



FEDERAL BENEFITS EXPERTS
National Active & Retired Federal Employees Association

Dulles Chapter 1241

Serving Current, Former & Retired Federal Employees,
Spouses and Survivor Annuitants
In the Dulles Area of Northern Virginia.

March-April 2025

PRESIDENT'S GREETING:



Current Federal Employees & Retirees, we are facing an on-going attack to our federal community unlike anything we have ever seen. Many current workers have been fired or will be soon by the current administration. NARFE has filed two (2) law suits in reference to the Protection of Privacy Act. Go to <https://www.narfe.org> for complete details. NARFE HQ is keeping members updated via website, webinars, weekly NARFE Newsline articles & email alerts. What can we do? Here are two suggestions:

(1) Contact your Congressman and your Senators. One easy way is to go to <https://www.narfe.org>, click NARFE Legislative Action Center/advocacy link and send letter. It takes less than five (5) minutes and makes a big difference.

(2) Contribute to NARFE PAC, you can do this on line or by filling out the PAC form and mailing it along with your contribution. March is NARFE-PAC month and the time could not be better. Your contributions support our advocacy mission, complement grassroots efforts and allow NARFE lobbyists to continue their work as well as supporting the legislators who are working to protect you and your benefits.

A big thank you to our Legislative Chair Judy Thorne who stepped down after serving many years as Congressional District Liaison (CDL) to U.S. Representative Gerry Connolly (D-11). Jayne Seidman, Vienna-Oakton Chapter, is the new CDL. Contact: jayneseidman@gmail.com. Congratulations to our Chapter Member Angelo Wider who just accepted the CDL position for U.S. Representative Suhas Subramanyam (D-10). Contact: widera5105@aol.com.

I will continue to provide information as we receive it from National and Virginia Federation. Do not hesitate to contact me if I can assist you. I hope to see you at our March Luncheon Program.

Jeff Sargent, President
Jsarg62@aol.com

LUNCHEON PROGRAM – March 24, 2025 11:30 A.M.

Speaker: Deborah Holmes, Retired Federal Employee/Travel Agent

Topic: Tips for Traveling in 2025

Luncheon Entrée Choices:

Buffalo Chicken Salad (chicken on romaine w/spicy ranch dressing, crumbled blue cheese, cucumber and tomato)

Classic Grilled Cheese w/Fries, Coleslaw & Pickle)

Beef & Cheddar Burger w/Honey Mustard on Side w/Fries, Coleslaw & Pickle

Served with Coffee/Tea

The cost of the luncheon is \$23 which includes meeting room, beverage, tax and a small gratuity. Additional tips are welcome but not required.

☎ Please contact Patricia Wolfe at wolfepatriciam@aol.com or (703) 449-1582 no later than **Tuesday, March 18, 2025. Reservations are very important so that the appropriate number of meals can be ordered and prepared.**

OUR LUNCHEON WILL BE HELD AT AMPHORA DINER, 1151 ELDEN STREET, HERNDON, VIRGINIA AND BEGINS AT 11:30 AM!

Remember!

If Fairfax Co. schools are closed because of inclement weather, Dulles Chapter 1241 Luncheon Meetings are also cancelled.

April 28 – Menu: Spanakopita (classic Greek specialty w/layers of spinach, feta cheese & phyllo pastry w/fruit cup); Small Cobb Salad; ½ Triple Decker Chicken Salad Sandwich w/cup of tomato soup. Speaker: To be Determined; **Reservation Instructions: To Be Determined as Pat Wolfe will be out of town.**

MEMBERSHIP NEWS 1241 DULLES

Membership Report

As of March 1, 2025

Current Chapter Members 293
National Members in Chapter Area 514
Chapter plus National Members 807

Current Chapter Members Breakdown:
1-Year 144; 2-Year 24; 3-Year 59; Dues Withholding 60
Life Members 6

The M112 report (which gives us a breakdown of the list of new members, those reinstated, those dropped for non-payment, prospective members identified by National, and other changes) is still not a complete report. The report indicates that there are two pages to the report, but will only display the first page.

VFN President/Membership Chair Frances Boatman recently shared that Virginia had 4,240 chapter members and 6,341 national members for a total of 10,581 and that membership was going in the right direction. At the national level, NARFE has gained many new members (2,300+) since the passage of GPO/WEP and since January 2025 and it continues to go up daily. NARFE HQ is also still processing new applications and renewals that resulted from the extended AMS system outage.

LEGISLATIVE NEWS

While not much legislating is going on, the new administration has been busy reinventing government, and thousands of federal workers who thought they had secure jobs now find themselves out on the streets. Congressmen Connolly and Subramanyam and Senators Warner and Kaine have had heavily attended Town hall Meetings, have attended demonstrations supporting federal workers, have been overwhelmed in efforts to provide quality constituent services, and are awaiting the results of court cases filed against the new administration for perceived unlawful acts.

As of this writing, we are waiting for a government shutdown in two weeks, with the majority party of the House and the Senate still not in agreement as to the expansiveness of the budget bill. Another cliffhanger!

Our legislators have helpful and generally up to date websites. NARFE-PAC is in action. While federal retirees have not taken the brunt of the punishment so far, it is not unlikely that the new administration is eyeing cuts in the funding of medical coverage and other similar measures. March is NARFE-PAC Month. Now is the time to contribute to NARFE-PAC to protect our earned benefits.

Judy Thorne, Chapter Legislative Chair
thornemusick@aol.com



February 24 Luncheon Program



L-R President Jeff Sargent, Program Chair Pat Wolfe, and VA State Senator Russet Perry (SD-31)

Senator Perry provided a brief update on the General Assembly legislative actions. The session had just ended on February 22. She expects that they will be called back. State Legislative Chair Deborah Brown subsequently stated that the date has been tentatively set for April 22. Senator Perry also provided interesting and important information on Data Centers as had been requested. She reported there are 70+ in Loudoun County, 20+ in Fairfax County and 20+ in Prince William County and discussed their impact on the areas in Northern Virginia.* Senator Perry, a former federal employee with CIA, expressed her concern for federal employees everywhere and especially those in her district. Her presentation to our chapter is listed in the March 4 issue of NARFE Newslite that goes out to all NARFE members.

- One concern was the amount of power needed for the data centers and generally provided by Dominion Energy. A question was asked about NOVEC. In the March 2025 Cooperative Living Magazine published by NOVEC, it was stated “NOVEC takes service from the Dominion Energy transmission system which includes 230kV and 500kV high-voltage lines across the state. While Dominion Energy owns and maintains these transmission assets, the interstate transmission system is operated by PJM Interconnection, located in Valley Forge, Pennsylvania.”

Important Dates: Mark Your Calendar

March 24 Luncheon

April 6-9 VFN Conference and Annual Meeting, Harrisonburg, VA

April 15 Board Meeting

April 28 Luncheon

May 13 Board Meeting

May 19 Luncheon

June 9-11 FedCon25 (Virtual)
June 17 Board Meeting
June 23 Luncheon
July-August No Meetings
September 16 Board Meeting
September 22 Luncheon
October 14 Board Meeting
October 27 Luncheon
November 18 Board Meeting
November 24 Luncheon
No board meeting in December
December 8 Holiday Party

ALZHEIMER'S RESEARCH:

We have started a collection basket/jar rather than a 50/50 drawing as most returned their share to Alzheimer's. No donation is too small and goes to research for a terrible disease that affects so many. It goes into the Virginia Federation's donation to Alzheimer's Research in Chicago. Virginia continues to lead the nation with \$221,096 in donations from July 2024 to January 2025. South Dakota is second and our neighbor West Virginia is third. If you would like to contribute but are unable to attend, you can send a check payable to NARFE Alzheimer's Research and mail to: 21022 Rocky Knoll Square, Apt. 205, Ashburn, VA 20147. For additional information or fundraising ideas, contact Ann at angelw3@verizon.net.

SUNSHINE COMMITTEE: Chair Kathy Loftin loves to send cards and remember those who may be ill, grieving for a loss, or just need a little cheering up. Please notify her at 425tree@gmail.com if you know of someone and especially if that someone is you.

SERVICE OFFICER: Dulles Chapter does not currently have a Service Officer but could really use someone to assume these duties. The official job description is a bit overwhelming but as the Virginia Federation Service Officer Larry McIlwee said in his recent Zoom training, you just need to research OPM website and NARFE guidance and learn where to point people. This assistance is often needed when a spouse or parent passes away and Larry shared his personal experience and the help he received when his wife passed away. Larry is available to provide resources and is willing to help any of us since we don't have a Chapter Service Officer. If you need help or would like more information, contact joseph.mcilwee@verizon.net.

VIRGINIA FEDERATION CONFERENCE: There's still time to register. Visit www.vanarfe.org; click on Conference and 2025 Conference. You can pay online with credit card or print application form and mail to VFN Treasurer. It will be held at The Hotel Madison in Harrisonburg April 6-9 and promises to be just as great as or even better than 2024. Everyone was pleased with the hotel staff and property. They gave the VFN per diem rates again and this doesn't happen often with retiree conferences. Most speakers have been confirmed and include NARFE President Shackelford and NARFE VP Policy & Planning John Hatton who have been featured almost daily on media outlets. Dulles Chapter is willing to fund registration and hotel costs for up to 4 people.

SMALL BITES, BIG BENEFITS: The following “uncommon nutrition tweaks for better health” are excerpts from March 2025 Co-Operative Living Magazine:

- Adding more spices/herbs to your meals can help reduce inflammation, protect against cancer and improve insulin resistance. Oregano, cinnamon and turmeric were noted.
- Consider eating your main meal at lunchtime.
- Add more beans to your diet – great source of protein.
- Take magnesium supplement to help heart health, strengthen bones, and give more energy.
- Swap out one sugary drink a day for water or unsweetened tea. It can reduce risk of Type 2 diabetes and heart disease.
- Sauerkraut, pickles, kimchi, and yogurt are great for “gut health.”

MOODY MARCH – The Most Temperamental Month of the Year in the Northern Hemisphere. Although this article in March 2025 Cooperative Living magazine was intended for kids, it had a few ideas that could be good for the rest of us. We are all aware of the wild, erratic weather patterns. “In like a lion, out like a lamb” means that March begins with a roar of wintry weather and should end with gentle weather, like a little lamb ushering in spring.....but sometimes it is reversed. The article suggests finding a comfortable spot and reading when the weather is bad and planting something like seeds inside a pot and transferring later to remind you that spring is on the way.

EDITOR’S NOTE: Please let me know of announcements, articles that you would like to be included, etc. Contact: wolfepatriciam@aol.com.



