

**Serving Current and Retired Federal Civilian Employees, Spouses and Survivor Annuitants**

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he chapter membership normally meets on the first Tuesday of the month September through May with the annual chapter picnic on the first Tuesday in June. Come on out to the next meeting.

**WHEN:** November 5

**PROGRAM:** Tentative, speaker on Health Benefits open season updates.

**WHERE:** The American Legion Post 177, 3939 Oak St, Fairfax City

**TIME:** Social Hour-11:30 AM, Lunch-12:00PM, Program-12:30 followed by Chapter 737 business

**COST:** \$17.00

**CONTACT:** If you plan to attend email [TedPasek@verizon.net](mailto:TedPasek@verizon.net) .

December 3 Annual Holiday Festivities

Fourth Wednesday of each month: VFN Training at [vanarfe.org](http://vanarfe.org) . At the October 23rd training session Ms. Donna Shackelford talked about Alzheimer's Research, the VFN's role and participation in this effort, some of the history and how your donations are used and the process of selecting the researcher to receive the grants. Donna is the Alzheimer's Chair for Region X, the VFN and Fairfax Chapter 737. At FEDcon in St. Louis Donna received an award for all the work she does for Region X, encompassing five states.

**PRESIDENT'S CORNER**

Dear Members of Chapter 737:

The chapter election will occur at the Tuesday 5 November membership luncheon meeting. Please plan to attend this important event. Sign-in will begin at 11:30 a.m. and the luncheon will begin at 12:00 p.m. at the Fairfax American Legion Post 177 located at 3939 Oak St in Fairfax City.

We are tentatively having a speaker who will give updates on health benefit changes.

For those who cannot attend the membership meeting in person, it will be broadcast via Zoom at:

<https://us02web.zoom.us/j/85717402521?pwd=1LuPIIS92bcVvn7iWDV8KdbN3wmQbV.1>

The cost of the luncheon will be \$17 per person. Donations for Food for Others will be welcome. If you plan to attend the November 5th membership meeting, please inform Ted Pasek at [tedpasek@verizon.net](mailto:tedpasek@verizon.net) by e-mail. Making a firm reservation for the luncheon is very important.

The chapter could use some help with managing various functions such as keeping track of the membership, with serving NARFE's efforts to attract donations for research on Alzheimer's disease, or with organizing membership meetings. Please inform me of your interest in serving the chapter in some way. By participating in the election, your interest will be much appreciated.

Sincerely yours,

**Charles "Mike" Fleming – Chapter President**

**FOOD FOR OTHERS**

Don't forget to bring your food donation to be taken to "Food for Others" to help those not so fortunate in Fairfax County. At the last Chapter meeting we collected 104 pounds at the October.

**Needed Food Items** (no more than 3 years expired, unopened, labeled, not homemade):

- Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries)
- Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant)

- Cooking Oil (ideally in cans or plastic instead of glass)
- Dry goods – cereal, pasta, rice, (16 oz packages), dried beans
- Canned vegetables, meat (2oz – 15oz), and fruit (packed in juice 11 oz – 20 oz)
- Spaghetti sauce, 14 oz – 1 lb (ideally in cans or plastic instead of glass)
- Fruit juice (100% juice) 32 oz – 64 oz

Refer to the [www.FoodforOthers.org/give-food](http://www.FoodforOthers.org/give-food) website for a list of most needed items and information on the Power Pack Program (P3) that provides for food insecure children on weekends when they are out of school.

**Ted Pasek – Vice President**

### TREASURER AND MEMBERSHIP REPORT

Treasurer: Finances

Balance as of 9/1/2024	\$7,418.46
Disbursements	166.44
Income	191.80
Balance as of 9/24/2024	\$7,443.82

Membership: Membership

As of 9/24/2024

VA Chapter members:	4,112
VA National Only Members	<u>6,140</u>
Total for VFN	10,252

737 Chapter members	237	(-11)
737 National Only Members	<u>318</u>	(+3)
	555	(+8)

- 1 new member
- 4 dropped
- 1 prospective
- 6 renewed

### LEGISLATIVE REPORT

(As of October 14, 2024)

**NATIONAL LEGISLATION**- Lawmakers averted a government shutdown 40 days before the election, but they'll face another funding crunch right before the holidays and a new Congress and president take office.

Bipartisan negotiators have been trying to make progress on the 12 bills needed to fund federal agencies for the 2025 fiscal year.

Yet there's little time to pass those bills during the lame-duck session; House members and senators are scheduled to be in Washington for only five weeks between election day and the end of the year; and the two chambers haven't reached an agreement on any of the dozen measures. Known as appropriation bills.

A more likely scenario is that Democrats and Republicans would strike an end-of-year deal on a massive, catchall omnibus spending package or punt the issue once again with another continuing resolution, or CR, that would extend funding into the new year on a short-term basis.

They'll need a new funding agreement before federal funding runs out on Dec. 20.

House Speaker Mike Johnson, R-La., insisted in September that the days of just-before-Christmas Omnibus – loaded up with legislative priorities from both parties- are over. But pressed about whether he would promise not to put an omnibus on the floor, Johnson wouldn't answer directly: "We've worked very hard to break that tradition ... and we'll see what happens in December."

House Appropriations Committee Charman Tom Cole, R-Okla., predicted that the two parties could come to a deal and avoid a shutdown in December. But he said the results of the election will dictate what eventually happens.

Continued divided government could lead to tense negotiation, while, for example, if Republicans sweep the House, the Senate and the White House, they may push for another short-term funding patch into 2025, after they take the reins of power. **(NBC NEWS)**

The annual cost-of-living adjustment for federal retirees is set, and for the second straight year, it may disappoint them.

The Social Security Administration announced on October 10 that Social Security beneficiaries will receive a 2.5% cost-of-living adjustment in January, a decrease from last year's 3.2% increase.

Federal retirees enrolled in the Civil Service Retirement System will receive a 2.5% increase to their annuities in January, but former feds who are part of the newer Federal Employees Retirement System will see only a 2% cost of living adjustment.

That is because FERS cost-of living adjustment is calculated based on an extrapolation of the Social Security and CSRS increase. If CSRS sees an increase of less than 2%, FERS retirees receive the full COLA, while if the adjustment is between 2% and 3% like next year, FERS enrollees receive only a 2% COLA. If the CSRS COLA is 3% or more, FERS retirees receive that adjustment minus 1 percentage point. **(Government Executive)**

**VIRGINIA LEGISLATION**- Early Voting is beginning in Virginia for the November election contests. All 11 congressional seats in Virginia are up for election, as is the U.S. Senate seat held by Sen. Tim Kaine (D) who is running for reelection. There are also several local races on the ballot, along with a constitutional amendment related to tax exemptions for surviving spouses of soldiers. Kaine faces Republican Hung Cao who made an unsuccessful bid to unseat Rep. Jennifer Wexton in the 10<sup>th</sup> District in 2022. **(The Washington Post)** Jennifer Wexton said on Sept. 16 that she had been diagnosed with Parkinson's disease and will not seek reelection, opening up a battleground seat in a district that has been trending blue in recent elections. **(NBC News)**  
**Tom Hart – Legislative Program**

### **VIRGINIA FEDERATION OF NARFE (VFN) OCTOBER BOARD MEETING SUMMARY**

Bill Shackelford was re-elected National President for a second term. Cindy Blythe was elected Secretary/Treasurer and Robert Allen re-elected as Region 10 VP.

Save the Date! The 2025 Annual Conference will be held at the Hotel Madison in Harrisonburg on April 6-9, 2025. Registration will be \$95 and includes some meals. The goal is to exceed 150 registrants, vs 116 in 2024. The conference speakers are excellent and their subjects include VFN as well as topics of personal interest, such as health or downsizing.

Alzheimer's donations nationally totaled \$16,308.607 and Virginia was #1 nationally. Good work and thanks for your donations!

The State Legislative Plan for 2025 is now available and will be available at meetings and soon on the VANarfe.org web site.

These are just a few notes from the October board meeting but many discussions included increasing membership, attracting new active members, and increasing participation at the chapter and VFN levels.

### **LOCAL GRASSROOTS ADVOCACY NEWS**

The Fairfax County Department of Transportation is soliciting input for the evolving plan for bike and walking trail development. The Active Fairfax Transportation Plan survey is an opportunity for citizens to make suggestions for the expansion and integration of transportation, biking, and hiking trails. Whether for Alzheimer's, fun, or health; get out and exercise.

## **Your Voice Matters!**



### **Learn more about the project**

Visit the ActiveFairfax project website to for more information on background, findings, and next steps.

**Public input is critical to the success of this planning effort. There are several fun ways to engage and make your voice be heard:**



### **Take the survey**

Share your ideas on the future of active transportation in Fairfax County and provide feedback on the draft active transportation and trail network.



### **Review the proposed Active Transportation and Trails Network**

View and comment on the Active Transportation and Trail Network, using the interactive web map.



### **Stay connected**

Be sure to check the project website (link below) for more information, outreach events and project updates. You can send an email to [activefairfax@fairfaxcounty.gov](mailto:activefairfax@fairfaxcounty.gov) or call the Active Transportation Team at 703-877-5600, TTY 711, to share your ideas or to ask questions.

## **Public comments are open until December 20, 2024**

[FairfaxCounty.gov/Transportation/Bike-Walk/ActiveFairfax](https://www.fairfaxcounty.gov/Transportation/Bike-Walk/ActiveFairfax)



**Return Service Requested**  
**NARFE - Fairfax Chapter 737**  
**5340 GAINSBOROUGH DR.**  
**FAIRFAX, VA 22032-2741**



Postal Service (Time Value) Please Deliver by **October 25, 2024**

#### **NEWSLETTER**

The Fairfax Chapter 737 newsletter is published September through June to provide information on the Chapter membership meetings in those months.

Members should log on to their NARFE account and go to the membership database and update their records. Physical newsletters are coming back as undelivered and digital newsletters are bouncing back because of incorrect or obsolete addresses. It is important to get the national magazine, other NARFE benefits information and chapter newsletters. If you are not getting some of this information, go to <https://www.narfe.org/> to ensure your data is current so you get your full range of information.

Articles for the December issue of the NARFE Fairfax Chapter 737 newsletter are due to the editor by e-mail at Mays.JL@verizon.net by November 15.

**James Mays – Newsletter Editor**