original.mp4

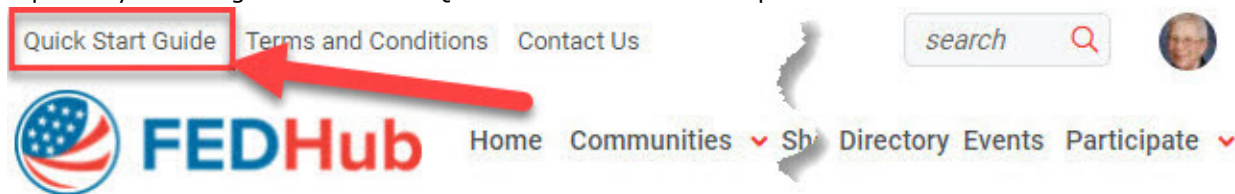
This month the chapter collected 96 pounds of dry and canned goods for Food for Others.

FEDHUB – LET'S CONNECT!

FEDHub is an online community designed for all. Like social media sites it has a selection of communities, each focused on a topic or interest area. Many evolved from growing discussions in the Open Forum that every member belongs to automatically. One of the more popular communities on NARFE's new FEDHub online resource is "The Retirement Zone" where active and retired federal employees get their questions answered in real time. The answers may come from other members, from NARFE Federal Benefits Institute (NFBFI) staff members, or even a popular presenter of webinars for NARFE like Tammy Flanagan.

Specific examples are for where you work or worked like the "U. S. Postal Service Community." The "Open Forum" has discussions on topics such as advocacy, Federal Employee Health Benefit (FEHB) plan choices, and many more. In preparation for Public Service Recognition Week in May, NARFE invites members to contribute their stories via FEDHub. There are also communities to meet and get to know the 2022 candidates for NARFE national and regional office, and proposed bylaws amendments. "Hail a CABI!" lets officers interact with the ten volunteers of NARFE's Configuration Advisory Board. The CAB serves as an interface for NARFE's Information Technology online systems. Here you can ask questions, get help, and find out about helpful resources.

To get started with FEDHub, go to the NARFE website at www.narfe.org and from the "For Members" menu select "FEDHub: NARFE Member Community." Log in using the same credentials you use to log into NARFE's Member Portal. (If you haven't logged in before, click the "Contact Us" link near the top of the screen.) Once logged in, start at the top left by selecting the link to the Quick Start Guide at the top left.



Next fill in your profile. You can add a picture or leave it for later. Now, join the conversation! In the middle of the top menu is the "Communities" drop-down menu. You automatically belong to the "Open Forum", but if you select "Suggested Communities" you can see other choices. For each community you may select whether to receive a periodic digest of new messages options for frequency and combining forums, or none at all.

The Virginia Federation was one of the first Communities added to FEDHub, so try it out. Leave a message and let us all "Get Connected"!

TREASURER/MEMBERSHIP REPORT

Checkbook balance as of September 1, 2023, was \$7,976.59. We paid expenses of \$248.00, and we had income of \$641.80. Our balance as of the end of September is \$8,370.39

Lucky winners of our drawings were:

- Free lunch Becky Fial
- 40% John Parks
- 20% Becky Fial

Donna Shackelford – Treasurer and Membership

LEGISLATIVE REPORT (As of October 14, 2023)

NATIONAL LEGISLATION- Congress narrowly avoided a shutdown that would have started on October 1 after it passed a continuing resolution to keep agencies open through Nov. 17. With Congress operating under a temporary extension of last year's spending bills, it has until the self-imposed Nov. 17 deadline to pass 12 new yearlong bills to fund the government through the rest of the year and into 2024.

With less than six weeks to come up with a government funding plan before the stopgap spending plan will expire, the House of Representatives became mired in chaos following the ouster on October 3 of Republican Kevin McCarthy as Speaker. Attempts to sort out who would run to replace McCarthy and when the vote would take place delayed negotiations over appropriations bills that leaders had promised would be a top priority. Rep. Patrick McHenry, R-NC, was made the temporary speaker, but had minimal power. (Government Executive)

Rep. Steve Scalise of Louisiana abandoned a bid to be the next speaker, throwing in the towel when he couldn't get enough support in his caucus. Rep. Jim Jordan of Ohio became the second Republican nominated, but with scores of Republicans refusing to back him, Republicans put off a floor vote until the week beginning Oct. 16. (New York Times)

The House had so far approved four of the 12 spending bills- those funding the departments of Defense, Homeland Security, Veterans Affairs and State-that Congress must pass annually, though it did so along party lines. Just before it voted to vacate the Speaker, it approved rules for debate on the funding bills for the Energy Department and the legislative branch. All those measures, however, cannot realistically pass the Senate as they are capped at funding levels significantly below those House Republicans agreed to as part of the Fiscal Responsibility Act.

The Senate has yet to approve any of its spending bills, though all 12 have won broad support at the committee level. Unlike the House versions, the Senate measures comply with the spendings caps President Biden and House Republicans set in the deal to raise the debt ceiling. The chamber has been seeking to move a "minibus" of three of its funding bills, but ran into hurdles as a few individual Republican senators objected to their consideration. (Government Executive)

The speakership infighting had consequences far beyond Capitol Hill. While there was broad bipartisan consensus on the need to rush additional military support to Israel for its war against Hamas, there was no certainty about how soon any aid could be approved and delivered with a leadership vacuum. A White House request for \$24 billion in additional funding for Ukraine was on hold during the leadership fight as Republican opposition to continued aid for Kyiv, once confined to the far right, grew. (New York Times)

VIRGINIA LEGISLATION- Gov. Glenn Youngkin signed the state budget in September with great fanfare and little hint that the spending plan contained far more money for schools than he requested and hardly any of the tax cuts he's sought.

The bill sent to Youngkin's desk scrapped his proposed corporate cuts entirely and turned his recurring cuts for individuals into one-time rebates. But the governor, waiving the right to amend the legislation in the thick of critical legislative elections and just three months before he would propose a brand-new budget, seemed to cast the bill as a big win. All 140 seats in the House and Senate are on the ballot Nov. 7 for elections that could determine whether Youngkin can enact his conservative agenda and possibly make a last-minute run for president in 2024. (Washington Post)

Tom Hart – Legislative Program

VIRGINIA FEDERATION of NARFE

The VFN was founded on April 9, 1955. Eighteen national members representing ten chapters and fewer than 1,000 members in the state established the tenth state federation of NARFE. Currently there are about 13,000 members, Chapter and National Only combined throughout the Commonwealth of Virginia. The VFN serves 38 Chapters which extend from Northern Virginia (close to our Nation's Capital) to the beaches of Southern Virginia and to the Shenandoah Mountains. VFN Chapters are divided into Area's which are created according to geographic location and serviced by our Area Vice President's. You can visit the VFN web page at <https://vanarfe.org/> .

Return Service Requested
NARFE - Fairfax Chapter 737
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FAIRFAX, VA 22032-2741



Postal Service (Time Value) Please Deliver By October 23, 2023

NEWSLETTER

The Fairfax Chapter 737 newsletter is published September through June to provide information on the Chapter membership meetings in those months.

Requesting the newsletter electronically is saving the chapter money on postage. If you would like to receive your newsletter electronically, contact the Newsletter Editor at mays.jl@verizon.net to request the change. Besides saving the chapter money, you get the newsletter in color and the embedded links can be accessed. The newsletter is also on the Virginia Federation of NARFE website at www.vanarfe.org and at the FEDHub platform at www.narfe.org.

A few people who did not ask to receive the newsletter via email are getting it digitally because the hard copies are being returned in the mail. These member's mailing address in the NARFE database is not current and needs updating. **The only way for a member's address to get updated is for the member to log into the NARFE website on their account and change it.**

Articles for the NOVEMBER issue of NARFE Fairfax Chapter 737 newsletter are due to the editor by e-mail at Mays.JL@verizon.net by **October 15**.

James Mays – Newsletter Editor