

**PRESIDENT**

Vacant

Greetings,

**VICE PRESIDENT**

Otis Langford

[owlangford@outlook.com](mailto:owlangford@outlook.com)

703-975-2520

As we look ahead to another exciting year, we are eager to build a strong leadership team that will help guide our chapter. This is a great opportunity for you to step up, share your talents, and make a difference in our organization and the community. We are currently seeking dedicated members to serve as chapter officers and committee leaders.

**TREASURER**

John G. Olsen

Serving as an officer or committee leader offers a unique chance to:

**Asst. TREASURER**

Jim Wagner

- Shape the future of our chapter: Your ideas and leadership will directly impact the direction we take.

**SECRETARY**

Debbie Pumphrey

- Expand your network: You'll work closely with fellow members, community leaders, and other chapters.

**ALZHEIMER'S**

Margaret Yowell

- Give back: Serving allows you to contribute to our organization and the greater good of our community.

**MEMBERSHIP**

Gerry Frazier

We have several positions to fill, including President, Vice President, Treasurer, and Secretary. Committee Leaders are needed as well. If you have a specific interest or skill, there's likely a committee for you!

**LEGISLATIVE**

Michael Moore

**OUTREACH**

Joanie Capella

If you are interested, please reach out to Marcy Stennes at [marcystennes@msn.com](mailto:marcystennes@msn.com) or 703-424-1291. We encourage all members, both new and long-standing, to consider this opportunity. Our chapter needs the dedication and creativity of its members.

**IMMEDIATE**

**PAST PRESIDENT**

Marcy Stennes

[marcystennes@msn.com](mailto:marcystennes@msn.com)

703-424-1291

Step forward to help guide our chapter.

**WEBMASTER**

Stan Palen

[stan@vanarfe.org](mailto:stan@vanarfe.org)

Otis Langford,

*Acting President*

## ALZHEIMER'S

I'm happy to report as of Oct 16, Chapter 893 has raised \$2,762.00 toward our goal of \$4,000. Yes, there is still a way to go, but there is still time. ANY and ALL amounts are welcomed, needed and appreciated. Perhaps you would consider a "THANKSGIVING Donation" - a way to be thankful for the many dollars donated over the years that have led to many studies and new medications. You DON'T have to give a lot - any and all donations are needed and added to the other donations coming in, it adds up to a lot. We only have a couple months left in 2024. NARFE pledged it will raise another \$1M by Dec 2026. If you have considered donating but haven't gotten to it yet, November makes a great month to do it!!! 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](mailto:Fitzhughlady@aol.com) or 703-451-3287.

**Margaret Yowell**, *Alzheimer's Chair*

## BYLAWS

We're at an important turning point in our chapter, and your support can make all the difference. The updated bylaws have been carefully crafted to reflect our values, strengthen our organization, and ensure transparency and fairness for everyone involved.

By voting to support these bylaws, you're helping us build a more unified, efficient, and forward-thinking chapter. These changes are designed to make us stronger and better equipped to meet future challenges.

Your vote is needed. Let's come to the November meeting to vote approval of our revised bylaws and set a solid foundation for the success and potentially the growth of our chapter.



## THE LITTLE THEATRE OF ALEXANDRIA (LTA)

Alexandria's favorite yuletide tradition continues! From the first "bah humbug" to the final "wassail," this timeless classic is sure to rekindle your holiday spirit. Join all your favorite Dickens characters – Tiny Tim and the Cratchit family; the Fezziwigs; the Ghosts of Christmas Past, Present, and Yet to Come; and, of course, everyone's favorite curmudgeon, Ebenezer Scrooge – as they transport us to Victorian England and remind everyone of the meaning of Christmas.

If NARFE is offered an opportunity to see "A Christmas Carol," the date will be announced via separate email. There have been times in the past when they did not offer tickets to us for this production. 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:

Marcia L. Bowker	Alexandria
Charles E. Collins	Marlton, NJ
Nancy P. Summers	Fairfax Station
Barbara A. Wood	Rye, NH
Raymond A. Tanney	Reston

We welcome our newest members:

Diane Stinger	Springfield
Stephanie Pettoni	Springfield

Gerry Frazier, *Membership Chair*

## SUNSHINE

Get well cards were sent to NARFE 893 members (and EC members) Margaret Yowell and Michael Moore.

## 2025 Cost of Living Adjustment (COLA) Revealed

The 2025 cost-of-living adjustments (COLA) will provide a 2.5% increase to Civil Service Retirement System (CSRS) annuities and Social Security benefits, while Federal Employees Retirement System (FERS) annuities will see a 2% boost. The 2025 COLA is the lowest annual rise since 2021, when beneficiaries saw a 1.3% increase to benefits

## TINY ACORN TO MIGHTY OAK

IN THE SUMMER OF 1963, J. Franklin Little of the VA Federation of Chapters contacted retired federal employees in the Springfield area inviting them to the local Howard Johnson's Restaurant to discuss founding a NARFE chapter in Springfield. Only three people showed up, but the tiny acorn seed was planted. The three agreed to solicit at least the five additional members needed for form a chapter. It took until Oct 1963 to arrange a formation mtg with 14 participants. NARFE National issued the chapter charter in December 1963. Voila, Chapter 893! The first officers were President William M. King, Vice president Walter J. Venske, and Secretary/Treasurer Robert D. Lyons.

In the early years Chapter 93 met monthly in the Springfield U.M Church and the Richard Byrd Library. The early meetings were mainly concerned with NARFE business matters, but as membership rapidly expanded, the chapter programs covered a wide range of topics. Now forty-five years later, the Chapter 893 acorn has become a mighty oak tree with 1,761 members, the second largest chapter within NARFE. We all enjoy its many activities, both social and advocacy, as we live up to our motto - Chapter 893 - Serving our Members. (Robert H. Osborn, Chapter Historian) Included in our Chapter Newsletter of Feb 2009)

## 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.**

**November 6, 2024**, ExCom Meeting, 1:00 pm.

**November 13, 2024**, Lunch/General Meeting, 12:00 pm. Our speakers for November for the Federal Health Insurance briefing are Julia Wright from Federal Blue Cross Blue Shield and Antoinette Duncombe from United Health Services. If anyone has specific questions they would like answered, please email questions to Marcy Stennes, [marcystennes@msn.com](mailto:marcystennes@msn.com), by November 6.

**December 4, 2024**, ExCom Meeting, 1:00 pm.

**December 11, 2024**, Holiday Luncheon, 12:00 pm. Come enjoy our holiday luncheon with an Alzheimer's Basket, raffle, door prizes, etc. Get into the holiday spirit with your fellow NARFE Members!

**January 8, 2025**, ExCom Meeting, 1:00 pm.

**January 15, 2025**, Lunch/General Meeting, 12:00 pm. Speaker TBD.

**NARFE Springfield Chapter 893  
P. O. Box 523118  
West Springfield, VA 22152-3118**

**ADDRESS SERVICE REQUESTED**

