

PRESIDENT

Vacant

Greetings,

VICE PRESIDENT

Otis Langford

owlangford@outlook.com

703-975-2520

I submitted my resignation as the Chapter 893 President effective June 30, 2024. I enjoyed my tenure as president and appreciate the support I received from the Executive Committee and chapter members. Vice President, Otis Langford, will be the Chapter President until a new President is elected or appointed to the position. I know that you will provide Otis your support and the chapter will continue as a strong organization.

TREASURER

John G. Olsen

Naomi Fauntleroy
Former President

Asst. TREASURER

Jim Wagner

Welcome to NARFE Chapter 893. We would be thrilled to have you attend our monthly meetings. Whether you're new or returning, we hope you find what you're looking for and enjoy your time with us. If you have any questions or need assistance, don't hesitate to reach out.

SECRETARY

Debbie Pumphrey

The majority of our members receive this newsletter electronically. However, we are mailing approximately 100 printed newsletters to people listed as current members of Chapter 893, but for whom we have no email addresses. It is imperative that you provide us with your email to ensure that you receive all of our communications in a timely manner, some of which are by email only. If you are concerned about receiving too many emails from NARFE HQs, we can add you to the Chapter 893 email list only so that you will only receive emails regarding chapter information. Please provide your email to Debbie Pumphrey (debbiepdc@gmail.com) and indicate this preference. Thank you for your cooperation.

ALZHEIMER'S

Margaret Yowell

MEMBERSHIP

Gerry Frazier

LEGISLATIVE

Michael Moore

OUTREACH

Joanie Capella

IMMEDIATE

PAST PRESIDENT

Marcy Stennes

marcystennes@msn.com

703-424-1291

Once again, we welcome you to attend our meetings, and we look forward to connecting with you!

WEBMASTER

Stan Palen

stan@vanarfe.org

Otis Langford,
Acting President

ALZHEIMER'S

It is hard to believe that we are rolling into Fall ... as I write this, it is still very much SUMMER.

Due to the generosity of our Chapter Members, and the \$145 from our Summer Luncheon drawings, we have raised to date (early Aug) \$2,412.00 toward our goal of \$4,000. If you haven't yet donated, I hope you will consider doing so before the end of the year and help us meet our goal. I hope to again try to do a 50/50 drawing at each of our upcoming Chapter Meetings, so come for the meeting and maybe enjoy a little "extra" to take home!! In March this year, NARFE announced its new fundraising goal, pledging it will raise another \$1 million for the Alzheimer's Assoc by December 2026, **adding that to the more than \$16M total raised to date.** NARFE has funded critical research toward treatment, prevention and, ultimately, a cure for Alzheimer's and all other dementia while also providing vital funding for care and support services through "Walk for Alzheimer's". Please consider donating knowing that research is making progress, but we have to continue on.

Please make your checks to **NARFE/Alzheimer's Research and add Chapter 893 in memo line (so our Chapter gets the credit)** and mail to me at **Margaret Yowell, 5822 Fitzhugh Street, Burke, VA 22015.** Thank you in advance! Please contact me with any questions at Fitzhughlady@aol.com or 703-451-3287.

Margaret Yowell, Alzheimer's Chair

SUNSHINE

If you know of a Chapter member who has lost a loved one, or a member who is sick or injured, please let Debbie Pumphrey know at debbiepd@gmail.com or 703-337-4548, so she can send out an appropriate card.



THE LITTLE THEATRE OF ALEXANDRIA (LTA)

A tale of good versus evil. Dr. Jekyll takes science into his own hands and the result is Mr. Hyde, an evil alter ego that causes violence and destruction. Adding to the drama is a love triangle with two women both in love with the good doctor, unaware of his alter ego. "A stunningly beautiful steampunk vision with great music, costumes, projections, and sets," wrote Mark Kennedy, Associated Press. Contains adult themes and violence. Estimated running time is 2 hours and 30 minutes with an intermission.

Join your fellow NARFE members to see the musical "**Jekyll and Hyde**" in October. Specific date will be announced via separate email once known. Please remember that tickets to LTA shows are for **SENIORS ONLY.**

Joanie Capella, *Theatre Community Liaison*

MEMBERSHIP

We celebrate the life of the following members who passed since our last newsletter:

Kenneth G. Hartman	Springfield
Floyd F. Cline	Springfield
Dorothy Smith	Springfield

We welcome our newest members:

Lovie Brisbin	Alexandria
JoAnne Lofton	Alexandria

Has your phone number or email address changed since your membership record was created when you first joined NARFE? Recent unsuccessful efforts to contact several chapter members accentuate the persistent gaps and obsolete data in NARFE member records. If you are unreachable through the contact information on file without resorting to the expense and delay of postal mail, you may never receive useful information such as local meeting changes, recent NARFE advocacy issues, or OPM or legislative changes potentially affecting your earned benefits. Unfortunately, the inability to contact members sometimes assumes greater importance. Recently a mailed copy of a chapter newsletter was returned to us as undeliverable. The member was deceased, and the returned mail was the first notice we had of their loss. Although we hope for

better news than that, reaching members with obsolete contact information is time consuming, and detracts from the ability of NARFE to better support all members.

Some members purposely withhold their contact information from NARFE. True, we all want to avoid misuse of our personal information, and we all want to avoid junk mail and "spam," but the volume of mail you will receive from NARFE is small, and you can specify the particular reports and correspondence you want to receive. If unwanted advertising from NARFE commercial affiliates occasionally arrives in your Inbox, just delete it, or unsubscribe from that email series.

At your first opportunity, please take a minute to log into the NARFE website, click on the MEMBER PORTAL, and select PROFILE. Your personal information can be found and edited there. You can verify the accuracy of your information or update it if needed.

Gerry Frazier, *Membership Chair*

LEARNING OPPORTUNITIES FOR SENIORS

George Mason University offer senior citizens FREE opportunities to explore lifelong learning endeavors. Eligible Virginia residents aged 60 and older may enroll for credit in university courses through the Nondegree Studies Program without paying tuition. Eligibility is based on income. All senior citizens, 60 and older, may also audit (enroll but not receive credit) classes for free. Learn more at <https://tinyurl.com/3phuk53h>

The Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization offering stimulating educational and cultural pursuits to adults aged 50 and over, at a reasonable fee. Offerings include Variety of Classes and workshops, Monthly Speaker Forums, Book Club/Photography/Visual & Performing arts, etc., Regional Trips (Day and Overnight), U.S. and Overseas Study/Travel. Classes are held on the Annandale Campus of NOVA & nearby locations. For their website, check at <https://lino.org> which also has the "how to join" info. You may also contact them at admin@lino.org

OPEN SEASON INFO

**Congressman Gerry Connolly (VA-11)
15th Annual Open Season Workshop for
Federal Employees and Retirees
Saturday, November 16, 2024
10:00 am – 1:00 pm
Fairfax County Government Center
12000 Government Center Parkway
Fairfax, VA 22035**

This year's workshop will feature:

10:00 am – 11:00 am: Panel Discussion featuring experts on FEHB programs and available health plan options (*Hosted in the Board of Supervisors Auditorium*)

11:00 am – 1:00 pm: Representatives of various FEHB health plans will be available to provide information and answer questions concerning plan offerings for 2025.

For additional information, please contact his **District Office at 703-256-3071.**

ELECTION 2024

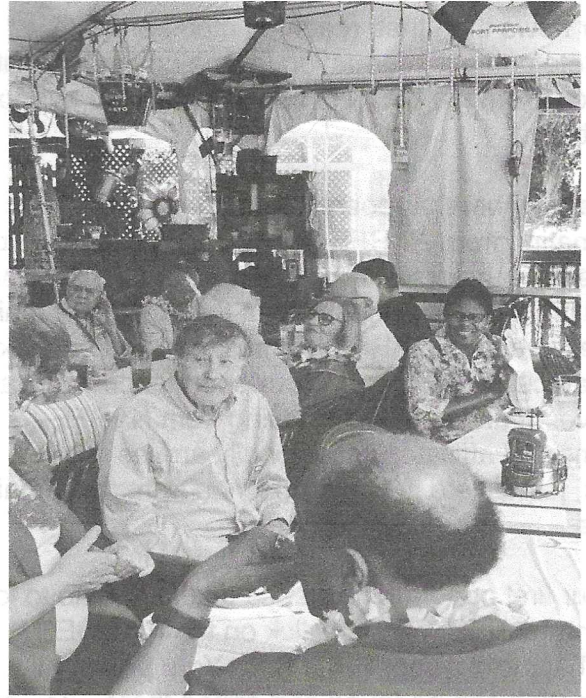
Confirmation of your registration and other information such as your district, polling place, and ballot can be found on the [Virginia Department of Elections website](#). You can also update your registration information on this website. Voting is an important right given to each of us. Please exercise your right to Vote.

The Fairfax County Office of Elections is looking for community members to serve as election officers for the November 5, 2024, election. A special need is for bilingual officers who speak Korean and Vietnamese. This is a great opportunity to get to know your neighbors and help your community!

You will receive \$250 as a thank you for your service. Contact the election office at 703-324-4735.

JUNE LUNCHEON

Eighteen members enjoyed food and fun at the annual June luncheon held at Kilroy's patio.



CALENDAR OF EVENTS

PLEASE NOTE – ALL CHAPTER MEETINGS WILL BE IN PERSON AT LA FIAMMA RESTAURANT, 6124 FRANCONIA ROAD, ALEXANDRIA, VA PLEASE ORDER YOUR FOOD BETWEEN 12:00-12:15 SO THAT THE MEETING CAN BEGIN PROMPTLY AT 1PM.

September 4, 2024, ExCom Meeting, 1:00 pm.

September 11, 2024, Lunch/General Meeting, 12:00 pm. Our speaker is Wendy Baird, Development Director, **The Lamb Center**. The Center is a daytime drop-in shelter for individuals experiencing homelessness in Fairfax, Virginia. They provide a variety of services without cost, including breakfast, lunch, showers, laundry service, Bible studies, case management, AA meetings, a nurse practitioner clinic, a dental clinic, and much more. They partner with local groups and organizations that have a passion for serving those experiencing homelessness.

October 2, 2024, ExCom Meeting, 1:00 pm.

October 9, 2024, Lunch/General Meeting, 12:00 pm. Our speaker is John McDonnell, a now-retired photographer for Loudoun Times Mirror and Washington Post. He will present a journey through the 1970s and thereafter, using his unique collection of photographs. Here's a chance to hear some history about our local area.