

NARFE

FEDERAL BENEFITS EXPERTS

Reaching Out

December 2024

Arlington, VA Chapter 7

National Active & Retired Federal Employees Association

Meetings: 2nd Wed of Month Sept through May (except December) Beech Rm, Lubber Run Community Ctr, 300 N. Park Dr., Arlington - 12:15 p.m.

President's Message

Pat Meyers

Happy Holidays to All. With the warm weather we've had, it's hard to believe that Thanksgiving, closely followed by Christmas is upon us. We had a great turnout for the pizza luncheon and Blue Cross/Blue Shield presentation at our November meeting. Those present gave a positive response to future pizza lunches, so we plan to include a few more in our calendar next year. Thanks go to Rita Rutsohn, Dan Perch, and Dick Meyers for help in set-up and especially to Bob Maynes who not only suggested the idea but provided his support through-out the project. Area VP, Ted Pasek installed officers after the program. Unfortunately, our speaker was unable to provide materials since they were not yet printed at the time of our meeting. I just received digital copies of the Dental Annuitant Plan and the 2025 FEHB & PSHP Medicare at a Glance brochure. We'll try to attach these digital copies to the electronic version of the newsletter. If you don't use e-mail, please call me at 703-578-3372 if you'd like a copy.

Remember the date: **Thursday, December 12, 2025**. Our speaker at the holiday luncheon, Annette Benbow, Arlington Historical Society, is excited to let us know of the plans to date for the 250th celebration of our country. Annette served as Director of the Balls-Sellers House Museum (the oldest house in Arlington County) since 2012 and is the driving force behind our 250th celebration. She retired in 2020 after 35 years of service in the CIA where she was a political and counterintelligence analyst, after which she managed inspections in the Office of the Inspector General. **Reminder: luncheon reservations are due to me by 6 December 2025**. I will accept reservations via phone.

Nominations for VFN officer positions are due to me by 6 January 2025. I agreed to chair the VFN Nominating Committee so if any chapter member would be interested in any of the following offices, please let me know: President, 1st Vice President, 2nd Vice President, Secretary, or Treasurer. I'll need a declaration of intent plus a brief resume/bio (about 200 words) and a headshot photo by the above date. Descriptions of these positions can be found in the VFN bylaws and policy handbook on the vanarfe.org website.

The Virginia Federation is also moving out with its plans for the annual conference to be held at the Hotel Madison in Harrisonburg, VA from 6-9 April 2025. The conference theme is: "Our Future - Stronger Together" and according to President Boatman reflects the power of collaboration, innovation and unity as we move forward in an ever-evolving landscape. The early registration fee is \$95 through February 17, 2025 and includes conference material, welcome reception, banquet, two lunches and morning and afternoon breaks. Hotel room rates are \$107. per night plus tax. Conference registration forms and

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information will be posted to the website <http://www.vanarfe.org/conf2025>. We'll keep you posted as well.

We look forward to seeing you at the holiday luncheon!

Legislative Corner

Ed Weiler

Call for All chapter 7 Members to Advocate for Passage of Virginia's *Senate Bill 108* (that would protect the current enhanced standard deduction levels in Virginia's State Income Tax)

Back in October, the *Legislative Corner* covered the Virginia's Federation of NARFE Chapters (VFN's) *2025 State Legislative Plan* (now available @ VANARFE.org). The first item on this list calls for the passage in 2025 of a bill (*SB108*) that was considered in 2024 by the Senate's Finance and Appropriations Committee, and recommended unanimously for carryover to the following session of the General Assembly.

Here's what you need to know. Under current law, recently-enhanced standard deduction levels for Virginia's State Income Tax (\$8,500 single; \$17,000 married, filing jointly) will revert to levels that prevailed in 2005 (\$3,000 single; \$6,000 married, filing jointly). In terms of 2024 dollars, that \$6,000 deduction will be worth only approximately \$3,714. *SB108* would repeal this "sunset" provision in current law, and provide for the current enhanced levels for 2026 and beyond.

Fortuitously, most of Chapter 7's members reside within the District boundaries of either Sen. Favola, or Sen. Ebbin (District 40 or District 39, respectively), both of whom sit on Finance and Appropriations, and voted in 2024 to have *SB108* carried over to 2025. Got it? For this plank in VFN's State Plan, we don't have to go shopping for a sponsor to submit a bill, since *SB108* is already in the hopper, and key Senators have already committed to give it a hearing in 2025. In baseball terms, *SB108* is already perched on first.

What you are asked to do is email your Senator and urge a positive vote on *SB108*, first in committee, and then again, if and when it comes up for a floor vote. To find out the name of your Virginia State Senator, go to: <https://viriniageneralassembly.gov>, and click on "who's my legislator?" Contact info for: (1) Sen. Favola: senatorfavola@senate.virginia.gov; 804-698-7540); and (2) Sen. Ebbin: senatorebbin@senate.virginia.gov; 804-698-8957).

Finally, please find in attachment to the electronic version of this newsletter, a template, or suggested e-mail text for your ask from either Senator Favola or Ebbin.

Alzheimer's Report

Nancy Palmerino

We collected \$91 in contributions for Alzheimer's research at our October meeting and \$83 at our November meeting. This brings the total collected to-date for 2024 to \$1,170.19. We've set a goal of \$1,500 in donations for the chapter this year. Your tax-deductible contributions will be accepted at any time. To enable our Chapter to receive credit for donations, checks should be made payable to NARFE - Alzheimer's Research with Chapter 7 in the Memo line. We will gladly accept checks at the luncheon. Checks may also be mailed to Treasurer, Arlington Chapter 7, P.O. Box 100971, Arlington, VA 22210.

Membership Report

Nancy Palmerino

We currently have 258 Chapter members and an additional 454 National members in our chapter area for a total of 712 Chapter and National members. Our chapter memberships include 62 1-year members, 34 2-year members, 90 3-year members, 61 dues withholding members and 11 Life members.

NARFE Fall Membership Drive

Through December 31, 2024, current members can earn \$10 as well as other prizes for each new NARFE member they recruit (the recruiter's ID number must be provided on the NARFE application or on the online application form when the new member joins – you can find your membership ID on the mailing label for your NARFE Magazine). See page 68 of your December NARFE Magazine for more details. To make sure our voices are heard by Congress we need to strive to increase membership, and all members should view themselves as recruiters. So please get involved in this important effort and recruit. (A Membership Application can be found on page 49 of your December NARFE Magazine.)

Holiday Luncheon – December 12

Pat Meyers

We hope you'll join us for fellowship and good food at our annual holiday luncheon on Thursday, December 12, 2024 at the Italian Cafe, 7161 Lee Highway (S. Washington St.), Falls Church, VA. Our speaker will be Annette Benbow of the Arlington Historical Society, and we'll also have our basket raffle for Alzheimer's Association research. Social hour/cash bar will begin at 11:30 a.m. with lunch to follow at 12:00 p.m. The price of the luncheon is \$28.00 and will include salad, choice of entree, bread, non-alcoholic beverage and choice of dessert. Reservations **must** be received by **December 6, 2024**. Please select one of the entrees and desserts below:

1. Poached Salmon - Poached with garlic, lemon, herbs and chardonnay wine sauce. Served with roasted potatoes and vegetables.
2. Chicken Marsala - Chicken breast with mushroom/marsala wine sauce. Served over linguini. (Please note that Marsala sauce is not gluten-free.)
3. Eggplant Parmesan - Multi-layered eggplant topped with cheese and tomato sauce, served with a side of pasta and vegetables.
4. Spaghetti with Meat Sauce or Tomato Sauce (**please specify choice of sauce**).

Gluten-free penne pasta available upon request.

Dessert: Choice of Tiramisu or Spumoni Ice Cream

To make reservations, please complete the form on the next page and send along with your check payable to "NARFE Chapter 7" to Pat Meyers, 5912 1st Street S., Arlington, VA 22204. **Call Pat at 703-578-3372 if you have questions or special dietary needs/restrictions.**

December 12, 2024 Luncheon Reservation
Please **CIRCLE** your choice of entree and dessert

Name:

Entree: 1. Salmon 2. Chicken 3. Eggplant 4. Spaghetti (specify Meat or Tomato Sauce)

Dessert: 1. Tiramisu 2. Spumoni

Name:

Entree: 1. Salmon 2. Chicken 3. Eggplant 4. Spaghetti (specify Meat or Tomato Sauce)

Dessert: 1. Tiramisu 2. Spumoni

Please send your check for \$28.00 for each luncheon to Pat Meyers, 5912 1st Street S., Arlington, VA 22204. Reservations must be received by December 6th.

Contact Information

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703-578-3372

Legislative Chair
Edward Weiler
703-241-8798

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Nancy Palmerino
703-243-6546

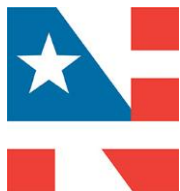
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