

March 2024



# MANASSAS CHAPTER NEWSLETTER

NARFE Chapter 356, Manassas, VA - Organized September 9, 1953

Chapter email:  
narfe356@hotmail.com

## Next Meeting Date

**April 17**

*Bob Evans*  
10830 Promenade Ln.,  
Manassas, VA

**Lunch**  
**11:30 AM**

**Program**  
**12:30 PM**

Bob Evans is located at the intersection of Sudley and Balls Ford Roads. Parking entrance is at rear of restaurant on Promenade Lane next to Sonic Drive-in.

## Future Meetings:

Chapter luncheon meetings are held on the third Wednesday of the month. Beginning in 2024, we will meet bimonthly on the even numbered months.

April 17—Mystery of the Centreville Six, Jim Lewis, Civil War Historian

June 19—Speaker TBD

Our Executive Committee will continue meeting virtually on the first Tuesday of each month.



## From The Chapter President

Happy St. Patrick's Day! And Happy Easter to all of our members! I for one hope that Punxsutawney Phil was correct in predicting an early spring and I hear that the Cherry Blossoms will be in peak bloom by the end of the month. In March we also observe NARFE-PAC month, as you may have read about in the latest NARFE magazine. The PAC is NARFE's political action committee whose goal is to better inform and garner support from Congressional leaders regarding issues affecting the federal community. NARFE-PAC raises and spends money to elect members of Congress who NARFE believes will work on our behalf. This is especially important this year—an election year in which all 435 seats in the House of Representatives and 33 seats in the Senate will be on the ballot. This is an opportunity to change the complexion of the Congress toward becoming more "fed-friendly" and supportive of our Mission Statement to support legislation that is beneficial to the federal workforce and annuitants and oppose those that are detrimental to the federal community. Your support of NARFE-PAC will help in this effort to preserve our benefits, which have come under increasing threat in recent years.

Last year the NARFE Chapters in Virginia, which comprise the Virginia Fed-

**No Chapter Luncheon Meeting in March.** We are now Meeting Bi-monthly. Our Next Luncheon Meeting will be in April.

eration of NARFE, ranked behind only the California and Maryland Federations in the amount of money raised to support NARFE-PAC. Let's see if we can have Virginia lead all NARFE Federations and join with our fellow Virginia Chapters in raising additional funds to boost our ranking to number one! You can help in this effort by contributing online ([www.narfe.org](http://www.narfe.org)) or by mail using the form in the March NARFE magazine or on p. 2 of this Newsletter, which can be filled out and mailed with your contribution to NARFE-PAC, Attn: Budget & Finance, 606 North Washington St., Alexandria, VA 22314.

Mary M. Brandt,  
President



# NARFE-PAC CONTRIBUTION FORM

Contribute **monthly** through your annuity or by credit card. Get started at [narfe.org/pac-sustainer](http://narfe.org/pac-sustainer). Monthly contributors of \$10 or more receive a sustainer lapel pin.



Or make a **one-time** contribution:

- \$25** Basic NARFE-PAC lapel pin
- \$50** Bronze NARFE-PAC lapel pin
- \$100** Silver NARFE-PAC lapel pin
- \$250** Gold NARFE-PAC lapel pin
- \$500** Platinum NARFE-PAC lapel pin

*Contribution totals are cumulative for the 2023-2024 election cycle*

Make a **monthly** sustainer credit card contribution:

- \$25/month
- \$10/month
- Other: \_\_\_\_\_/month

Monthly contributors of \$10 or more receive a sustainer lapel pin

**OR**

Make a **one-time** contribution:

- \$25 – Basic lapel pin
- \$50 – Bronze lapel pin
- \$100 – Silver lapel pin
- \$250 – Gold lapel pin
- \$500 – Platinum lapel pin
- Other: \_\_\_\_\_

**No pin for me. I'd like 100 percent of my contribution to go to NARFE-PAC.**

NARFE Member #: \_\_\_\_\_

NARFE Chapter # (if applicable) \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Occupation: \_\_\_\_\_

Employer: \_\_\_\_\_

**Charge my credit card**

- MasterCard  VISA  Discover  AMEX

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_ / \_\_\_\_  
mm / yyyy

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Check enclosed** (Make checks payable to NARFE-PAC)

**Mail to:** NARFE-PAC Attn: Budget & Finance | 606 North Washington St. | Alexandria, VA 22314

To comply with federal law, we must use our best efforts to obtain, maintain and submit the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 each calendar year. NARFE-PAC is for the benefit of political candidates and activities on a national level. NARFE members have the right to refuse to contribute without reprisal, and NARFE will neither favor nor disadvantage anyone based on the amount of a contribution or failure to make a voluntary contribution. The suggested amounts are only suggestions and not enforceable. Only members of NARFE may contribute to the PAC. Contributions from non-members will be returned. NARFE-PAC contributions are not deductible for federal income tax purposes.

## Legislation Update and News of Note

### Identity Theft Protection for OPM Hack Victims

On February 5, Del. Eleanor Holmes Norton (D-DC) and Rep. Dutch Ruppersberger (D-MD) introduced the Reducing the Effects on OPM Victims Emergency Response Act ([H.R. 7236](#)), which is designed to ensure victims of the 2015 Office of Personnel Management data breach remain protected for the rest of their lives. The measure, last introduced in 2018, would expand credit monitoring and identity protection services for the more than 21 million current and former federal workers and contractors whose Social Security numbers were exposed as part of multiple data breaches nearly a decade ago. Shortly after the data breaches were uncovered, the Office of Personnel Management had offered three years and up to \$1 million worth of protection services, but in 2015, Congress instructed the agency to expand the program to cover 10 years and up to \$5 million. The program is currently set to expire in 2026.

Source: Government Executive, February 7, 2024

### Establishment of a Congressional Fiscal Commission

Introduced on September 28, 2023 by Reps. Bill Huizenga (R-MI) and Scott Peters (D-CA), the Fiscal Commission Act of 2023 ([H.R.5779](#)) aims to address the country’s long-term debt by creating a fiscal commission consisting of six members each from the House and Senate plus four outside experts who are not elected officials or federal government employees. The commission is tasked with submitting a report and legislative language by November 2024 designed to improve the fiscal situation and achieve a sustainable debt-to GDP ratio. Companion legislation, the Fiscal Stability Act of 2023 (S. 3262), was introduced by Sen. Joe Manchin (R-WV) on November 8, 2023. During on-going government funding negotiations in the current session of Congress, some lawmakers have pushed to include the language of these bills in appropriations legislation. On behalf of NARFE, President William Shackelford has written Congress opposing the

creation of a fiscal commission through proposals such as H.R. 5779 and S. 3262 or by including adding the language of such bills to larger government funding measures fearing the potential to impact the security of earned retirement benefits. Shackelford wrote the Congress noting that “The proposition to bypass the customary, deliberative committee process in favor of delegating substantial congressional powers to a narrowly appointed commission undermines the democratic accountability owed by members of Congress to their constituents. Historically, similar fiscal commissions have targeted federal benefits for reductions, jeopardizing the financial security and well-being of countless federal employees and retirees.”

Source: NARFE NewsLine, February 27, 2024

### FY 2024 Government Funding

The continuing resolution (CR) funding the Departments of Transportation, Housing and Urban Development, Energy, Veterans Affairs and Agriculture is scheduled to expire on March 1 and the CR funding the rest of the government, including the Departments of Defense and State, is due to expire March 8. On February 28 Congressional leaders agreed on a funding deal to avoid the immediate threat of a shutdown by extending the CRs to March 8 and March 22, respectively in order to buy more time to pass full-year spending bills in two separate packages. The House approved the stop gap measure by a vote of 320-99 and the Senate voted to approve it by a 77 to 13 vote on February 29. The measure was signed by the President on March 1.

Source: Government Executive, February 28 and 29, 2024; the Washington Post (digital edition), February 29, 2024; [whitehouse.gov](https://www.whitehouse.gov), March 1, 2024



## Alzheimer's Corner

*Marilyn Markman, RN*

Since I receive numerous emails pertaining to Alzheimer's/Dementia, this article was to be an FYI article. I was thinking snippets from different sites - informative and nice and easy for you to read and me to write. Well, we all know that nothing about Alzheimer's is nice and easy, so I won't be covering as much as I thought. That said, here are two behaviors known to Alzheimer patients: Repeating and Restlessness.

### REPEATING - article from Daily Caring

Short term memory problems can lead to repetitive behavior like asking the same question over and over. The Alzheimer/Dementia person is not aware of repeating themselves and it can be challenging for a caregiver, relative, or friend not to snap or show frustration.

There are several reasons why the dementia person repeats themselves. Besides short-term memory loss, potential causes include stress, anxiety, frustration, discomfort and fear. The person with Alzheimer's / Dementia is often unsure of what is happening, where they are, or what time or what day it is. Those are pretty unsettling feelings! Repeating the same thing over and over, one may not be looking for answers, but because they feel stressed or anxious and need reassurance or have physical needs met.

So, what can you do to help? First stay calm (you can get frustrated and lose your temper when the same question is asked 5-6+ times.)

### Four ways to respond:

1. Respond to the emotion, rather than the words - sometime a brief hug or hand squeeze can be calming.
2. Keep answers brief - response should be short and simple- you may have to repeat this a few times.
3. Distract with an activity - offer a snack or ask a simple question to get them thinking of something else. Have them help with a simple task.
4. If possible, escape for a few minutes - sometimes patience wears thin - leave the room if it's safe and do some quiet calming exercises. When you are calm you will be better able to handle the repetitive behavior.

### RESTLESSNESS - Causes and Management by Scarlett Bergam, M.P.H

Restlessness is a common symptom of Alzheimer's that can be different for each person.

Some experience the following:

- fidgeting - maybe tapping or wringing hands etc.
- walking and pacing - sometimes nonstop
- loss of sleep - staying up for many hours
- behavior symptoms - personality changes, mood swings, aggressive behavior
- sundowning - when symptoms of confusion, anxiety, agitation or occur in late afternoon or early evening.

As many as 66% living with Alzheimer's or other dementias develop this symptom, according to the Alzheimer Society of Canada. Usually, it peaks in the middle stages and lessens as the disease progresses.

Several factors can trigger restlessness and agitation, and finding the cause can reduce how often they occur. Some of these factors, to mention a few, are pain, excessive stimulation, change of routine, cognitive decline etc. Tips to manage agitation and restlessness - identify triggers, create a calm familiar environment, establish a daily routine and avoid overstimulation are a few ways to care for these symptoms.

### Now for the FYI:

There is an online screening of an Alzheimer's love story - "The Eternal Memory." To find it I went to my friend Google - typed in The Eternal Memory and put it on a watch list and I could watch it right away.

The Alzheimer's Foundation of America is having a webinar on March 14, 2024, 1-2pm titled "Lewy What?" This webinar will discuss Lewy Dementia- which is what Bruce Willis was diagnosed with. This should be a very interesting webinar.

As we watch what all the research has done, including webinars, let's continue to support research through NARFE so we can one day read and watch all the stories of success!

You can help to support our chapter's Alzheimer's fund-raising goal with your donations. Checks should be written out to "NARFE Alzheimer's Research" and in memo write "NARFE Chapter 356". Send checks to:

NARFE Chapter 356  
8818 Cather Ave.  
Manassas, VA 20110-6104

Your checks will be forwarded to the Alzheimer's Association through NARFE. You will receive confirmation from us as well as the Alzheimer's Association.



## Previous Chapter Meeting, February 21st

Chapter 356 held its regular monthly meeting, with sixteen members and guests present. The guest speaker, Kevin Pawlak, is a Historic Site Manager for the Prince William County Office of Historic Preservation. As a Historic Site Manager, Kevin oversees the preservation and management of historic structures, cultural resources, and artifacts within Prince William County. He has authored several works related to the Civil War. His dedication to historical preservation and education contributes significantly to our understanding of the past. He provided an overview of the County's historic sites with brief highlights of some of the more significant sites maintained by the County.

**Ben Lomond Historic Site:** Ben Lomond is an antebellum farm that served as a Confederate hospital during the American Civil War's Battle of First Manassas. The house was referenced in many Civil War-Era documents as the Kringle House because of the men who lived there in 1861. Many of the soldiers that were brought to the hospital penned their names and brief messages on the walls of the home. The grounds are home to a 5,200 square foot garden of old roses (one of the largest public gardens devoted to antique roses in the U.S.).

**Brentsville Courthouse Historic Centre:** In 1820, the Prince William County courthouse was moved from Dumfries to the new town of Brentsville. The Brentsville Courthouse Historic Centre features the 1822 Courthouse and Jail, an 1850s farm, the 1874 Union Church, and the 1928 one-room school. Tours are offered from 11:00 am until 4:00 pm. Thursday through Monday, May through October, and by appointment November through April. The grounds are open daily from dawn until dusk.

**Bristoe Station Battlefield Heritage Park:** Located off Bristow Road (Virginia Route 619) in Northern Virginia, the Bristoe Station Battlefield Heritage Park preserves the site of the 1863 battle as well as Confederate camps in 1861 and 1862. Although surrounded by new developments, the peaceful 140

-acre landscape features more than 2.7 miles of walking and equestrian trails. The park also interprets the nearby 1862 Battle of Kettle Run.

**Rippon Lodge Historic Site:** This site is one of the oldest known homes in Prince William County. The home provides a vital connection and opportunity to interpret our community's link to Colonial Virginia. The site's story includes important people, events, and times in Prince William History. Stop by and step back in time to experience a home and setting that has been around since 1747.

**Barnes House Historic Site:** Built in 1797, in Independent Hill, the Barnes house is typical of an average Prince William County residence at the turn of the 19th century. Although the Barnes House has moved from its original location, the restored building highlights the post-Civil War African American history of Prince William County and the region. Today you can take a tour of the site by special appointment or through one of our events. You can see the Barnes House any time at the Montclair Neighborhood Library.

**Lucasville School Historic Site:** **Lucasville School** (1885-1926) is a reconstructed one-room schoolhouse dedicated to interpreting post-Civil War African American education in Prince William County Virginia. Lucasville School is Prince William County's only extant one-room school built for African American children. It is preserved so visitors may discover the people who once learned and taught in this small but significant building. It reminds us of earlier County citizens' efforts to challenge racism and create an effective and lasting public education system.

Additional information on these and other historic sites can be found at [www.pwcgov.org/history](http://www.pwcgov.org/history). Mr. Pawlak can be contacted directly at [KPawlak@pwcgov.org](mailto:KPawlak@pwcgov.org) or by phone at 703-792-4754.

A short business meeting was conducted after the presentation, with officer and committee reports. The Minutes of the December 20, 2023, chapter meeting, as reported in the January Newsletter,

*(Continued on page 6)*

*(Continued from page 5)*

were approved, and the Treasurer's Report was adopted. There was no new legislation to report as the House has been in recess until February 28. The current CRs are due to expire on March 1 and March 8. Current NARFE membership stands at 136,000 and membership must increase to effectively lobby on the Hill. The current chapter membership stands at 126 with two dropped for non-renewal. A warm welcome was extended to new member Kim Cash.

Members are encouraged to attend the VFN Conference to be held at the Hotel Madison in Harrisonburg from April 7-10. Early Bird Registration of \$75 ended February 15 and it is now \$90. Carol Campbell and Bill Briscoe will attend. The NARFE National Convention, held every other year, will be held in St. Louis, Missouri, in August. National elections will be held. If you are interested in attending, the Chapter may assist with registration fees.

John Bankson, Area IX VP, distributed the VFN Electronic Communication Committee Quick Guide, updated February 1, for members' use. This document was designed by VFN to assist its members in navigating VFN and NARFE electronic communication systems. It covers essential information about accessing VFN and National NARFE websites to help members learn of available resources and to stay informed about VFN and NARFE activities. The guide is reproduced on page 7 of this Newsletter and is also available on the VFN website at [https://vanarfe.org/wp-content/uploads/2024/02/NARFE-Quick-Reference-2\\_1\\_2024-1.pdf](https://vanarfe.org/wp-content/uploads/2024/02/NARFE-Quick-Reference-2_1_2024-1.pdf).

The raffle for the Alzheimer's Fund collected \$29, with the winner donating her share. The next regular monthly meeting for Chapter 356 is scheduled for April 17 at Bob Evans Restaurant. The next Executive Committee meeting will be held via Zoom at 1:00 on March 4, the first Tuesday of the month. All members are welcome to attend the committee meeting and any member wishing to do so should contact one of the chapter officers to obtain the Zoom link.

Carol Campbell, Secretary



Guest speaker, Kevin Pawlak, Historic Site Manager for the Prince William County Office of Historic Preservation.

**VFN Electronic Communications Quick Guide**

**VANARFE EC Committee**

The Electronic Communications Committee Program provides electronic support to the VFN Board, Chapter Officers, and members. This support includes maintaining chapter websites, managing social media platforms, and handling database management.

The team responsible for these tasks comprises VFN Officers and VFN Area representatives. You can contact the ECC Representative for your Area if you need assistance with tasks like calendar and website updates, social media posting, or database reporting. They will be happy to help you.

**Chair** Constance T. Bails, Ph.D.  
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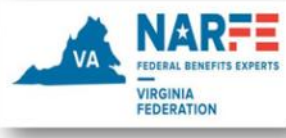
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**VFN**  
**Virginia Federation of**  
**National Active and Retired**  
**Federal Employees**

VFN President  
Frances E. Boatman



**Electronic**  
**Communications**  
**Committee**  
*QUICK GUIDE*

Chairperson  
Constance T. Bails, Ph.D.

02/01/2024

**NARFE and VFN Websites**



<https://www.narfe.org/>

Dedicated to the welfare of all federal workers and retirees, NARFE delivers guidance, resources and powerful advocacy.



<https://www.facebook.com/vanarfe>  
<https://www.facebook.com/vfnatleg>  
<https://www.facebook.com/vfnvaleq>



(formerly known as Twitter)  
<https://twitter.com/NARFEHQ>  
[https://twitter.com/narfe\\_vfn](https://twitter.com/narfe_vfn)

*When typing the VFN "X" link directly, be sure to include the underscore between narfe and vfn, which will look like: narfe\_vfn*



**NARFE & VFN Social Media Platforms**



<https://fedhub.narfe.org/home>

FEDHub is NARFE's online community for members to share advice, discuss concerns and resolve challenges.



<https://www.facebook.com/NARFEHQ/>  
[www.VANARFE.org](http://www.VANARFE.org)

Virginia Federation of NARFE goals mirror those of NARFE to protect the earned entitlements, rights and benefits of the federal retirees, employees and survivors.

**VFN Calendar**  
<https://vanarfe.org/calendar/>

Found on the Virginia Federation home page, the VFN Calendar includes Chapter and National meetings, VFN training info, and webinar links. Your ECC rep can update the calendar with chapter info provided by chapter leadership; however, *all* members can access the calendar for information.


**NARFE SIGN UP**

If you haven't signed up, create an account for the NARFE web portal at <https://members.narfe.org/Security/Sign-In?returnurl=%2f>

Current or former NARFE members should note the web portal is in transition. Log-in will be one of these combinations:

Username	Password
Member ID	Member ID
Last Name	Member ID
Email	Member ID
Email	Password
Member ID	Password

**Do not** create a new account. If you cannot log-in, contact NARFE by calling 800-456-8410 or emailing [memberrecords@narfe.org](mailto:memberrecords@narfe.org)



## NARFE WEBINARS

**Upcoming NARFE Webinars:**

**Tax Planning for Retired Feds**

Thursday, March 21 | 2 p.m. ET

Basic knowledge of the U.S. tax system and proactive tax planning can help retirees increase their after-tax income and improve their quality of life. Unfortunately, many needlessly give up hundreds, if not thousands, of dollars each year to unnecessary taxes. NARFE federal benefits expert Mark Keen, CFP, will walk you through how you can protect your assets through tax planning—register today!

**REGISTER NOW**

**Recent NARFE Webinars:**

**Roth Conversions: A Path to Maximize the Value of Your TSP**

**Thursday, February 29**

For many retired TSP participants, tax planning is an afterthought rather than a proactive approach to maximizing the after-tax value of their TSP. Roth conversions provide a proactive approach to not only help create greater after-tax balances during your lifetime but also preserve the after-tax value for your beneficiaries as well.

Click here to find links to dozens of valuable, expert-led presentations that you can watch on demand, anytime, anywhere. And remember, this is just one of many exclusive NARFE resources available to help you get the most out of your federal benefits, and one of the many reasons it pays to be a NARFE member.

**Chapter Membership Report**

*Welcome to our Chapter*

Don Holstead

Chapter 356 membership as of March 5 is 127 members.

**CHAPTER 356 OFFICERS AND COMMITTEES**

<b>President</b>	Mary Brandt	703-753-3954
<b>Vice President</b>	Priscilla Saboe	703-361-1150
<b>Secretary</b>	Carol Campbell	703-389-4702
<b>Treasurer</b>	Richard Horte	703-368-8767
<b>Membership Comm.</b>	Helen Brooks	703-791-6737
<b>National Legislation</b>	Vacant	
<b>Program Comm.</b>	Vacant	
<b>Service Officer</b>	Priscilla Saboe	703-361-1150
<b>Sunshine Comm.</b>	Priscilla Saboe	703-361-1150
<b>Alzheimer’s Comm.</b>	Marilyn Markman, RN	703-791-4329
<b>Chapter Chaplain</b>	Vacant	
<b>Newsletter Editor</b>	Richard Horte	703-368-8767

**Chapter Email Address:** [narfe356@hotmail.com](mailto:narfe356@hotmail.com)  
**Use this address to contact officers and committee chairs by email**

**Email Address Changes**

Notify NARFE or our chapter whenever you change your email address to continue to receive this newsletter.

**Manassas Chapter Newsletter Online**

We distribute our newsletter to Chapter members using email addresses on file at NARFE. If you are not receiving NARFE email, please contact us or NARFE Headquarters at Member Services (703-838-7760). Our newsletters are also available at the Virginia Federation website at [www.vanarfe.org/newsletters/](http://www.vanarfe.org/newsletters/). Scroll down to Current Chapter Newsletters, Area IX, Chapter 356.