



# ANNANDALE CHAPTER NEWS

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## National Active and Retired Federal Employees Association Chapter 1159 (Annandale)

P.O. Box 1463, Annandale, VA 22003

Serving Current, Former & Retired Federal Employees and Spouses  
and Survivor Annuitants

Like us on Facebook at NARFE-Annandale 1159

Find us on the web at: [www.narfe.org/chapter1159](http://www.narfe.org/chapter1159)

We meet at St. Alban's Episcopal Church Parish Hall  
6800 Columbia Pike, Annandale, Virginia

APRIL 2024

**Join us, either in-person or via Zoom, for our next meeting at 10:00 a.m., Wednesday, May 1<sup>st</sup>. We will have our annual "Report from Richmond" when Virginia Senator Dave Marsden and Delegate Vivian Watts will tell us what happened in this year's session of the Virginia General Assembly. (While the meeting will be available in-person and on Zoom, please join us in-person, if you can.) REMEMBER, there is a change of location for our meetings in 2024. We will meet in the Parish Hall at St. Alban's Episcopal Church, 6800 Columbia Pike in Annandale. For details regarding registering for the Zoom meeting, see page 4.**

**PREZ SEZ** – - Spring keeps springing – and springing – and springing. It can't make up its mind. I have the air conditioning on, but was freezing a couple of days ago. It's tough figuring out what to wear every day.

Chapter business continues and Executive Board Members are plugging away at many things. After many tries, a change in management at Giant, and through much coordination with the Police Department, **Sharon Sellers** nailed down having our Food Drives again this year. Notable are her efforts to provide goodies at Chapter meetings, making tables look beautiful, in addition to her work on Food Drives and partnering in preparing raffle baskets.

*(PREZ SEZ continued on next page)*

*(PREZ SEZ continued from page 1)* After many years, we'll be revising our Chapter Bylaws, accommodating changes in NARFE requirements; this may be my summer project. **Doug Jones** continues to follow up with members who've fallen by the wayside and contacts potential members about joining while also publishing our monthly newsletters and managing our Adopt-A-Road program. **Fran Walinsky** takes copious notes of our meetings; these provide guidance for the Board throughout the year and Fran found our great meeting space for this year. **Mary Ann Munley** provides detailed legislation updates and **Phil Gilliland** keeps us abreast of new information on Alzheimer's and on fund-raising efforts. **Carol Lutz** handles all our Service Officer issues. **Gabe Goldberg** took over as Program Director in September and has provided interesting programs this year. **Rosemary Arnolts**, our Outreach Chair, sends sympathy and get-well cards out for the chapter. **Doug Jones, Mort Glassberg and Gabe Goldberg** have spent much time on technology and work to improve sound issues. And **John Bankson** who maintains and updates our Facebook page and website, in addition to managing the Audit Committee, the Nominating Committee, being Chapter 1<sup>st</sup> VP, is the Region IX representative for the Virginia Federation of NARFE. And finally, **Jack Bagnulo**, our wonderful Treasurer keeps the Chapter's finances in excellent shape.

This missive started as a Chapter update but has gone beyond what I had in mind. It turned into a heartfelt thank you on behalf of the Chapter to Board members who give so generously of their time and talents. Not only do they work hard but they are a wonderful group to work with on issues arising during the year. They are the epitome of the Federal employee – outstanding professionals taking their jobs seriously, exhibiting high standards and ability to work well with one another to find solutions. And I add my personal thanks to every one of them. Ahhh, if only our legislators had such a team!

*Kim Rendelson, Chapter President*

**Inclement Weather Policy --When Fairfax County Public Schools (FCPS) are closed or virtual only because of inclement weather on the day of a scheduled chapter meeting, the chapter meeting (both in-person and on Zoom) for that month is cancelled. If the FCPS open only 2 hours late on the day of a chapter meeting, the in-person and the Zoom meeting will be held.**

**April Program:** At our April Chapter meeting, **Maria Ventouris**, the owner of **Reston Concierge LLC**, shared her mission to assist families with moving and decluttering, and offered practical tips for a manageable process. She discussed her approach to helping clients downsize and part with their belongings, the challenges and strategies of long-distance moving, and the importance of networking with service providers. Her company is dedicated to assisting families in creating peace and balance, particularly during significant life decisions like moving.

Ms. Ventouris emphasized the importance of decluttering, organizing, and engaging



**Ms. Ventouris discussing decluttering and downsizing with Chapter members.**

movers at least 45 to 60 days in advance of the desired departure date. Practical tips for simplifying the moving process include: using a color-coded tag system for prioritizing items according to importance of retention; creating a written inventory; and possibly hiring a professional organizer. She highlighted the potential benefits of estate sales for offsetting moving expenses, but emphasized the importance of assessing the potential revenue from the sale to determine if it is worthwhile. Reston Concierge provides appraisals and consignment of items, if the client decides this is a better option than an estate sale. In either case, it is best to consult experts

before making decisions about selling valuable items.

With regard to long-distance moving, she advised people to identify the new home in order to plan for total square footage, room alignment, storage space, etc. If the move is to a location with a different climate, like Florida, only take what suits that lifestyle. Then sell unnecessary items at an estate sale rather than pay unnecessary moving costs. Also, form relationships with individuals in the new location to facilitate the logistics of moving, such as furniture delivery.

Ms. Ventouris provides guidance and support, but ultimately allows her clients to make their own decisions regarding item disposition. She can help create an inventory using a combination of written lists and photos, then network with collectors to find homes for particular items. She also has a network of service providers, including movers and realtors, to ensure clients **(continued on page 4)**

(continued from page 3) receive the best advice and resources. The concierge assistance cost varies according to the service rendered. For example, organizing and decluttering may run between \$55-\$65/hour, charged in four-hour components. However, an estate sale may offset that cost. Every situation is unique. Her website is [www.restonconcierge.com](http://www.restonconcierge.com), and contains additional contact information, as well as more detail on their services. She welcomes your questions. Snacks were provided by: **Kim Rendelson, Mary Ann Munley, Sue Hoffman, Fran Walinsky, Loretta Nester, Carol Rubin, Pat Jack and Sharon Sellers.** A total of **40** attended (**27 in-person and 13 on Zoom**). *(This article was compiled from a summary provided by Zoom's Artificial Intelligence tool.)* **Fran Walinsky, Chapter Secretary**

**To Register for our May 1<sup>st</sup> Zoom Meeting** – Join us at **10:00 a.m. on Wednesday, May 1<sup>st</sup>**, in the St. Alban's Episcopal Church Parish Hall (6800 Columbia Pike in Annandale), for our "Report from Richmond". To attend on Zoom, let **Doug Jones** know ([doujones500@verizon.net](mailto:doujones500@verizon.net) or **703-425-3361**) no later than **Monday, April 29<sup>th</sup>**, so he can send you the meeting link and passcode.

**Volunteers Needed** -- At our June luncheon members will be asked to approve a Nominating Committee to identify chapter members who are willing to stand for election this November for all elected Board positions (President, 1st and 2nd Vice Presidents, Secretary and Treasurer). **John Bankson** has agreed to chair the committee. Please consider volunteering to join John and serve on the committee. Also, think about running for an elected Board position. This is the first step to filling roles needed to keep our chapter vibrant and growing. To volunteer, or if you have any questions, contact John at [johnboy1607@outlook.com](mailto:johnboy1607@outlook.com) or **703-256-2295**.

**Adopt-a-Road** – Our thanks to **Carol Lutz, Mary Ann Munley, Carol Rubin and Doug Jones** for making our first pick-up of the year on March 21<sup>st</sup> a success. While our roads were not as littered as would be expected after a winter break, we collected five bags of trash and a car bumper. **Please mark your calendar for our next pick-up on May 23<sup>rd</sup>.**



### In Memoriam

**Chapter 1159 regrets to announce the death of Shirley Holland  
Our Condolences to Her Family and Friends**

**Alzheimer's Report** – The **APT Webstudy** monitors volunteers who are 50 and older for changes in their memory through a series of quarterly, no-cost memory tests. It takes place online, without any in-person visits required. APT Webstudy researchers use the results to track volunteers' memory and, based on potential risk level, invite select volunteers to participate in other Alzheimer's research studies.

The APT Webstudy is funded by the **National Institutes of Health** and led by internationally renowned researchers from the **Alzheimer's Therapeutic Research Institute of the Keck School of Medicine at the University of Southern California, Brigham and Women's Hospital, and the Cleveland Clinic**. For more information and to volunteer, go to <https://app.aptwebstudy.org/en/accounts/login/>

So far this year we have collected **\$1,217** in donations for the **NARFE Alzheimer's Research Fund**. If you would like to help combat Alzheimer's Disease, you can either make a donation at the May 1<sup>st</sup> membership meeting or mail a check to: **Treasurer, NARFE Chapter 1159, P.O. Box 1463, Annandale, VA, 22003**. Please make checks payable to *NARFE Alzheimer's Research Fund* and include *Chapter 1159* on the memo line.

*Phil Gilliland, Alzheimer's Chair*

**NARFE-PAC** -- Although NARFE's March campaign for NARFE-PAC is over, you can contribute to the PAC at any time. Voluntary contributions to NARFE-PAC helps NARFE to build stronger relationships with federal lawmakers and increase NARFE's voice in Washington. All seats in the House are up for re-election in the fall, which could result in many new House members in the 119th Congress who may not really understand the Federal workplace or Federal retirees. Also, 34 Senate seats are up for election – and due to retirements, several Senators will be new. NARFE needs to be supported and ready to hit the ground running to protect our earned benefits. If you would like to make a contribution to NARFE-PAC go to <https://www.narfe.org/advocacy/narfe-pac> or see page 11 of your April *NARFE Magazine*. Contributions are for your benefit and each contribution, no matter how small, makes a difference. (*Remember, contributions to NARFE-PAC are entirely voluntary and only NARFE members may contribute to the PAC. NARFE-PAC contributions are not deductible for federal income tax purposes.*)

**Save the Date!!****Our Summer Luncheon is on Wednesday, June 5, 2024 at The Italian Café!**

Everyone, please plan to join us for our Summer Luncheon on June 5<sup>th</sup> and commit early by sending your payment as soon as possible to our treasurer. See the reservation form below. Hope to see you there! **And like last time, bring a friend** – do you know a retired Federal employee that isn't a NARFE Member? To encourage membership growth, think about inviting a friend to attend our luncheon; it might be a positive way to introduce them to our chapter and to NARFE. Our **Summer Luncheon** is scheduled for **Wednesday, June 5<sup>th</sup> at the Italian Café, 7161 Lee Hwy, Falls Church**. Parking is right in front of the restaurant, on the side or in the large parking lot in the back. No steep steps...no steps at all! Social time will begin at 11:30 a.m. with lunch starting at noon. A raffle for special items will be held for the benefit of Alzheimer's research. There are four entrees to choose from: 1) Flounder Françoise with Pasta and mixed vegetables, 2) Eggplant Parmesan with Tomato Sauce, 3) Chicken Piccata with Pasta and Mixed Vegetables, 4) Lasagna with Meat & Tomato Sauce. Meals all come with a house salad, bread, and your choice of one dessert ((1) Cannoli or (2) Tiramisu), soda, coffee and tea. There will be a cash bar for any other beverages you desire. A charge of \$33 per person will cover the meal, taxes, and gratuity. We need to let the restaurant know by **May 21<sup>st</sup>** what your meal selection will be. Please complete the form below and mail it in along with your check as directed below. ***Please mail reservations as soon as possible, but they must be received by May 21, 2024.***

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**ANNANDALE NARFE JUNE 5<sup>th</sup> LUNCHEON RESERVATION FORM**

	Entree (circle 1)				Dessert (circle 1)		
Attendee _____	1	2	3	4	1	2	None
Attendee _____	1	2	3	4	1	2	None

Please make checks payable to **NARFE Chapter 1159**, and mail them to:  
**NARFE 1159 Treasurer, Box 1463, Annandale, VA 22003**. Please mail reservations as soon as possible, but they must be received by **May 21<sup>st</sup>**.



**JUNE 5<sup>th</sup> LUNCHEON RAFFLE**

For those members that enjoy the raffles that benefit Alzheimer’s Research rest assured, we are continuing this tradition. Many great items have been donated so we will have many lovely baskets available at the luncheon. You don’t even have to be onsite at the luncheon; winners will have their baskets delivered to their homes. So, take a chance – or many chances – and buy lots of tickets. Pictures will soon be available on the Chapter’s website and on the NARFE Annandale 1159 Facebook page. The cost of raffle tickets will remain at the bargain price of \$1.00 each or 6 tickets for \$5.00. Once the pictures go up, we will start selling tickets. **Kim Rendelson** will mail as many raffle tickets back to you as you would like. Just complete the Raffle Form (attached) and mail it to Kim at her address below with your check to **NARFE Alzheimer’s Research**, please include *Chapter 1159* on the memo line.

NOTE: Due date for receipt of raffle tickets orders by mail is **May 24th**. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don’t worry about losing them or the email, Kim tracks the numbers so not matter what, if you can’t find your tickets or your email, all is not lost! She will know winner identities. **Last minute tickets will also be sold at the Luncheon.**

-----clip and mail form-----

**RAFFLE TICKET FORM**  
**Annandale NARFE Luncheon – June 5th, 2024**  
**\$1.00 each or 6 for \$5.00**

I would like to purchase \_\_\_\_\_Raffle Tickets. My check is enclosed for \$\_\_\_\_\_made out to *NARFE Alzheimer’s Research Fund*, including *Chapter 1159* on the memo line and mailed to the address provided at the bottom of this page to be received no later than **May 24th**.

Please include your:

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

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

Email:\_\_\_\_\_

Phone No. \_\_\_\_\_(for basket winner delivery purposes if you are not present)

**Donation Only:** If skipping the raffle but you still want to make a donation, please send your check made out to *NARFE Alzheimer’s Research Fund* (include *Chapter 1159* on the memo line) and mail it to: **Kim Rendelson, 3401 Silver Maple Pl., Falls Church, VA 22042**

**All checks will be hand delivered to the NARFE 1159 Chapter Treasurer.**

**Legislation Report** – *Federal: HR 82 – Social Security Fairness Act* (repeals

WEP/GPO) currently has 315 co-sponsors. BIG NEWS: The House Committee on Ways and Means Subcommittee on Social Security will hold a hearing on April 16<sup>th</sup> to hear testimony on this bill. On April 12<sup>th</sup>, NARFE emailed an ADVOCACY ALERT which explains how you can still submit emailed written testimony to the Committee by 5 p.m. April 30<sup>th</sup>. NARFE provides VERY specific instructions on how to email your testimony to ensure it gets to the right place, and which includes a “Sample Comment” letter. Please consider emailing the letter to the Sub-Committee whether or not WEP/GPO affects you.

S3974 -- *Boosting Benefits and COLAs for Seniors Act* was introduced by Senator Bob Casey (PA), Chairman of the U.S. Senate Special Committee on Aging, with the aim of using the CPI-E index to calculate of COLAs to better reflect the expenses (especially medical) faced by older adults. Currently COLAs are calculated using CPI-W. NARFE has been supporting the switch to CPI-E for many years.

*Federal Budget:* the Federal Fiscal Year (FY) 2024 Budget was finally resolved - however, despite the 5.2% pay increase given to federal employees (effective January 1<sup>st</sup>), the approved budget did not include increased spending for the increase in salaries, thus requiring agencies to absorb increased personnel costs elsewhere in their budgets. Now the focus shifts to FY 2025 which starts in less than 6 months! Of concern to NARFE is a Conference Report by the Majority members with suggestions that take direct aim at Federal Benefits for both federal employees and federal retirees. Some are: the elimination or reduction of COLAs; vouchers (set amount of dollars) for the government’s share of FEHBP; High 5; higher employee contribution into the retirement plan; and, elimination of the Supplemental Check for federal FERS retirees under the age of 62. While none of these proposals have been introduced into legislation yet, NARFE continues monitoring them.

*Call for Member Proposals for NARFE's Advocacy Positions for the 119th Congress:* The deadline for submission to NARFE is June 1<sup>st</sup>. NARFE is preparing for the 119th legislative session of Congress (2025-2026). See page 12 of your April *NARFE Magazine* and check the NARFE website ([www.NARFE.org](http://www.NARFE.org)) for its application to be used to submit legislative proposals. **(Legislation Report continued on page 9)**



(continued from page 8)

Virginia: The General Assembly's "Reconvene Session" commences on April 17<sup>th</sup> to address the Governor's Veto of Legislation and discuss the Governor's Amendments to Legislation. Of major concern is the State's 2-year Budget – the Governor returned the State Budget Legislation to the General Assembly with over 200 Amendments for consideration of what the Governor refers to as the "Common Ground Budget".



**Delegate Vivian Watts and Senator David Marsden** are scheduled to provide their "Reports from Richmond" at our May 1<sup>st</sup> meeting. Hopefully their duties at the Reconvene Session will conclude by then. Please plan to attend the Chapter meeting in person to show our interest in the legislative activities in the General Assembly.

*Mary Ann Munley, Legislation Chair*

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### Executive Board

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**Greeter**

Mara Yachnin

**Outreach**

Rosemary Arnolts  
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**At-Large Board Members**

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 Mary Lou Vroman