



*VIRGINIA FEDERATION OF NARFE (VFN)
SPRING 2024 NEWSLETTER*

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(Photographer – Mark Arpa)



MESSAGE FROM THE EDITOR

This Spring Newsletter covers the period from November 1, 2023, to April 30, 2024. There has been a lot of activity in the last six months. In this newsletter, which includes lots of photographs, you can read all about what is happening in your area and the other areas in Virginia. This newsletter includes coverage of the very successful VFN conference held in Harrisonburg, VA earlier in April. Look for our annual report in a few weeks.

Kathy Arpa,

VFN Newsletter Editor

mkarpa@hotmail.com

FEDERATION PRESIDENT'S MESSAGE



“Together We Will Succeed” is our motto in the Virginia Federation. Training, updating the VFN Handbook, developing a Strategic Plan, revitalizing Chapters, Membership recruitment, and promoting NARFE and the VFN to get members involved are goals that we are beginning to attain by working together.

Our Training has been well received and continues to have more attendees each time.

We began in November with my presentation on “What is the VFN?”.

January 24 – “Chapter Treasurer Responsibilities” by Donna Shackelford

February 28 – “Navigating the VFN Website” by VFN Webmaster Stan Palen

March 6 – FEDHub Basic Training by VFN Electronic Communications Program members

March 27 – “Artificial Intelligence for Seniors” by Ms. Lindsey Mastis, WJLA, ABC 7 TV

April 3 – “Zoom Basic Training” by VFN Electronic Communications Program members

April 24 – “Town Hall Meeting” by President Boatman, 1st VP McIlwee and 2nd VP Wolfe.

Planned for May: “Basic Facebook Training” by VFN Electronic Communications Program members. Also, “State Legislation and the General Assembly” with Ms. Jennifer Hasty Aulgur, Legislative Director for State Senator Mark Obenshain and VFN State Legislative Chair Deborah Brown. Watch for the announcements and links so you don’t miss some very informative training.

The VFN Handbook has been updated by Jim Little, approved by the Board, and is posted on the vanarfe.org website under Resources — Information - Legal Documents.

The VFN Electronic Communications "Quick Reference Guide" was finalized and approved in January. It is designed to assist VFN members in navigating our electronic communication systems, including the VFN website and other electronic platforms. Whether you're seeking information on events, updates, or resources, this quick reference guide will be a handy tool. It is posted on the vanarfe.org website under Program Chairs – Electronic Communications – EC Document.

In November, CDL District 6 Dr. Leon Vinci and I met with Congressman Ben Cline to discuss NARFE legislative priorities and HR 82 and HR 866 in particular. It apparently paid off, as Congressman Cline announced at our VFN Conference that he will co-sponsor HR 82.

In December, Roanoke Valley Chapter 111 Legislative Chair Bill Ketron and I met with Delegate Sam Rasoul. We thanked him for his introduction of the Caregiver bill and discussed VFN State Legislative priorities for 2024. He plans to introduce the bill on Nursing home requirements and a bill on Caregiver tax credits.

Deborah Brown of Brentwood 1697 was appointed VFN State Legislative Chair in December and has been meeting with Legislators and Chapters re our State Legislative plan. (See her report on page 18.)

The Strategic Planning Committee meets regularly to develop a comprehensive Strategic Plan. Our goal is to continue moving the Virginia Federation of NARFE in the direction of success, and "Together We Will Succeed".

Membership Recruitment continues through multiple Membership Drives as well as individual contact with prospective and lapsed members.

Since November, I have visited Fredericksburg Chapter 90 and installed officers, Chapter 60 Richmond, and Shenandoah County Chapter 2358. I am pleased to announce that Chapter 60 Richmond voted to continue as a Chapter and installed new Officers in May. My schedule in June includes visiting Vienna Chapter 1116 to celebrate their 55th Anniversary and Arlington Chapter 7 to speak on VFN's Past, Present, and Future.

I attend weekly/monthly meetings with the Conference Committee, Program Chairs, Area Vice Presidents, Electronic Communications, Training Committee, and Strategic Planning Committee, as well as Region X, Federation Presidents, FLAG (Federation Liaison Advisory Group), and virtual NEB.

Highlights of the 2024 Virginia Federation of NARFE Conference

Our 2024 VFN Conference was held April 7-10, 2024, at the Hotel Madison/Shenandoah Valley Conference Center in Harrisonburg with the theme “Together We Will Succeed”. There were 123 registered members and guests, with actual attendance reaching 116, representing 26 of the 37 chapters in Virginia. A huge thank you to Conference Coordinator Larry McIlwee, Conference Chair Missy Gropel, and to all the dedicated volunteers on the Conference Committee.



Harrisonburg High School JROTC Honor Guard under the direction of Command Sergeant Major Russell Wilder presented the Colors. The beautiful voices of Brittany Weller and Deena Gakos provided the Star-Spangled Banner during the opening ceremony.

Senator Tim Kaine sent a video thanking us for our years of service and affirming his commitment to advocating on behalf of our federal employees, both active and retired. He strongly supports repealing both the Windfall Elimination Provision and Government Pension Offset and is a co-sponsor of the Social Security Fairness Act – HR 82.

Special convention speakers included: Congressman Ben Cline (District 6); William “Bill” Shackelford, NARFE National President and Past VFN President (2010-2012); Nora MacDonald, Director, NARFE Member Engagement, Robert Allen, NARFE Region X Vice President; Brooke Gill, Senior Program Manager, Alzheimer’s Association; Dr. Kelsey Trinka, audiologist at Hearing Associates of Northern Virginia, spoke on “Hearing Loss, Communication, and Solutions”; Dr. Philip L. Frana, Professor at James Madison University, spoke on “Artificial Intelligence”; Dr. Edna Reid, Professor at James Madison University, spoke on “Cyber Security for Seniors”; Dr. Timothy Walton, Professor at James Madison University, spoke on “The CIA, Past and Future”.

A highlight of the conference was Congressman Ben Cline’s announcement that he will co-sponsor the Social Security Fairness Act – HR 82, for which he received a standing ovation. (See National Legislation report on page 17.)

We thank our many vendors, advertisers, and sponsors for their support. Blue Cross/Blue Shield Federal Employee Program again provided our conference bags, hosted a reception for conference attendees, as well as a photo booth, enjoyed by all.

Thank you also goes out to the many donations for the Alzheimer’s Auction and to Alzheimer’s Chair Donna Shackelford for her continued dedication to keeping Virginia Number One in donations.

Federation Executive officers elected/re-elected by acclamation were Frances Boatman, President; Pat Wolfe, 2nd VP; Doris McAdams, Secretary; and Jim Little, Treasurer. Area Vice Presidents elected/re-elected in caucus sessions were Area I-Marilyn Riddle; II-Betty Warren; III Wynn Hasty; IV-Graylin Taylor; VII-Ruth Green; VIII-Bob Martin; IX-Carol Campbell; and X-Ted Pasek. Also, during the Caucus meetings, primary and alternate area representatives were elected for the Nominating Committee. A ballot will be prepared to elect the 1st Vice President since we have two candidates: Debbie Fisk and Larry McIlwee.

ByLaws Committee Chair Jim Little presented three VFN Bylaw Amendments and the Committee's recommendation for adoption of all three. These are posted on the vanarfe.org website for review and consideration by our membership and will be voted by ballot.

Article IX, Section 2, Eliminate tenure limitations on Bylaws Committee Members

Article IX, Section 4, Eliminate tenure limitations on Nominating Committee Members

Article XI, Section 1, A, Change the Timeframe for Submitting By-laws Changes

Ora McCoy (Roanoke Valley Chapter 0111) conducted the Memorial Service with recognition of 100 members in the 37 Virginia chapters and 123 National members who passed away during the past year. Two NARFE members contributed their musical talents to the Memorial program. Mark Arpa (Vienna Chapter 1116) provided violin solos and Larry McIlwee (Northern Neck Chapter 1823) sang.



Thomas Rachele and Frances Boatman



Frances Boatman and Stan Palen

The elected officers were installed by National President Bill Shackelford at the banquet on Tuesday evening. Among the recognitions at the banquet, VFN President Frances Boatman announced two special tributes, and engraved plaques were presented as tokens of appreciation for their dedication to the VFN. Both have served as appointees for several VFN Presidents and continue to serve the VFN and NARFE. President Boatman presented Treasurer Tom Rachele with the VFN President's Award for his service and Webmaster Stan Palen with the VFN Management Award in appreciation for his many years of dedicated service and support to NARFE members in Virginia.

Immediate Past President Martin presented Dr. Constance Bails with the 2023 William Martin Management Award. Region X Vice President Robert Allen presented appreciation awards to Alzheimer's Chair Donna Shackelford and to VFN Past President Bob Martin.

Everyone enjoyed the location and hotel. On Wednesday, the VFN Board voted to return to the same hotel for next year's conference.

Thank you for your NARFE membership and thank you for your support. I look forward to working with each of you to make the Virginia Federation of NARFE the best that WE can be!

SCENES FROM THE VFN CONFERENCE



Installation of Officers by National President William Shackelford



Frances Boatman



Dr. Constance Bails



Robert Allen & Donna Shackelford



Jim Little



Doris McAdams



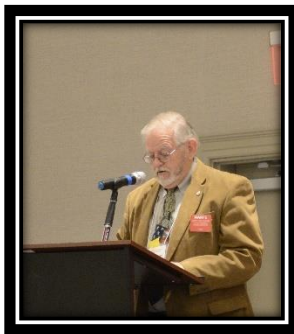
Robert Martin and Robert Allen



Six of the past VFN Presidents attended this year's conference: Left to right - Luther Santiful, Frances Boatman, (current VFN President), Bill Shackelford (the current NARFE National President), Ann Collins, Kathy Arpa, Leslie Ravenell, Dr. Constance Bails and Robert Martin (not pictured).



Missy Groppe



Larry McIlwee



Ora McCoy



Mark Arpa

Save the date for the 2025 VFN Conference: April 6 – 9, 2025

Hotel Madison/Shenandoah Valley Conference Center, Harrisonburg, VA.

Frances E. Boatman

FIRST VICE PRESIDENT'S REPORT - Larry McIlwee



During the months of November through April, I had the privilege of being the Conference Coordinator for our Spring conference. I held weekly meetings with the various committees. With the help of Missy Groppe, the Conference Chairman, and Frances Boatman, we revamped Bulletin No. 1 and got it out. We re-worked the forms for Conference registration, Supporters, Ads, Vendors, and got them posted to the web.

I want to take the time to thank the Committee members, and all volunteers who worked so hard to make this conference the success it was. Together, we did Succeed.

I held a meeting with the Area Vice Presidents immediately following the conference. This year, we have Missy Groppe stepping down as Area VII Vice President, and John Bankson stepping down as Area IX Vice President. They will be missed, but we have two new Area Vice Presidents who will take the helm for those two areas on July 1st. I am not sure whether I will be the First Vice President. The outcome of the election should be known by the first of June.

The coming year shows a lot of promise, and I hope to be part of that. Even if I am not, I will continue as Chapter 1823 President. There is a lot of work to do, and still, Together We Will Succeed. God Bless the Virginia Federation of NARFE, and God Bless the United States of America. Have a great summer.

Larry McIlwee

SECOND VICE PRESIDENT'S REPORT –Patricia Wolfe



As you will see from articles in this newsletter, the Program Chairs have been busy working for NARFE. I continued to hold monthly Zoom meetings with program chairs and I am pleased to report several significant items.

- Gaston Giani was able to return to his position as National Legislative Chair. We rejoice with him as his health issues improved greatly. A huge thank you to Jim Little for filling in and acting on Gaston's behalf. Gaston spoke to the general audience and conducted a workshop/committee-type meeting at the VFN Conference.

- Deborah Fisk “officially” transitioned State Legislative Chair duties to Deborah Brown. Deborah Brown very quickly started visiting state legislators in Richmond and introducing herself to chapters as well as tracking legislative activities. She conducted a workshop at the VFN Conference. A big thank-you to Deborah Fisk for “Acting” and doing double duty as VFN Secretary.
- Public Relations was very busy on social media and promoted many aspects of the VFN Conference including speakers, hotel accommodations, Harrisonburg sites, etc. She also presented a workshop at the VFN Conference.
- We continue to have an urgent need for a Membership Chair and a Service Officer. A huge thank-you to President Frances Boatman for continuing to serve as Membership Chair in addition to all of her duties as President.
- Alzheimer’s Chair continues to do an outstanding job and Virginia continues to lead the country. Donna did not conduct a workshop, but VFN attendees were invited to visit the Silent Action Room and chat informally. Donna reports that the Silent Auction and 50/50 drawings brought in twice the amount as 2023 and thanks everyone.

Additional personal activities during this period include:

- Served as Secretary and Assistant Public Relations Chair for the VFN Conference. Participated in weekly Zoom meetings, took notes, prepared minutes and distributed them to committee members. Assisted with preparation of agenda.
- Chaired the February and April Northern Virginia Caucus Meetings and arranged for ABC 7 Anchor Lindsey Mastis to speak on Artificial Intelligence in February. It was our best ever attended luncheon program. We focused on sharing information and statements from 1VP candidates in April.
- Assisted Training Chair Ted Pasek with arrangements for the March 27 Zoom training with Lindsey Mastis presenting information and training on Artificial Intelligence. It too was the best-ever participation in Zoom training with more than 90 registering/about 70 actually attending. A few could not/did not end up logging on. The session was recorded and is available on the VFN website.
- Served on the panel for Town Hall Zoom training program with VFN President and 1VP in April.
- Participated in monthly training committee meetings.
- Continued to serve as Secretary, Program Chair, Lunch/Restaurant Reservations/Coordinator and Newsletter Editor for Dulles Chapter. Served as Alzheimer’s Chair until we got a volunteer for this position. Assisted Chapter President with input for quarterly reports, board meeting agendas, etc. Provided a free conference call number for chapter board meetings and this seems to be working very well as it doesn’t require board members to travel.
- Promoted the VFN Conference at every meeting and in Dulles Chapter announcements. Developed and submitted a full-page chapter ad for the program book. Collected VFN Conference Supporter donations at the meeting.
- Prepared and donated a personal Wine/Snacks basket for the Alzheimer’s Silent Auction.
- Attended and participated in the 2024 VFN Conference and Annual Meeting and have heard many positive comments.

Thank you for the opportunity to serve as 2VP this term and for re-electing me for a second term. Thanks to everyone for their support and hard work as “Together We Will Succeed.”

Patricia Wolfe

SECRETARY’S REPORT – Deborah Fisk



“Growing Through My Cracks”
VFN Secretary: Deborah Fisk

I am pleased to provide an update on my recent activities as the VFN Secretary, working to enhance the efficiency and organization of our association. But first, I reflect on the image above which I titled “Growing Through My Cracks”. I find inspiration in this image because I think it is important to learn, grow, and adjust.

The secretarial duties include several key areas to ensure the smooth functioning of our organization:

1. Member Badges and Business Cards:

Reach out to board members to verify that badges and business cards are current, ensuring that our members have updated and accurate representation of their affiliation with the VFN. This reflects our commitment to maintaining a professional and cohesive identity within our community.

2. Organization of Board Meetings:

To foster transparency and accountability, there are dedicated efforts to organize minutes of the board meetings. Comprehensive documentation serves as a valuable resource for our leadership, providing a clear record of discussions, decisions, and actions items. Organized minutes contribute to the effective functioning of the board and facilitate informed decision-making.

3. Preparation for the Annual Conference:

The significance of our annual conference made it important to become actively involved in the conference committee meetings. In developing informational materials, my goal was to contribute to a seamless and impactful conference that reflects positively on our association and benefits all attendees.

4. Preparation, Compilation, and Publication of the VFN Annual Conference Program Book.

I feel like this was my major contribution to the team effort brought together by so many as we developed the 2024 conference that was well attended, provided a wealth of education, and certainly enjoyed by all.

5. FAQ Compilation for Chapter Secretaries:

Acknowledging the importance of providing support to our chapter secretaries, I undertook the task of creating a FAQ opportunity. I held two online meetings inviting every chapter to attend. I recorded the session, and I emailed the recording and helpful documents to each chapter. The recording of the session can be found at: <https://vanarfe.org/information-documents/>. This resource was designed to address common queries and challenges faced by chapter secretaries, empowering them to navigate their roles effectively and contribute to the overall success of their chapter, thus benefiting the VFN.

5. Gratitude

Gratitude is the quality of being thankful and showing appreciation for what one has received, whether it be tangible or intangible. It is a powerful and positive emotion, and I would like to express my gratitude to fellow VFN members who serve and support our organization. Because we come together as one, we complete our successful mission.

In conclusion, I remain committed to upholding the values and objectives of the VFN, and these initiatives contribute to the smooth functioning of our association.



REPORTS FROM PROGRAM CHAIRS

ALZHEIMER'S REPORT



Total Collections FY 24 as of April 30, 2024 - \$16,196.241.47

Virginia is #1, having raised more than any single Region in the nation, with a total of \$37,546.17 for the fiscal year. Thanks goes to each and every chapter and individual who has contributed to the donations and to the goal of a world without Alzheimer's or other dementia.

The VFN Conference Committee is very proud of all of you for making this year's conference a great success and for proving that together we will succeed. I am especially grateful for all of you who participated in the activities in the silent auction room by donating items for the silent auction, bidding, buying tickets, and helping to maintain the excitement for the program.

We had 13 winners of \$50 for the 50/50 drawings. Congratulations to all of you and to those who donated their winnings back, thank you so much. The following



members won the drawings:

John Hodges, Northern Neck Chapter 1823
Anna Yu – Roanoke Valley Chapter 111
Pat Wolfe – Dulles Chapter 1241
Bruce McMillan - Northern Neck Chapter 1823

Robert Allen – Region 10 Vice President
Mo Nolet – Fredericksburg Chapter 90
Kathy Arpa – Vienna/Oakton Chapter 1116
Ed Heflin – Midlothian Chapter 2265
Caroline Tucker – Roanoke Valley Chapter 111

We also had four items and tickets were drawn for those winners:

Tom Hart - Fairfax Chapter 737 – Bagels/jam
Marilyn Riddle - Williamsburg Chapter 682 – Cutting Board
Pat Meyers - Arlington Chapter 7 – Handmade Cards
June Staton - Seaside Virginia Beach Chapter 1827 – Scarf



The single item of \$375 worth of gift cards from various businesses was won by Carolyn Tucker (pictured here) from Roanoke Valley Chapter 111 and she is also the newest Area Vice President for Area 7.

Some of the news about this dreaded disease follows for your information.

A lot of attention is being given by the medical field to the drug lecanemab. It removes the hallmark plaques from the brain and slows down memory loss. It gives hope to patients. It is a breakthrough for the medical community to use to build and develop even more effective medications and treatments. It is the beginning of the ability to treat and change the course of this awful disease discovered 117 years ago. Several additional drugs are in the pipeline to get approval from the Federal Drug Administration.

Looking at the overall characteristics of the disease, we see that 44% of patients displayed modifiable risk factors, including high blood pressure, obesity, and physical inactivity. High blood sugar is also a factor. Our senior population needs to eat more fruits and vegetables, take multivitamins, take care of ears and eyes, and pamper individual mental health. A regular sleep schedule is also a major factor in the table of risk factors.

Take good care of yourselves.

Donna Shackelford

ELECTRONICS COMMUNICATION COMMITTEE (ECC) REPORT



The Virginia Federation of the National Active and Retired Federal Employees Association (VFN NARFE) is dedicated to enhancing electronic communication and online presence to better serve its members and the federal community. Led by Dr. Constance T. Bails, Ph. D., the Electronic Communication Committee (ECC) collaborates with VFN officers and Area representatives to facilitate effective communication channels.

Specifically, They Have:

- The ECC operates on a collaborative model, working closely with key VFN officers and Area representatives to ensure effective communication between leadership and members. This approach underscores our commitment to inclusivity and transparency in our operations.
- **Procedural Development:** Through research and education, the ECC develops procedures to strengthen electronic communication systems, ensuring efficiency and reliability.
- **Updated Member Information:** The ECC maintains updated F7s with personal information for all VFN members, serving as a valuable support mechanism for Area Vice Presidents and Chapter Officers.
- **Training Initiatives:** The ECC coordinates electronic training sessions on various platforms, such as Zoom, Facebook, and Twitter, to empower members with essential digital skills.

- **Social Media Presence:** The ECC maintains active social media platforms, including Facebook, to increase VFN's visibility within the NARFE membership and the federal community.
- **Instructional Materials:** Developing instructional materials, including comprehensive trifold and online guides, ensures accessibility and usability of VFN ECC programs for all members.
- **Commitment to Engagement:** Focusing on expanding its online and in-person presence, the ECC is dedicated to engaging more effectively with its members and the federal community, ensuring their needs are met and their voices heard.



The ECC is dedicated to continuous improvement and knowledge sharing within the organization. This commitment is demonstrated through regular Zoom training sessions, active participation in conferences, (see photo above) and joint training sessions at events like the VFN Conference. These initiatives underscore our dedication to staying current with relevant, reliable, and verifiable information in the ever-evolving field of electronic communication.

Constance T. Bails, Ph.D.
Electronic Communication, Chairperson

MEMBERSHIP REPORT

Membership Gain/Loss – The key to any effective organization is Membership, as there is strength in numbers. As of April 30th, there were 4,167 Chapter members and 6,131 National members – a total of 10,298 VFN members. During the past six months, there have been 131 New Chapter members, 67



Reinstatements, four Transferred into Chapters, 151 Dropped for Non-Renewal, 77 Passed Away, five Transferred Out of Chapters, and two Voluntary Cancellations, for a total loss of 33 members in six months. We also had 166 New Prospective members. Let's recruit as many of them as possible!

Membership Outreach – In November, I visited Fredericksburg Chapter 90 and provided Membership kits to members. Shenandoah County Chapter 2358 invited me to attend their meeting on March 14 and make a presentation on the "History of NARFE". Two new members signed up during that meeting. I also visited the Mount Jackson Post Office, spoke with the Postmaster and Clerk regarding NARFE Membership, and left five Membership Packets for their employees. Remember to carry Membership Applications with you for any opportunity to recruit new members. I gave one to a lady on the elevator at the recent VFN Conference.

I am happy to report that Richmond Chapter 60 voted on March 18th to continue as a Chapter and elected a President, Vice President, Secretary and Treasurer. New Officers will be installed in May.

Membership Training – A successful training workshop was held on Tuesday afternoon, April 9th, of our Conference, with Membership Kits distributed for recruiting new members.

Membership Recruitment – In November Brentwood Chapter 1697 set up Membership Tables at the FBI Health Fair and at the Anthem Blue Cross/Blue Shield Event, resulting in a total of 70 new prospective members. In November, a Membership Table was also set up at Congressman Connolly's Health Fair.

Congratulations to our Membership Drive Winners: Ruth Greene (Roanoke Valley 0111), Mary Heck (Fredericksburg 0090), Kimberly Rendelson (Annandale 1159), Lynda Kyte (National), Nancy McWilliams (Seaside_Virginia Beach 1827), David Parson (Suffolk 1743), Kay Dellinger (Vienna-Oakton 1116), Carolyn Tucker (Roanoke Valley 0111), Vanessa Trent (Williamsburg 0685), and Francine Garner (National).

During the month of April, the U.S. Postal Service hosted USPS Wellness Events throughout their Virginia locations. A Membership table was set up at the Roanoke Post Office on April 17th from 6:30 a.m. until 3:30 p.m. Thank you Roanoke Valley Chapter 111 for your assistance in recruiting members.

Area IV VP Wynn Hasty, along with Phyllis Bruce, President of Richmond Chapter 60, Roy Beasley, Membership Chair of Petersburg Chapter 28 and Margie Dixon, Secretary of Petersburg Chapter 28 recruited at the Richmond Post Office on April 23rd and at the Sandston Post Office on April 24th.



Photos were taken April 17th at the Roanoke Post Office Wellness Event. One photo is of Membership Chair Frances Boatman and other photo is of Carolyn Tucker, 1st VP/Membership Chair (Roanoke Valley 0111) and Karen Simmons, 2nd VP (Roanoke Valley 0111).



Remember, membership is everyone's responsibility. If you have suggestions or would like help with membership, please let me know. Also, we are searching for a **Federation Membership Chair**. If you are interested in learning more about the position, please contact me at feboatman@live.com.

Frances E. Boatman
VFN Membership Chair (Acting)

"Together We Will Succeed"

PUBLIC RELATIONS REPORT

- Contacted several VFN Chapter Public Relations Chairs or Presidents asking them to include an announcement of our annual conference in their newsletters and on their social media.
- Created an event on FaceBook for our annual conference.
- Updated social media with various articles of interest to the federation.
- Updated social media with articles from VANARFE members.
- Attended Congressman Connolly's Health Fair. Prepared 75 bags of NARFE information to distribute to people stopping by our table. We handed out 72 of those.
- January 2024 started with a visit to Harrisonburg, VA for the board meeting. Toured the area of the facility where the annual conference was to be held and took pictures to use in promoting the conference on social media. A large amount of my time and effort went into promoting the conference on social media.
- Provided promotional materials as requested. I am available to assist with events.
- Attended a meeting of the Fairfax chapter.
- Attended the Northern Virginia Caucus.



- Attended the annual conference in Harrisonburg, VA where I met two first time attendees one of which is a National only Member looking to join a chapter.

I am looking forward to my new position as VFN Secretary.

Please visit our Facebook page and share it with your friends.

[\(7\) NARFE - Virginia Federation | Spotsylvania VA | Facebook](#)



DORIS MCADAMS

NATIONAL LEGISLATION REPORT

The VFN National Legislative Committee has been busy the past six months. First, let me thank Jim Little ([pictured here with me] for filling in for me during the break for health reasons. Jim kept things running and gave excellent reports on CDL and SLL activities to the VFN Board. With my return in January, plans were underway for this year’s conference in Harrisonburg. Eight members of the Committee attended this year’s Conference. During the conference I made a presentation on our National Legislation Committee Program in Virginia. The briefing covered our mission, organization, current NARFE legislative priorities and the status of Virginia PAC contributions.



One of the highlights of the conference was when **Congressman Ben Cline**, one of our keynote speakers, made the announcement that he was signing on as a Co-Sponsor to the WEP/GOP House Bill 82. He received a rousing round of applause from our members. A special thanks to our CDL’s **Frances Boatman** and **Dr. Leon Vinci** worked tirelessly over the past 2 years to keep the Congressman informed of NARFE priority issues and requesting he sign on as a co-sponsor to HR 82.



President **Bill Shackelford** thanking Congressman Cline for his support.

Pictured here are **Dr. Leon Vinci** and **Frances Boatman** (both from Roanoke Valley Chapter) with **Congressman Cline**. Second picture is our National NARFE



With Congressman's signing on as co-sponsor to HR 82, Virginia now has nine of its 11 Representatives co-sponsoring the bill! Thanks to our CDLs and Members for reaching out to your Representatives asking them to sign on!

One final note on the Conference, we raised \$1,275 for NARFE PAC. Thanks to all who gave at the conference and all who support NARFE PAC through the year. I'll give an overall update on PAC below.

NARFE PAC sponsored events Throughout the year NARFE PAC will support members attending local political events. NARFE Advocacy staff attend some events in Washington, D.C. while chapter members can attend events in their districts.

Recently, members from Congressman Bobby Scott's 3rd District attended a birthday event with NARFE PAC sponsorship.

Gaston Gianni and Jim Little
National Legislation Committee Co-Chairs

STATE LEGISLATION REPORT

As the new Chair, I have been on a public relations blitz to ensure that the Virginia Federation of NARFE's State Legislative Plan for 2024 is known throughout the General Assembly and the Chapters. I would like to first start off by thanking Mrs. Debbie Fisk and her team members for putting together such a precise and comprehensive plan that champions the concerns of all members. The 2024 Plan concentrates on the following specific areas:



- Exempting a Segment of CSRS Pensions Equivalent to Social Security Retirement
- No means test for \$12,000 65+ Age Deduction
- Family Caregiver Tax Credit
- Nursing Home Priorities

During my travels to Richmond to promote the plan and introduce myself, I discovered that the General Assembly is comprised of new legislators and the reception has been very encouraging. Many are now enlightened about our advocacy efforts and look forward to learning more. In an effort to depict how far reaching the encounters have been with the most senior and junior legislators, I have included several photos for your viewing.



My new duties include training, and I would like to thank the Tidewater and Virginia Beach Chapters for inviting me to their monthly meetings. Also, I would like to thank the Peninsula Chapter for the invitation to join them at the 77th Birthday Celebration for Congressman Bobby Scott.



In closing, I request your help in developing a plan for 2025 that will continue to advance legislation impacting members well into the future.

Deborah Brown



FIELD OPERATIONS

Area I

Indeed, it was my pleasure to welcome 15 members of Area I to the state conference. All four chapters were represented even though the Northern Neck and Williamsburg chapters constituted 80% attending. Initially, the effort expended was remarkable because we had only five more attendees last year when we were almost “on top” of the conference. With an average of 200 miles of travel in 2024, that is most impressive. Three of our four chapters participated in the conference supporters’ group. Two chapters had one or more baskets and individual items in the Alzheimer’s room. Everyone also showed up at our caucus after a long day of conference proceedings late on Monday. That is an indication of their dedication as well. The Nominations Committee election found Carol Brown serving again as the lead representative and John Hodges, as a first-time attendee, as alternate. The ongoing election will determine if we have a member of our area returning to the VFN executive board.

All four chapters have newsletters that come out at regular intervals, some monthly and others quarterly, regular meetings, good programs, and membership numbers that remain steady.

The recap of chapter membership, that very important indicator of health, shows:

Chapter 682, Peninsula – 51%

Chapter 1757, Middle Peninsula – 63%

Chapter 685, Williamsburg – 49%

Chapter 1823, Northern Neck – 60%

Overall, for Area I – 53%

Overall for VFN – 40%

In comparison with my last report, Area I continued with their ratio of 53%.

Peninsula has improved, Middle Peninsula has remained the same, and Williamsburg and Northern Neck have decreased.

My work is cut out if I can continue to boast all of the next year that we have more chapter members than national only members! That difference is only 49 now. Even though we are relatively good now, we will have to work on recruitment of new members to balance the fact that death of current members is not something that we can control.

Have a good summer.

Marilyn Riddle

Area II

Virginia Beach Chapter 974 is composed of approximately 156 members including national members. The monthly meeting letter is sent to all members with email addresses. The chapter hosted a Health Fair for Area II chapters during the 2023 Federal Employees Health Benefits Open Season. Representatives from the major providers participated and spoke briefly about the benefits in their respective plans. The event was well attended by locals and other Area II chapter members. The chapter Annual Christmas Luncheon was held at VB National on the Green in Virginia Beach. This event is always a joyful and fun filled time. The food is delicious. The Day Ladies provided wonderful entertainment. The Day Ladies versatility is unmatched. We also gained one NARFE member from the Day Ladies. The group is composed of military officers' wives, and they are featured entertainment in the Tidewater and Hampton Roads area. Speakers: January, the spotlight is always on tax preparation, February, Health and Wellness, representative from Anthem Blue Cross, March, Virginia Beach Visitors and Convention Bureau and April VA NARFE CDL Second Congressional District. I am encouraged that the meetings attendance has improved with more versatile speakers.

Metro Chapter 5 is not meeting at the present time. The members are meeting with Virginia Beach Chapter 974. Metro 5 members are included in Chapter 974 monthly meeting newsletter.

Tidewater Chapter 66 did not change in officers. They have monthly meetings with speakers. Arlene Arthur, Service Officer/Membership Chair was the speaker. At the February meeting Frances E. Boatman, 2nd VP Virginia Federation of NARFE was the speaker. Both Arlene and Frances provided informative and valuable information. The chapter meeting attendance is less than desired due to older populations and sickness. The chapter members are working on ideas on how to increase membership and attendance. This chapter is dark during the months of July and August.

Having no further information, I endeavor to conclude.



Seaside – Virginia Beach – Chapter 1827 has 35 members. At our January meeting there were two speakers. First, Michelle Griffin (pictured here) from Blue Cross talked about the new prescription aspects of the Federal Blue Cross Health Insurance Plan. The second speaker was Officer Tony Espinosa. He is the Community Liaison Officer for the Virginia Beach Police Department, and he was assisted by Officer Charlotte Mayberry. We had a clothing drive in January and donated items to two charities— People in Need and Safe Harbor.

In February, members of our chapter met for lunch at Smokey Bones Barbecue Restaurant. MS. Denise Dunthorn, Virginia Beach's Deputy Commissioner of the Revenue and Christy Wilson of her staff were the guest speakers at our March meeting. They provided timely information about Virginia income taxes and how their Office could assist. Also, at the March meeting we collected food to help resupply Trinity Church's Food Pantry for the needy. For the first three months of 2024 the Seaside Chapter raised \$856 for NARFE Alzheimer's Research. Pictured here Joe Murray, Denise Dunthorn and Christy Wilson



Betty Warren

Area III

Chapter 1727 Tuckahoe headed by Thomas Reid, continues as a small but vibrant chapter. They have added one new member. In November, they had a presentation by the Henrico Police Department on Senior Defense Strategies. Much discussion was generated. In December 2023, the chapter had a Christmas luncheon at a local restaurant. Future programs in January and February focused on new developments in hearing aids and a second program from the Virginia Department of Hearing on Adaptive Equipment for the hearing impaired. Future programs are still in the planning phases. They are planning a June luncheon to close out their meeting year.

Chapter 2065 Louisa voted to continue for another year. They are getting smaller. They will meet every other month. They have filled their secretary vacancy with two people who will serve as co-secretaries. They met for a Christmas luncheon which was very nice. They met again in February. They will update the NARFE and VFN websites to bring them current. They will also begin to update their by-laws. This chapter has great leadership, but membership is dwindling. They also purchased an ad for the April Conference Book. They will lose some members based on geographical moves at the end of the year. They will meet in June with a program speaker.

Chapter 2265 Midlothian continues to find new leadership candidates. The current leadership team will stay in place for another year (2024). They continue to market the idea and benefits of chapter members participating in some way as a committee or an officer role. Their January executive board meeting centered on planning a membership campaign to create an outreach and successfully recruit new members. They have somewhat successfully used email as an outreach tool but will also consider a phone tree and mailed flyers to recruit and increase attendance at their meetings. They had five members sign up and three more expressing interest in attendance at the April conference. Pictured here at the conference are: left to right Lynn Osborne, Ron Graunke, Cindy Graunke, Deborah Fisk, Ed Heflin.



They purchased a full-page ad for the VFN conference meeting and there was some interest in members being supporters. Several members (pictured here) attended the Conference. They had two visitors at their last meeting who will soon retire and are possibly becoming members. Great Chapter leadership in this chapter.

Chapter 28 Petersburg continues to meet and provide interesting speakers to its membership. Attendance ranges from five to 12 people. In November, a Petersburg Police Department captain met with the group and talked about scams and avoiding situations that could put one in danger. A December holiday luncheon was held with limited attendance. January's speaker was Mr. Henry Kidd, a renown local artist, historian, and Art Gallery Proprietor, who talked about art and drawing. Additional speakers included a speaker on Alzheimer, and the retired President of Richard Bland College spoke about his presidential coin collection.

Chapter 60 Richmond met on March 18, 2024, and voted to keep the chapter open. Their by-laws require only five members to be present to vote. They had a Christmas luncheon at a local restaurant. The attendance was good. They elected officers at his meeting with Phyllis Bruce leading them as President; Dorothy Fuller as 1st VP; Dorothy Roane as Secretary; Robin Chaves as Treasurer. Area 3 VP swore officers in at their May meeting.

Wynn Hasty, Area 3 VP and Phyllis Bruce, President Richmond Chapter 60, Roy Beasley, membership chair Petersburg Chapter 28, and Marjorie Dixon, Secretary, held two events to recruit postal employees. The first event was at the main Richmond Postal Office. We passed out 30 plus membership bags to interested employees. The second event was the Postal Processing Center in Sandstone, VA. There we passed out 20 plus membership recruitment bags. Phyllis Bruce was with us for the first event and is a great recruiter. We anticipate we may get some new members from these efforts. I attended a retirees' luncheon for people who retired from the Defense Commissary Agency where I worked. I gave out recruitment material to about 12 people. I believe we may get some new members from this effort.

Wynn Hasty

Area IV

The Area Vice President:

- Attended Chapter Meeting, sworn in new chapter officers.
- Attended VPN meeting on zoom and was not able to in person meeting because of outpatient surgery in January.
- Attended training classes and training committee.
- Prepared for and attended the VFN Conference in April.
- Attended Chapter Meeting, in May, Chapter 1697 has a luncheon planned for June.
- Chapter 1293 is not meeting. All plan to take summer off, start meeting again in September. Except for Chapter 1293



Some Area IV Photos and Conference photo.



We had fun at the Narfe Conference, too!



Brentwood 1697

New Chapter Officers: Tina Bracey, Membership Chair, Annette Coleman, Alzheimer Officer; David Parson, Public Relations Chair.

New State Officer: Deborah Brown (Chapter 1697 VP), VFN State Legislative Chair.

Electronics Communication Committee Program-ECCP Members: Deborah Brown and Willie Levenston. Responsibility: Update the VFN Calendar for all Virginia Federation chapters.

November: Mr. Juan Valdez, Government Employees Health Association (GEHA) provided a presentation on November 20th. It was a very informative and interactive session on GEHA 2024 Medical Plans, Medicare Benefits and Reimbursements, and Medicare Advantage Plans and its Part B subsidy to the group of nine attendees. Our Blue Cross & Blue Shield Open Season (BCBS) Health Fair NARFE membership recruitment event held on November 3rd was a tremendous success. The Chesapeake, Suffolk, Churchland, Virginia Beach and Norfolk Chapters of NARFE came together at the event for a combined Membership Drive. The group collected fifty-eight prospect cards, and the President submitted the information to Virginia Federation and NARFE Headquarters Membership. The FBI Open Season Health Fair was on November 14th. The Chesapeake and Norfolk Chapters sponsored the event. Another successful drive! The event resulted in twelve prospect cards and three applications to join NARFE Chapter 1697.

January: Ms. Tobey Allen, Chesapeake Fire Department, Community Risk Reduction Division. Ms. Allen gave a very lively, highly informative, and interactive presentation on Fire and Safety.

February: Ms. Cynthia Ballard, H & R Block Income Tax Specialist. Ms. Ballard provided a thorough, interactive, and highly informative presentation on the important tax changes that took effect in 2023.



March: Ms. Karen Christy from Chesapeake Parks, and Recreation provided an energetic, interactive, and highly informative presentation on programs for seniors “55 & Better”.

April: Undersheriff Dave Rosado discussed the various senior-based programs offered by the Chesapeake Sheriff’s Office: Senior IDs, Senior Seminars, Self-Defense for Senior Workshops, Senior Scams Talk, and Senior Safety Talks.



- He volunteered to provide tickets to the chapter for those interested in attending the 34th Annual “Senior Support Services Seminar” at the Chesapeake Conference Center, on September 10 and September 11. He will also sponsor NATFE Chapter 1697 t-shirts with our logo and the Chesapeake Sheriff’s logo on the shirts.
- We will host a Chesapeake Sheriff’s Office Self-Defense for Senior Workshop at our January 2025 meeting.

- We will schedule the Chesapeake Sheriff's Office Self-Defense for Senior Workshop for our January 2025 meeting.

May:

- Ms. Oct held an extensive question and answer session regarding concerns and real-life situations from the audience.

Vice President Deborah took pictures during the sessions. Pictures can be viewed on Facebook at <https://www.facebook.com/vafn1697>. Several pamphlets and flyers were available for members to pick up. See the Highlights section for more details.



Graylin Taylor

Area VII

Among our active Area VII chapters, Roanoke Valley–111, Charlottesville/Albemarle–135, Harrisonburg–164, Page Valley/Luray–1793, Shenandoah County–2358 and Winchester–180, all continue to struggle with member retention, member engagement and enthusiasm, and attracting new members but those members still attending regularly are enthusiastic and hopeful for the future of their chapters.

The Harrisonburg chapter reports an average of 20 members attending monthly meetings; Page Valley/Luray an average of 10; Charlottesville/Albemarle, 18; Shenandoah County, 10-15. Roanoke, 25; Winchester, 20-25.

All chapters report that they have the required officers to operate officially within the VFN; this is only possible as chapters have members accepting multiple officer roles to remain within the required VFN standards for operation.

PHOTO: Newly-installed officers of Page Valley/Luray–1793. President Sharon Booker is flanked by Chapter Secretary, Gerald Griffin (left) and Chapter Treasurer, William Conley (right).

All Area VII chapters continue to advocate, and raise funds, for the National Alzheimer's Association via their monthly 50/50 contributions.



Examples of interesting, valuable, and informational presentations held by our chapters include one on the difference between palliative and hospice care, and local care options; several chapters held meetings focused on insurance open season and Medicare updates; another on Medicare fraud; a couple by local authors about subject of local history; a very interesting, unusual talk about the history of feed sacks!; one on the health of the Shenandoah River.

Other programs included the status of police relations within the chapter's community given by the local police chief; another about a program providing respite to caregivers; one by the Roanoke Appalachian Trail Club; presentations by local libraries; one on the changing nature of the media landscape; and one on the brain, the mind, and the senses; and one on advanced medical directives; one particularly unique presentation was made about the restaurant operations of a chapter's meeting place!



PHOTO: Newly installed officers of Chapter 164-Harrisonburg, L to R, Tom Pettit, Federal and Legislative Chair; Paul Graham, Service Officer; Bill Conlin, Treasurer; Juanita Brady, President; Mary Anhold, 1st Vice President; Marge Peevy, Sunshine Chair; Bob Brady, PAC Chair; Missy Groppe, Board Secretary & Membership Chair

A highlight of the past six months for Area VII was the opportunity to "host" the Annual VFN Conference, held in Harrisonburg, Virginia, April 6-7, 2024! While every one of our Area VII chapters was represented at the 2024 Conference, we look forward to having even more Area VII members attend next year's conference.

Missy Groppe

Area VIII

Area VIII has four chapters, and they are all doing well. Area VIII faces all the same challenges with membership recruitment and retention. In January, Leslie Ravenell stepped down as Area VIII Vice President and Bob Martin stepped up to take on the duties. In April, members in Chapters 90 and Chapter 595 attended the VFN Conference and the Area Caucus meeting. Bob Martin will be the Area VIII Vice President. Lori Henderson (pictured here), who is an active federal employee, agreed to serve on the VFN Nominating Committee for Area VIII. Lori is a member of Chapter 90.

Fredericksburg Chapter 90: In January National NARFE President, William Shackelford was scheduled to visit the chapter but unfortunately, this meeting was cancelled due to bad weather. New to the Executive Board for 2024 is Immediate Past VFN President, Bob Martin who now serves as chapter secretary along with Moe Nolet, president, Dennis Cole, vice president and Kevin Wilkinson as treasurer. Chapter 90 has several new members.





Colonial Beach Chapter 595: In January, Immediate Past VFN President, Bob Martin installed the 2024 officers: Leslie Ravenell, president, Jim Lynch, Vice President, Ann Mills, Secretary, and Stan Palen, Treasurer. Several members of the Chapter attended the VFN Conference in Harrisonburg. Our own Stan Palen (pictured here) received the 2023 Leadership Award. Congratulations, Stan!

Fauquier Chapter 1549: In February, VFN 1st VFN Vice President, Larry McIlwee and Bob Martin, Area VIII Vice President visited the chapter and gave an update on all things VFN. This chapter was happy to have a visit from the VFN as it had been awhile since the last visit. Under the leadership of President Pat Maderis along with her executive board, Jerry Rosen, Ray Brandenburg, and Ed Cameron, Chapter 1549 is in good shape.

Caroline Chapter 2112 The chapter continues to meet at the Timbers in Ruther Glen with Myrna Satterwhite, President, Linda Gray, Vice President, and Joyce Tignor, Secretary/Treasurer. They have 16 chapter members.

ROBERT MARTIN

Area IX

Area IX is made up of four Northern Virginia Chapters: Annandale, Manassas, Springfield, Woodbridge, and, with a total of 1,472 National Only members. That is down 20, since January 2024. Chapter membership in Annandale 262 (no change), Manassas is 123 down 2; Springfield 408 down 11; and Woodbridge 200 down two.

All four chapters had speakers in the Fall who presented changes to the current Federal Employees Health Plan and explained the new Medicare Part D

Annandale is the only chapter in Area IX to have a camera at their meeting so shut-ins can attend via Zoom. Annandale is the only chapter in Area IX that does NOT meet in a restaurant and provides refreshments and finger food provided by chapter members.

In February I provided each chapter with the Communications Committee Quick Guide, updated February 1, as created by Dr. Bails and her committee.

Pictured here is January 3, 2024, Gary Arlen who presented an interesting program on “How to See the Future.”





Manassas had Kevin Pawlak, (shown here) Historic Site Manager for the Prince William County Office of Historic Preservation discuss the historic sites in the county.

Left to right: Manassas 356 Officers;

Mary Brandt, President; Carol Campbell, Secretary; Richard H. Horte, Treasurer and Newsletter Editor. Not pictured, Vice President Priscilla A. Saboe and Service Officer; Membership Chair Helen Brooks; Alzheimer's Chair Marilyn Markman.



Virginia Federation Alzheimer's chairman Donna Shackelford spoke to Woodbridge 1270 about the grants provided by the funds donated to Alzheimer's Research.

John Bankson

Area X

Four of the six chapters have been active, with good programs and in-person meetings. Ted Pasek chaired the Training Committee monthly planning meetings and the training sessions. All four chapters were represented at the April VFN Conference in Harrisonburg, Va. Ted was also the Conference Exhibit Chair. Kathy Arpa was Supporter Chair and did a workshop. Mark Arpa provided music at the Memorial Service and served as Conference Photographer. Ted was re-elected Area X Vice President and is pictured here with Kathy Arpa from the Vienna-Oakton Chapter and Pat Myers from the Arlington Chapter.



Area X members participated with Area IX members at the quarterly NOVA Caucus Meetings held at the American Legion Post 177 in Fairfax, which was hosted by Caucus Chair Pat Wolfe. In April we met Carol Campbell, the newly elected Area IX Vice President, pictured here with Ted Pasek.



Arlington, Chapter 7 monthly meetings beginning in January 2024 consisted of the following programs: January: Arlington County Police Department made a presentation on Fraud and Scams. February: Shayquilla Vasquez-Clark, a Cardiac Nurse navigator for Caregivers Home Health, talked about Cardiovascular health and home health care; March: Nicole Blackstone, NARFE National HQ, advocacy talked of her role in advocacy for her department; Gaston Gianni – Role as National Legislation Chair; April: Michelle Thomas, Coordinator of the Virginia Insurance Counseling and Assistance Program (VICAP) - Medicare issues and the role of VICAP.

Planning began for our June 2024 luncheon with President Frances Boatman as our speaker. We participated in Arlington's Civic Federation monthly meetings as well as NOVA caucus meetings, VFN monthly training meetings, Area X's March meeting and the VFN annual conference. Nancy Palmerino participated in weekly ECC meetings as Area X's representative and Pat Meyers served as Area X's representative to the VFN Nominating Committee for 2023/24.

Fairfax Chapter 737 completed the annual audit of the 2023 Treasurer's books. No problems but a few suggestions for clarification were suggested. There are 269 Chapter members and 332 National members for a total of 601 members. Board meetings have been held via Zoom on the last Tuesday of the month. Monthly program meetings are held at the American Legion Post 177 located in the City of Fairfax, Virginia on the first Tuesday of the month. At the membership program luncheons, attendees generously donate to "Food for Others" which has the mission of distributing food to poor families in Fairfax.

A summary of recent and future presentations follow below.

In November 2023: representatives of Blue Cross/Blue Shield, and United Health Care, were the speakers at the meeting. The following members of Chapter 737 were elected in the November election: Charles Fleming, President; Ted Pasek, Vice-president; Secretary, Jim Mays; Treasurer, Donna Shackelford.

In December the chapter Christmas Party sing-along was led by professional guitarist Brian Franke. In January Brian Slawski from the Burke Historical Society; talked about "Everything Burke." He spoke of all the towns with the name Burke, Burkeville, Burketown, etc all around the country. Brian answered questions including mention that Burke was considered for the location of an International Airport. A posting in the Burke Post Office at the time garnered attention and a group formed to oppose the Burke location for the airport. Eight years later Burke was no longer considered, and the location of Dulles was selected.

In February guest speaker was Dr. Kelsey Trinka, Aud D, an audiologist with Hearing Associates of NOVA spoke about the intricacies of spoken hearing and hearing loss. In March staff members from the U.S. House of Representatives Honorable Gerald Connolly's office provided a presentation on their efforts for constituents and in April we had a program on downsizing and decluttering.

Chapter 1116 Vienna-Oakton activities since November include a Blue Cross/Blue Shield representative; a Holiday Party with installation of officers by Area Vice President Ted Pasek; a program on Alzheimer's; Lawrence MacDonald, author of "Am I Too Old to Save The Planet? A Boomer's Guide to Climate Action"; Ms. Mala Persaud, Founder of Trace Zero Waste, (pictured here) who emphasized plastic-free living at Trace, Fairfax County's only bulk refill shop; and the Vice President of the Lifetime Learning Institute (NOVA Annandale Campus). LLI/Nova is a non-profit member-run organization offering stimulating virtual and in-person classes for adults 50+.



Three members of the Chapter attended the VFN Conference. Kathy and Mark Arpa served on the VFN Conference Committee. Kathy was the Supporter Chair. Mark was the official photographer and played his violin at the Memorial Service. Kathy donated an Amish Country basket for the silent auction Alzheimer's Fundraiser. She also did a workshop for First Timers and New Members.

Several members attended the quarterly NOVA Caucus Meeting at the Fairfax Legion in April.

The Chapter is planning their 55th anniversary which will be celebrated on June 11.

Dulles Chapter 1241 meets at Amphora Deluxe on the 4th Monday with an average of 20-25 attendees. The chapter was honored to have NARFE President Bill Shackelford and VFN Alzheimer's Chair Donna Shackelford as speakers in November. In December we held a holiday celebration with Capitol Carolers providing entertainment for the third year in a row.

Chapter President and retired federal firefighter/Centreville Fire Chief Jeff Sargent provided winter fire safety tips in January. Our February speaker became ill just before the meeting, so chapter member Kathy Loftin delighted the crowd with tales of her bus-riding days. We had 29 attendees in March with Fairfax County Sheriff Stacey Kincaid as speaker and in April we had author Cindy Bennet entertaining us with tales of "Wicked Fairfax County."

Dulles Chapter publishes a newsletter every other month and sends meeting reminders. The chapter's membership and financial status remain stable, but the biggest challenge remains getting members to take officer positions.

Ted Pasek



A search box has been added to the main page. It is a grey area near the top right below the header.



A good way to see what the other chapters are doing is to look at their newsletters. There are 17 active chapter newsletters on the website. They are under the Resources pull down, then information, and page down to Newsletters. Does your chapter newsletter show up there? Maybe you could volunteer to write one. It will save you some money if you post it and email it to your members.

There is a Calendar pull down. It will take you to the VFN Calendar. Quite a few chapters have their chapter meeting information there. Most of the VFN activities are there. The training listings are open to all.



If you did not make it to the 2024 VFN Conference, the entire Conference booklet is listed under the Conference pull down under Conference 2024.

If you find errors on the web page, please email me at Stan@vanarfe.org. It would

help a lot if you could tell me where you were on the site when the problem occurred. A good way to do that on a standard keyboard is to do a PrintScreen and select the area that shows the problem. Start an email to me and do a CTRL V to insert the screen grab in the email. This procedure can also be used for other things like putting that screen grab in a Word document.



The Chrome browser has some serious flaws that supposedly have been fixed. If you are using Chrome, you must update it as soon as you can to get the fixes. Chrome does not automatically do that for you in most cases.

STAN PALEN

