



# NARFE NEWS

## ROANOKE VALLEY CHAPTER 111

### 2024 OFFICERS

<p><b>President</b>  <b>Frances Boatman</b>          (540) 774-3031  <a href="mailto:feboatman@live.com">feboatman@live.com</a></p>	<p><b>1<sup>st</sup> Vice President</b>  <b>Carolyn Tucker</b>          (540) 797-5037  <a href="mailto:cptucker1212@gmail.com">cptucker1212@gmail.com</a></p>	<p><b>2<sup>nd</sup> Vice President</b>  <b>Karen Simmons</b>          (540) 525-1043  <a href="mailto:ksim285032@aol.com">ksim285032@aol.com</a></p>	<p><b>Secretary</b>  <b>Ellie Long</b>          (540) 772-0468  <a href="mailto:lalaw1986@gmail.com">lalaw1986@gmail.com</a></p>	<p><b>Treasurer</b>  <b>Mark Fisher</b>          (540) 772-0984  <a href="mailto:mcfisher2@cox.net">mcfisher2@cox.net</a></p>
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TELEPHONE NUMBER FOR OPM: 1-888-767-6738 (M-F, 7:40 a.m. – 5:00 p.m.)

**Websites:** NARFE: [www.narfe.org](http://www.narfe.org) FEDHub  
 Chapter 111: <https://www.vfn.org/Chapter-111> VFN: [www.vanarfe.org](http://www.vanarfe.org)  
 VFN Facebook: [NARFE Virginia Federation | Facebook](https://www.facebook.com/NARFE-Virginia-Federation/)  
 VFN National Legislation Facebook: <https://www.facebook.com/vfnatleg>  
 VFN State Legislation Facebook: <https://www.facebook.com/vfnvaleg>

### PRESIDENT'S REPORT



**FEDcon24** will be held in St. Louis from Aug 18 – Aug 20. Several chapter members plan to attend and provide reports at the September meeting. The conference themes are **LEARN, ADVOCATE, LEAD**. **Learn** how to make the most of your benefits, **Advocate** to protect those earned benefits, and **Lead** the organization that defends those benefits into the future.

**August is Grassroots Advocacy Month.** These are the three priorities NARFE is focusing on. Download these flyers to learn more.

[The Social Security Fairness Act](#),

[The Saving the Civil Service Act](#),

[The Equal COLA Act](#)

**NARFE National Election.** This year, NARFE members will elect national officers and regional vice presidents for two year terms. Candidate statements are in the June/July issue of NARFE magazine. There are four candidates for President, two for Secretary/Treasurer and two for Region X VP. Anyone who is a member in good standing on June 30, 2024 is eligible to vote. The September issue of

NARFE magazine will include instructions for voting online or by mail. Voting ends 9/30/24. Results will be posted on the NARFE website and announced in the December issue of NARFE magazine.

**VFN Electronic Communications Training.** The VFN EC Committee offers informative training sessions via Zoom the first Wednesday of each month.

Wednesday, August 7, 2024, 2:00 -3:00 PM  
 VANARFE Website Access: Stan Palen and Debbie Fisk

Wednesday, September 4, 2024, 2:00 -3:00 PM  
 VANARFE Website Navigation: Stan Palen and Debbie Fisk

Wednesday, October 2, 2024, 2:00 -3:00 PM  
 Zoom User Forum: Willie Levenston, Nancy Palmerino, and Debbie Fisk

Wednesday, November 6, 2024, 2:00 – 3:00 PM  
 Zoom Meeting Etiquette: Dr. Constance Bails

August may bring the “dog days of summer”, but celebrate National Friendship Day and National Chocolate Chip Day this month. You can’t go wrong with either one!

**Frances Boatman**  
**President**



## LEGISLATION

### Federal

The Social Security Fairness Act of 2023, The Social Security Fairness Act, [H.R.82/S.597](#) would fully repeal the WEP and GPO. H.R.82 has 323 co-sponsors. S.597 has 62 co-sponsors including both Virginia Senators.

### Promote grassroots actions by NARFE members in your chapters and federations.

There are several ways you can promote GAM activities:

- Share information about Grassroots Advocacy Month via your chapter and federation newsletters. [Check out our NARFE Voices Archive.](#)
- Share educational modules with members. We have an arsenal of brief educational videos offering insights on various ways to enhance advocacy skills like a social media “how to” tutorial, effectively engaging with lawmakers, and more. [Check them out!](#)

### Community Events

If you have the time to catch a member of Congress at a community event in August, such as a town hall (in-person or virtual), that’s a great way to reinforce the grassroots actions NARFE members are taking in the district or state. By engaging in these interactions, you will not only have the chance to convey our priorities effectively but also establish meaningful connections with lawmakers and their staff, providing for a deeper level of engagement.

### Action Letters

Action letters are direct, personal appeals to lawmakers. They are hard evidence of constituent engagement and concern. Urge your lawmakers to take action on our main GAM priorities to help push policy change through the legislative process.

### Social Media

Social media is a powerful advocacy tactic that enables us to reach a wide audience and engage with lawmakers directly. Just like our action letters, we also have Twitter (now “X”) campaigns up to send a quick Tweet. If you have an account, a sample Tweet will automatically populate to send. If not, follow our [short Twitter guide](#) to send a Tweet in a few steps or watch our [five-minute tutorial](#). We realize that not everyone will use Twitter, but we highly encourage it since it is a valuable way to get a lawmaker’s attention. Remember, most all of Congress uses Twitter (about 98% according to the Congressional Management Foundation (CMF)).

### Letter to the Editor (LTE) Campaign

Local media outlets are excellent platforms for raising awareness and influencing public opinion when members of Congress are back in their districts/localities. Share your personal stories and make known the issues that affect the federal community to your local newspaper/media source to grab the attention of your lawmakers, and the public,

especially if your letter is published. We have [sample LTEs to access](#) for all GAM issues as well, and a [guide](#) to walk you through.

### Fact Sheet/Information Flyer

For your convenience, we have created a [condensed fact sheet](#) that can double as an informational flyer that you can reference in meetings/discussions and circulate. This resource will provide you with quick facts in supporting your message, and additionally can be shared with friends, family, and community members in enhancing awareness and action.

Your commitment to grassroots advocacy and your role as grassroots members is vital to shaping our policy issues, inspiring lawmakers to take actions protecting our federal community. Thank you for your leadership during Grassroots Advocacy Month.



## **TREASURER’S REPORT**

Account as of July 31, 2024

CHAPTER NUMBER 111

Roanoke Valley, Roanoke VA

Beginning Bank balance **\$2285.43**

### **Receipts**

Dues collected \$157.80

Alzheimer’s (YTD \$245.00) \$0

50/50 - \$

Donations - \$

**Total receipts \$157.80**

**Subtotal \$2443.23**

### **Disbursements**

Officer Expenses \$0

Office Expenses \$0

Program Expenses \$0

Alzheimer’s \$0

Speaker’s Lunch \$0

Newsletter \$0

**Subtotal \$0**

**Total disbursements \$0**

**BANK BALANCE \$2443.23**

**Total Obligations \$300.000**

VFN Registration Reimbursement

**Balance on hand for use \$2143.23**

**Mark Fisher**  
**Treasurer**

## AUGUST 2024 MEETING MINUTES

NARFE Roanoke Valley Chapter 111, Area VII, met on Friday, August 2, 2024 at Jersey Lily's restaurant. Karen Simmons, 2<sup>nd</sup> VP conducted the meeting. The meeting was called to order at 11:40 a.m. with 14 people in attendance including our guest speaker. A quorum was present to conduct chapter business.

Officers Frances Boatman and Mark Fisher were both absent as both are undergoing treatment for medical conditions. Frances will be back in September; Mark will be absent through November. Member Gloria Clark is recovering from surgery. They are in our thoughts and prayers for speedy recoveries.

June, July, and August birthdays were recognized.

Wanda Ware discussed the August birthstone peridot, which is said to symbolize strength and healing power, protecting its wearer from nightmares and evil, ensuring harmony and happiness. She read bible passages relating to each. She then led us in the Pledge of Allegiance.

The Secretary's minutes for the May 2024 meeting were approved as published, motion made by Wanda Ware, seconded by Dr. Leon Vinci.

Ellie Long, Secretary, reported one former and one current member deaths. There is a meet and greet with Senator Tim Kaine at member Ora McCoy's farm in Appomattox Monday, August 12 beginning at 1:30.

Ellie gave the May, June, and July 2024 treasurer's reports. The May and June reports will be emailed with the newsletter. They are available on request for those who do not have email.

Membership report. Currently there are 151 chapter members. **We welcome new members Pat Gwathmey and Jackie Pruitt from USPS. We thank our current members who continue to maintain their NARFE/Chapter membership.**

Upcoming Program Topics: September – Fecon24 reports from attendees; October – 2025 VFN Legislation Plan; November – FEHB Open Season.

Leon made a motion to **explore** chapter payment for Bill Ketron's FEDcon24 registration fee. Ruth Greene seconded. (The two officers attending the meeting did not have authority for expenditures.) After a phone call with Frances, a new motion was introduced by Ruth Greene to have the chapter pay \$175 (early bird rate) for Bill Ketron's FEDcon24 registration. Leon seconded. After brief discussion, the motion was approved by acclamation.

Dr. Leon Vinci, 6<sup>th</sup> District CDL, reminded us that Congress is in recess and this is a good time to meet legislators while they are out and about in their districts.

Ellie gave the President's report.

Ruth Greene reported there were five chapter members who took part on the Virginia Dare Cruise in June. She also mentioned the annual [Alzheimer's Walk in Roanoke](#) is September 28<sup>th</sup>.

Guest speaker Cindy Markham from VirginiaNavigator presented a program on Caregiving and Transportation Options. She reviewed the basics of the VirginiaNavigator website and directed our attention to these two links:

<https://seniornavigator.org/caregiving>

<https://seniornavigator.org/transportation>

She went over the wealth of information links available on each site. There are a dozens of specific topics for each subject. You can select any number of services by locality. These are very comprehensive and useful websites.

She also recommended taking outdated drugs to the local April and October Drug Take Back Day, or check with your pharmacy. The Roanoke County Sheriff's Office in Salem also has an inside drop off site. Sharps may be placed in a hard case plastic container and disposed of in your household trash.

Cindy can be contacted at (540) 354-9950 or by email at [cindy@virginiannavigator.org](mailto:cindy@virginiannavigator.org)

The 50/50 (Alzheimer's Fund) drawing was won by Karen Simmons.

The meeting was adjourned at 1:12 p.m.

**Ellie Long**  
**Secretary**



### SEPTEMBER BIRTHDAYS

8 Wanda Ware  
19 Oneda Dyer

### IN MEMORIUM

Former chapter member **Frank J. Hudson**, 99, of Roanoke County, Va., died on Tuesday, May 28, 2024. He entered the United States Navy during World War II, serving for three years. In 1951, he entered duty as a Special Agent with the Federal Bureau of Investigation and remained with the agency until he retired.

**Daniel E. Karnes**, 78, of Roanoke, Va., died on Friday, June 7, 2024. He joined the United States Army and served two tours in Vietnam. Dan was employed by the Department of Veterans Affairs as a Clinical Social Worker. His last position was as Manager of the Vet Center, a counseling center in Roanoke for combat veterans. Dan also retired from the U.S. Army as a Lieutenant Colonel.

**NATIONAL ACTIVE AND RETIRED  
FEDERAL EMPLOYEES  
ROANOKE VALLEY CHAPTER 111  
P O BOX 12703  
ROANOKE VA 24027-2703**

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**CHANGE SERVICE REQUESTED**

**2024 COMMITTEE CHAIRPERSONS**

Alzheimer's	Phyllis Scruggs
Sergeant at Arms	Anne Cepeda
Chaplain	Wanda Ware
Historian	Ellie Long
Internet Coordinator	Ellie Long
Legislative	Bill Ketron
Membership	Carolyn Tucker
Newsletter Editor	Ellie Long
Outreach	Bud Rawlins
Programs	Karen Simmons
Public Relations Officer	<b>vacant</b>
Service Officer	Mark Fisher (540) 772-0984

**NEXT NARFE MEETING**

**Friday, September 6, 2024**

**JERSEY LILY'S  
1650 Braeburn Drive  
Salem, VA 24153**

**Gathering at 11:15 a.m.  
Meeting at 11:30 a.m.**

**SPEAKERS  
Chapter 111  
FEDcon24 attendees**

**TOPIC  
FEDcon24 reports**