



NARFE NEWS

ROANOKE VALLEY CHAPTER 0111

2025 OFFICERS

<p>President Frances Boatman (540) 774-3031 feboatman@live.com</p>	<p>1st Vice President Carolyn Tucker (540) 797-5037 cptucker1212@gmail.com</p>	<p>2nd Vice President Karen Simmons (540) 525-1043 ksim285032@aol.com</p>	<p>Secretary Ellie Long (540) 772-0468 lalaw1986@gmail.com</p>	<p>Treasurer Mark Fisher (540) 772-0984 mcfisher2@cox.net</p>
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TELEPHONE NUMBER FOR OPM: 1-888-767-6738 (M-F, 7:40 a.m. – 5:00 p.m.)

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

PRESIDENT'S REPORT



Great Turnout - It was good to see the great turnout for our February meeting, and we hope to increase the numbers each month. Our speaker was dynamic, with lots of information about Medicare, Social Security, and scams. We were happy to have new members attend this meeting. If you know someone who is an active or retired Federal employee and not a member of NARFE, please invite them to join us in March.

Medicare Reimbursements - If you have Blue Cross/Blue Shield Basic Option and are receiving Medicare Part B, you are entitled up to \$800 reimbursement this year. Remember you must re-file each year for reimbursement.

Legislative Action - With all the latest threats to federal benefits, we need to let our voices be heard to defend our hard-earned benefits. Please use the NARFE Legislative Action Center (www.narfe.org) to stay up-to-date on important issues.

VFN Training – Training via Zoom on Wednesday, February 26th at 2 pm - “2025 State Legislation” by Deborah Brown, VFN State Legislation Chair

70th Anniversary of Virginia Federation of NARFE - Our Virginia Federation of NARFE will be celebrating its 70th Anniversary at our conference and annual meeting at the Hotel Madison in Harrisonburg April 6 - 9. All NARFE members are invited to attend. Information and registration forms are on the Virginia NARFE website, vanarfe.org. Early Bird registration of \$95 ends February 17th. Hotel rate is \$107 per night. We look forward to learning how to better serve our Chapter and promote NARFE's mission, and I encourage you all to attend.

Happy Valentine's Day!

Frances Boatman
President



LEGISLATION

Federal

Congress continues working on a final FY2025 budget bill and raising the debt ceiling limit.

The Social Security Fairness Act will take over a year to implement. This delay is due to staffing shortages and Congress not providing funding to implement the law.

State

20% Exemption of CSRS Benefits from State Income Taxes. Two pieces of legislation in the Virginia General Assembly that would have granted a deduction from Virginia income taxes of 20% of CSRS benefits failed.

Sunset of Current Standard Deduction

House and Senate bills addressing removing the standard deduction sunset date are still in play and appear to be on track to be passed this year.

Bill Ketron Legislation

Summary of Emerging Threats to the Federal Community

The new Congress has its sights set on budget reconciliation legislation that could include cuts to earned federal benefits, while the incoming Trump Administration has previewed, through a return of Schedule F, and potentially a plan to realize large-scale reductions in the federal workforce. Emerging threats include: **Threats to Earned Federal Benefits, Threats to the Merit-Based Civil Service, and Threats to Federal Jobs.**

The NARFE website has a wealth of information for current federal employees addressing numerous actions and Executive Orders affecting the Federal Workforce. If you are, or know, a current federal employee please read and share the links below.

<https://www.narfe.org/advocacy/emerging-threats/>

<https://www.narfe.org/federal-benefits-institute/narfe-webinars/>

<https://www.narfe.org/federal-benefits-institute/narfe-webinars/webinar-archive/>

NARFE has filed suit in the U.S. District Court for the district of D.C. to block the implementation of President Trump's Executive Order 14171 creating Schedule Policy/Career (or Schedule P/C, formerly known as Schedule F). Protect Democracy and Selendy Gay, PLLC, are representing NARFE and its co-plaintiff, the Government Accountability Project (GAP), in this lawsuit. The suit argues that the actions of Defendants President Trump, the Office of Personnel

Management and its acting director, Charles Ezell, violate the Civil Service Reform Act (CSRA) and thereby the power of Congress to establish, define, and regulate the civil service system to protect the public interest in ensuring Americans have a federal workforce grounded in merit and free from corruption, political bias, and improper influences. It also argues that the President did not have authority to unilaterally revoke regulations that were issued after extensive notice and comment rulemaking. Read the joint press release, [here](#), and the complaint [here](#).

In addition to NARFE resources, Virginia Senators Tim Kaine and Mark Warner have posted information on their respective senate websites.

<https://www.kaine.senate.gov/federalworkers>

<https://www.warner.senate.gov/public/index.cfm?p=resources-for-federal-employees>

None of our three congressional representatives have any information on their respective websites.



INCLEMENT WEATHER POLICY

NARFE Chapter 111 will not meet when either the Roanoke City or Roanoke County Schools are closed because of hazardous road conditions due to snow or ice.



There is no formal Treasurer's Report this month. Below is an accounting of January 2025 financial activity for Chapter 0111.

Beginning Bank balance	\$1545.04
Receipts	
Dues collected (Partial AMS Update)	\$179.64
Alzheimer's (YTD \$75.00) 50/50 - \$28	\$75.00
Donations - \$47	
Basket Raffle	\$60.00
Disbursements	
Office/Chapter Expenses	\$28.12
Mailing Labels	
Newsletter	\$92.66
Postage	\$360.00
One year for mailing newsletters	

FEBRUARY 2025 MEETING MINUTES

NARFE Roanoke Valley Chapter 0111, Area VII, met on Friday, February 7, 2025 at Olive Garden. Frances Boatman, President, conducted the meeting. The meeting was called to order at 12:03 p.m. with 31 people in attendance including our guest speakers. There was one new member and one guest. A quorum was present to conduct chapter business.

February birthdays were recognized.

Wanda Ware, Chaplain, discussed Valentine's Day and read Bible passages of love. She then led us in the Pledge of Allegiance.

The Secretary's minutes for the January 2025 meeting were approved as published by acclamation.

Ellie Long, Secretary, reported one member death. She gave an update on Mark; he hopes to be home next week! Cards can be sent to the chapter P.O. Box. She collected VFN Conference chapter supporter contributions, mentioned review of the [VFN Bylaws](#), distributed "Be Prepared for Life's Events" booklets and gave a summary of January financial transactions.

Carolyn Tucker, 1st VP, gave the membership report. Currently, there are, we think, 161 chapter members. Welcome to new members **Clayton Crouse, Phillip Davis, Verrano Fenwick, R. Friederich, Sally Meyer, William Meyer, Carol Rickerson, Wayne Switzer, Graham Sword, Steven Van Arsdel, and Michael Wise.**

Karen Simmons, 2nd VP, reported we are seeking a guest speaker for March. Our April speaker is Dawn Sandoval from the Least of These Ministry discussing Helping the Homeless in the Roanoke Valley. Our May speaker is Allen Lawrence, General Manager of the Salem Red Sox discussing Operating a Minor League Baseball Team.

Bill Ketron gave the Legislation report.

Ruth Greene, Area VII VP, installed officers at the Page Valley – Luray Chapter and attended the VFN quarterly Board Meeting. NARFE Region X Conference is in Gatlinburg, TN. She gave an update on Leon who is in Raleigh Court Health & Rehab Center, 1527 Grandin Rd, SW, Roanoke, VA 24015; cards are appreciated.

Frances gave the President's report.

New Business: Karen Willis made a motion, Anne Cepeda seconded to spend \$110 for a full page chapter ad in the Conference Book; motion approved by acclamation.

Our guest speaker was Shannon Abell, AARP Community Ambassador. In 2025, COLAs went up 2.5%; the Medicare Part B Premium went up 5.9% to \$185.00 per month.

Vaccines. Annual flu shot and [Pneumovax 23 pneumonia](#) shots (check when you last had them) are available at no cost at the doctor's office or any pharmacy. [Covid](#)

[booster](#), probably twice a year as it is good for four to five months; [RSV](#); [Shingrix shingles](#); [Tetanus shot](#) every 5-10 years; and [Hepatitis A](#) are available at no cost. Get them at a preferred pharmacy; check with your drug plan. You can get flu and Covid shots the same day, but wait two weeks apart so if you have a reaction, you'll know which caused it.

Inflation Reduction Act. In 2025 there's a maximum \$2,000 out of pocket expense for drugs. Medicare negotiated prices were legislated for CY2026-2029, but that may change with the new administration.

Check with Visory, Good Rx, or Single Care for better pricing than your drug plan on prescription costs. These charges count towards your \$2,000 maximum.

You must be **admitted** to the hospital to be eligible for Part A payments. You must be in **admitted status** and spend three "midnights" in the hospital to be eligible for skilled nursing care.

You have the right to appeal a hospital discharge. Ask for your patient advocate to begin the appeal process.

Medicare Advantage; be cautious in choosing such a plan. All customers do not qualify for benefits. You may get free benefits but medical tests and treatments may be denied. They are not good for chronic conditions. These plans do not travel well if you see out of network providers.

Scam Tips

--Mail checks **inside** at the Post Office.

--Purchase a [Uniball Signo 207](#) pen and use it to write checks.

--Freeze your credit with all three credit bureaus.

The 50/50 (Alzheimer's Fund) drawing was won by Carolyn Tucker. The basket drawing was won by Anna Yu.

The meeting was adjourned about 1:45 p.m.

**Ellie Long
Secretary**



MARCH BIRTHDAYS

4 John Martin

7 Diane Durham

6 Debra Swain-Elliott

20 Brenda "Kat" Collins

IN MEMORIUM

James F. Johnson, 87, of Roanoke died Sunday, January 5, 2025. He served in the US Army Infantry as an officer. He was employed with the Virginia Cooperative Extension Service, Virginia Tech as an extension agent for three southeast Virginia counties, district staff, and state staff. He retired in 1992 as the Director.

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES
ROANOKE VALLEY CHAPTER 0111
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CHANGE SERVICE REQUESTED

2025 COMMITTEE CHAIRPERSONS

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

NEXT NARFE MEETING

Friday, March 7, 2025

**Olive Garden
925 Valley View Blvd NW
Roanoke, VA 24012**

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

SPEAKER

TBA

TOPIC

TBA