



ANNANDALE CHAPTER NEWS

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

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Find us on the web at: www.narfe.org/chapter1159

We meet at the Mason District Governmental Center
6507 Columbia Pike, Annandale, Virginia

August 2024

Next Meeting: Wednesday, September 4, 2024 at 10:00 A.M.

Join us on Wednesday, September 4th when mental health therapist Rachel Noble will present “Getting Through Tough Times by Building Mental Resilience.” For details, as well as information on registering for the Zoom meeting, see page 2. Also, please note, that beginning with our Membership Meeting on September 4th we will return to the Mason District Governmental Center (6507 Columbia Pike in Annandale) for our Chapter Meetings.

PREZ SEZ -- Welcome back. I hope everyone had a wonderful summer despite the high temperatures. It’s hard to believe Fall is almost here already but I’ll be glad to see it along with falling leaves and cooler temperatures.

I’ll provide some history and organizational information this month. NARFE was founded in 1921; part of the organization is the Northern Virginia Caucus of NARFE Chapters, of which our chapter is a part. The Caucus was established April 28, 1993. In accordance with the original Constitution, this organization’s purpose is strengthening member chapters and assisting chapters meeting objectives of national and state organizations through collaboration and exchanging ideas.

Our Area IX and Area X Caucus meets quarterly in Fairfax and **I, with John Bankson, Mary Lou Vroman and Mary Ann (Prez Sez continued on page 2)**

(continued from page 1) **Munley**, often attend meetings. Chapter Presidents hear what other chapters are involved in and can share what their individual chapters are doing. We discuss sorts of programs being provided, membership updates, issues that arise during each quarter, and get input from other chapters about solutions.

I've recently received help updating our bylaws and have been offered assistance in developing bylaws that pertain to the use of technology in holding our meetings. We seem to be one of the few chapters holding hybrid meetings. Robert's Rules of Order has at least 10 pages on this but much of it doesn't seem to apply to us, or if it does, it's just techno-speak to me! Clearly, our chapter techies will need to assist.

Please make note of the Membership Event planned for September 14th to recruit members. Everyone is invited and feel free to bring other Federal or Postal retirees or potential retirees to the event. There will be a few speakers and refreshments will be served. You'll find details on page 7. ***Kim Rendelson, Chapter President***

A Few Details for Our September 4th Meeting – On Wednesday, September 4th, we will meet in the Main Community Room at the Mason District Governmental Center (straight back as you enter the Center's lobby). At our meeting we will have a Zoom presentation by **Rachel Noble** on "Getting Through Tough Times by Building Mental Resilience." Ms. Noble is a Washington D.C.-based therapist. Her specialties include Resilience & Burnout, Chronic Pain & Medical Conditions, and Women's Mental Health. Health crises, natural disasters, emotional trauma and a global pandemic — it takes mental resilience to rebound from this kind of upheaval. Resilience means having the mental flexibility to respond and adapt to adversity. Learning ways to change your attitude and thought patterns may help you become more resilient. These skills and mindset can help keep yourself from overthinking your situation or feeling stuck in the past. Ms. Noble will discuss ways to develop these skills and form such a mindset. To attend on Zoom, let **Doug Jones** know (**doujones500@verizon.net** or **703-425-3361**) no later than **Monday, September 2nd**, so he can send you the meeting link and passcode.

June Luncheon – We held our **Spring Luncheon** on June 5th. The luncheon was at the **Italian Café** in Falls Church and **28 members and guests attended**. It was a good time for all as members mingled and caught up on what everyone had been doing. A short business meeting also was held and the Chapter's 2025 Nominating Committee was approved. Raffle ticket sales and donations raised **\$580** for Alzheimer's Research.



Chapter members enjoying each other's company at our Spring Luncheon

Chapter Secretary Needed – We need a new chapter Secretary starting January 2025. There are candidates available to serve in all the other officer positions. In order to be compliant with chapter requirements, we need to have the secretary position filled. The position requires the secretary to attend Board meetings and General meetings and take notes. Then a short meeting report is prepared. The secretary has the assistance of a small recording device about the size of a cell phone to record the event. The device has a text feature similar to closed captions/subtitles that shows the words. This device makes the Secretary's job easier than in the past. If you would be interested in this position, **please contact the Nominating Committee Chair John Bankson at 703-256-2295.**

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 canceled. 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.

Alzheimer's Report – KISUNLA (*donanemad*) has recently been approved by the FDA. It is for adults with early symptomatic Alzheimer's Disease (AD), which includes mild cognitive impairment (MCI) or the mild stage of AD. Kisunla reduced amyloid plaques by 61% at 6 months, 80% at 12 months, and 84% at 18 months, compared to the effect of the placebo. Amyloid plaques have been a major structure that has facilitated AD.

So far this year we have collected **\$3,795** 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 our September 4th 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

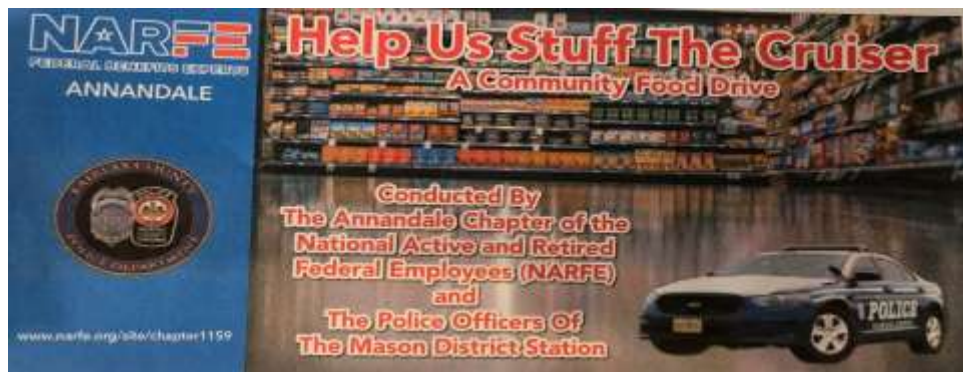
Adopt-a-Road – Our thanks to **Mary Ann Munley, Doug Jones** and our newest volunteer, **Craig Moore**, for joining our July 25th litter pick-up. Please join us for our next pick-up on **Thursday, September 19th**. We will start at 10:00 a.m. and meet at the corner of Evergreen Lane and High Place in Annandale. If you plan on joining, please let **Doug Jones** know (doujones500@verizon.net or **703-425-3361**) so he can notify you if there are any changes.



Election of NARFE National Officers and Regional Vice Presidents – Voting is now open for the 2024 election of NARFE National Officers and Regional Vice Presidents, as well as several proposals to amend NARFE bylaws. Voting will close on September 30, 2024. The September edition of *NARFE Magazine* will include instructions for voting online or by mail. Candidate statements can be found beginning on page 50 of the June/July edition of *NARFE Magazine* and proposed bylaw amendments are on page 49 of the August edition of *NARFE Magazine*. Candidate statements and proposed bylaw amendments also can be found on NARFE's website – log on at www.narfe, click on *For Members* and then click on *2024 National Election*.



It's ACCA Food Pantry Drive Time -- The first of three collections start **Friday, September 6th, from 10:00 am to 1:00 pm**, followed by subsequent dates October 4th and November 8th. The ACCA Food Drive drop-off will be held in front of the **Annandale Giant Foods (7137 Columbia Pike, Annandale)**. Donations can be deposited directly in the waiting Mason District Police cruiser parked conveniently at the curb by the store exit. (Check out the new NARFE Annandale banner below to be displayed on the Mason District Police collection cruiser and at the store entrance.) Chapter volunteers will hand out at the store entrance a list of items most needed. The same list will be available at the Chapter meeting held Wednesday, September 4th. Once purchased, shoppers can deposit their donations in the police cruiser as they leave the store. Those donations from your home pantry or not purchased at Giant Foods can also be dropped at the police cruiser by the Giant Foods exit. Donations will also be collected at our September, October and November Chapter meetings. Thank you for your continuing and generous community support. **Contact Sharon Sellers, 703-915-8765, or MPO Stacy Sassano, 571-474-6106**, with questions or if you need help getting your donation to Giant Foods.



Legislation Report – The House and Senate are in recess and will reconvene on September 9th. Fiscal Year (FY) 2025 starts October 1st for the Federal Government.



Federal Budget for FY 2025 – In-progress -- Appropriation packages are working their way through their committees in the Senate in a bipartisan way, but no floor votes have been taken. The House has passed 5 of 12 appropriation packages along party lines. It is apparent that there will need to be a lot of discussion before the House and Senate can reconcile the appropriations to pass a final FY 2025 budget. Issues relate to wide dollar swings between the House and Senate versions of the appropriations, and some “riders” **(continued on page 6)**

(continued from page 5) inserted in House packages which support an ultraconservative social agenda. Most likely, a Continuing Resolution (CR) will be necessary to fund the Federal Government and avoid a government shut-down. Also likely, the CR will extend funding until after the 2024 elections, and at that point possibly extend until the new Congress is seated.

Saving the Civil Service Act, H.R. 1002/S. 399 -- This Bill would prevent any future administration from implementing Schedule F, a statutory loophole that would reclassify civil service positions and strip away the protections that safeguard our federal workforce. NARFE is committed to ensuring that merit-based principles remain the cornerstone of our civil service system, protecting federal employees from potential political patronage. Currently there are 47 co-sponsors in the House and 17 Co-sponsors in the Senate.

Social Security Fairness Act, S. 597 and H.R. 82--This bill would Eliminate the Government Pension Offset (GPO) and Windfall Elimination Provision (WEP). (Current co-sponsor count: H.R. 82 --325; S. 597 – 62.) Despite the obvious interest by legislators, no vote has been scheduled, yet there is some hope that in the waning days of Congress with enough support a vote will be taken on this bill. NARFE's website has an *Advocacy Action* letter which can you can use to send to your representatives urging their continued support. Remember, being a co-sponsor doesn't guarantee a Yes vote for a Bill – please log in to NARFE and send a letter to your Representative and let them know you care about this issue – whether or not you will personally benefit from this bill.

The Equal COLA Act, H.R 866/S. 3194--would provide the full cost-of-living adjustment (COLA) for Federal Employee Retirement System (FERS) annuities. Currently, a FERS COLA is held at 2% when the COLA falls between 2 and 3 %, and reduces the FERS COLA by one percentage point when COLA exceeds 3 %.

Virginia Legislation: Over the summer, a team from the Virginia Federation of



NARFE (VFN) was working on the 2025 State Legislative Plan. While the plan has not yet been formally approved, two carryovers from our 2024 Plan are probable: 1) request the State to either eliminate or revise the Age 65+ Deduction income limitations; and 2) request the State to accept that a portion of a CSRS Annuity is equivalent to Social Security and as such be excluded from Virginia Taxable Income.

VOTER REGISTRATION -- Please make sure your voter registration is current. This election may turn out to be one of the closest in history – every vote will be critical to the outcome.

Mary Ann Munley, Legislation Chair

Special Event for Northern Virginia active, retired, and prospective retired Federal and Postal Service employees -- NARFE Northern Virginia Chapters are hosting a special Membership Event on **Saturday, September 14, 2024** to recruit members. It will be held at the **Vienna Community Center** (120 Cherry Street, SE, Vienna) from 1:30 to 3:30 p.m. It is open to all current and prospective NARFE members. In addition to a wonderful networking opportunity and delicious snacks, it's a great opportunity to meet Northern Virginia Chapter and Virginia Federation leaders, learn more about the programs offered by NARFE and legislative activities affecting you. And it represents a wonderful opportunity to introduce prospective members to NARFE and its benefits. Please tell family members, neighbors or friends who are active or retired Federal or Postal employees about the event; or, better yet, bring them to the event. There will be a few speakers and refreshments will be served.

Reservations are recommended to ensure adequate seating and refreshments, but are not required. To register, contact Arlington Chapter Secretary **Nancy Palmerino**, nancyolive0110@yahoo.com no later than Monday, September 9th.

NARFE Fall Membership Drive – NARFE's **Fall Membership Drive** will begin on September 1, 2024 and run through December 31, 2024. Current NARFE members can earn \$10, as well as other prizes, for each new NARFE member they recruit. (The recruiter's ID number must be provided on the NARFE application or the online application when the new member joins – you can find your membership ID on the mailing label for your *NARFE Magazine* or contact **Doug Jones** for your ID number.) Details regarding the Drive will be in your September *NARFE Magazine*. To assist in recruiting efforts, NARFE has a wide range of resources you can use to introduce active and retired federal employees to NARFE. To access them, log in at www.narfe.org and click on *For Members*, then *Member Quick Links* and under *Officer Resources* click on *Membership Recruitment Resources*. To make sure our voices are heard by Congress we need to strive to increase membership, so please get involved in this important effort and recruit.

Mark your calendars and please join us on Wednesday, October 2nd when Roy Wagner will present "A Day in the Tech Life."

COMMUNITY CORNER

Annual Open Season Workshop for Federal Employees and Retirees – Mark your calendars for **Congressman Connolly’s Annual Open Season Workshop**. It will be held on **November 16, 2024 from 10:00 a.m. to 1:00 p.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax)**. It features a panel discussion featuring experts on FEHB programs and health plan options. Representatives of various FEHB health plans will be available to provide information and answer questions concerning plan offerings for 2025. For additional information, contact Congressman Connolly’s District Office at **703-256-3071**.

Taste of Annandale – Taste of Annandale will be held on Saturday, September 21st from 10:30 a.m. to 6:00 p.m. at the Eileen Garnett Civic Space (7200 Columbia Pike) in Annandale. The festival features food and entertainment that showcase the diverse cultures of the community. There will be live music and dance performances, a chili cookoff, 5K race, beer and wine, entertainment, crafts for children, a pet contest, and food from local restaurants and food trucks. Admission is free. For more information go to <https://tasteofannandale.com/>.

George Mason Regional Library Book Sale -- The George Mason Regional Library Friends semi-annual book sale will be held from **Wednesday, September 25 through Sunday, September 29**. A preview sale will be held Wednesday evening from 5 to 8 p.m. with an entry fee of \$20 per adult. The general sale will be held from Thursday through Sunday from 10 a.m. to 5:30 p.m. daily with no fee. The book sale will take place at the library located at 7001 Little River Turnpike in Annandale and will feature a wide variety of high-quality used books, CDs and DVDs in various categories. Come early for the best selection, then come back on Sunday for half-price bargains. For more information go to <https://georgemasonfriends.blogspot.com>

Celebrate Lake Accotink -- Celebrate **Lake Accotink** with the Fairfax County Park Authority and Friends of Lake Accotink Park, on Saturday, August 24, from 11:00 a.m. - 6:30 p.m., located at 7500 Accotink Park Road, Springfield. There will be a variety of free entertainment activities to enjoy all day, including: boat rentals, carousel and mini golf (11:00 a.m. - 6:30 p.m.); face painting (11:30 a.m. - 3:00 p.m.); history activity pavilion (11:00 a.m. - 3:00 p.m.); and nature activities (11:00 a.m. - 3:00 p.m.). For more information, call **703-569-3464**.

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Mary Lou Vroman

Please remember we will meet in the Mason District Governmental Center (6507 Columbia Pike in Annandale) beginning with our next meeting on September 4th. And don't forget our Food Drive with drop offs at our September 4th Chapter meeting and in front of the Annandale Giant on September 6th