

NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES ASSOCIATION (NARFE)



ANNUAL REPORT OF THE VIRGINIA FEDERATION

July 1, 2023 – June 30, 2024



President	1st Vice President	2nd Vice President	Secretary	Treasurer	Past President
Frances Boatman	Larry McIlwee	Patricia Wolfe	Deborah Fisk	Thomas Rachele	Robert Martin

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INTRODUCTION



The Virginia Federation of NARFE (VFN) is part of Region X and is organized by geographic area. It was founded on April 9, 1955, by NARFE members living in the Commonwealth of Virginia, and there are now over 10,000 NARFE members in the Federation, including current and retired federal employees, spouses, and survivor annuitants.

Virginia remains the largest Federation in Region X. At this time, there are eight VFN Areas organized geographically across the state, and each Chapter belongs to one of these Areas. The VFN Board includes six program chairs: Alzheimer's, Membership, National Legislation, State Legislation, Public Relations, Service, and the Electronic Communication Committee.

The VFN holds an annual conference. The most recent was held in April 2024 in Harrisonburg, Virginia. The theme of the conference was "Together We Will Succeed." See report on pages 10-12. This location proved to be an excellent choice and after much consideration the VFN Board voted to hold the 2025 VFN Conference at the same location in April 2025.

Virginia was the number one contributor in the 50 states in donations to Alzheimer's. See report on page 23. The Virginia Federation is one of NARFE's leaders in the congressional advocacy area. See National Legislation report on pages 26-29. In addition, a Virginia State Legislation Plan is developed every year and presented to Virginia Delegates. See report on page 30.

As a NARFE member you can see information at our NARFE National website www.narfe.org, including on-demand webinars, and information about the latest legislative issues and the bi-annual FEDcon conferences open to all NARFE members, potential members, and guests. The next one will be in St. Louis Missouri in August 2024. We hope you also look at our Virginia Federation website at www.vanarfe.org for the latest information on training, local chapter meetings, newsletters, and our 2025 VFN Conference in April 2025.

Kathy Arpa
VFN Annual Report Editor



VFN President's Report – Frances E. Boatman

“Together We Will Succeed” is our motto in the Virginia Federation. Training, updating the VFN Handbook, developing a Strategic Plan, revitalizing Chapters, Membership recruitment, and promoting NARFE and the VFN to get members involved are goals that we are beginning to attain by working together.

Our Training has been well received and continues to have more attendees each time.

We began in November with my presentation on “What is the VFN?”.

January 24 – “Chapter Treasurer Responsibilities” by Donna Shackelford

February 28 – “Navigating the VFN Website” by VFN Webmaster Stan Palen

March 6 – FEDHub Basic Training by VFN Electronic Communications Program members

March 27 – “Artificial Intelligence for Seniors” by Ms. Lindsey Mastis, WJLA, ABC 7 TV

April 3 – “Zoom Basic Training” by VFN Electronic Communications Program members

April 24 – “Town Hall Meeting” by President Boatman, 1st VP McIlwee and 2nd VP Wolfe

In April, we had a very successful VFN Conference in Harrisonburg, VA. See report on pages 9-11.

In November, CDL District 6 Dr. Leon Vinci and I met with Congressman Ben Cline to discuss NARFE legislative priorities and HR 82 and HR 866 in particular. It paid off, as Congressman Cline announced at our VFN Conference that he will co-sponsor WEP/GOP House Bill 82. See photograph on page 28.

In December, Roanoke Valley Chapter 111 Legislative Chair Bill Ketron and I met with Delegate Sam Rasoul. We thanked him for his introduction of the Caregiver bill and discussed VFN State Legislative priorities for 2024. He plans to introduce the bill on Nursing home requirements and a bill on Caregiver tax credits.

Deborah Brown of Brentwood 1697 was appointed VFN State Legislative Chair in December and has been meeting with Legislators and Chapters re our State Legislative plan.

The VFN Electronic Communications "Quick Reference Guide" was finalized and approved in January. It is designed to assist VFN members in navigating our electronic communication systems, including the VFN website and other electronic platforms. Whether you are seeking information on events, updates, or resources, this quick reference guide will be a handy tool. It is posted on the vanarfe.org website under Program Chairs – Electronic Communications – EC Document. See the latest information from the Committee on pages 24-25.

In May we had “Basic Facebook Training” by VFN Electronic Communications Program members. Also, “State Legislation and the General Assembly” with Ms. Jennifer Hasty Aulgur, Legislative Director for State Senator Mark Obenshain and VFN State Legislative Chair Deborah Brown.

The VFN Handbook has been updated by Jim Little, approved by the Board, and is posted on the vanarfe.org website under Resources – Information - Legal Documents. The Strategic Planning Committee meets regularly to develop a comprehensive Strategic Plan. Our goal is to continue moving the Virginia Federation of NARFE in the direction for success, and “Together We Will Succeed”.

Membership Recruitment continues through multiple Membership Drives as well as individual contact with prospective and lapsed members.

Since November, I have visited Fredericksburg Chapter 90 and installed officers, Chapter 60 Richmond, and Shenandoah County Chapter 2358. I am pleased to announce that Chapter 60 Richmond voted to continue as a Chapter and installed new Officers in May. In June I helped Vienna Chapter 1116 celebrate their 55th Anniversary and visited Arlington Chapter 7 to speak on the VFN's Past, Present, and Future. Also In June, Larry McIlwee was appointed Service Officer.

I attended weekly/monthly meetings with the Conference Committee, Program Chairs, Area Vice Presidents, Electronic Communications, Training Committee, and Strategic Planning Committee, as well as Region X, Federation Presidents, FLAG (Federation Liaison Advisory Group), and virtual NEB.

I hope to see **YOU** next April in Harrisonburg at our 2025 VFN Conference.

Report from Region X Vice President – Robert Allen



Virginia NARFE Federation



It has been my honor to serve as your Region X Vice President over the last year. We have seen many good things happen for NARFE and I am confident the next year will be a good one as well.

The region as a whole is doing well. There have been four federation annual meetings/conferences at three of which we have installed new officers in Tennessee, Virginia, and West Virginia; North Carolina will install new officers in August 2024 and Kentucky in March 2025. The new officers bring a wealth of NARFE knowledge and expertise, plus a tremendous amount of enthusiasm that will serve our federations well for the next one-two years. Another item of importance to our region is the creation of a regional microsite/website that will have information from across the region. Also, the site will connect to federation websites and the national NARFE website. Congratulations to Virginia's Deborah Fisk for helping design the website, which will be used as the template for all regional websites in NARFE. The Region X site should be online in the coming months.

Our membership continues to decline, but at a slower rate than in previous years. At the end of 2023 NARFE had about 135,000 members and at the end of June it was a little over 130,000. Region X at the end of 2023 had 18,699 and at the end of June we were down to 18,182. Many Region X members are national-only (10,976 to 7,206). A lot of the credit goes to our members who continue to recruit, but a lot of credit also goes to Nora MacDonald and the Membership staff at NARFE headquarters. The staff have taken aggressive steps to reduce the number of lapsed members, as well as investing time and money in raising NARFE awareness for all federal employees.

One enormous success for Region X was the Regional Conference in September 2023 in Frankfort, KY. The Kentucky Federation was the host federation. There were some 60 attendees who heard reports from National President Bill Shackelford; Interim Chief of Staff Johann DeCastro; Director of Member Engagement Nora MacDonald; Staff vice President for Policy and Programs John Hatton; Director of Communications and Marketing Jenn Rafael; and Region X Alzheimer's Coordinator Donna Shackelford. **Attending from the Virginia Federation were: Michael Thurber, Frances Boatman (Federation President), Doris McAdams, Ora McCoy, Kathy and Mark Arpa (pictured here).** The Tennessee Federation will host the next Region X Conference in October 2025 in the Pigeon Forge, TN area.



At the national level there has been one in-person National Executive Board (NEB) meeting and several virtual ones. During the 2023 meetings, the NEB approved the following:

- NARFE/FEEA scholarships of \$2,000
- Supplemental funds for federations that receive less than \$4,000 in ten percent funds reduced from \$7,000 to \$4,000
- RVP travel expenses to include one biennial regional conference and at least one federation board meeting each year
- National-only member contact policy
- 2024 NARFE budget
- member skills and activities database
- NARFE Communications Policy and Procedures
- Membership Dues Reduction Policy (bylaws amendment for 2024)
- 2026 FEDcon Site Selection Committee
- Federation Closure/Merger Procedures

For the first six months of 2024, the NEB met virtually. During those meetings, the NEB agreed to lower the FEDcon24 registration fee from \$299 to \$175 for early bird, \$200 for regular, and \$226 for late registration. The NEB agreed to fund the difference in interest income from our investments. As of this writing our CDs and investments total over \$2,000,000, which gives us some breathing room financially for the next few years.

Some other actions the NEB has taken include:

- Issuing requests for proposals (RFP) for a comprehensive membership and marketing plan, which we hope to have in place by FEDcon24. More will follow in the coming few weeks.
- Reviewing appeals of bylaws
- Researching a new NARFE email system
- Search for a new NARFE Parliamentarian
- Approval to produce a NARFE Strategic Plan, to be reviewed and approved later in 2024

In conclusion, the past 12 months in Region X have been outstanding and Virginia has been at the forefront of regional activities. We look forward to another successful year in Region X.

1st Vice President Report – Larry McIlwee



First, let me say that it was an honor and privilege to serve as the Virginia Federation of NARFE First Vice President for the past year. Please see the report below.

I contacted all area Vice Presidents and met with them at least every other month. I started by looking up the Chapter information for each chapter for each of the areas to see if they had the proper members for their chapter officers. There were several that were missing a secretary, or treasurer, or vice president. I tried to get them to fill those positions and offered to meet with them to help them accomplish this.

A lot of the chapters have members that are filling several positions within their chapter. I do not like to see this happening, because it can lead to burn out of the person involved.

There was a meeting with Chapter 60, to keep the chapter from closing. Chapter 60 had a vote and elected a president and treasurer and decided against closing. They are doing well.

The next task was the position of Conference Coordinator for the 2024 VFN Conference and Annual meeting. We had a location selection committee, and the decision was made to meet at Hotel Madison in Harrisonburg Virginia. Area VII was the host for the conference. I do want to say thank you to everyone on the Conference Committee for doing their part to help us have a highly successful Conference.

Now, I relinquish the position of First Vice President to Deborah Fisk, and wish her the best in this year as she takes on this monumental task. I will be available to assist if needed.

Thank you for your trust in me as the First Vice President. I have accepted the position of Service Officer; and hope to do a good job of continuing to serve our Virginia Federation. God bless our board, and God Bless the United States of America.

2nd Vice President's Report – Patricia Wolfe



After assuming the duties of 2nd Vice President, I worked with program chairs for a successful year despite the challenge of not having a service officer, a membership chair, a state legislative chair and the national legislative chair temporarily sidelined with illness. Consequently, President Boatman did double duty as Membership Chair, Deborah Fisk did double duty as state legislative chair, and Jim Little stepped in as acting national legislative chair until Gaston Gianni was able to return. Deborah Brown assumed the state legislative chair duties mid-year. As the year ended Larry McIlwee assumed the duties of Service Officer, Doris McAdams is doing double duty as Public Relations Chair and VFN Secretary. We are still in need of a Membership Chair.

We met monthly via Zoom to give updates and discuss issues. Program Chairs held workshops during the VFN Annual Conference and did an outstanding job. Alzheimer's Chair Donna Shackelford held a very successful Silent Auction and 50/50 drawings with all proceeds going to Alzheimer's Research. See her article on page 23 for details on how your donations are making a difference.

In addition to my duties as 2nd Vice President, I held several positions in Dulles Chapter and served as Chair of the Northern Virginia Caucus of NARFE Chapters and have worked with the VFN Training Committee. I served as Secretary for the VFN Conference Committee and participated in the weekly Zoom planning calls.

Thanks to the program chairs for being willing to serve and all have stated their willingness to speak and/or assist chapters. I also thank you for your vote of confidence in re-electing me for another term.



Secretary's Report -Deborah Fisk

Fiscal year 23-24 was a busy one for all involved in leadership roles for the Virginia Federation of NARFE. We got off to a slow start but strategically we caught up and the end of year accomplishments reached far beyond our expectations.

For the office of Secretary:

1. Efficient Record-Keeping and Documentation – we successfully maintained accurate and up-to date records of all meetings, including minutes, agendas, and attendance. All information is safely archived on the vanarfe.org website.
2. Meeting Coordination and Management – organized and facilitated regular board meetings, ensuring a smooth operation implementing a standardized meeting agenda which improved structure and flow of discussions.
3. Communications and Correspondence – initiated internal and external communications for all members and board as directed by the President.
4. Membership Engagement and Support – conducted two secretary training sessions and distributed important forms, a video tutorial, and other documents to facilitate efficient secretary training.
5. Compliance and Governance – ensured compliance with all legal and regulatory requirements, including timely submission of F-7a's and the F-21a, and the F-22. (Federation Officer Roster/Bylaws/Annual Report). Assisted in review and update of organizational bylaws and policy.
6. Event Planning and Execution – participated in the Annual Conference event in creating the Annual Conference Program Book and updates to the website.
7. Technology and Innovation – continued to work with the Electronic Communication team to introduce tools to streamline tasks and train appropriately. Volunteered for the NARFE MWG (Microsite Working Group) to further my understanding of WordPress.
8. Financial Oversight – as a member of the Executive Committee reviewed financial reports and budgets, ensuring accurate tracking of expenses and revenues.
9. Professional Development – pursued continuous professional development opportunities, attending workshops, webinars, and conferences to stay updated on best practices in nonprofit administration.

The past year has been marked by significant accomplishments in enhancing efficiency, communication, and overall functionality of the VFN's administrative operations. These efforts have contributed to a more engaged membership, successful events, and a solid foundation for future growth and success. As Secretary, I am proud of the progress made and look forward to continuing to support the organization's mission in the coming year as the VFN 1st Vice President.

Milestone anniversaries are an opportunity for our members to reconnect and celebrate our heritage and growth. Virginia Federation of NARFE is happy to announce anniversaries of the following chapters during the period of July 1, 2023 to June 30, 2024:



Area I

Chapter 682 (Newport News/Peninsula) – 65 years - July 1958
President – Michael Thurber

Chapter 685 (Williamsburg) – 65 years – August 1959
President – Hazel Braxton

Area Vice President – Marilyn Riddle

Area IV

Chapter 1293 (Churchland/Portsmouth) – 50 years – July 1973
President – Graylin Taylor

Area Vice President – Graylin Taylor

Area IX

Chapter 356 (Manassas) – 70 years – December 1953
President – Mary Brandt

Chapter 893 (Springfield) – 60 years – December 1963
President – Naomi Fauntleroy

Area Vice President – John Bankson

Area X

Chapter 1116 (Vienna-Oakton) - 55 years - June 1969
President – Kathy Arpa

Area Vice President – Ted Pasek

REPORT ON THE 2024 VFN CONFERENCE

The Virginia Federation of the National Active and Retired Employees (NARFE) held its Annual Conference from April 7-10, 2024, at the Hotel Madison in Harrisonburg, VA. This conference marked the 70th annual meeting and featured a robust agenda that included workshops, presentations, and keynote speakers from various fields.

The theme of the 2024 Conference was “Together We Will Succeed”. There were 116 attendees at the conference, 105 Chapter Members, 2 Headquarters personnel, 5 National Only, 4 guests, and 26 Chapters represented. NARFE Headquarters was well represented by William Shackelford, National President, Robert Allen, Region X Vice President, and Nora MacDonald, Director Membership Engagement.

Senator Timothy Kaine kicked off Monday morning with a brief video statement about important NARFE legislation that he continues to monitor. Notable speakers included Dr. Edna Reid from James Madison University, who shared insights from her extensive experience as an intelligence analyst with the FBI, and Dr. Timothy Walton, who provided a historical presentation on the CIA, “A Perspective on Intelligence: The CIA, Past and Future”. Additionally, Gary Owen presented on the topic of German prisoners of war in the United States during World War II and Brooke Gill, Senior Program Manager, Alzheimer’s Association gave a great overview and perspective as to how caretakers can react with dementia patients in a positive way. Dr. Philip Frana spoke on understanding Artificial Intelligence and rounding out the team Audiologist Kelsey Trinka gave an interesting presentation of diagnostic audiology, hearing aid fitting, and professional counseling.

Representative Ben Cline was indeed one of the most anticipated speakers at the Conference. During his presentation, he provided an overview of current activities in Congress and expressed his commitment to looking into co-sponsoring H.R. 82, a bill significant to our attendees. In fact, he announced that he would co-sponsor the bill, which aims to repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO).

Morning sessions were filled with speakers and business and afternoons workshops and training sessions. The annual conference member meeting elected by acclamation the 2024 – 2025 President (Frances Boatman), 2nd Vice President (Patricia Wolfe), Secretary (Doris McAdams), and Treasurer (James Little). The Board of Directors approved a Ballot and Teller Committee to direct a ballot to elect the 1st Vice President (candidates Deborah Fisk and Larry McIlwee) as well as consider three Bylaw Amendments.

Our Area Vice Presidents represented Chapter Members and our National President represented National Members in our Annual Memorial Service. White roses represented our loving memory of our cherished members. Their dedication to service and their impact on our association will never be forgotten. We honor their legacy with gratitude and reverence. Though they may be gone, their spirit lives on in the hearts of all who know them.

Awards and certificates serve as tangible symbols of recognition and achievements. They signify not only the hard work and dedication of the recipient but also the appreciation and acknowledgment of their contributions by their peers and

community. Chair Dr. Constance Bails of the Electronic Communication Committee recognized her team with a certificate of appreciation. Chair of the National Legislation Committee Gaston Gianni acknowledged the hard work of each SL and CDL. President Boatman presented Stan Palen (pictured on left) with the VFN Management Award and Thomas Rachele (pictured on right) with the VFN President’s Award.



Vendor contributions not only enrich the experience for the conference but also help foster a vibrant and engaging atmosphere. We are incredibly grateful for their commitment and partnership. Our Affinity Partners (Aetna, APWUHP, BCBS, Brookdale, GEHA, GEHA Medicare Advantage, & United Health Care), as well as independent vendors (Blue Ridge Agents, Falcons Landing, Fulton Financial, Hotel Madison, Kaiser Permanente, Mac Craft Wood, Road Scholar, Suffolk Tourism, Shenandoah Wine Tours, Sunnyside Retirement, VA Assn. of Area Aging, and VA Navigator) provide valuable opportunities for networking and growth.



Chapter representation in Alzheimer's donations for the auction exemplifies the generosity and compassion within our association. Each contribution is a beacon of hope offering support for those affected by Alzheimer's and their families. Many thanks to Donna Shackelford (pictured here hard at work) and her team for the hard work and dedication that keeps the VFN at the top of the charts in Alzheimer's donations throughout NARFE. It takes many volunteers and a great deal of hard work.

The event saw a high turnout, with attendees benefiting from both the informative sessions and the networking opportunities. Conference organizers, including Coordinator Larry McIlwee and Chair Melissa Groppe, emphasized the strategic importance of the conference in fostering community among NARFE members advocating for their interests at both state and national levels.



The continued involvement of past presidents (pictured here) in VFN leadership is a testament to their enduring dedication and commitment to our association's mission. Their wealth of experience and insight enriches our community, providing invaluable guidance and wisdom to current leaders and members alike. We are honored to have such distinguished individuals among us, whose ongoing contributions inspire us all to strive for excellence and unity. Let us embrace their leadership and build upon the solid foundation they have helped create, ensuring a bright and prosperous future for the VFN.

Left to right - Luther Santiful, Frances Boatman, William Shackelford, Ann Collins, Kathy Arpa, Leslie Ravenell, Constance Bails, Ph.D.



Installation of officers by National President Bill Shackelford at VFN Banquet

Overall, the conference was a success, with attendees praising the quality of the accommodation and the breadth of topics covered. The diverse array of speakers ensured that a wide range of topics relevant to attendees encompassed both historical insights and current affairs related to federal employees and retirees.

We hope you will join us in Harrisonburg on April 6-9, 2025, for our next VFN conference. For more details on upcoming NARFE activities, you can visit the Virginia Federation of NARFE website, www.vanarfe.org.



Treasurer's Report – Thomas Rachele

VA Federation of NARFE Fund Balances

Account	06/30/2024 Balance	APPROVED BUDGET 07/01/23 to 06/30/24	06/30/2024 Balance*
Bank Accounts			
1 InFirst Checking #5783	\$ 25,538	\$ 44,732	\$ (19,194)
1 InFirst Savings #5783	\$ 100,104	\$ 100,054	\$ 50
RESERVE FUNDS (From Savings)	\$ -	\$ (79,164)	\$ 79,164
TOTAL Bank Accounts	\$ 125,642	\$ 65,622	\$ 60,021

*Projected

VA Federation of NARFE Source and Use of Funds

SOURCE OF FUNDS	07/01/2023- 06/30/2024	APPROVED BUDGET 07/01/23 to 06/30/24	BUDGET VARIANCE
** FY 2024 Projection			
1 NARFE HQ 10% Funds	\$ 42,595	\$ 40,500	\$ 2,095
2 Chapter Dues	6,863	8,300	(1,437)
3 Conference Revenue	22,061	17,350	4,711
5 Other Revenue	-	100	(100)
6 Interest Revenue	70	100	(30)
TOTAL SOURCE OF FUNDS	\$ 71,589	\$ 66,350	\$ 5,239

USE OF FUNDS

TOTAL A EXECUTIVE USE OF FUNDS	\$ 26,125	\$ 47,625	\$ (21,500)
TOTAL B LEGISLATIVE USE OF FUNDS	5,115	12,916	(7,801)
TOTAL C PROGRAM OPERATIONS USE OF FUNDS	4,993	11,591	(6,598)
TOTAL D FIELD OPERATIONS USE OF FUNDS	10,511	29,054	(18,543)
TOTAL F APPOINTEES USE OF FUNDS	13,832	7,163	6,669
TOTAL G FEDCOM/REGION X	3,816	12,990	(9,174)
TOTAL H CONFERENCE USE OF FUNDS	26,476	24,175	2,301
TOTAL USE OF FUNDS OUTFLOWS	\$ 90,867	\$ 145,514	\$ (54,647)
2023/24 FY OPERATING DEFICIT	\$ (19,278)	\$ (79,164)	\$ 59,886
Reserve Funds Usage		\$ 19,278	
BALANCED BUDGET	\$ (19,278)	\$ (59,886)	\$ 40,608

FIELD OPERATIONS

Area I Vice President's Report – Marilyn Riddle

There are four chapters in Area I: Chapter 682—Peninsula, Chapter 685—Williamsburg, Chapter 1757—Middle Peninsula-Gloucester, and Chapter 1823—Northern Neck-Warsaw. All four chapters have had a successful year due to the efforts of their leaders primarily as well as members. I was most pleased that we had the same number at the VFN conference some 175 miles to the northwest as when we were in our own backyard for the previous one.

Chapter 682 Peninsula has regular newsletters and meetings, good programs, Alzheimer's collection of pennies continues, took part in walk as well, the only member of Area I to attend the regional was their president, Mike Thurber, one member at VFN conference, two are registered for FEDcon24.

Chapter 685 Williamsburg has regular newsletters and luncheon meetings, good programs, high quality PR with pictures in local newspaper, walking in local Alzheimer's event, six members at VFN conference: two registered for FEDcon24.

Chapter 1757 Middle Peninsula- Gloucester has announcements of all meetings in local newspaper as well as pictures of speakers and article after the meeting, good programs, two members attended the VFN conference, final decision to move luncheon meetings to Damon's Restaurant.

Chapter 1823 Northern Neck, Warsaw has regular newsletters, good programs at various luncheon locations due to large area, Labor Day picnic and Holiday luncheon continue to be popular with many around the state, Carol Brown as main member and John Hodges as the alternate delegate on VFN nominating committee, seven at the VFN conference, Member of Congress (MOC) Rob Wittman continues to be the only chapter member in the VFN.

For one last recap, Chapter 682 at 50%, Chapter 685 at 50%, Chapter 1757 at 62%, and Chapter 1823 at 61% have continued to lead all areas of the federation as a group though a few individual chapters elsewhere have kept up our pace. This is the ratio of chapter members to total members in each location. The composite for Area I was 53% and that has held constant for the last year. Thanks to all of you that have made that happen! VFN has 40% now, whereas they were at 42% the first quarter. It behooves "each one to recruit one...or more" wherever you are!

Area II Vice President's Report – Betty Warren

There are four chapters in Area II: Virginia Beach (Metro) Chapter 5, Tidewater Chapter 66, Virginia Beach (Seaside) Chapter 1827, and Virginia Beach (Bayside) Chapter 974 located in the city of Virginia Beach and Norfolk, Virginia. The chapters do not hold meetings during July and August. During the summer one chapter had a picnic and one had a summer luncheon. The principal chapter officers were installed at the Holiday luncheon for three chapters. One chapter has not had a meeting during this period.

The chapters have luncheon meetings with interesting and informative speakers from health providers in the Federal Employees Benefits Programs, state, and city representatives. In November Virginia Beach Chapter 974 sponsored an Area II mini-Health Fair. All the chapters in Area II were invited. Chapter 974 members participated in Blue Cross Blue Shield Health Conference, Chesapeake, VA. The members set up NARFE recruiting tables and distributed membership recruitment material. Virginia State Senator Bill DeSeph was the guest speaker for the Seaside Chapter May meeting. Seaside received an award from the VFN Alzheimer's officer for the highest chapter donation in the first 6-months-of 2024. Tidewater 66 has monthly meetings, good speakers but low attendance. The President and Service officer are calling and writing members to see if this will increase meeting attendance. Metro five is the oldest chapter in NARFE and is about to close. This chapter has not had a meeting during the past two years. With help from the Federation, I believe it can be saved.

Area III Vice President Report - Wynn Hasty

There are five chapters in Area III that are currently active in one form or another. They are Petersburg Chapter 28, Chapter 1727 Tuckahoe, Chapter 2265 Midlothian, Chapter 2065 Louisa, and Chapter 60 Richmond. There is one Chapter 2080 Piedmont that was previously active a few years ago but is currently dormant.

Except for the Piedmont Chapter, the Chapter Presidents of the above-named Chapters are Wynn Hasty, Thomas Reid, Debbie Fisk, Karen Cheatwood, and President Phyllis Bruce.

Chapter 60 has reconstituted its leadership under President Phyllis Bruce and continues as a viable Chapter.

Membership continues to be an issue with all Chapters. Some Chapters have added a few new members and are working on retention of existing members. All Chapter Presidents are focused on this issue. Chapter membership ranges from 43 in Chapter 2065 in Louisa, and 39 in Chapter 1727 in Tuckahoe, to 180 plus in Chapter 2265 Midlothian. Chapter 2080 Piedmont has only 15 members and has not met since at least 2019. This chapter must be brought to a final resolution and will close. Members will be offered other options for transfer of membership. Some chapters have picked up a few new members, but most remain static, or gains are offset by losses.

Having attended some Chapters meetings and looking at their agendas for the speakers they have at their meetings, I find very informative and excellent speakers and presentations. Notable speakers at chapter meetings have included VA State Representatives from the Legislature; Blue Cross – Blue Shield and Health Care Representatives; Former Educators of note, Law Enforcement Personnel, who are experts in Senior Safety, experts on Medicare Fraud, Alzheimer Program Representatives. This along with Federation Webinars have offered great training opportunities for Area III Chapter meetings and members.

Debbie Fisk, President of Midlothian Chapter 2265, is leading an effort for Area 3 Chapters to scrub their membership rolls and has done numerous mailings for her chapter and Petersburg Chapter 28, to generate interest levels in attending Chapter meetings.

Area III Chapters are on their summer break or will be and will start up again in the Fall of 2024. Not all will meet monthly. In summary, all Chapters except one are maintaining the status quo, and are looking for new membership to take on leadership positions and roles in the Chapters. Deborah Fisk, the newly elected 1st Vice President of the Virginia Federation NARFE, works tirelessly to support Area VPs and their Chapters.

Area IV Vice President's Report – Graylin Taylor

Area IV consists of four chapters: Chapter 1293 Churchland, Chapter 1697 Brentwood, and Chapter 1743 Suffolk.

The Churchland Chapter 1293 meeting was held on September 6, 2023, at Dennis's Spaghetti and Steak House in Churchland. Meeting attendance is not good for this chapter. We had a chapter calling committee in May to call and speak with all members. For this chapter many have aged out. This is my assessment; we were more of a social group at large and a few officers handle the business end of the chapter. I suggest that we (VFN) set up an operational group for Chapter 1293 from members from the other two chapters, which may become permanent, or consider closing and merging with Suffolk and Chesapeake chapters. We are not meeting now.

I was invited to attend the Suffolk Chapter 1743 Meeting by Mr. Horton on September 20th, at the Holiday Inn Express Hotel off of Godwin Blvd. Approximately 20 people were there. We had a nice breakfast. The speaker was the President of Sentara Obici Hospital. He had a very informative presentation. I won one of the raffles, a pumpkin pie!

I was invited to attend the Brentwood chapter 1697 by Ms. Staton the meeting was at the Deep Creek Community Center, Chesapeake, VA on October 10, 2023. The chapter had Blue Cross Blue Shield representative Michelle Griffin to attend the meeting and she talked to us about benefits and upcoming 2024 changes to the Federal Employees Blue Cross/ Blue Shield Plan. The BlueCross and Blue Shield health fair on November 3rd at the Chesapeake Conference Center was a great affair again this year. There were many vendors and participants there. Ms. Station, president of Chapter 1697, received many applications to join NARFE. I was invited to attend the Brentwood chapter 1697 Holiday Party by Ms. Staton. January: Ms. Tobey Allen, Chesapeake Fire Department, Community Risk Reduction Division. Ms. Allen gave a very lively, highly informative, and interactive presentation on Fire and Safety. February: Ms. Cynthia Ballard, H & R Block Income Tax Specialist. Ms. Ballard provided a thorough, interactive, and highly informative presentation on the important tax changes that took effect in 2023. In March: Ms. Karen Christy from Chesapeake Parks, and Recreation provided an energetic, interactive, and highly informative presentation on programs for seniors "55 & Better". In April, meeting participants gained valuable information from the Chesapeake Sheriff's Public Information Office. In May the guest speaker was Katelyn Ott from the Alzheimer's Association Southeastern Virginia Chapter. In June members came together for a Summer Luncheon at Pop's Dinner in Chesapeake.

New Chapter Officers: Tina Bracey, Membership Chair, Annette Coleman, Alzheimer Officer; David Parson, Public Relations Chair. New State Officer: Deborah Brown (Chapter 1697 VP), VFN State Legislative Chair.

Electronics Communication Committee Program-ECCL Members: Deborah Brown and Willie Levenston. Responsibility: Update the VFN Calendar for all Virginia Federation chapters.

During the past year, I attended Chapter Meetings sworn in new chapter officers, and participated in training classes.

I prepared for and attended the VFN Conference in April 2024. At the April Caucus Area IV meeting, I was voted in as new Area VP, along with Nominating Committee Board members Edgar Owens Primary and June Staton Alternate.

Some Area IV Photos and Conference photo.



We had fun at the NARFE Conference, too!

Area VII Vice President's Report – Missy Groppe

All Area VII chapters, Roanoke Valley–111, Charlottesville/Albemarle–135, Harrisonburg-164, Winchester–180, Page Valley/Luray–1793, and Shenandoah County–2358 are viable. Each chapter held elections and acquired the requisite officers but not without challenges; many positions, not required, remain vacant as membership continues to be a struggle for many chapters. Many chapter members hold multiple positions within their chapters. Despite an aging population unable to attend in-person meetings easily (access, transportation), struggles with technology meeting virtually, and longtime members facing burn-out and loss of energy, current members, overall, remain enthusiastic to maintain and renew their chapters.

All Area VII chapters continue to advocate, and raise funds, for the National Alzheimer's Association. Once again, a stand-out for this effort was our largest chapter, Winchester-180, that received yet another "Citation for Distinguished Service" award at our April 2024 VFN Conference for "outstanding contributions" to the NARFE Alzheimer's Program, having raised thousands of dollars offering two bus excursions to enjoy dinner theater shows. Several chapters host annual auctions to raise funds for Alzheimer's research and hold raffles of beautiful handmade quilts.

Area VII had the wonderful opportunity to be the host of the VFN Conference, held annually in April, in our central Harrisonburg, VA, where members of chapters throughout the Commonwealth enjoyed the offerings and beauty of the Shenandoah Valley while participating in a series of useful and interesting workshops and presentations. Area VII looks forward to hosting the 2025 Annual Conference, as well!



In June, Area VII had the opportunity to host a table at the Virginia Association of Rural Letter Carriers in Convention in Harrisonburg, VA. (Photo: Chapter 164 member Paul Graham staffed the NARFE info table at the rural postal carriers annual meeting.)

As I leave the position of Area VII VP for 2023-2024 this year, I want to express my heartfelt gratitude to the Area VII chapters and VFN board members with whom I have worked, and who have been so helpful. I am delighted that Area VII has an enthusiastic new AVP in Roanoke's Ruth Greene, and ask that you welcome her and

afford her the same courtesies shown to me.

Area VIII Vice President's Report

Area VIII has four chapters: Fredericksburg 90, Colonial Beach 595, Fauquier 1549, Caroline 2112 and they are all doing well. Area VIII faces all the same challenges with membership recruitment and retention as other areas in the Virginia Federation. In January, Leslie Ravenell stepped down as Area VIII Vice President and Bob Martin stepped up to take on the duties. In April Chapter 90 and Chapter 595 members attended the VFN Conference and the Area Caucus. A member of Chapter 90 who is an active federal employee agreed to serve on the VFN Nominating Committee

Chapter 90 Fredericksburg had a meeting scheduled in January where National NARFE President, William Shackelford was scheduled to visit the chapter but unfortunately, this meeting was cancelled due to severe weather. New to the Executive Board for 2024 is Immediate Past VFN President, Bob Martin who now serves as chapter secretary along with Moe Nolet, president, Dennis Cole, vice president and Kevin Wilkinson as treasurer. Chapter 90 has several new members. They have regular meetings with a speaker. When they have a special speaker, they invite other chapters to join. Their web page is up to date, and they have a newsletter.

Chapter 595 Colonial Beach held its annual Harvest Supper to support Alzheimer's was held on November 4, 2023, at the Moose Lodge in Colonial Beach. Ticket sales were right at 40 and our special guest was the VFN First Vice President, Larry McIlwee. We had over 30 door prizes and every attendee went home with a door prize. We had a special donation from a chapter member in honor of his wife who died from Alzheimer's. Total money raised was \$2,400. I want to thank the chapter leadership team: Jim Lynch, 1st Vice President, Ann Mills, Second Vice President, Maria Wendt, Secretary, and Stan Palen, Treasurer. In January, Immediate Past VFN President, Bob Martin came and installed the 2024 officers: Leslie Ravenell, president, Jim Lynch, Vice President, Ann Mills, Secretary, and Stan Palen, Treasurer. Several members of the Chapter attended the VFN Conference in Harrisonburg. Our own Stan Palen received the 2023 Leadership Award. Congratulations, Stan.

We hold our monthly meeting at a Chinese Restaurant. The restaurant was closed for 6 weeks due to the death of the owner's wife. The first Saturday in November (Nov 2) we will hold our **Annual Harvest Dinner** to raise money for Alzheimer's. Everyone is invited.

We are having financial problems mostly due to our low yearly dues of \$5 and our dwindling membership. We used to subsidize members that were going to the annual conference. We joined the local Chamber of Commerce (\$125). Just covering speaker's meals is getting hard especially if there is more than one.

Chapter 1549 Fauquier under the leadership of President Pat Maderis along with her executive board, Jerry Rosen, Ray Brandenburg, and Ed Cameron, is in decent shape. They meet every other month at the local IHop. Meeting attendance is 10-12 members. Pat Maderis and Ray Brandenburg are meeting with the Fauquier Times/Fauquier Now news media to arrange for an advertisement in the monthly Fauquier magazine which will hopefully reach retired federal employees in the area and get some new members. In February, VFN 1st VFN Vice President, Larry McIlwee and Bob Martin, Area VIII Vice President visited the chapter and gave an update on all things VFN. This chapter was happy to have a visit from the VFN as it had been awhile since the last visit. Under the leadership of President Pat Maderis along with her executive board, Jerry Rosen, Ray Brandenburg, and Ed Cameron, Chapter 1549 is in decent shape. They get together mostly monthly for lunch. No speakers, no newsletters, and minimum info on the VFN web page. They have very few members with email. They feel like they do not need any help currently.

Chapter 2112 Caroline continues to meet at the Timbers in Ruther Glen with Myrna Satterwhite, President, Linda Gray, Vice President, and Joyce Tignor, Secretary/Treasurer. They have 16 chapter members. In August they held a summer luncheon at Around the Table, a soul food restaurant in Ashland, VA. Spouses were invited and a wonderful time was had by all. They get together mostly monthly for lunch. No speakers, no newsletters, and minimum info on the VFN web page. They have very few members with email. They feel like they do not need any help currently.

Area IX Vice President's Report – John Bankson

Area IX is made up of four Northern Virginia Chapters in two counties: Manassas 356, Woodbridge 1270 (both in Prince William County), Springfield 893, and Annandale 1159 (both in Fairfax County). Since July 2023, all chapters have had a decrease in membership. All chapters have regular meetings throughout the year. All chapters have the minimum required officers.

Manassas, Woodbridge, and Springfield have their meetings in restaurants. Annandale chapter meets in a county facility for free. Members bring food and beverages. There are sufficient food items, so leftovers are given to the Police and staffers in the County Supervisor's office. Annandale is the only chapter in Area IX to have a camera at their meeting so shut-ins can attend via Zoom.

All four chapters had speakers in the fall who presented changes to the current Federal Employees Health Plan and explained the new Medicare Part D.

Chapter 1159 Annandale had its Winter Holiday Party and Spring Luncheon with 10 gift baskets at each event raffled for the benefit of Alzheimer's research. Annandale had its annual report from Richmond with State Senator Dave Marsden (35th District) and Delegate Vivian Watts (14th House District) discussing the events at the General Assembly. Annandale speakers included Gary Arlen who presented an interesting program on "How to See the Future;" George Kresslein, Jr. CPA who discussed tax preparation: and Jennifer Wilcox from the National Security Agency Crypto Museum presented: "American Secrets." Her presentation was about the world of American cryptology, including the history, technology, and people of the secret world of secrets.

Chapter 356 Manassas had Juan Rivera, Airport Director of the Manassas Regional Airport, who presented the plans for the current expansion of the airport including lengthening the runway to allow larger planes to land and depart; Kevin Pawlak, Historic Site Manager for the Prince William County Office of Historic Preservation discussed the historic sites in the county; A civil war historian (Jim Lewis) presented a fascinating local story that has roots in the Civil War. One hundred and thirty-three years later, a local relic hunter came across the skeletal remains of a Civil War soldier in what is today a well-known fast food restaurant's parking lot. At meetings there is a 50-50 raffle to benefit Alzheimer's research.

Chapter 893 Springfield speakers included Moriah Kitaeff, Community Engagement Specialist, Fairfax County Department of Emergency Management and Security. Moriah discussed how to prepare for any kind of emergency in Fairfax County. A speaker from AARP presented information on preparing the IRS tax forms. Funds were raised for Alzheimer's research and items donated to a local Food Bank.

Chapter 1270 Woodbridge speakers included Ashley Studholme Executive Director Prince William Conservation Alliance; Delegate Briana Sewell (25th House District); and Leslie Paulson, Master Gardener. At all of their meetings there is a 50-50 raffle to benefit Alzheimer's research.

Area X Vice President's Report – Ted Pasek

Area X consists of six chapters: Chapter 7 Arlington, Chapter 489 McLean-Great Falls, Chapter 737 Fairfax, Chapter 1116 Vienna-Oakton and Chapter 1241 Dulles. Four chapters of the six have been extremely active. Vienna-Oakton Chapter 1116 celebrated its 55th Anniversary in June. Vienna-Oakton President Kathy Arpa is the VFN Newsletter Editor. Arlington Chapter President Pat Meyers is a member of the VFN Nominating Committee. Arlington's Nancy Palmerino has been an active member of the VFN Electronic Communications Committee. Dulles Member Pat Wolfe was re-elected as VFN 2nd VP. Pat is also the President of the NOVA Caucus, made up of Area IX and X Chapters. Ted Pasek of Fairfax Chapter is the VFN Training Committee Chair and reelected as Area X VP.

All chapters had programs by Blue Cross and/or alternate health plans, June picnics or luncheons and Holiday luncheons and/or entertainment.

Chapter 7 Arlington does not meet in July and August except for an August Board meeting. Our fall monthly programs beginning in September brought increased attendance. Programs were planned to increase members' awareness of resources available to senior citizens. These programs included presentations by the Arlington Neighborhood Village, Capital Caring Health, including the use of robotic pets for dementia patients, and update. Chapter 7 officers for 2024 were elected in November and installed in January by Area X VP, Ted Pasek. Officers include Pat Meyers, President; Ed Weiler, 1st VP/Legislation Chair; Nancy Palmerino, Secretary; and Jim Hall, Treasurer. Spring monthly programs included presentations by the Arlington County Police Department on current scams and fraud, Shaquilla Vasquez-Clark, cardiac nurse-navigator with Caregivers Home Health, on cardiovascular health, NARFE HQ on advocacy issues, the Virginia Counseling and Assistance Program (VICAP) on Medicare and home health care and the Virginia Senior Medicare Patrol on various types of healthcare fraud issues.

Monthly collections plus two luncheon raffles raised over \$1,850 for Alzheimer's research during this period. Monthly newsletters were sent to members, an annual audit was completed and filed with NARFE HQ in April, and our IRS tax form was completed and accepted as well. Chapter 7 welcomed four new members.

We welcomed Delegate Patrick Hope from the Virginia General Assembly as our speaker in December and VFN President, Frances Boatman, as our speaker at the June luncheon.

Chapter 7 also responded to a request from Region X VP, Robert Allen for information regarding member volunteer activities outside of NARFE. In our sampling of members, we found a wide variety of such activities, including committee work for Arlington County's Commission on Aging, local food pantry service, gardening for a county park system, service with other organizations such as the American Association of University Women, and Arlington Neighborhood Village, just to name a few.

During this year, Chapter 7 participated in NARFE activities, including on-line VFN training sessions, the VFN Conference in April, quarterly NOVA Caucus meetings and Representative Gerry Connolly's Fall Health Fair. Legislation Chair Ed Weiler participated in Zoom meetings for the 2025 Legislative Plan and attended the Health Solutions Summit in DC in November which included Hill speakers and expert panels on the physician payment system of the future and reforming Medicare Advantage and Fee for Service while improving trust fund solvency and maintaining access to quality care. Nancy Palmerino was actively involved as Area X representative to the ECC, including participating as a team member for the two training sessions on ZOOM. Pat Meyers served as Area X's representative to the 2023/2024 VFN Nominating Committee and will also serve for the 2024/2025 year. The chapter also participated in monthly meetings of the Arlington County Civic Federation.

Chapter 737 Fairfax is financially solvent. The chapter conducted an audit of the 2023 books in April 2024. The chapter has 269 Chapter members and 332 National members for a total of 601 members. Board meetings have been held via Zoom on the last Tuesday of the month except for June and July when no board meetings are held. Monthly program meetings are held on the first Tuesday of the month. A summary of the programs follows below.

The Fall included: Jim Radigan, US Navy retired, talked about his tenure as Navy Commander of the Antarctica Expedition; A video made by Dr. Percy Griffin, a dementia researcher and works with more than 75 associations on Alzheimer Communication was shown. Dementia is a syndrome marked by multiple symptoms. Alzheimer's is a disease that is the most common cause of dementia. At each chapter meeting attendees generously donated food to "Food for Others" which has the mission of distributing food to poor families in Fairfax County. The chapter also helped Virginia stay number one in the country and donated \$1,089 to Alzheimer's Research during the past year.

The Spring meetings included: Brian Slawski from the Burke Historical Society talked about "Everything Burke." Brian spoke of all the towns with the name Burke, Burkeville, Burketown, etc all around the country. Brian answered questions including a mention that Burke was considered for the location of an International Airport. A posting in the Burke Post Office at the time garnered attention and a group formed to oppose the Burke location for the airport. Eight years later Burke was no longer considered, and Dulles was selected.

Dr. Kelsey Trinka, AuD, an audiologist with Hearing Associates of NOVA spoke about the intricacies of good hearing and hearing loss. Staff members from the Office of Congressman Gerald Connolly's Office provided a presentation on their efforts for constituents. Ms. Catey Tansey and Ms. Patricia Coppel spoke on downsizing and decluttering. Rick Ackerman spoke about the benefits of the Lifetime Learning Institute of Northern Virginia (LLI/NOVA), provided insights on classes, activities and social events offered by the organization for seniors.



2024 June Chapter 737 Picnic with Delegate David Bulova

2024 June Chapter 737 enjoying Picnic



The following members of Chapter 737 were elected officers:

Charles/Mike Fleming President; Ted Pasek, Vice-president; Secretary, Jim Mays; Treasurer; Donna Shackelford.

Chapter 1116 Vienna-Oakton remains an active chapter with a full slate of officers. Meetings are held monthly. Two members from the Chapter attended the Region X Conference in Kentucky in September. During the year, the chapter hosted a forum for candidates for Vienna Town Council members and the Mayor of Vienna, presented health and wellness programs from Blue Cross, a hearing audiologist, and a program on Alzheimer's. Speakers were an author who wrote "Am I too Old to Save the Planet," and the owner of a recycling store in Vienna. They also had a program on opportunities for benefits of the Lifetime Learning Institute of Northern Virginia (LLI/NOVA), which provided insights on classes, activities and social events offered by the organization for seniors. In May, they featured the Mayor of Vienna, and the popular ice cream social.

Chapter President Kathy Arpa serves on the VFN Board as Newsletter Editor. Three members attended the VFN Conference in April, and two members served on the Conference Committee. Mark Arpa served as photographer for the VFN Conference and provided music for the Memorial Service.

The highlight of the year was the celebration of the chapter's 55th Anniversary in June with special guests including Congressman Gerry Connolly, National President Bill Shackelford and VFN President Frances Boatman.

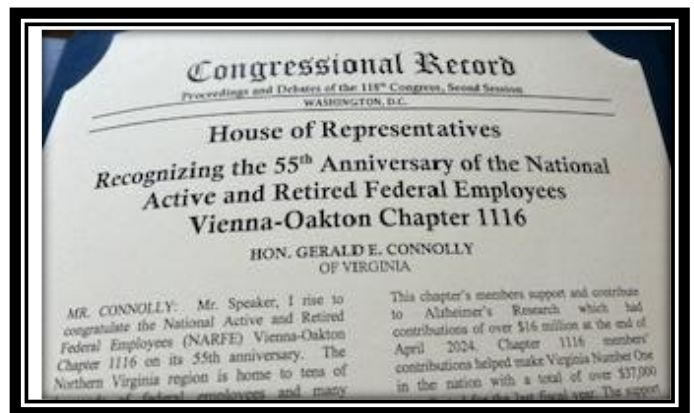
Pictured at the celebration: Donna Shackelford, Bill Shackelford, Pat Wolfe, Congressman Connolly, and Frances Boatman



Several certificates and awards were presented to the chapter and members. Congressman Connolly presented Chapter President Kathy Arpa with a copy of the Congressional Record recognizing the chapter's 55th anniversary.



The chapter also had an early birthday celebration for chapter member Shirley Martin (pictured here) who celebrated her 99th birthday in July. Shirley also received a certificate recognizing her 36 years as a member of NARFE.



Chapter 1241 Dulles had 270 chapter members and 508 national members in the local area as of June 30, 2024, with membership holding steady throughout the year. Dulles holds monthly board meetings via Free Conference Call which works well as members do not have to travel and monthly luncheon programs September through June at The Amphora Diner Deluxe in Herndon.

The programs have been attended by 20-25 members and featured a wide variety of speakers. Highlights include VA Representatives Karrie Delaney and Jennifer Boysko, VFN State Legislative Chair Deborah Brown, Fairfax County Sheriff Stacey Kincaid, NARFE National President Bill Shackelford, and several lighter programs on “Wicked Fairfax County and Gold in Fairfax County. Chapter President Jeff Sargent, a retired federal firefighter, and Chief of Centreville Volunteer Fire Department, has shared tips on fire prevention and safety.



Dulles Legislative Brunch - Photo left to right – State Legislative Chair Deborah Brown, VA Delegate Karrie Delaney, Chapter President Jeff Sargent, Legislative Chair Judy Thorne and Program Chair Pat Wolfe

Dulles Chapter publishes an electronic newsletter every other month and meeting reminders and is in a strong position except for getting members to take on leadership roles. Chapter Member Patricia Wolfe was elected to a second term as VFN 2nd Vice President. The chapter participates in the Northern Virginia Caucus and Patricia Wolfe serves as Chair. Chapter Member Judy Thorne continues to serve as Congressional District Liaison (CDL) to U.S.



PROGRAM AREAS

Alzheimer's Chair Report – Donna Shackelford



The biggest news for this year's report is the exciting total money the National Alzheimer's Committee had to grant sponsorships for Research in 2023. Virginia was the Number One contributor among the 50 states. The total for Grant assignments was \$1,220,734.37, which included money from Planned Giving and the Walk to End Alzheimer's. NARFE collected over \$100,000 during the Walks and earned a spot on the National banner for Alzheimer's. We certainly want to protect that position because it is displayed across the nation for everyone

to see. We were #10 of 68 walking teams.

Since 1988, NARFE has contributed over \$16 million for 94 studies. We are beginning now to see the results of all these labors in that at least three new medications have been approved by FDA for prescribers to use.

The latest one was the use of donanemab under the brand name of Kisunla for the treatment of people living with early symptomatic Alzheimer's disease, which includes mild cognitive impairment and the mild dementia stage of Alzheimer's disease, with confirmed amyloid plaques. One additional drug currently in the short pipeline is gantenerumab.

During the past year, news has specified that a number of tests are helping diagnosticians to identify the beginning stages of the disease. One such test is a simple blood test which is making remarkable progress. Patients who have had the blood test are diagnosed with 80% more accuracy than the 55% who did not have the test.

This shows what your donations and gifts are doing in the field of Research. It is the "bang for your buck" that you can brag about.

Let me tell you who have not yet heard what exciting news we have from our Annual Meeting in April. You know that I sell 50/50 tickets and we hold drawings throughout the general sessions. (See photo.) Many of you got the envelopes with \$50 in them. Some even returned their gifts to Alzheimer's. We also hold a silent auction where attendees can bid on items that have been donated. That usually brings out some friendly rivalry and a lot of laughs. Overall, I collected \$2,632 which I sent to the Research Programs at the Association. I thank all of you who participated and helped us maintain our status in the Nation.



According to an article published in the *Journal of Alzheimer's Disease* by Virginia Tech Carilion School of Medicine professor C. Kathleen Dorey and a team of scientists who analyzed the brains of 31 donors, the average age of which was 75 years. Most, but not all, had died with Alzheimer's disease. Compared with unaffected brains, they found that brains of those with the disease had around half the level of the certain micronutrients—vitamins and minerals critical to the body's function but needed in only lesser amounts. They named specific fruits and vegetables that would be beneficial to people who are reaching their senior years. These include tomatoes, watermelon, red oranges, pink grapefruits, apricots, guavas, cheese, oily fish, milk, yogurt, liver, spinach, kale, mangoes, papaya, egg yolks, corn, grapes, zucchinis, almonds, peanuts, asparagus, and avocados.

I welcome news articles that you share with me because the more I know, the more I can make you aware of the latest findings. Knowledge is always a good thing. Rest assured that I try extremely hard to keep all of you current in the finances and the latest developments.



Electronic Communications Committee Report – Constance C. Bails, Ph.D.

Executive Summary

This report highlights the accomplishments and initiatives undertaken by the Electronic Communications Committee (ECC) to enhance member engagement and communication resources for NARFE (VFN) members.

1. ECC Team Basic Functions

The ECC continues to manage digital communications and foster engagement within the VFN and senior NARFE components. Key responsibilities include:

- Managing digital communications and social media platforms.
- Maintaining content for ECC initiatives and regular updates.
- Overseeing distribution lists and templates.
- Curating photography archives.
- Managing the organizational website.
- Providing training and support for digital products.
- Handling member requests through digital platforms.
- Assisting with VFN-approved systems and operations.
- Maintaining an official contract with an online electronic meeting firm for VFN meetings.

2. Communication Resources

To facilitate communication and information access, NARFE members have access to several resources:

- **NARFE Website:** www.narfe.org
- **Virginia Federation Website:** www.VANARFE.org
- **FEDHub:** www.fedhub.narfe.org
- Webinars on relevant topics (frequency and topics may vary).
- Social Media platforms: Facebook, Twitter (X), Instagram, Text Messaging, Messenger, and Zoom (primarily for online meetings/conferencing).
- Visual cues, such as "alert icons" and the inclusion of the national or VFN logos, guide members to important messages and information on specific web portals.

3. Encouraging Member Engagement

The ECC encourages member engagement, particularly for less tech-savvy members, through group and one-on-one sessions. Resources such as cheat sheets and flyers listing available social media platforms are provided to facilitate involvement.

4. VFN Electronic Communication Trifold Guide

A handy instructional trifold guide is available for members to print and distribute in chapters. This guide supplements emails containing a PDF version of the instruction trifold.

5. Aggressive Training Program

The Electronic Communications Team emphasized training through various initiatives:

- Conducted a workshop during the annual VFN Conference, distributing a tri-fold handout in convention bags.
- Offered consistent Zoom training throughout the second quarter, covering topics like Zoom basics, website navigation, calendar input, and Facebook basics.
- Scheduled training sessions for the remaining months of 2024, except December.

Training Schedule:

- **July 10, 2024:** FEDHub, Cindy Graunke
- **August 7, 2024:** VANARFE Website Access, Stan Palen and Debbie Fisk
- **September 4, 2024:** VANARFE Website Navigation, Stan Palen and Debbie Fisk
- **October 2, 2024:** Zoom User Forum, Willie Levenston, Nancy Palmerino, & Debbie Fisk
- **November 6, 2024:** Zoom Meeting Etiquette, Dr. Constance Bails

All sessions are posted on the VFN Calendar. A protocol for scheduling and announcing each training via FedHub and the VFN Website has been developed and is working well. Future training sessions will be recorded and edited for online posting. PowerPoint programs are already being posted.

Chapter meetings for Area I and IX have been added to the VFN Calendar. The posting format for these Areas, plus Areas VII and X, has been changed to list the Chapter location first, followed by the Chapter number (e.g., Roanoke Valley Chapter 111).

6. Action Plans for 2024/25

1. **Expand Training Program:** Repeat existing sessions and add at least four new topics, including Twitter, TikTok, Google Suite, and WordPress.
2. **Live Training at 2025 Conference:** Prepare extensive live training sessions.
3. **Encourage Electronic Newsletters:** Promote the development of chapter electronic newsletters.
4. **Succession Planning:** Develop a succession plan for the ECC program.
5. **Create an Electronic Highway:** Develop a streamlined communication network.
6. **Online Tutorial Program:** Create an online tutorial program to assist members.

By implementing these initiatives and fulfilling ECC responsibilities, we aim to enhance member engagement, improve communication resources, and ensure that VFN members are well-informed and connected within our organization.

Membership Chair's Report – Frances E. Boatman

The Virginia Federation began the new year in July 2023 with approximately 4,465 chapter members and 6,132 national members for a total of 10,497 and ended the year with 4,135 chapter members and 6,000 national members for a total of 10,135 members in Virginia. Approximately 100 deceased chapter members and 120 deceased national members were honored at the Memorial Service at our annual conference in April. So, while we had a net loss, we also gained new members. It is significant to point out that national members are invited to all the Zoom training programs and we usually have a few to participate.

Membership remains a top priority at all levels of the organization and within the Virginia Federation. The emphasis is on recruiting, retaining and reclaiming members – not just recruiting. The 2023 Membership Drive continued through December 31.

A Membership Display Table was held at Congressman Connolly's Health Fair in November. Pictured left to right – Jim Little, Mary Lou Vroman, Doris McAdams, Pat Myers, and Ted Pasek.



Photos were taken April 17th at the Roanoke Post Office Wellness Event. One photo is of Membership Chair Frances Boatman and other photo is of Carolyn Tucker, 1st VP/Membership Chair (Roanoke Valley 0111) and Karen Simmons, 2nd VP (Roanoke Valley 0111).



Congratulations to our Membership Drive Winners: Ruth Greene (Roanoke Valley 0111), Mary Heck (Fredericksburg 0090), Kimberly Rendelson (Annandale 1159), Lynda Kyte (National), Nancy McWilliams (Seaside Virginia Beach 1827), David Parson (Suffolk

1743), Kay Dellinger (Vienna-Oakton 1116), Carolyn Tucker (Roanoke Valley 0111), Vanessa Trent (Williamsburg 0685), and Francine Garner (National).



As Membership Chair, I visited numerous chapters and participated in many Zoom programs offering tips on increasing our membership and giving back/serving as a resource to our current chapters and members. As President, I always included remarks on membership in my remarks.

As the 2nd Vice President noted, the Membership Chair position remains open, and we are actively seeking someone to fill this opening while I focus on fulfilling on my duties as President.

National Legislation Chair's Report – Gaston Gianni

The Virginia Federation is one of NARFE's leaders in the congressional advocacy area. This is accomplished through the Federation's National Legislative Team consisting of a Chair, 11 Congressional District Leaders (CDL), one for each of Virginia's 11 Congressional Districts, and two Senator Legislative Leaders (SLL), one for each of our Senators. The Team leads the Federation's efforts to build relationships with the Virginia Federal Congressional delegation and to advance NARFE's position on important legislative matters affecting active and retired federal employees. The Team also informs and interacts with the Federation's Area Vice Presidents, Chapters and VA National members about issues affecting the pay and benefits of Federal employees and retirees. The Committee is also responsible for coordinating Virginia NARFE's participation in NARFE's Political Action Committee (PAC). This includes encouraging NARFE members to contribute to

NARFE PAC, reporting on VA NARFE PAC statistics (Collections and Disbursements within in Virginia), and coordinating the process for seeking Chapters and Area Vice Presidents (AVP) inputs to the NARFE PAC’s decision-making process for allocating funds to VA’s congressional delegation.

The past 12 months have been very busy for the VFN National Legislative Team. These are the four primary areas where our time was spent: Advocacy of NARFE’s legislative priorities in the 118th Congress, NARFE’s August Advocacy Month, Outreach to the members of the VA Congressional Delegation, and assisting in the development of NARFE’s Advocacy Positions for 2024-2025.

Before giving an update on each, a thank you is due to **Jim Little** who filled in as Chair during my absence for part of the year. In addition, thanks to all the Virginia NARFE members who took time to contact their Congressional Representatives and Senators on NARFE’s legislative priorities. Your calls, letters, and emails, especially during the August Advocacy Month, helped to advance NARFE's priorities. Finally, thanks to our CDLs and SLLs for all their hard work during the past year.

Legislative Priorities--While NARFE had several priority legislative areas, much of the energy was focused on the repeal of WEP&GPO HR 82- Social Security Fairness Act. We needed to get 270 cosponsors of the bill to move the bill out of committee to be considered on the floor of the House. As of July 15, 2024, there were 323 cosponsors!! Nine of the cosponsors were from Virginia—Representatives **Spanberger, Wittman, Connolly, Scott, Beyer, Wexton, Kiggins, McClellan and Cline**. The last three were added in the past 12 months due to our outreach efforts! If the bill is not moved before the end of the 117th Congress, we must start all over again!!! NARFE will be issuing new (some old) legislative priorities for the 119th Congress.

VFN Congressional Outreach—With the help of NARFE-PAC funds, NARFE Advocacy staff attend some events in Washington, D.C. while chapter members can attend events in their districts.

Several of our Congressional District Leaders (CDLs) were able to attend events sponsored by the Representatives. Here is one event for Congressman Bobby Scott where **Maggie Keator** (Peninsula Chapter 0682), CDL for Congressman Scott’s 3rd District and **Deborah Brown** (Brentwood Chapter 1697) attended.

In addition, CDLs reached out to members at various political events throughout the year. Chapters had several Congressional Representative attend chapter meetings or events. All these were directed at building relationships and advancing NARFE’s legislative issues.



VFN Conference “Together We Will Succeed”

Eight members of the Committee attended this year’s Conference in Harrisonburg. During the conference I made a presentation on our National Legislation Committee’s Program in VA. The briefing covered our mission, organization, current NARFE legislative priorities and the status of Virginia PAC contributions. One of the highlights of the conference was when **Congressman Ben Cline**, one of our keynote speakers, made the announcement that he was signing on as a Co-Sponsor to the WEP/GOP House Bill 82. He received a rousing round of applause from our members. A special thanks to our CDL’s **Frances Boatman** and **Dr. Leon Vinci** who worked tirelessly over the past two years to keep the Congressman informed of NARFE priority issues and requesting he sign on as a co-sponsor to HR 82.



Pictured here are **Dr. Leon Vinci** and **Frances Boatman** (both from Roanoke Valley Chapter) with **Congressman Cline**. Second picture is our National NARFE President **Bill Shackelford** thanking the Congressman for his support.

One final note on the Conference. We raised \$1,275 for NARFE PAC. Thanks to all who

gave at the conference and all who support NARFE PAC through the year. I will give an overall update on PAC funds below.

NARFE BENCH MARKING NARFE Headquarters has started a Federation bench marking program. The program tracks personal contacts with congressional representatives and their staffs, letters on NARFE’s priority issues to congressional offices and new editors. There are two ways to receive credit for the activities: (1) using NARFE prepared letters on the NARFE ADVOCACY website and (2) reporting the activity, especially contacts, on the Advocacy website.

There are four levels –Platinum, Gold, Silver and Bronze. In the 1st quarter of 2024 **our Federation is in the LAST group—BRONZE!** However due to the **GREAT** work of our members, Chapters and VFN National Legislative team we achieved **PLATINUM!!** Thanks for the hard work and keep doing those contacts with your congressional representative.

PAC FUND UPDATE as of 6/30/24

TOTAL VA PAC COLLECTIONS

\$75,410 Total collected (six months left in cycle)
 \$38,640 VA National members; \$46,770 Chapters
 1,098 Total Members contributing— 596 National; 502 Chapter
 39-Total Sustainers—four National; 35 Chapters (Hope we can get more sustainers in the future!)
 During the last 117th congressional cycle (2021-22) VA NARFE contributed **\$145,602**.
 THERE IS STILL TIME TO CONTRIBUTE!!!!

TOTAL DISTRIBUTED as of 6/30/24: \$58,000

\$35,500 to Members (eight of 13)
 \$22,500 to five Member PACs, \$5,000 to four Members, \$2,500 to one Member

TOP CHAPTERS through June 2024

- | | |
|-----------------------------|------------------------------|
| #1 Annandale 1159-- \$5,949 | #4 Springfield 893 - \$3,208 |
| #2 Arlington 007--\$4,378 | #5 Fairfax 737 - \$3,019 |
| #3 Woodbridge 1270--\$4,041 | #6 Dulles 1241 -\$3,010 |

VFN NATIONAL LEGISLATIVE TEAM

Chair: Gaston Gianni

- SL Charles Kaweck, Shenandoah 2358—Sen. Mark Warner
- SL Eddie Eitches, McLean-Great Falls 489—Sen. Tim Kaine
- 1st CDL—Marilyn Riddle, Williamsburg 685--Rep. Rob Wittman
- 2nd CDL—Ray Orland, Suffolk 1743-Rep Jen Kiggans

3rd CDL –Maggie Keator, Peninsula 682, Rep. Bobby Scott
4th CDL- Debbie Fisk, Midlothian 2265, Rep. Donald McEachin
5th CDL- Joanne Hirsch, Charlottesville 0135—Rep. Bob Good
6th CDL- Dr. Leon Vinci, Roanoke 111, Rep. Ben Cline
7th CDL- Bob Martin, Fredericksburg 90—Rep. Abigail Spanberger
8th CDL- Thomas Hart, Fairfax 737--Rep. Don Beyer
9th CDL—Frances Boatman, Roanoke 111--Rep. Morgan Griffith
10th CDL- Dennis Freeman, Fairfax 737—Rep. Jenifer Wexton
11th CDL- Judy Thorne, Dulles 1241—Rep. Gerald Connolly

Please keep up the **great work** as we finish out the 118th Congress in December 2024 and start all over again in the 119th Congress in January 2025.

**CLOSING QUOTE: “Purpose and laughter are the twins that must not separate. Each is empty without the other.”
Robert K Greenleaf**

Public Relations Chair Report – Doris McAdams

As VFN Public Relations Chair, I was involved in the following activities:

- Attended the July and October board meetings.
- Attended Chapter 90 Fredericksburg’s October meeting.
- Contacted as many of the Chapter PR Chairs or Presidents as I could find contact information for. I asked them to include an announcement of our annual conference in their newsletters and on their social media.
- Created an event on Facebook for our annual conference. Promoted the annual conference on social media. Posted pictures and video of the annual conference on social media.
- Contacted a representative of one off the units at Dahlgren Naval Base to schedule a meeting to discuss presenting NARFE to his employees. We were unable to connect due to his busy schedule.
- Updated social media with various articles of interest to the federation.
- Updated social media with articles by VANARFE members.
- Attended Congressman Connolly’s Health Fair. Prepared 75 bags of NARFE information to distribute to people stopping by our table. We handed out 72 of those. Those who gave us their contact information have been sent a handwritten note or an e-mail thanking them for stopping by our table and inviting them to attend a chapter meeting. Additionally, copies of the M2 have been forwarded to the chapters serving the areas in which the prospects reside. The M2’s have been forwarded to National Headquarters.
- Recorded several reels at the health fair that were viewed by several hundred people.
- Attended meetings of the annual conference committee.
- Attended the Committee Chairs meetings.
- Attended chapters milestone anniversaries. Pictures are posted on social media.
- Visited other chapters as well as caucus meetings in Northern Virginia.
- Provided promotional materials to the chapters, VFN membership chair and service officer. Thanks to the hard work of these individuals most of my inventory has been depleted.
- Led the public relations training at the spring conference.
- Created branded water bottle labels to be used on bottle of waters to be handed out at public events along with other swag.



Please visit our Facebook page and share it with your friends.
[\(7\) NARFE - Virginia Federation | Spotsylvania VA | Facebook](#)

We hope to see you in April 2025 at the next VFN Conference at the Hotel Madison in Harrisonburg, Virginia.



Service Officer’s Report – Larry McIlwee

I was appointed VFN Service Officer in June 2024. Since that time, I have examined the Website and searched each chapter to locate the Service Officer in the chapter. I then sent an email to the Area Vice Presidents listing which chapters in their areas had Service Officers, and which chapters need a Service Officer.

I went on the National Website Resource section and ordered some of the literature that a Service Officer can hand out to members that need help or just information. I am available to assist the chapters and members in their needs.

As service officer, I plan to provide chapter members with up-to-date information on changes in federal retirement, health, and life insurance benefits. This includes sharing information on the annual Federal Benefits Open Season when it becomes available, as well as any changes in federal benefit laws, regulations, and rules.



State Legislation Chair’s Report – Deborah Brown



Our State Legislation year has been filled with major successes. Upon coming onboard in January, I inherited a completed 2024 State Legislation Plan that had already been approved and distributed to all stakeholders. The plan is comprised of the following:

- a. Exempting a Segment of CSRS Pensions Equivalent to Social Security Retirement
- b. Age Deduction
- c. Family Caregiver Tax Credit
- d. Nursing Home Priorities

The Chapter Legislative Representatives that assisted with developing the plan were well on their way and engages in sharing its content with Congressional Delegates. Also, during the month of January, I had the good fortune of joining Debbie Fisk, the previous State Legislative Chair, on a visit with the Tidewater Chapter to learn more about the responsibilities of my new position. Subsequent months were spent on a public relation building as I continued to share the 2024 State Legislative Plan and fulfill the responsibilities of the new position. I have been well received by members of the General Assembly and NARFE Chapters that have invited me to speak to this point.

I am encouraged by the favorable reception that I received at the April Virginia Federation of NARFE 2024 Annual Meeting & Conference held at the Hotel Madison & Shenandoah Conference Center in Harrisonburg. I was able to provide a workshop and meet with current chapter representative and those expressing interest in helping to develop the State Plan for 2025. Most exciting of all was speaking with NARFE Members that were anxious to donate to our State PAC Fund.



I was able to collect a considerable amount of money to advance our efforts going forward. I send my heartfelt gratitude to those that contributed to the fund, although it was my very first time being introduced and addressing attendees.

We are off to a great start with the 2025 State Legislative Plan. The policies we want to impact are near and dear and address concerns of every NARFE member. Advocating for others will always remain at the forefront of our agenda as we move forward with Advocacy.

As I close this reporting period, I hope that every one that reads this annual report will consider joining me in making NARFE a household name and increasing our membership.

VFN Training Committee Report – Ted Pasek

The Training Committee continued to provide monthly training sessions on assorted subjects related to VFN and the chapter roles. Training is provided on the fourth Wednesday of most months. The Training Committee is made up of Chairman, Ted Pasek, Area X VP and the Area VPs from the other areas. President Frances Boatman and Second VP Pat Wolfe usually joined our sessions. This training is separate from the technical training session provided by the Electronic Communications Committee.

President Boatman provided a session on “What is the VFN” in November, 2023. In January, 2024, Donna Shackelford spoke on the role and duties of chapter treasurers. Then Webmaster Stan Palen gave a delightful course unlocking the vanarfe.org website and its hidden informational gems. Artificial Intelligence (AI) for Seniors was the presented by Ms. Lindsay Mastis from WJLA TV in March. We finished with a “Town Hall” meeting in April hosted by President Boatman, 1VP Larry McIlwee and 2VP Pat Wolfe. We concluded the year with Ms. Jen Hasty, Virginia State Senator Obenshain’s Legislative Director spoke about the legislative process.



Stan Palen

The VFN website continues to be updated and expanded. We have added more links to items or websites that may be of interest to the NARFE community. The pulldowns at the top of the website have been expanded to make it easier to use the site. The site will be under construction for a bit after July 1, 2024, while we get the information on our new officers on the site. Please go to the site and poke around. Suggestions for improvement are welcome. The address is vanarfe.org. Each VFN chapter has a web page on there or a link to a chapter's page hosted elsewhere. Most of the Committees and Program Chairs also have a site page, as well as the Officers and Appointees.



The information on there is only as good as the input that makes it to the webmaster. We are trying to update all the chapter officer information and meeting locations. This includes the information on the VFN Calendar. We are putting chapter meeting information there also. Beside the location of the meeting, we are adding speaker and program information when we have it. The Chapter pages also have information on upcoming events. To keep that current, I need the information.

Current chapter newsletters are listed together on the Newsletter page under Resources/Information. Chapter newsletters are usually posted on chapter pages that are hosted on the VFN site. We cannot change newsletters hosted elsewhere, but we can link to them. Older newsletters are also available on the Chapter pages, usually on the bottom. The entire 2024 Convention Program Booklet and the Memorial Service are listed under Conference, then Conference 2024, then Conference Main Page.

Please provide current information to stan@vanarfe.org. If you find errors, please send them to me and I will make corrections.



2024 Chapters in the Virginia Federation



Area I

- Chapter 682 Peninsula
- Chapter 685 Williamsburg
- Chapter 1757 Middle Peninsula
- Chapter 1823 Northern Neck

Area II

- Chapter 5 VA Beach (Metro)
- Chapter 66 Tidewater
- Chapter 974 VA Beach (Bayside)
- Chapter 1827 VA Beach (Seaside)

Area III

- Chapter 28 Petersburg
- Chapter 60 Richmond
- Chapter 1727 Tuckahoe
- Chapter 2065 Louisa
- Chapter 2080 Piedmont
- Chapter 2265 Midlothian

Area IV

- Chapter 1293 Churchland-Portsmouth
- Chapter 1697 Brentwood
- Chapter 1743 Suffolk

Area VII

- Chapter 111 Roanoke Valley
- Chapter 135 Charlottesville-Albemarle
- Chapter 164 Harrisonburg
- Chapter 180 Winchester
- Chapter 1793 Page Valley/Luray
- Chapter 2358 Shenandoah County

Area VIII

- Chapter 90 Fredericksburg
- Chapter 595 Colonial Beach
- Chapter 1549 Fauquier
- Chapter 2112 Caroline

Area IX

- Chapter 356 Manassas
- Chapter 893 Springfield
- Chapter 1159 Annandale
- Chapter 1270 Woodbridge

Area X

- Chapter 7 Arlington
- Chapter 489 Mclean-Great Falls
- Chapter 737 Fairfax
- Chapter 1116 Vienna-Oakton
- Chapter 1241 Dulles
- Chapter 1665 Metro Northern

