



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

Like us on Facebook at NARFE-Annandale 1159

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

October 2024

Next Meeting: Wednesday, November 6, 2024 at 10:00 A.M.

Join us, either in-person or via Zoom, for our next meeting at 10:00 a.m., on Wednesday, November 6th, when Jennifer Malave, from CareFirst BlueCross/BlueShield, will discuss changes to the Federal Employees Health Benefit Program in 2025 and the new Postal Service Health Benefits Program. For details, as well as information on registering for the Zoom meeting, see page 3.

PREZ SEZ – It’s October already; as I write this, it’s cool outside which makes me think of using the fireplace. Last week it was too warm to get my sweaters out and now I wish I had. I look forward to leaves turning colors, Halloween, kids Trick or Treating. That always reminds me of fun as a kid – collecting candy and then negotiating with my brother and sister for favorites: fun memories of a different time. I enjoy decorating for Halloween and am pleased that neighborhood kids like to visit what I create. My latest addition –sign “Witches park here” with four brooms embedded in the witches parking area, slide marks witches made screeching into their spots or, as one did, came in too fast and went splat! I hope you also enjoy this season and look forward to holidays.

We are fortunate to have recruited a secretary – an important role since we could not have continued as a chapter otherwise. On behalf of the chapter, thank you **Ed Reniker** for helping. And many thanks go to **Sharon Sellers** who has done another fantastic job on organizing and coordinating the latest food drive with the Fairfax County Police Department and with Giant Food. Also, many thanks to those who volunteered to help. The pantry was low in supplies so our contributions will help many. Information about our December luncheon is on page 4 in this newsletter, with a sign-up form. Remember – when you check-in at the luncheon and get your name tent, it will include the entrée and dessert you ordered; this cannot be changed on the day of the luncheon. Please sign up as early as possible. *Kim Rendelson, Chapter President*

PLEASE NOTE -- NARFE currently is updating its website system and, as a consequence, our Chapter website may not be updated or available. Please go to our Facebook page at *NARFE-Annandale 1159* for up-to-date information on the Chapter.

October Program Report



Roy Wagner discussing the use of technology in daily life.

At the Chapter's October meeting, **Roy Wagner**, a member and past president of the local Apple Technology Group, gave a presentation on the practical applications of technology in daily life. Although his experience is specifically with Apple devices, the uses of technology span all brands. He shared his personal journey through various Apple devices, from the first iPhone and iPod to the latest models, and how they have evolved over time. He also discussed his morning routine, which starts with waking up to a programmed, gradually brightening indoor light, simulating the sun's rise. Mr. Wagner then shared how he uses his Apple devices to stay active and informed throughout the day, explaining how they have evolved and replaced the non-technological items in our lives. He invited his audience to consider how their lives today compare to their pre-tech routines. Among the more common applications (and what they

replaced) are: books on Kindle (hard copies in homes and libraries); texts and cell phone voice mail (landline phone recordings); alarms and reminders for upcoming activities (paper calendars and notes); cell phone camera with cloud storage (individual camera with printed pictures); traveling directions via Global Positioning System (paper maps); Zoom (in-person meeting); on-line games played across many geographical locations (board and card games played in-person); credit card phone or watch app to pay in store (plastic credit card); and banking on-line (in-person at a bank). Many people use the Apple watch to monitor their health in terms of physical activity, cardio well-being, and attaining personal goals. He recommended the book *100 Things We've Lost to the Internet* to gain additional insight on this topic. He concluded the presentation answering specific troubleshooting questions, which was greatly appreciated by attendees. Snacks were provided by: **Mary Ann Munley, Fran Walinsky, Frank Toth, John Bankson, Della Dahl, Loretta Nester, Ed Reniker, Phil Gilliland, Joyce Price, Carol Rubin and Sharon Sellers.** A total of **38 attended (31 in-person and 7 on Zoom).**

This article was compiled from the Chapter Secretary's notes and a summary provided by *Zoom AI Companion Meeting Summary, Zoom Video Communications, Inc., 2 October 2024, <https://support.zoom.com/hc>.*

Fran Walinsky, Secretary

Chapter Elections – At our next meeting we will hold our election for the Chapter's Executive Board for 2025. The following individuals will be nominated by the Nominating Committee: **Kim Rendelson**, President; **John Bankson**, 1st Vice President; **Pat Drobnek**, 2nd Vice President; **Jack Bagnulo**, Treasurer; and **Ed Reniker**, Secretary. All of the nominees, except **Ed Reniker**, currently serve in these positions. Nominations also will be accepted from the floor.

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 – The latest donation amount, through early October, is **\$4,376**. Our chapter has again exceeded its goal this year for donations to the **NARFE Alzheimer’s Research Fund**. And, we still have 2 ½ months in 2024. The Washington Post Science and Technology edition has recently had two notable articles about Alzheimer’s Disease (AD). Research efforts have come to the fore and the media is becoming aware of AD. If you are aware of a relative, a neighbor, a friend, an acquaintance, or other person in your circle, who seems to have a hard time keeping track of their keys, books, anything else, carefully ask them about talking with their family doctor about this failure to keep track of important things. If you would like to help find a cure for Alzheimer’s, you can send a donation by mail 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 next scheduled litter pick-up is on **Thursday, November 14th**. We will meet at the corner of Evergreen Lane and High Place in Annandale at 10:00 a.m. Please join us if you can. If you plan on joining us, let **Doug Jones** know (doujones500@verizon.net or **703-425-3361**), so he can contact you if we have to cancel or if there are any other changes.



A Few Details for Our November 6th Meeting – At 10:00 a.m. on Wednesday, November 6th, we will meet at the Mason District Governmental Center. It's healthcare insurance open season again. BC/BS representative Jennifer Malave will return to outline what's available for 2025 in the FEHB and PSHB programs: recap familiar choices, highlight new benefits, identify any new rules and procedures, and emphasize value in reviewing one's selections every year even if no changes are anticipated. Jennifer began her career as customer service representative for the Federal Employee Program and has remained dedicated to servicing federal employees and agencies in various roles as a CSR, Supervisor, Account Manager and now, Senior Account Consultant II, for the Federal Employee Health Benefits Account Management and OPM Relations team. To attend on Zoom, let **Doug Jones** know (doujones500@verizon.net or **703-425-3361**) no later than **Monday, November 4th**, so he can send you the meeting link and passcode.

Holiday Luncheon, Wednesday, December 4th at The Italian Café

Everyone, please plan to join us for our Holiday Luncheon on December 4th and commit early by sending your payment as soon as possible to our treasurer. See the reservation form below. Hope to see you there! **And something we tried last time, bring a friend** – do you know a retired Federal employee that isn't a NARFE Member? To encourage membership growth, think about inviting a friend to attend our holiday luncheon; it might be a positive way to introduce them to our chapter and to NARFE.

The luncheon will be held at **The Italian Café, 7161 Lee Hwy, Falls Church**. Parking is located in front of the restaurant, on the side or in the large parking lot in the back. Social time will begin at 11:30 a.m. with lunch starting at noon. There are four entrees to choose from: (1) Flounder Françoise with Pasta and mixed vegetables, (2) Eggplant Parmesan with Tomato Sauce, (3) Chicken Piccata with Pasta and Mixed Vegetables, and (4) Lasagna with Meat & Tomato Sauce. Meals all come with a house salad, bread, and your choice of one dessert – (1) Cannoli or (2) Tiramisu, soda, coffee and tea. There will be a cash bar for any other beverages you desire. A charge of **\$36** per person will cover the meal, taxes, and gratuity. **Your selection will be on your name tent; your choices cannot be changed.** We need to let the restaurant know on **November 26th** what selections will be. Please complete the form below and mail it in along with your check as directed below. *Please mail reservations as soon as possible, but they must be received by November 26, 2024.* A raffle for special items will be held for the benefit of Alzheimer's research.

ANNANDALE NARFE DECEMBER 4TH HOLIDAY LUNCHEON RESERVATION FORM

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

Checks should be made out to **NARFE Chapter 1159**, and mailed to:
NARFE 1159 Treasurer, Box 1463, Annandale, VA 22003.

December 4th LUNCHEON RAFFLE

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

NOTE: Due date for receipt of raffle tickets orders by mail is **November 26th**. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don't worry about losing them or the email, Kim tracks the numbers so not matter what, if you can't find your tickets or your email, all is not lost! She will know winner identities. **Tickets will also be sold at the Luncheon.**

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

December 4, 2024 NARFE Holiday Luncheon Raffle Ticket Form

Raffle Tickets: \$1 each or six for \$5.00

I would like to purchase _____ Raffle Tickets. My check is enclosed for \$_____ made out to *NARFE Alzheimer's Research Fund*, including *Chapter 1159* on the memo line and **received no later than November 26th**.

Your Name: _____

Address: _____

E-Mail Address: _____

Phone No. (for basket delivery purposes): _____

Please complete this form and enclose your check made out to *NARFE Alzheimer's Research Fund* (include *Chapter 1159* on the memo line) and mail to:

Kim Rendelson, 3401 Silver Maple Place, Falls Church, VA, 22042

Donation Only: If skipping the raffle but donating, there is no need to fill out this form; just mail your check in. All checks will be hand delivered to the NARFE 1159 Treasurer.

ACCA Food Drive Donations Continue Strong -- The momentum for our Food Drive increased by 17 percent as the second food collection held October 4th registered 1,302 pounds of non-



Display table in store with suggested donation items.

perishable food, personal care items and \$217 cash. That brings the current collection total to 2,418 pounds of non-perishable food and \$534 cash. Thanks to everyone who helped restock the food pantry shelves so that ACCA can provide this much needed support to our community. Our dedicated volunteers were NARFE Annandale members: **Doug Jones, Mary Lou Vroman, Mary Ann Munley, Kim Rendelson, Nancy Meidenbauer and Sharon Sellers;** and partners: **Mason District Police MPO Stacy Sassano, PFC Michael Williams, Cadet Jeremy Worth, APO John Carpenter and, Giant Food**

Annandale Managers Mike Dembowski, Kiersten Portlock and Laura Berger. Don't forget to mark your calendars for our final food drive on **November 8th**, from 10:00 a.m. to 1:00 pm, at the Annandale Giant Food (7137 Columbia Pike in Annandale). Donations not purchased at Giant Food also can be dropped at the Police Cruiser located outside the exit of the Giant Food during the November 8th Drive. In addition, a drop-off box will be available at our Chapter 1159 membership meeting November 6th. Let's Help Stuff the Cruiser (and even the back seat) with much needed donations! Contact **Sharon Sellers, Mobile: 703-915-8765**, for questions or if you need help getting your contribution to Giant Food.



Sharon Sellers, Mary Ann Munley, Kim Rendelson, Mary Lou Vroman and Nancy Meidenbauer greeting shoppers to request donations and pass out lists of suggested donation items.



PFC Michael Williams, Giant Food Store Manager Mike Dembowski, Asst. Store Manager Laura Berger, Cadet Jeremy Worth, MPO Stacy Sassano, Doug Jones and Mary Lou Vroman loading the police truck with donations.

Help Mason District Police Partners with PJs, Slippers, Socks and Toy Drive -- Please

consider these gifts and the joy that comes from children in our community with your donation to the annual holiday party Mason District Police sponsors. A basket will be available during the NARFE Members meeting November 6th and at the ACCA Food Drive November 8th. All sizes from infants to teens, both boys and girls styles, are needed. If you have time, volunteers are also needed in early December to wrap the toys. Please contact **Sharon Sellers, Mobile: 703-915-8765**, for questions or if you want to participate. Thank you for your support.

LEGISLATION REPORT – *H.R. 82 Social Security Fairness Act* – This bill, which would

repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO), now has 329 co-sponsors and 218 members signed the Discharge Petition to permit a vote when Congress returns from recess on November 12th. Now the focus is on the Senate Companion Bill SB 597 which has bi-partisan support. Unless there is a way to circumvent the Discharge Petition, we should finally have a recorded vote on H.R. 82. Let's hope all 218 of those who signed the Discharge Petition and most of those remaining from the 329 co-sponsors say "Yes" when the vote comes.

2025 Federal Budget -The Government Shutdown was averted this month. When Congress returns on November 12th, they have about 5 weeks to get the Federal Budget Resolved or push for yet another Continuing Resolution (which could be the case depending on the election results).

State Legislation -- The Virginia Federation of NARFE's (VFN's) 2025 State Legislative Plan



should be posted very soon. I have a few advance copies which I will bring to the next chapter meeting.

Don't forget to vote! This will be the closest of elections since probably 1960. Not only are you voting for the next President, but all House seats are up for election and Virginia has one Senate seat up for election.

Mary Ann Munley, Legislation Chair

NARFE Fall Membership Drive – Don't forget, through December 31, 2024, current 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 on the online application form 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). See page 70 of your October *NARFE Magazine* for more details. To make sure our voices are heard by Congress we need to strive to increase membership, and all members should view themselves as recruiters. So please get involved in this important effort and recruit. (A Membership Application can be found on page 73 of your October *NARFE Magazine*.)

FEHBP and PSHB Open Seasons – **FEHBP and PSHB Open Season is November 11th through December 9th** this year. **Congressman Gerry Connolly** is holding his annual Open Season program 10:00 a.m. to 1:00 p.m. on **Saturday, November 16th** at the Fairfax County Government Center (12000 Government Center Parkway) in Fairfax. For additional information on the program, contact his office at **703-256-3071**. NARFE will have a table set-up at the Program to recruit new members. Volunteers are needed. Please contact **Kim Rendelson** to volunteer.

Join us for our Holiday Luncheon at The Italian Café (7161 Lee Hwy, Falls Church) on Wednesday, December 4th. Reservations are required and details are on page 4.

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Executive Board

President

Kim Rendelson
krendelson49@gmail.com
 703-204-0388

1st Vice President

John Bankson
johnboy1607@outlook.com
 703-256-2295

2nd Vice President

Pat Drobnek
drobp@aol.com
 703-967-3935

Treasurer

Jack Bagnulo
jbagnulo@cox.net

Secretary

Fran Walinsky
walin5@aol.com

Legislation

Mary Ann Munley
mamunley@gmail.com

Newsletter Editor

Doug Jones
doujones500@verizon.net

Alzheimer's

Phil Gilliland
pmgilliland@outlook.com

Public Relations

Lorin Goodrich
lorin.goodrich@outlook.com

Programs

Gabe Goldberg
NARFE@gabegold.com

Outreach

Rosemary Arnolts
 703-578-7619

Senior Citizens Council

Representative
 Gabe Goldberg

Service Officer

Carol Lutz
 703-916-8546

Hospitality

Sharon Sellers
 703-915-8765

Members at-Large

Pat Jack
 Mary Lou Vroman

Web Coordinator

John Bankson
johnboy1607@outlook.com
 703-256-2295

Membership

Doug Jones
doujones500@verizon.net
 703-425-3361

Greeter

Mara Yachnin