



NARFE Chapter 1116 Newsletter

Vienna-Oakton Chapter 1116
1708 Palm Springs Drive
Vienna, VA 22182-2330

NOVEMBER 2024

Next Chapter Meeting
Tuesday, November 12, 2024
Vienna Community Center (VCC)
1:00 PM
120 Cherry Street, SE
Vienna, VA 22180

Next Board Meeting
Tuesday, November 12, 2024– VCC
3:00 PM

2024 Board **Chapter Officers**

President
Kathy Arpa 703-205-9041
mkarpa@hotmail.com

1st Vice President & Programs
Ralph Dantine 703-938-9757

2nd Vice President &
Membership & Hostess
Jayne Seidman 703-938-2274

Secretary
Nancy Burke-Sanow
703-869-4799

Treasurer
David Graf 703-938-2962

Board Members
Alzheimer's & Photographer
Mark Arpa 703-205-9041

National Legislation
Jim Hathaway 703-255-7135

State Legislation
Chris Gieseler 703-849-0008

Newsletter Team
Kathy Arpa, Dave Graf

Public Relations
Pec Chan 703-930-3596

Service Officer
Vacant

Sunshine
Harriet Epstein 703-560-4137

PRESIDENT'S MESSAGE – KATHY ARPA

We had a good turnout for our October Chapter Meeting featuring our VFN State Legislative Chair Deborah Brown. (See the Chapter Meeting Report on pages 2 and 3.)

Our next meeting on **November 12** will feature Michele Johnson from BlueCross BlueShield. This is one of our most popular meetings where we hear what is new in 2025 and the premiums we will pay. Come early to get a good seat! You may also be interested in attending the Connolly Health Fair on **November 16** to check out other health plans (see page 2).

It is time to elect our **Chapter 1116** officers for 2025. See the slate of officers on page 3. We are also looking for a member to serve as the Service Officer (see details on page 3).

Plans have been made for our annual holiday party on **December 10**. See details on page 2 on how you can sign up to attend. I hope you can join us.

Happy Thanksgiving!


Kathy

MEMBERSHIP REPORT – JAYNE SEIDMAN

As of November 1, 2024, the membership for Chapter 1116 was as follows: 165 Chapter members, 138 National Members in Chapter Area, Grand Total = 303.

The NARFE Fall Membership Drive will run through December 31, 2024. A gift membership would be great for a neighbor or family member, and you would earn \$10 for each new member. Be sure to include your member number (found on your NARFE magazine mailing label) on the application form. An application form is in each issue of the NARFE magazine. You can also contact me for application forms. This would make an ideal gift for a neighbor or friend who works for the federal government or someone who just retired.

COMING UP

Tuesday, November 12 – Chapter Meeting - 1 PM - VCC – Michele Nesbitt-Johnson, CareFirst  Sr. Account Consultant, FEHBP Account Management, FEP Local Operations. Michele will discuss health insurance changes for 2025, including the separation of Postal employees and retirees to the new Postal-only plans. There will also be the election of Chapter Officers for 2025 (see slate of officers on page 3).

Saturday, November 16 -- Congressman Gerry Connolly (VA-11) 15th Annual Open Season Workshop for Federal Employees and Retirees - 10:00 AM – 1:00 PM - Fairfax County Government Center, 12000 Government Center Parkway Fairfax, VA 22035. With an average increase for the 2025 FEHB premiums of 11.2%, you may want to consider another health plan in 2025. This Workshop is an excellent resource with many FEHB and PSHB representatives on site.

Tuesday, December 10 – Chapter Annual Holiday Party – 12 noon – Mulligan’s Pub on the Green in Fairfax, VA.

SAVE THE DATE - April 6-9, 2025 -- 2025 VFN Conference in Harrisonburg, VA

CHAPTER HOLIDAY PARTY -- DECEMBER 10 – 12 NOON

The annual Holiday Party will be held on Tuesday, December 10th beginning at 12 noon at Mulligan’s Pub on the Green (same location as our 55th anniversary celebration). The address is 13700 Golf Trail Ln, Fairfax, VA 22033. Unlike our party in June, we will not have a buffet lunch. Everyone will order from the menu. The full menu will be available. Servings are plentiful. Each attendee will pay for their own meal. The Chapter Board members will provide desserts. You can sign up to attend at the November 12th Chapter Meeting or you can sign up by calling Dave Graf at 703-938-2962 no later than Sunday, **December 8**. All NARFE members and guests are welcome. Officers for 2025 will be installed at the event.



We will collect donations of cash or checks for the Toys for Tots Foundation. Please make your check payable to *Toys for Tots*. We will have the popular 50/50 drawing for NARFE’s Alzheimer’s Research Fund. Donations will also be collected for it. If you would like to participate in a voluntary gift exchange, please bring a wrapped gift with a value of \$20 or more.

REPORT OF OCTOBER 15TH CHAPTER MEETING – NANCY BURKE-SANOW

President Kathy Arpa called the Chapter Meeting to order at 1:00 PM on October 15, 2024 at the Vienna Community Center (VCC). Kathy recognized several guests including Pat Meyers and Nancy Palmerino from Chapter 7 (Arlington), Mary Ann Munley from Chapter 1159 (Annandale) and Carol Campbell, Area IX Vice President from Chapter 356 (Manassas). Following the Pledge of Allegiance, led by Judy Hathaway, there was a Moment of Silence for families and friends affected by Hurricanes Helene and Milton.

Chapter State Legislation Chair Chris Gieseler introduced the guest speaker, Deborah Brown, VFN Legislative Chair. Deborah explained the rationale behind the four legislative issues in the VFN Virginia 2025 State Legislative Plan. They are (1) Repeal of Sunset Provision for Virginia’s Current Standard Deduction Amounts, (2) Revisions to the Age 65+ Deduction, (3) Exempting a Portion of CSRS Pensions Equivalent to Social Security Retirement, and (4) Nursing Home Priorities. Deborah also shared information on the make-up of the VFN Board and highlighted some of the activities she has participated in around Virginia. Mary Ann Munley and Chris Gieseler (from our Chapter) who helped draft the 2025 Legislative Plan, clarified their contributions to portions of the plan. Copies of the Plan were distributed to attendees at the meeting. If you would like a copy, please see Kathy Arpa at the November 12th Chapter Meeting.

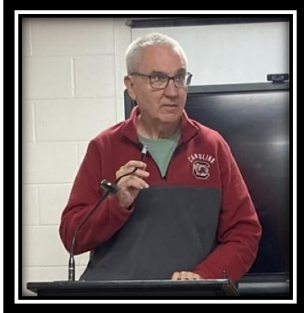
Pictured left to right – Mary Ann Munley, Deborah Brown, and Chris Gieseler ==>>>



This was followed by a break during which members enjoyed an array of Halloween snacks and goodies provided by Hostess Jayne Seidman. Judy Hathaway and Kathy Arpa.

The Business Meeting was convened at 2:19 PM. Dave Graf read the Secretary's Report from the last membership meeting on September 10 and gave the Treasurer's Report, including a summary of the receipts and expenses. Membership Chair Jayne Seidman reported that the Chapter has 163 members. Dave Graf provided information about the Holiday Party.

The State Legislation report was presented by Chris Gieseler. The National Legislation Report was presented by Jim Hathaway. Mark Arpa reported that Virginia is the largest donor to NARFE's Alzheimer's Research Fund. Programs Chair Ralph Dantine announced the upcoming Chapter meetings.



In new business, Bill Inch (pictured here) announced the slate of officers for 2025:

President	Kathy Arpa
1 st Vice President	Ralph Dantine
2 nd Vice President	Jayne Seidman
Secretary	David Graf
Treasurer	Chris Gieseler

The election will be held at the November 12th Chapter Meeting and nominations from the floor will be accepted.

Margaret Murphy conducted a drawing for the 50/50 raffle to benefit the Alzheimer's Research Fund. The meeting adjourned at 3:07 PM.

TREASURER'S REPORT - DAVE GRAF

Since the October Newsletter, there has not been any dues income and there have not been any expenses. Dues collected by NARFE's National Headquarters for September have not been sent to us due to the delays in implementing the software revisions to NARFE's systems. \$47.00 was received for Alzheimer's Research at the October 15th Chapter meeting. A Chapter member also donated \$150.00 to Alzheimer's Research. These donations will be sent to the VFN Coordinator for the NARFE Alzheimer's Research Fund. The total contribution for this year is \$987.00.

Members who wish to make charitable, tax-deductible donations toward the treatment, prevention and ultimately a cure for this disease and enable our Chapter to also get credit, should make their check payable to **NARFE-Alzheimer's Research Fund** and include Chapter 1116 on the memo line. Bring your check to our next Chapter meeting on November 12th, the December 10th Holiday Party, or mail your check to me at:

Treasurer, NARFE Chapter 1116
1708 Palm Springs Dr.
Vienna, VA 22182-2330

SUNSHINE REPORT – HARRIET EPSTEIN

The weather is changing, and it is hard to know whether we need the (HVAC) heat or the air conditioning. Either way, I hope you remain healthy during these long fall and winter months and shorter days. If you know of someone who needs a little sunshine, please call me on 703-560-4137.

Help Wanted! We are looking for a Service Officer for the Chapter. Special thanks to Susan Larson who served in this position. Chapter service officers are key figures in the operation of an efficient and effective service program. He or she should focus on helping individual chapter members, their families and survivors make proper contacts as outlined in the NARFE Service Manual. It is important that all service officers have a personal computer, printer and Internet access in order to provide the best service to members. More and more often, OPM and other federal benefits agencies are reducing, and in many instances are no longer making paper forms and information available. Instead, these materials are being made available only online. If you are interested in this important position, please contact Kathy Arpa.

LEGISLATION REPORTS

NATIONAL LEGISLATION REPORT– JIM HATHAWAY

Congress Returns Home to Campaign

Members of Congress left Capitol Hill to hit the campaign trail for the six weeks leading up to Election Day, leaving a lot of their work unfinished. The Republican-led House and Democratic-led Senate are on recess until November 12.

Now that the election is over, lawmakers will return to Washington, D.C., where they will need to tackle the must-pass legislation they have put on hold instead of negotiating new bipartisan compromises. So far this year, they have delayed reaching agreements on crucial measures like the farm bill, this year's government funding bills, and the annual defense policy legislation.

Federal Employee Return to Work Act

There's a new bill in the House about teleworkers and their locality pay. Rep. Dan Newhouse from Washington has introduced the Federal Employee Return to Work Act (H.R. 10014). This bill says that if federal employees telework at least once a week, they won't get the locality pay based on their official workstation. Instead, they'll be considered part of the "Rest of U.S." locality pay area, which could mean a pay cut of up to 30%.

This House bill is a companion to a similar Senate bill introduced by Sen. Bill Cassidy from Louisiana back in August. Locality pay, especially in cities like New York, San Francisco, Houston or Washington, D.C., make up a significant portion of a federal worker's salary—up to 30%! The idea behind locality pay is to reduce pay gaps between federal and private sector workers within a region, making it easier for agencies to attract talent. There are some exceptions, though. The bill doesn't apply to federal employees with disabilities, members of federal law enforcement, the Foreign Service, or active-duty military. But it does affect the 85% of the federal workforce whose homes and official worksites are outside the D.C. area. Interestingly, Newhouse hasn't introduced a companion bill for Cassidy's other telework proposal, which would change how locality pay factors into retirement calculations for new federal employees.

FEHB, PSHB and FEDVIP Open Season

Reminder that the annual open season to change plans runs from *Monday, November 11 thru Monday, December 9.*

VIRGINIA STATE LEGISLATION REPORT – CHRIS GIESELER

The Virginia Federation of NARFE's (VFN) Legislative Team met via Zoom on October 18, 2024. The meeting was called to order by State Legislative Chair Deborah Brown, who stated that the purpose of the meeting was to gather information regarding ways for the VFN to get word to Virginia state legislators regarding the VFN's 2025 Virginia State Legislative Plan. She reiterated that the VFN Board had formally approved the Plan earlier in October. (Copies were distributed at our October Chapter Meeting.) During the Zoom call, we discussed various strategies for contacting members of the General Assembly about the Plan, including having the Board communicate with appropriate committees of the General Assembly regarding items on the Legislative Plan that were relevant. Ms. Deborah Fisk, VFN First Vice President and a member of the Legislative Team explained during the Zoom session that, consistent with past practice, the Executive Committee of VFN Board will be sending letters to all members of the General Assembly enclosing copies of the "trifold" version of the Legislative Plan. Ms. Brown said she would keep in mind the protocols of the Board and would make it her responsibility to develop a strategy regarding distribution of the 2025 Legislative Plan.

A limited number of copies of the VFN Board-approved 2025 Legislative Plan will be available at our November 12 Chapter Meeting.

