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Since  
1921

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National Association of Active and Retired Federal Employees  
Virginia Federation of Chapters  
Chapter 595  
Serving Colonial Beach, Westmoreland, and King George

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President's Letter/November 2024

Dear Members of Colonial Beach Chapter 595,

We just hosted another successful Harvest Supper on November 2, 2024. We had fifty people in attendance, we had a silent auction and a 50/50. This year we added another fund raising item thanks to Jean Starky. She put together a lovely wine basket with lots of goodies and sold tickets. The money from the tickets was added to the total money raised. We were able to give away 50 door prizes with about half from Colonial Beach businesses and the other half from Dalhgren and King George. This breakdown reflects the make up of our chapter membership. Our Treasurer is still counting the money but we will have the totals announced at our next meeting. As you know November is Alzheimer's month and so this is when we raise funds for NARFE's charity. The total raised by NARFE for Alzheimer's research keeps growing and growing and the research projects that NARFE is funding are yielding positive results in our fight against Alzheimer's. Last year our chapter raised over \$2000. Maybe we can beat that amount this year. So many chapter members helped us this year and if I list some names, I probably will forget someone. But thanks to everyone who helped set up, helped clean up, brought food, sold tickets, brought items for the silent auction, helped get door prizes, and helped with the music. And of course, thanks to everyone who came to the Harvest Supper who bought items from the silent auction, 50/50 and the wine basket. So you can mark your calendars, our next Harvest Dinner will be the first Saturday in November, 2025!

Speaking of our next meeting, we are now a traveling Chapter. Since our meeting place for the last thirty years, Hunan Diner, is no longer available, we have tried out two new venues, Wilkerson's Seafood Restaurant and Ledo's Pizza and Pasta. For our November meeting we will meet at Los Hermanos Restaurant on Monroe Bay Avenue. For many years this restaurant was called the Lighthouse. We will have a private room which has a lovely view of Monroe Bay. The menu is reasonably priced and is Mexican cuisine. This should be a new adventure.

As always, we have an interesting speaker for our November meeting, thanks to our 1st Vice President, Jim Lynch. We will also be discussing our plans for the Christmas Holiday, nominations for Officers for 2025, and of course the results of our fundraising for Alzheimer's.

Looking forward to seeing you on the 12<sup>th</sup> of November at Los Hermanos Mexican Restaurant, Monroe Bay Avenue, Colonial Beach.

Leslie Ravenell, President      Colonial Beach Chapter 595

P.S. We have had some difficulty getting out the newsletter and Stan Palen is using a new program. If you get an email from Stan, please open it up so you can continue to receive our newsletter.

The Food Bank this month goes to St Mary's Episcopal Church

**MEETING NOTICE**

**November 12, 2024**

**12 PM at Los Hermanos**

**Our speaker this time is Dale Sisson Technical Director of Naval Surface Warfare Center.**

## From our VP

Our speaker this month will be Dale Sisson. Dale was born in King George, and lived in King George his entire life, for his years at Virginia Tech, and working in private industry in South. . He has been employed at the Naval Surface Warfare Center since 2000. Dale quickly rose through the ranks being named Technical Director in November of 2021. As Technical Director he leads a staff of over 5000 scientists, engineers and support staff, and managing technical projects funded at \$2.6 billion. married Tina Burrell, a life-long resident of King George, in 1993. Dale has been very active in the community as well, having served three terms on the King George Board of Supervisors and being active in his church. One of his accomplishments is bringing a branch of the YMCA to King George.

Jim Lynch VP

The following is from FEDweek Weekly Roundup: November 2, 2024

### [IG Raises Concern about Customer Support in Postal Health Care](#)

The inspector general's office at OPM has raised concerns about customer service for Postal Service employees and retirees in their transition from the FEHB to the new Postal Service Health Benefits program.

In a report issued just ahead of the open season running November 11-December 9 for 2025 health coverage, the IG said that OPM "does not have comprehensive documented plans, policies, and procedures for the operation" of the customer support function in the upcoming open season and beyond. [Continue reading >](#)

### [Is 2025 the Year to Open an HSA?](#)

There tends to be a lot of confusion between Flexible SPENDING Accounts (FSA) and Health SAVINGS Accounts (HSA). While both allow for the use of pre-tax dollars to pay for qualified healthcare expenses, the HSA has benefits that far surpass this feature. November 11 – December 9, 2024 is open season for federal benefits.

When comparing Federal Employee Health Benefit (FEHB) plans, feds should take a close look at their HSA options. [Continue reading >](#)

### [Report Shows Where Social Security GPO, WEP Reductions Hit the Most](#)

Following is a new brief report from the Congressional Research Service showing the differing impacts by state of the Social Security government pension offset and windfall elimination provisions, in advance of a possible House vote as soon as November to repeal those provisions. [Continue reading >](#)

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**Meeting Date**  
**November 12**  
**At Los Hermanos**

Address Correction Requested

We are on the Web  
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