

# NARFE

Since  
1921

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National Association of Active and Retired Federal Employees  
Virginia Federation of Chapters  
Chapter 595  
Serving Colonial Beach, Westmoreland, and King George

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## President's Letter: February 2024

Dear Members of Colonial Beach Chapter 595,

So how did you like your Friday, Jan 26 warm up to 80 degrees!! But now we are back to normal temperatures. January was certainly an up and down month. Our January meeting was on the day of that very heavy rain storm. Only a few brave souls made it out that day but we did have enough for a quorum. Also our past VFN President Bob Martin made it too and he was able to install the chapter officers for 2024: President, Leslie Ravenell, Vice President, Jim Lynch, Secretary, Ann Mills, and Treasurer, Stan Palen.

At our next meeting on Tuesday, February 13, we will spend some time discussing our Virginia Federation of NARFE (VFN) Conference which will be held in Harrisonburg, Virginia April 7-10, 2024 at the Hotel Madison. This is the first time we will have our conference in this area. Stan Palen is very familiar with the hotel so you can ask him about it. The hotel rate is \$107.00 and the conference registration fee is \$75.00. This year our chapter will pay for your registration fee and pay \$100 per night toward your hotel bill. So as you can see, all you need to do is pay for breakfast!!

I know that some of you may be saying "why do I want to come to a Conference" Well, here are a few reasons why.

- First hand in person information from the various FEHB Health Insurance companies who attend as exhibitors. They can answer your individual questions.
- Through speakers and workshops, first hand information on your NARFE benefits, legislative issues, Alzheimer's research, financial planning and other topics of interest to active and retired federal employees. We have invited several folks from Washington, DC including Senator Tim Kaine, Congressman Cline, Congresswoman Abigail Spanberger, and Governor Glenn Youngkin
- And after all that business stuff, we also have some fun stuff: a Cocktail reception with heavy hors d'oeuvres and a banquet with plated dinner. The cost of the reception and banquet as well as two lunches are included in the conference registration fee. We have several 50/50 drawings and a fabulous silent auction.

So, who ready to sign up for the conference? If you are coming to our meeting on February 13, we will have the registration forms available. If you have questions, you can call me (804 224-3069 or 703 214-9109). You can also go to the [vanarfe.org](http://vanarfe.org) website and get all the forms and all the latest information. Maybe you can't come to Harrisonburg, but please be ready to give a donation to the supporters' fund for the conference.

Unfortunately, Rich and I will not be at the next meeting, but I know Jim, Ann, and Stan will take good care of things and you can enjoy an early Valentine's Day lunch at our meeting, on February 13 at noon at the Hunan.

Leslie Ravenell, President

Colonial Beach Chapter 595

**This month Food Bank items go to Colonial Beach Baptist Church.**

**MEETING NOTICE**

**February 13, 2024**

**12 PM at the Hunan**

**Our speaker this month is Lisa Hull, from Northern Neck Planning Commission.**

**Our speaker this month is Lisa Hull, from the Northern Neck Planning Commission. Lisa's topics will be the Northern Neck National Heritage Area, a designation by Congress and the National Park Service, and the upcoming 250th-year celebration of our independence, Northern Neck 250 (aka NNK250).**

**Jim Lynch**

**First VP**

**FEDweek Weekly Round Up: Feb, 3, 2024**

**[First Proposal Offered for 2025 Raise: 7.4 Percent](#)**

The first formal proposal for the January 2025 federal employee raise has been introduced in both the House and Senate, recommending an increase of 7.4 percent.

The Federal Adjustment of Income Rates Act, or FAIR Act, is the latest in a series of annual bills of the same name offered in advance of the White House’s budget proposal, seeking to put a higher number for the next raise into discussion during the congressional budget cycle. Read at <https://www.fedweek.com/fedweek/first-proposal-offered-for-2025-raise-7-4-percent/>

**[Paid Parental Leave Benefit Not Always Fully Used Due to Career Reasons](#)**

Of federal employees who use paid parental leave, about a tenth of women and about a quarter of men do not use the full 12 weeks available, often for career-related reasons, GAO has said.

It said that use of the benefit, which began in October 2020, has about matched expectations of 3 percent of employees using it per year, with 4 percent having used it from that point through mid-2022. The benefit allows substituting paid leave for reasons related to the birth, adoption or foster placement of a child as a substitute for unpaid leave for those same reasons available under the Family and Medical Leave Act. Read at <https://www.fedweek.com/fedweek/paid-parental-leave-benefit-not-always-fully-used-due-to-career-reasons/>

**[Paid Parental Leave: Agencies Need to do a Better Job Communicating Benefit, GAO Says](#)**

A GAO report on the paid parental leave benefit for federal employees calls on OPM and individual agencies to better communicate its availability and its terms, finding for example that some information is outdated and inaccurate. For a closer look, go to <https://www.fedweek.com/issue-briefs/paid-parental-leave-agencies-need-to-do-a-better-job-communicating-benefit-gao-says/>

Follow our chapter on FaceBook at [www.facebook.com/narfecbkg](http://www.facebook.com/narfecbkg)

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**Meeting Date**  
**February 13**  
**At the Hunan**

Address Correction Requested

We are on the Web  
<https://www.vanarfe.org/Chapter-595>