



NARFE NEWS

ROANOKE VALLEY CHAPTER 0111

2024 OFFICERS

<p>President Frances Boatman (540) 774-3031 feboatman@live.com</p>	<p>1st Vice President Carolyn Tucker (540) 797-5037 ctucker1212@gmail.com</p>	<p>2nd Vice President Karen Simmons (540) 525-1043 ksim285032@aol.com</p>	<p>Secretary Ellie Long (540) 772-0468 lalaw1986@gmail.com</p>	<p>Treasurer Mark Fisher (540) 772-0984 mcfisher2@cox.net</p>
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TELEPHONE NUMBER FOR OPM: 1-888-767-6738 (M-F, 7:40 a.m. – 5:00 p.m.)

Websites: NARFE: www.narfe.org FEDHub
 Chapter 0111: <https://www.vfn.org/Chapter-111> VFN: www.vanarfe.org
 VFN Facebook: [NARFE Virginia Federation | Facebook](https://www.facebook.com/NARFE-Virginia-Federation/)
 VFN National Legislation Facebook: <https://www.facebook.com/vfnnatleg>
 VFN State Legislation Facebook: <https://www.facebook.com/vfnvaleg>

PRESIDENT’S REPORT



Thank you Membership Chair Carolyn Tucker, Karen Simmons, Ruth Greene, Joanne Hawley, Phyllis Scruggs, Wanda Ware, and Ellie Long for successful membership drives at the Roanoke Post Office, Postal Carrier Annex, and Vinton War Memorial Health Fair. We obtained information for 39 prospective members and welcomed four new members. David Cundiff won the drawing for a year’s membership. A strong membership gives us voice, and working together we will succeed.

Open Season begins November 11th and ends December 9th. NARFE Federal Benefits Institute will be presenting Open Season Webinars throughout November. Click [here](#) for details on each program.

What You Need to Know About the New Postal Service Health Benefits Program
 Thursday, November 7, 2024, 2:00 p.m. ET

How FEHB & Medicare Work Together
 Tuesday, November 12, 2024, 2:00 p.m. ET

Picking FEHB Plans for Retirees without Medicare
 Thursday, November 14, 2024, 2:00 p.m. ET

FEHB and Medicare Part D
 Thursday, November 21, 2024, 2:00 p.m. ET

Training via Zoom is offered by our Virginia Federation Electronic Communications Committee the first Wednesday of each month. November 6th at 2 pm will be on “AMS Database and Using Communication Tools”. Our Virginia Federation Training Committee offers training on the fourth Wednesday. Due to Thanksgiving, it will be on the third Wednesday, November 20th at 2 pm. VFN National Legislative Chair Gaston Gianni will discuss changes as a result of the 2024 elections and how they may affect NARFE.

December 6th Holiday Buffet Luncheon will be held at Holiday Inn Tanglewood. Program Chair Karen Simmons has a great program planned to celebrate the season. Reservations deadline is November 25th. I hope to see each of you there. Bring your gifts for the Catawba Hospital.

Happy Thanksgiving!



Frances Boatman
 President



LEGISLATION

Federal

The Social Security Fairness Act of 2023, The Social Security Fairness Act, [H.R.82/S.597](#) would fully repeal the WEP and GPO. H.R.82 has 330 co-sponsors. S.597 has 62 co-sponsors including both Virginia Senators.

The Social Security Fairness Act reached the required 218-signature threshold needed to force a floor vote through a discharge petition. House Majority Leader Steve Scalise has stated he will schedule a vote on the full house floor after the election. If it passes in the House it will go to the Senate. NARFE President Bill Shackelford sent a [letter](#) to Senate leaders in October asking them to bring S.597 to a vote in that chamber.

State

Ruth Greene distributed the 2025 VFN State Legislation Plan brochure to attendees. Now is the time to contact your state legislators to introduce bills that address VFN issues and/or support any bills introduced by others.

**Bill Ketron
Legislation**



**HOLIDAY
BUFFET
LUNCHEON**

**HOLIDAY INN TANGLEWOOD
DECEMBER 6, 2024 at 11:30 a.m.
\$25.00 PER PERSON**

Payment may be made:

-By mail to:
NARFE Chapter 111
P.O. Box 12703
Roanoke, VA 24027-2703

Make check payable to: NARFE Chapter 111

Payment must be received by Wednesday, November 25, 2024 and include this coupon:

Name (s): _____

Address: _____

Total Amount Enclosed: \$ _____

Catawba Hospital Gift List

Consider bringing a gift to the luncheon for donation to Catawba Hospital. Do not wrap the gifts. Gift Suggestions: Sweat Suits (S-3XL); Underwear / Bras (all sizes); T-Shirts (all sizes); Tennis Shoes/Socks (all sizes); Cardigan Sweaters; Coats; Gowns/Pajamas; Radios with batteries; Wristwatches; Body Lotion/Shower Gel; Large-Print Bibles; Playing Cards/Uno Cards; Board Games; Coloring/Word Search Books; Non-toxic Crayons and Markers; Writing Paper/Postage Stamps; Sugar-free Gum; Diet Soda in Plastic Bottles; Diabetic Candy; Donation Checks. They will be delivered following the meeting.



TREASURER'S REPORT

Account as of October 31, 2024
CHAPTER NUMBER 111
Roanoke Valley, Roanoke VA

Beginning Bank balance	\$2528.24
Receipts	
Dues collected	\$0
(Due to AMS Update)	
Chapter Transfer In	\$0
Alzheimer's (YTD \$374.00)	\$0
50/50 - \$0	
Donations - \$0	
(Due to Zoom Meeting)	
Personal Checks passed through not deposited - \$20.00	
Total receipts	\$0
Subtotal	\$2528.24
Disbursements	
Officer Expenses	\$0
Office Expenses	\$0
Program Expenses	\$0
Alzheimer's	\$0
Speaker's Lunch	\$0
1 st Timers and pass through	\$0
Newsletter	\$92.66
Subtotal	\$92.66
Total disbursements	\$92.66
BANK BALANCE	\$2435.58
Total Obligations	\$300.00
VFN Registration Reimbursement	
Balance on hand for use	\$2135.58

**Mark Fisher
Treasurer**

NOVEMBER 2024 MEETING MINUTES

NARFE Roanoke Valley Chapter 0111, Area VII, met on Friday, November 1, 2024 at Olive Garden. Frances Boatman, President, conducted the meeting. The meeting was called to order at 12:10 p.m. with 27 people in attendance including our guest speaker. There were two new members and two guests. A quorum was present to conduct chapter business.

November birthdays were recognized.

Veterans were recognized and received a round of applause.

Wanda Ware, Chaplain, discussed the history and meaning of Thanksgiving Day and led us in prayer and the Pledge of Allegiance. She asked that we send get well wishes to Elaine Drewry who is recovering from a leg injury.

The Secretary's minutes for the October 2024 meeting were approved as published by acclamation.

Ellie Long, Secretary, reported one member death.

Ellie gave the October 2024 treasurer's report.

Carolyn Tucker gave the membership report. Currently there are 149 chapter members. She and other chapter members participated in three well attended membership drives in October. Welcome to new members **David Cundiff, Bob Fetzer, Ben Trunzo, Linda Watson, and Lawrence Williams.**

Karen Simmons said a comprehensive search for a new meeting place was conducted and asked if Olive Garden would be acceptable for our new permanent meeting location. Those in attendance approved. She discussed meal arrangements and costs for the Holiday Luncheon. Ellie made a motion we pay \$25 per person and Wanda seconded. Motion approved.

Bill Ketron gave the Legislation report.

Ruth Greene, Area VII VP, discussed the 2025 VFN Conference April 6-9 in Harrisonburg. If you're interested in volunteering to help, let Ruth or Frances know.

Frances gave the President's report.

Frances conducted the election for our 2025 officers. There were no nominations from the floor. With no other candidates, Frances Boatman, Carolyn Tucker, Karen Simmons, Ellie Long, and Mark Fisher were re-elected. Motion made by Frances, seconded by Don Conner. Motion approved.

Our guest speaker was Morgan Canterbury Bowles, who discussed the upcoming FEHB Open Season. Contact her at 540-598-4488 or morgan.canterbury@anthem.com

BC/BS Basic Option, Standard Option, Blue Focus, Dental, and Vision all have rate increases in 2025. The \$800 Medicare Reimbursement remains in Basic option.

Nothing on the plans changed if you have Medicare A & B. Added was a weight loss program; you receive a scale and one on one coaching.

The Postal Service Health Benefits (PSHB) Program is a health benefits program exclusively for USPS employees, retirees and their families. One of the PSHB requirements is that you must join your health plan's Medicare Part D prescription drug plan.

-You do not have to enroll in Medicare Part B but if you have it, depending on your income level, you may need to pay an Income-Related Monthly Adjustment Amount ([IRMMA](#)) for this Part B coverage

-You have to take the Medicare Part D prescription drug plan. You can opt out, but you will have no prescription benefit coverage. So don't do it. This is true for all PSHB plans, not just the one for BC/BS.

-Medicare Part D is not a separate plan; it's automatically included. You do not have to buy anything else. It replaces the prescription drug plan you had under your previous insurance. Depending on your income level, you may need to pay an IRMMA for this Part D coverage and you cannot use coupons with this program.

-You will automatically be enrolled. The code will change and premium will increase a bit more than non-postal plans. Confirm your enrollment with your plan representative.

There was a brief discussion about switching from BC/BS Standard to Basic. The concern was Basic does not pay for out of network charges. (Locally, Lewis Gale ER physicians aren't in network, but Medicare covers them.) Morgan said in general, it was rare that out of network claims under Basic were declined and were always approved for life and death emergencies.

The 50/50 (Alzheimer's Fund) drawing was won by Bill Ketron.

The meeting was adjourned at 2:03 p.m.

**Ellie Long
Secretary**



DECEMBER BIRTHDAYS

5 Karen Simmons	23 Nancy Griggs
7 Martha Barnas	26 Sam Stevens
12 Carolyn Tucker	30 Susan Dugrenier
13 Donie Mann	

IN MEMORIUM

Garnet Guilliams Hypes, 86 of Vinton passed away unexpectedly on October 13, 2024. She was an annuitant survivor. Her late husband, Paul C. Hypes, was retired from the U.S. Postal Service.

We extend our condolences to the family.

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES
ROANOKE VALLEY CHAPTER 111
P O BOX 12703
ROANOKE VA 24027-2703**

**NON-PROFIT
U. S. POSTAGE
PAID
PERMIT NO. 419
ROANOKE VA**

CHANGE SERVICE REQUESTED



2024 COMMITTEE CHAIRPERSONS

Alzheimer's	Phyllis Scruggs
Sergeant at Arms	Anne Cepeda
Chaplain	Wanda Ware
Historian	Ellie Long
Internet Coordinator	Ellie Long
Legislative	Bill Ketron
Membership	Carolyn Tucker
Newsletter Editor	Ellie Long
Outreach	Bud Rawlins
Programs	Karen Simmons
Public Relations Officer	vacant
Service Officer	Mark Fisher

NEXT NARFE MEETING

Friday, December 6, 2024

**HOLIDAY INN
TANGLEWOOD
4468 Starkey Road,
Roanoke, VA 24018**

**Gathering at 11:15 a.m.
Meeting at 11:30 a.m.**



**Annual Chapter Meeting
and
Holiday Luncheon**

RESERVATIONS ONLY