

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

President Charles "Mike" Fleming 703-631-5869 charles.fleming@bhox.com	Vice President Ted Pasek 703-322-9322 tedpasek@verizon.net	Secretary Jim Mays 703-978-0317 mays.jl@verizon.net	Treasurer Membership Chair Donna Shackelford 703-830-6590 kamiahan@aol.com	Chaplain Karen Hauck 703-501-1058 k-sign@juno.com	Past President Co-Program Chair Ted Pasek 703-322-9322 tedpasek@verizon.net
Service Officers John & Constance Bails 703-802-7344 jbails@aol.com	Legislation Program Thomas Hart 703-573-4730 thart7@cox.net	Newsletter Editor Jim Mays 703-978-0317 mays.jl@verizon.net	Co-Program Chair Sharon Lenius 703-801-2551 leniussa@gmail.com	Alzheimer's Program Annabelle Linden 571-529-6783 valinden@verizon.net	Public Relations Ruby Harney 703-425-7404 rrharney2@cox.net

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: October 3
PROGRAM: Alzheimer's Research information from Dr. Percy Griffin current Research.
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: Email TedPasek@verizon.net or Ralph Thompson at gorat2@aol.com if you plan to attend

Nov 7: Michele Johnson from Blue Cross Blue Shield speaking about updates to the 2024 Health Plans

Dec 5: Holiday Party

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

Dear Members of Chapter 737:

The October program for the 3 October membership meeting will feature a presentation on Alzheimer's research. 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.

If you plan to attend the 3 October 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, because the American Legion Post 177 is now requiring a minimum number of meals. For planning purposes, therefore, please make a firm reservation to attend this luncheon and firm reservations for future luncheons.

To help organize the various chapter activities, please tell me and I will be glad to tell you how you can volunteer.

Sincerely yours,

Charles "Mike" Fleming – Chapter President

HEALTH FAIR

Congressman Gerry Connolly's annual Health Fair will be on Saturday, November 18th. It will be held in the Government Center. More details will follow, but it usually begins at 10 am. NARFE will also have a table at the fair.

PROGRAM

At the September meeting Jim Radigan, US Navy retired, talked about his days as the commander of the Antarctica Expedition. He served three times in Antarctica and delighted the Chapter with his stories and pictures of the landscapes and many aircraft used in the ice and cold and how the long days of daylight were handled.

CHAPTER WEB SITE

Members are encouraged people 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

NARFE NEWSLINE

NARFE NewsLine delivers breaking and key federal benefits news and information from NARFE and media sources around the country. The e-newsletter also provides useful information on lifestyle topics of interest to the federal community. Compiled in a brief, easy-to-read format with important advocacy updates, Federal Benefits Institute offerings, and carefully curated links to news and feature stories, *NARFE NewsLine* is delivered by email every Tuesday. You can sign up at <https://www.narfe.org/communications/enewsletter/>.

FOOD FOR OTHERS

At the September meeting 172 pounds of food was collected for "Food for Others." For all the meetings from September, 2022 to June, 2023 the Chapter collected an average of 188 pounds per meeting. Certainly, a great total. Thanks to everyone who contributed and to Bob Sottile for collecting in the parking lot and delivering the food to FFO. Needed items include: (no more than 3 years expired, unopened, labeled, not homemade):

- Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries)
- Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant)
- Cooking Oil
- Dry goods – cereal, pasta, rice, (16oz packages), dried beans
- Canned vegetables tomatoes (crushed, peeled, diced, etc.), beans, corn, etc.)
- Canned meat (chicken, turkey, or seafood), 2oz – 15oz
- Canned fruit (packed in fruit juice instead of syrup) 11oz – 20oz
- Fruit juice (100% juice) 32oz – 64oz

Perishable Food (Meat and Dairy unexpired, sealed, in original packaging):

Non-Food Items (New or Clean Reusable Grocery Bags 8 ½ x 14 x 15 and can openers)

Ted Pasek – Vice President

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

NATIONAL LEGISLATION- Returning to Capitol Hill following an August recess, House Speaker Kevin McCarthy was confronted with a twin set of challenges: avoiding a costly government shutdown when current spending expires after September 30, and addressing growing calls on the right to impeach President Biden, despite resistance from the party's moderates.

Throughout the August recess, leaders in the House and Senate continued conversations on the federal budget, with both Senate Majority Leader Chuck Schumer (D-NY) and House Speaker Kevin McCarthy (R-CA) agreeing that a short-term spending measure, known as a continuing resolution (CR), would be necessary to keep the federal government funded for the short term, giving lawmakers more time to reach an agreement on a fiscal year (FY) 2024 funding package. **(CNN)**

While both Democrats and Republicans had voiced a commitment to avoiding a shutdown, the path to enacting a CR remained unclear. The White House, along with most of the Senate and many members of the House, supported attaching a supplemental funding measure to the CR that would provide additional funding for purposes like disaster relief, as well as continued aid to Ukraine. Members of the far-right House Freedom Caucus, however, roundly rejected calls for supplemental spending, instead insisting on attaching provisions to the CR reducing federal spending. **(CNN, National Low Income Housing Coalition)**

Hard-right Republicans subsequently added another item to their list of demands: the launch of an impeachment inquiry against President Biden. "I've already decided I will not vote to fund the government unless we have passed an impeachment inquiry on Joe Biden, said far-right Marjorie Taylor Greene (R-GA).

After another hard-right House Member, Matt Gaetz of Florida, warned that House Speaker McCarthy's failure to act on impeaching Biden could cost him his speakership, McCarthy announced on September 12 that he was directing the House to open an impeachment inquiry into President Joe Biden over his family's business dealings, setting the stage for divisive House hearings that could distract lawmaker's efforts to avert a government shutdown and supercharge the 2024 presidential race. **(The Guardian, CNN Reuters)**

The Senate had bipartisan support for many of its funding measures and hoped to put pressure on the divided House. It advanced a three-bill "minibus" appropriations measure funding the departments of Veterans Affairs, Agriculture, Transportation and Housing and Urban Development, all within budget caps established by the Fiscal Responsibility Act that President Biden negotiated with House Republicans in exchange for raising the debt ceiling earlier this year. Leaders in the Senate suggested a strong bipartisan vote would demonstrate theirs was the path to follow to ensure normal funding for agencies when current funding expired after Sept. 30. **(GovExec.com)**

Based on consumer price data released in August, the trend toward a 2024 COLA for retirement programs is 3.3%, much lower than the 8.7% 2023 increase. **(My Federal Retirement)**

VIRGINIA LEGISLATION- The Virginia General Assembly passed long-delayed amendments to the two-year state budget on Wednesday, Sept. 6, ending a six-month stalemate and sending the document to Republican Gov. Glenn Youngkin for his signature.

The budget deal, which many in Richmond had worried would not be reached after negotiations briefly collapsed in July, combines major short-term tax reductions with significant one-time and ongoing spending on priorities such as education, behavioral health and pollution reduction investments.

While Republicans praised the plan's emphasis on one-time spending, including almost \$420 million in flexible payments to school divisions, \$200 million to programs to prepare sites for industrial development and \$58 million for expansion and modernization of state crisis services facilities, Democrats applauded the reliance on one-time tax relief in the form of rebates rather than longer-term tax cuts. **(Virginia Mercury)**

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
5340 GAINSBOROUGH DR.
FAIRFAX, VA 22032-2741



Postal Service (Time Value) Please Deliver By September 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 October 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