

# NARFE

FEDERAL BENEFITS EXPERTS

*Reaching Out*

*January 2025*

*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*

Greetings, Everyone! To those of you who came to our holiday luncheon, I hope you enjoyed the food and fellowship as well as the program presented by Annette Benbow of the Arlington Historical Society. It was informative and refreshing to think about Arlington's place in the history of this country. As she sends information to us regarding events in our area, we will keep you posted. One upcoming event is a talk on "Celebrating Lafayette's Visit to Arlington and the New Capital Region" on Thursday, January 9, 2025. Please see further information below. Thanks to all who helped with the festivities in any way, whether preparing the room, checking in members, donating baskets, conducting the raffle for Alzheimer's research or hosting guests. It was good to see all of you.

As we approach 2025 and reflect back on the previous year. we've had good programs and hope members will let us know what topics they'd like to hear about during this coming year. We initiated a pizza lunch idea and look forward to doing so again. In addition, we collected non-perishable foods (58 lbs) at our November meeting for the Arlington Food Assistance Center (AFAC) which was greatly appreciated. Thanks to all who brought donations! I would be remiss if I didn't also thank our board members who work to keep our chapter going. As we begin a new year, please consider how you may be able to help our chapter move into its 78th year whether as a committee chair or member or as a future officer.

Please join us at our January 8, 2025 meeting. Sydney Palinkas, RAFT Dementia Education and Outreach Coordinator for Arlington County will present a program on support services available for caregivers, including tips for maintaining caregiver resilience. The RAFT project is regional in scope and reaches out to all Northern Virginia counties. Since more folks are living longer, many of whom wish to age in place, the need and role of caregivers for parents, spouses, siblings etc. is increasing. Come and hear how this project can help caregivers.

Best wishes for safe and happy holidays. See you in 2025!

### *Lafayette's Visit to Arlington and the New Capital Region, Thursday, January 9, 2025, 7:00 p.m*

Elizabeth Reese, author of "Marquis de Lafayette Returns: A tour of America's National Capitol Region" will talk about Lafayette, the man, his worldview on the abolition of slavery, women's rights and his importance in American history. During the American Revolution, he volunteered from France to help America win its independence from England. When he returned to the newly formed America in 1824-25, he urged Americans to embrace the ideals they had promised during the revolution.

January 2025

This program is virtual on Zoom and in person at Marymount University Library Auditorium, FREE. See details on Zoom registration and directions to free parking at Marymount at <https://arhist.org/event>.

*Legislative Corner*

*Ed Weiler*

### **Might Budget Impoundment Be Poised for a Reprise in 2025?**

As reported in an August 16, 2023 blog-post by the Committee for a Responsible Federal Budget (CFRB), then-candidate Donald Trump stated in a campaign video that he would use “impoundment power” to reduce Federal spending, should he be re-elected in 2024. As articulated by CFRB, “impoundment power” refers to a President’s ability to withhold Congressionally-appropriated funds from their intended use. While Mr. Trump characterized this authority as “long-recognized” and “undisputed,” Congress in fact has limited such authority via the *Congressional Budget and Impoundment Control Act of 1974 (PL 93-344, July 12, 1974)*. While not totally precluding the exercise of this Presidential authority (as explained by Georgetown Law Professor, Eloise Pasachoff in a 2016 *Yale Law Journal* article), the Act, “...forbids unfettered policy impoundments and provides for more limited deferrals and rescissions, which must be grounded in more than simply the President’s distaste for the program in question and which Congress must approve.”

While President-elect Trump is the most recent, he is by no means the only head of the Executive Branch to assert impoundment authority in order to control the expenditure of public funds, as pointed out in a 2010 report by the Congressional Research Service (“Item Veto and Expanded Impoundment Proposals: History and Current Status: CRS, RL3365, June 18, 2010). CFRB’s 8/16/23 blog-post similarly points to the use of such authority as far back as the nineteenth century. However, as CFRB further noted, use of impoundment authority in the policy-dispute arena became more frequent in the Post-WWII era, culminating in the passage of *PL 93-344*.

Based upon my limited research, it appears that Trump’s promise to impound Congressionally-appropriated funds in order to reduce Federal spending would be in violation of *PL93-344*. But never one to shy away from a fight, Trump maintains that this law is simply unconstitutional. To date, the issue of Presidential impoundment authority has not been litigated; but for what it’s worth, Josh Blackman, a law professor at South Texas College of Law-Houston thinks that Trump’s position might prevail in the Supreme Court (Source: Franco Ordonez, “Impoundment Under Trump,” [www.NPR.org](http://www.NPR.org), 11/26/24)

As a Federal employee or retiree, what to think about all of this? Make no mistake, as Trump has stated clearly he would use his impoundment authority to, “...squeeze the bloated Federal bureaucracy for massive savings...,” in order to provide tax reductions for the general public. (Source: CFRB blog-post, *op.cit.*). On the other hand, the perils of a runaway debt burden are mounting; and if left unchecked, could eventually threaten our benefits.

At the root of the lingering debate over Presidential impoundment authority, which flares whenever budgets get tight, is what some see as a Constitutional flaw. Despite the masterful design of checks and balances among the Federal Government’s three branches, there is no binding mechanism that limits

Congressionally-appropriated spending. The most far-reaching attempt to establish such a device was the 1996 Line Item Veto Act (*PL 104-130*), which authorized the President (among other things) to cancel any dollar amount of discretionary budget authority, or any item of new direct spending, unless disapproved by Congress—a process similar to what happens in a number of state governments, including Virginia. As you might recall, however, this law was deemed unconstitutional by the Supreme Court in *Clinton v. New York, 1988* (Congressional Research Service, *op. cit.*).

While it seems clear enough from a casual read of the Constitution that the Framers intended the powers of spending and taxation to reside with the Congress, it is also the case that over time, the Executive Branch has greatly increased its power in these domains. Moreover, given the new occupant coming to the White House, a reasonable guess is that we are in for another Constitutional clash...this time over Presidential impoundment. Now, perhaps more than ever, you need NARFE staffers roaming the corridors on the Hill to protect our interests.

### **Alzheimer's Report**

**Nancy Palmerino**

A hearty thank you to all who contributed to Alzheimer's research at our December luncheon both through the purchase of raffle tickets and tax-deductible contributions. We collected a total of \$575 which brings our total collected for the year to \$1,745.19. Our original goal for the year was \$1,500. Congratulations! Dare we aim for \$1,800 in 2025? NARFE has partnered with the Alzheimer's Association for over 25 years and recently reached a donation goal of \$16M over the years. The new goal is \$17M and we plan to reach that. These donations ALL go to research.

### **Being aerobically fit in middle age may reduce Alzheimer's and dementia risk, study says**

Doing more aerobic exercise in middle age and old age may reduce the risk of dementia, including Alzheimer's disease, a new study found. "Our study underscores the critical role of cardiovascular fitness in reducing dementia risk, even for those genetically predisposed to Alzheimer's disease," said Weili Xu, a professor in the Aging Research Center at Karolinska Institute in Stockholm. "Encouraging gradual fitness improvements offers a practical and impactful way to support brain health across diverse populations," Xu, senior author of the study, said in an email. Overall, people in the best cardiorespiratory shape had better cognitive function and only a 0.6% relative long-term risk for dementia compared to those who were not so fit — a benefit that delayed the onset of dementia by 1.5 years, according to the study. Cardiorespiratory endurance, which is developed by regular aerobic exercise, boosts oxygen uptake in the lungs and heart and helps people sustain high-intensity activities over an extended period without getting tired.

The study found an even bigger benefit was seen for people with a genetic predisposition for Alzheimer's —those with the most cardiorespiratory endurance had a 35% lower [relative risk](#) of developing the disease.

"There is a saying — genes are not our destiny; we can all make proactive choices to help win the tug-of-war against our genes. This study wholly supports that," said preventive neurologist Dr. Richard Isaacson, director of research at the Institute for Neurodegenerative Diseases in Florida, who was not involved in the study. Source: CNN

## Membership Report

Nancy Palmerino

We currently have 255 Chapter members and an additional 457 National members in our chapter area for a total of 712 Chapter and National members. Our chapter memberships include 61 1-year members, 34 2-year members, 89 3-year members, 60 dues withholding members and 11 Life members.

## NARFE Membership Renewal Notices Update

Thank you for your patience as NARFE continues to roll out the new Association Management Software (AMS) upgrade. Members in their renewal cycle will begin receiving reminders again in the mail and via email this month. If you paid in September or October and do not see your membership payment processed in your account yet, please give us some more time to update your record. If you haven't renewed yet, consider this your reminder! Our renewal mailings have been delayed, so check the expiration date on your magazine, and if you know you haven't paid, please give us a call today or log in and renew! Call **800-456-8410 x1** or visit [www.narfe.org/renew](http://www.narfe.org/renew).

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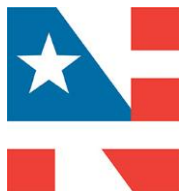
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