



ANNANDALE CHAPTER NEWS

National Active and Retired Federal Employees Association Chapter 1159 (Annandale)

P.O. Box 1463, Annandale, VA 22003

Serving Current, Former & Retired Federal Employees and Spouses
and Survivor Annuitants

Like us on Facebook at NARFE-Annandale 1159

Our meetings are hybrid, with in-person and Zoom attendance
We meet in-person at the Mason District Governmental Center
6507 Columbia Pike, Annandale, Virginia

April 2025

Join us, either in-person or via Zoom, for our next meeting at 10:00 a.m., Wednesday, May 7th. We will have our annual “Report from Richmond” when Virginia Senator Dave Marsden and Delegate Vivian Watts will tell us what happened in this year’s session of the Virginia General Assembly. (While the meeting will be available in-person and on Zoom, please join us in-person, if you can.) For details regarding the program, as well as information on registering for the Zoom meeting, see page 5.

PREZ SEZ – Life continues in a terrifying way. Continued destruction of Federal agencies breaks my heart thinking of people who’ll lose essential services. Fundamentals of our country are threatened as those providing critical services protecting our health, safety, and security are fired. Closer to home, our earned benefits are at risk too. We’ll aim to provide updates on NARFE activities protecting those earned benefits, along with information to employees who’ve been or may be fired. I’ll share what I learn at the Virginia VFN conference.

Kim Rendelson, Chapter President

WEB ADDRESS – Please note our web homepage continues experiencing difficulties. For the latest information on our Chapter, please use our Facebook page at **NARFE -- Annandale 1159**.

April Program Report – Our speaker at the April 2nd meeting was **Jessica Faith, a WRC StormTeam4 meteorologist.**



Jessica Faith discussing weather forecasting and weather tips with Chapter members.

Ms. Faith joined NBC4 in 2023. Before that she worked at WPXI-TV in Pittsburgh, PA, at WAFF-TV in Huntsville, AL, and KLTV-TV in Tyler, Texas. At the latter two stations, she had extensive opportunity to use her skills in forecasting severe weather. Ms. Faith introduced meteorology as a scientific study of the atmosphere, the gasses surrounding the earth. In her normal course of duties, she prepares the graphics for television presentations, writes weather stories for various media, works with the program producers to determine the times needed to provide adequate weather coverage, and prepares her own weather analysis for content. A considerable amount of preparation time is needed for even a short weather broadcast. NBC4 provides ten-day forecasts based on all available data and forecast models.

Ms. Faith showed a number of video clips to show her work and equipment and examples of severe weather events. In doing so she explained what kind of weather is considered severe. Most common in our area is severe thunderstorm events, which offer a number of potential impacts. Severe thunderstorms are classified by winds of 58 mph or higher, hail at least 1 inch in diameter, or the presence of a tornado (where the strong winds form a column of violent, rotating column of air). Tornadoes are rated by the Enhanced Fujita (EF) Scale to assign a tornado a 'rating' to an event based on wind speed. (The scale is defined at <https://www.weather.gov/oun/efscale>.) The United States has the largest number of tornado events in the world. This is due to the position of the continental US sitting between the Arctic cold from Canada and the warm, moist air from the Gulf.

Ms. Faith offered advice on how to react to severe weather. As an example, lightning can strike as much as 10 miles from the location of the storm. If you are close enough to hear thunder, you are within range of a potential strike and should take shelter. When a thunderstorm loses strength, it must still dissipate the remaining energy and it does so by collapsing down and (**continued on page 3**)

(continued from page 2) spreading out across the earth. This can result in damage, like a tornado, but without the twisting effect and across a wide base. Severe storms can result in flooding, and hail. Flood water is extremely dangerous and kills more people than tornadoes or hurricanes. She warned people to not enter flood water as it may have all kinds of pollution, toxins, and animals. She also advised not to drive into flood water because it is impossible to accurately assess the depth -- six inches can disable the vehicle and just a few inches can move a vehicle, making it impossible to control.

Ms. Faith mentioned that climate change results in severe weather because events driven by heat in the atmosphere and these changes and events are happening much faster than historically shown. Anything that allows heat to be captured in the atmosphere instead of released into space will increase severe weather events. The changes are coming more quickly. Since the 1970's we now have eleven more Spring days, which results in prolonged seasonal allergies, drier (drought) conditions, more pests, and an increased number of wildfires.

She explained that derechos consist of storms that include a line of intense, widespread, prolonged, and fast-moving windstorms (occurring at times with thunderstorms) that move across a large distance (county and state lines) and create damaging lateral winds. She explained that haboob is an intense dust storm driven by a weather front. Haboobs occur often in areas of dry land anywhere in the world. In the Southwestern US there is a monsoon season, though sometimes without much moisture, usually in July or August. Instead of carrying just moisture, they will drive dust particles across the land. The percentages of probability used by many forecasters for snow, rain, or wind events define the percentage of a designated market area the station covers. So, a thirty percent chance means that it is expected at 30% of the territory they support in their broadcast. These can be translated by verbal definitions: 10-30% means isolated, scattered, 40-60% means widespread, 70 to 80% means numerous, and 90-100% means widespread.

Total attendance was **37 (26 in-person and 11 on Zoom)**. Snacks were provided by **Mary Ann Munley, Fran Walinsky, John Bankson, Loretta Nester, Ed Reniker, Sue Hoffman, Kim Rendelson, Frank Toth, Diane Rudnick and Sharon Sellers.**
Ed Reniker, Secretary

Our Summer Luncheon is on Wednesday, June 4, 2025 at The Italian Café!

Everyone, please plan to join us for our Summer Luncheon on June 4th and commit early by sending your payment as soon as possible to our treasurer. See the reservation form below. **And like last time, bring a friend** – do you know a retired Federal employee that isn't a NARFE Member? Or an employee recently rified. To encourage membership growth, think about inviting a friend to attend our luncheon; it might be a positive way to introduce them to our chapter and to NARFE. Our **Summer Luncheon** is scheduled for **Wednesday, June 4th** at the **Italian Café, 7161 Lee Hwy, Falls Church**. Parking is right in front of the restaurant, on the side or in the large parking lot in the back. No steep steps...no steps at all! **Social time will begin at 11:30 a.m.** with lunch starting at noon. A raffle for special items will be held for the benefit of Alzheimer's research. There are **five** entrees to choose from: (1) Flounder Françoise with Pasta and mixed vegetables; (2) Eggplant Parmesan with Tomato Sauce; (3) Chicken Piccata with Pasta and mixed vegetables; (4) Lasagna with Meat & Tomato Sauce; and (5) Calzoni (**Chicken (C), Beef (B) or Vegetarian (V)***). Meals all come with a house salad, bread, and your choice of one dessert ((1) Cannoli or (2) Tiramisu), and soda, coffee, tea. There will be a cash bar for any other beverages you desire. A charge of **\$36 per person** will cover the meal, taxes, and gratuity. We need to let the restaurant know by May 26th what your meal selection will be. Please complete the form below and mail it in along with your check as directed below. **Please mail reservations as soon as possible, but they must be received by May 26, 2025.**

ANNANDALE NARFE JUNE 4th LUNCHEON RESERVATION FORM

	Entree (circle 1)					Dessert (circle 1)		
	(*for No. 5, Circle C, B or V)							
Attendee _____	1	2	3	4	5 C B V	1	2	None
Attendee _____	1	2	3	4	5 C B V	1	2	None

Please make checks payable to *NARFE Chapter 1159*, and mail them to: *NARFE 1159 Treasurer, Box 1463, Annandale, VA 22003*. Please mail reservations as soon as possible, but they **must be received by May 26th**.

A Few Details for Our May 7th Meeting – At 10:00 a.m. on Wednesday morning May 7th, at the Mason District Governmental Center (6507 Columbia Pike in Annandale), we will have for our “Report from Richmond”. While in-person attendance is encouraged, to attend on Zoom, let **Doug Jones** know (doujones500@verizon.net or 703-425-3361) **no later than Monday, May 5th**, so he can send you the meeting link and passcode.

June 4th LUNCHEON RAFFLE

For those members who enjoy our raffles, rest assured we are continuing the tradition that benefit Alzheimer’s Research. We have many great donated items, so we’ll have plenty of “Gift Bags” to choose from. The only catch this time is that ALL the Gift Bags will be “MYSTERY BAGS”. NO, you aren’t going to know what’s in the bags this time. As always, you don’t need to be onsite at the luncheon; winners will have their Mystery Bags delivered to their homes. So take a chance – or many chances – and buy lots of tickets. Since they’re all mystery bags we will not be publishing any pictures but there will be clues. The clues won’t be available until May 1st and will be found on our Facebook page and also on your luncheon tables. The cost of raffle tickets will remain at the bargain price of \$1.00 each or 6 tickets for \$5.00. We will start selling tickets as soon as you get this Newsletter. **Kim Rendelson** will mail as many raffle tickets back to you as you would like. **Just complete the Raffle Form on page 6 and mail it to Kim at her address on the Form** with your check to *NARFE Alzheimer’s Research Fund*, please include *Chapter 1159* on the memo line.

NOTE: Due date for receipt of raffle tickets orders by mail is **May 27th**. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don’t worry about losing them or the email, Kim tracks the numbers so no matter what, if you can’t find your tickets or your email, all is not lost! She will know the winner’s identities. **Tickets will also be sold at the Luncheon.** **NOTE: Kim will be away May 5th – 20th so if you don’t receive your tickets quickly, don’t panic. Once Kim is done riding a camel, she’ll be back and will catch up.**

If skipping the raffle but you still want to make a donation for Alzheimer’s Research, please send your check made out to *NARFE Alzheimer’s Research Fund* (include *Chapter 1159* on the memo line) and mail it to **Jack Bagnulo, 8302 Toll House Road, Annandale, VA 22003.**

RAFFLE TICKET FORM

-----clip and mail form-----

Raffle Ticket Form
Annandale NARFE Luncheon – June 4th, 2025
\$1.00 each or 6 for \$5.00

I would like to purchase _____ Raffle Tickets. My check is enclosed for \$_____ made out to *NARFE Alzheimer's Research Fund*, including *Chapter 1159* on the memo line and mailed to **Kim Rendelson, 3401 Silver Maple Pl, Falls Church, VA 22042** to be received no later than May 27th.

Please include your:

Name: _____.

Address: _____.

Email: _____.

Phone No: _____ (for bag winner delivery purposes if you are not present)

Volunteers Needed -- At our June luncheon members will be asked to approve a Nominating Committee to identify chapter members who are willing to stand for election this November for all elected Board positions (President, 1st and 2nd Vice Presidents, Secretary and Treasurer). **John Bankson** has agreed to chair the committee. Please consider volunteering to join John and serve on the committee. Also, think about running for an elected Board position. This is the first step to filling roles needed to keep our chapter vibrant and growing. To volunteer, or if you have any questions, contact John at johnboy1607@outlook.com or **703-256-2295**.

Inclement Weather Policy --When Fairfax County Public Schools (FCPS) are closed or virtual only because of inclement weather on the day of a scheduled chapter meeting, the chapter meeting (both in-person and on Zoom) for that month is cancelled. If the FCPS open only 2 hours late on the day of a chapter meeting, the in-person and the Zoom meeting will be held.

Legislation Report -- *Federal Budget*: “Establishing the congressional budget for the United States Government for fiscal year 2025 and setting forth the appropriate budgetary levels for fiscal years 2026 through 2034”, otherwise known as the “*big, beautiful Bill*” (**HConRes 14**). Last month, Congress passed the Continuing Resolution (CR) for the FY 2025 Federal Budget. Since then, the Senate made several amendments to the Bill and the House approved many of the Senate’s changes. This blueprint now sets the stage for Budget Reconciliation between the House and Senate on the various components of spending and spending cuts. A Reconciliation only requires a simple majority in order to pass - not 60 votes in the Senate. While much in this bill may be of concern, of specific interest to current and retired federal employees is the required cut of \$50 billion from “mandatory” spending authorized for Government Operations – which means cuts to federal retirement and health benefits. From where and whom will those cuts come:



- Possibly cuts to FEHBP/PSHBP spending (affecting active and retired Feds) either by reducing the government’s premium cost share below the current 72% or moving to a voucher model for the government’s share of the FEHBP/PSHBP premium which could (over 10 years) lower the government’s cost share to under 50%. Both active and retired feds would be hit with higher health insurance costs (however retirees pay for their premiums with after tax dollars);
- Possibly increasing all active employee’s contributions towards their FERS annuity to 4.4% (a 2.6%-3.6% increase for many active feds);
- Possibly using the High 5 versus High 3 to compute federal annuities;
- Possibly eliminating the FERS Supplemental Payment, which especially impacts those in positions required to retire by age 57, such as Law Enforcement Officers;
- Possibly cutting the guaranteed rate for the TSP’s G fund.

Most likely, the final solution will be a mixture of the items listed above, but the cuts will come. Please read all email messages received from NARFE and respond to calls for action as this budget legislation will move forward and quickly. Many of the possibilities I have listed above have been discussed before, are currently being discussed, and some will probably find their way into the final budget legislation.

(Legislation Report continued on page 8)

(Legislation Report continued from page 7)

Other proposed Federal Legislation you should support:

- *HR 492 and S.134, Saving the Civil Service Act of 2025*: These bills seek to prohibit the establishment of Schedule F of the excepted service, ensuring the preservation of merit-based hiring and firing within the civil service.
- *HR 493 and S.126, Federal Adjustment of Income Rates (FAIR) Act*: These bills propose a 3.3% across-the-board pay raise for federal employees in 2026, as well as a 1% average increase in locality pay rates.
- *HR 491: The Equal COLA Act*: This bill would provide full cost of-living adjustments (COLAs), based on changes in consumer prices, to Federal Employees Retirement System (FERS) annuities (i.e., eliminate the “diet COLA”)

Virginia Legislation: At our May 7th Chapter meeting, we will have the pleasure of hearing directly from **Delegate Vivian Watts and Senator David Marsden** about the results of the recent General Assembly, laws and tax changes which will affect us here in Virginia. Please plan to attend.



Mary Ann Munley, Legislation Chair

NARFE-PAC -- Don't be April fooled: just because NARFE's March PAC month campaign is over doesn't mean you can't still make a contribution! Now more than ever these funds are needed to get NARFE messaging to member of the House and Senate. Many of these members will need to make tough decisions on the budget, and they need to understand that the benefits they will need to consider cutting are actually earned benefits – there is a reason the federal budget calls them “mandatory spending”. A contribution form can be found at page 11 of your April *NARFE Magazine*. (Please remember, contributions to PACs are not Tax deductible.)

Adopt-a-Road – Our thanks to **Sharon Sellers, Mary Ann Munley, Nancy Meidenbauer and Doug Jones** for making our first pick-up of the year on March 20th a success. Please mark your calendar for our next pick-up on **May 15th**. We will meet at 10:00 am at the corner of Evergreen Lane and High Place in Annandale. Let **Doug Jones** know (doujones500@verizon.net or **703-425-3361**) if you plan to attend so he can notify you if there is a last-minute change.



Kim Rendelson Receives Blue Cross Award – At our April 2nd Chapter meeting

Kim Rendelson receiving her award from BlueCross representative Jennifer Malave.

Chapter President Kim Rendelson was presented with a Distinguished Annuitant Award from Carefirst BlueCross/BlueShield for her contributions to the Annandale Chapter. Kim did not know she had been nominated for the award and was surprised when **Jennifer Malave**, who is our chapter representative from BlueCross, arrived to present the award. **Congratulations Kim!**

Alzheimer's Report – Chapter 1159 has done fairly well to this point, having donated \$1,490 to the NARFE Alzheimer's Research Fund. At the membership meeting on April 2nd, I mentioned how Artificial Intelligence (AI) will be used to analyze the virtually mountains of data that has been collected over the years in Alzheimer's Disease (AD) research, even back to the initial research in the early 1900s. In fact, AI is being used to help to solve other medical problems, such as cancer. The key words for today are to stay healthy because we will not know what may cause a diagnosis of AD or another serious illness. At this point, we do not know the impact of the possible cutback in AD research due to Government restructuring. Please continue to make donations to the NARFE Alzheimer's Research Fund so that this research is continued. You can send a donation by mail to: ***Treasurer, NARFE Chapter 1159, P.O. Box 1463, Annandale, VA, 22003.*** Please make checks payable to *NARFE Alzheimer's Research Fund* and include *Chapter 1159* on the memo line. **Phil Gilliland, Alzheimer's Chair**

CAREER OPTIONS, OPPORTUNITIES AND RESOURCES

As a result of the recent agency closings, employee layoffs and the possibility of future large scale RIFS, in last month's newsletter we provided a number of sites with career opportunities and resources to help Federal employees evaluate their options in this uncertain time. We said we would continue to provide more of these resources as they are announced. The available resources are more numerous than we can include in our newsletter, so we are attaching an electronic addendum to the newsletter with an assortment of available **(continued on page 10)**

(continued from page 9) opportunities and resources. We hope some of these may be helpful for those of you who need them. (For those of our Chapter members who do not use the internet and receive paper newsletters through US Postal delivery, if you want a copy of the addendum, please contact **Doug Jones** at **703-425-3361** to request a copy—leave a message if no one answers.)

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**Please join us for our June 4th Summer Luncheon.
Information is on page 4 and remember to get your
reservations in as soon as possible.**

April 16, 2025

ANNANDALE NARFE SPECIAL ADDENDUM: **CAREER OPPORTUNITIES AND RESOURCES INFORMATION** **SHEET**

The following are a number of resources and opportunities that may be useful for current or former Federal employees affected, or who may be affected, by the current Federal government employment downsizing:



Northern Virginia Community College (NOVA) is stepping up to support recently unemployed federal workers and contractors with the launch of **NOVAnext** - a \$1 million scholarship initiative designed to help individuals transition into their next careers.

This program provides access to free courses, including IT certifications, program management, HR, entrepreneurship, and Generative AI. Participants will also benefit from resume writing and job search workshops to better equip them for the job market.

Key Details:

- ✓ Up to \$1 million in scholarships available
- ✓ 14 courses designed to build skills for industry-recognized certifications
- ✓ Self-paced, online entrepreneurship courses
- ✓ Free resume & job search workshops

This is an incredible opportunity for individuals affected by recent employment disruptions to upgrade their skills and secure new career paths.

Eligibility:

- ◆ Must have been laid off after February 1, 2025
- ◆ Reside within the NOVA service area
- ◆ Complete an online application

To learn more go to <https://www.nvcc.edu/about/news/press-releases/2025/New-NOVAnext-program.html>

- The **Fairfax County Police Department (FCPD)** has launched a recruitment initiative specifically for federal workers. For those who are seeking new career opportunities, FCPD's initiative is aimed at hiring experienced professionals. FCPD is offering a \$15,000 hiring bonus for new police officers and has several other professional staff positions available. For more details and to apply, visit www.joinfcpd.org.
- There will be a **Northern Virginia Regional Job Fair** on **Friday, May 9th, 2025**, from 11 a.m. - 3 p.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA). This event is designed to connect local employers with a diverse pool of professional job seekers. Employers include AECOM, Amentum, CACI International Inc, Department of the Army, Agencies from Fairfax, Loudoun, and Prince William County Governments, Fairfax, Loudoun, and Prince William County Schools, National Industries for the Blind, Virginia Department of Transportation, Washington Metropolitan Area Transit Authority, and more. To register, go to <https://www.eventbrite.com/e/northern-virginia-regional-job-fair-tickets-1308215550929?aff=oddtcreator>.
- **Fairfax County** has created a **Federal Workforce Resource Hub** as a resource to help navigate current and future issues for residents, government employees, active military/veterans, contractors, nonprofits and businesses who may be affected by actions, changes or disruptions to federal services or employment. To access the Hub, go to: <https://www.fairfaxcounty.gov/topics/federal-government-resource-hub>.
- **Arlington County** also has created a hub to help individuals find and navigate important resources, services, and public benefit programs. It includes information on upcoming job fairs, unemployment and insurance information, housing resources, and much more. Go to: https://www.arlingtonva.us/Government/Topics/Federal-Employee-Assistance?fbclid=IwY2xjawJC3qxleHRuA2FlbQIxMAABHZromrNeAMkTApiNImzb2VkM2ZN5l64YBfOenMhtis46pzSw6FbZy_0wvQ_aem_erX5z9OD-zl6lcqGcXbt0A

- The **Arlington Employment Center (AEC)** helps residents develop the skills needed to secure and maintain long-term employment. In addition to helping individuals find jobs, the AEC offers interview assistance, resume writing webinars, and computer access information. The AEC Center is located at **2100 Washington Blvd., Arlington** and is open Monday-Friday, from 8 a.m. to 5 p.m., For more information call **(703) 228-1400** or go to

<https://www.arlingtonva.us/Government/Programs/AEC> .

You can schedule a virtual session with a career counselor at:

<https://forms.office.com/pages/responsepage.aspx?id=BEg1gN8fjkKfX1CR6ZTPVNHlAOowVRtMnuI8IUhRI75UOVZGNE40MEVDOVNKU TJHMkJPWVJSRzVBUyQIQCN0PWcu&route=shorturl>

or an in-person session at:

<https://www.arlingtonva.us/Government/Programs/AEC/Job-Seeker-Services/Request-Appointment>

AEC also has webinars, on-demand, videos and one-on-one assistance to help with your job search:

For **resume assistance**, go to

<https://www.arlingtonva.us/Government/Programs/AEC/Adult-Job-Seekers/Resume-Assistance>;

Cover Letter Assistance

<https://www.arlingtonva.us/Government/Programs/AEC/Adult-Job-Seekers/Cover-Letter-Assistance> ;

and for **Interview Assistance** go to

<https://www.arlingtonva.us/Government/Programs/AEC/Adult-Job-Seekers/Interview-Assistance>

- The **Washington Metropolitan Council of Governments** has created a website with links to multiple sites to serve as resources to assist Federal workers impacted by the downsizing. Go to <https://www.mwcog.org/community/data-and-tools/federal-workforce-resources-and-data/>

- The **Certified Financial Planner Board of Standards (CFP Board)** has partnered with the **Foundation for Financial Planning**, a nonprofit that works to provide access to pro bono financial planning for people in need. A March 20th webinar hosted by the foundation drew more than 2,500 CFP professionals who received training on benefits, such as the Federal Employees Retirement System (FERS), Federal Employees' Group Life Insurance (FEGLI), and the Thrift Savings Plan (TSP). About 250 CFP professionals who participated in the training have signed up to offer financial guidance to former and current federal employees pro bono or at a reduced rate. While they can charge up to \$250 an hour, two-thirds of the planners are offering free assistance. A list of the CFPs by state is available at www.cfp.net/fedworkers.
- **Public Service Recognition Week - May 5th - 11th** -- Since 1985, the first full week of May has been set aside as Public Service Recognition Week (PSRW) to honor those who serve our nation as federal, state, county, and local government employees. In order to express their appreciation **Blue Cross/Blue Shield is offering free wellness webinars:** (NOTE: They give no registration dates)
- **May 6th, 12 pm to 1 pm - Topic: Stress Immunity and Health – Dr Daemon Jones** -- Searching for information on boosting your IMMUNE SYSTEM, managing INFLAMMATION, BALANCING your hormones and feeling as healthy as possible? Learn more about holistic approach to effectively and naturally address signs of a weakened immune system, chronic inflammation, hormonal imbalances, and pain. It's more important than ever to build your body up... as naturally as possible. Register here:
https://carefirst.zoom.us/webinar/register/WN_AcSjX2K_SQSPq32GqTtkVg
- **May 7th, 12 pm to 1 pm – Virginia Hospital Center - Topic: Managing Your Emotional Wellness** - Life can become an emotional rollercoaster particularly with transforming current events. Join us for a discussion on ways to manage your emotional wellness especially in

trying times. Register here:

https://carefirst.zoom.us/webinar/register/WN_i3fB8juLT4-5Ub9Oe5Tumg

- **May 8th, 12 pm to 1 pm – Dr Daemon Jones - Topic: Sleep Problems**
- Good Sleep: Do you Want More? How to Fall Asleep and Stay Asleep. Sleeping problems are one of the most common problems for adults today. Lack of sleep can worsen physical and mental health problems, destroy focus and drain energy levels. Learn the common causes that prevent us from getting the quality rest we need and, more importantly, learn what types of treatments can help you correct your existing sleep problems. Register here:
https://carefirst.zoom.us/webinar/register/WN_vobvnUf8SmScggGZ21RLg

And don't forget each of our congressional offices also provides resources regarding the downsizing and current employment situation.

For **Senator Warner**, go to:

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

For **Senator Kaine** go to

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

For **Congressman Beyer** go to:

<https://beyer.house.gov/news/documentsingle.aspx?DocumentID=6378>

For **Congressman Connolly** go to

<https://connolly.house.gov/constituent-services/resources-for-federal-workers.htm>