

Serving Current and Retired Federal Civilian Employees, Spouses and Survivor Annuityants

President Charles "Mike" Fleming 703-631-5869 charles.fleming@bhox.com	Vice President Ted Pasek 703-322-9322 tedpasek@verizon.net	Secretary Jim Mays 703-978-0317 mays.jl@verizon.net	Treasurer/ Membership Chair Donna Shackelford 703-830-6590 kamiahah@aol.com	Chaplain Karen Hauck 703-501-1058 k-sign@juno.com	Co-Program Chair Ted Pasek 703-322-9322 tedpasek@verizon.net
Service Officers John & Constance Bails 571-220-2860 jbails@aol.com	Legislation Program Thomas Hart 703-573-4730 thart7@cox.net	Newsletter Editor Jim Mays 703-978-0317 mays.jl@verizon.net	Co-Program Chair Sharon Lenius 703-801-2551 leniusa@gmail.com	Alzheimer's Program Maurita Washington maurita_austin_washing ton@hotmail.com	Public Relations Ruby Harney 703-425-7404 rrharney2@cox.net

The chapter membership normally meets on the first Tuesday of the month, September through May, with the annual chapter picnic on the first Tuesday in June. **Due to park pavilion demand, the chapter fifth annual picnic will be on May 31 this year.** Come on out to the next meetings for informative speakers and charitable activities. At the meetings we collect books for exchanging, books for donating for sale for Alzheimer's research, food for local food banks and other charitable activities. The next meeting is:

WHEN: May 6

PROGRAM: Ms. Kristy Kennedy & Ms. Ginger Noce from Silver Bridges Consulting. Their subject is "Understanding the Senior Living Landscape." This is what you need to know and do when considering and planning downsizing and your future living arrangements.

WHERE: The American Legion Post 177, 3939 Oak St, Fairfax City

TIME: Social Hour-11:30 AM, Lunch-12:00PM, Program-12:30 followed by Chapter 737 business

COST: \$20.00

CONTACT: If you plan to attend email TedPasek@verizon.net .

May 31: Fifth Annual Chapter 737 Picnic at Van Dyck Park at the Upper Pavilion in Fairfax City, 11 am-1 pm. Note: this is a Saturday, not the usual time and place, so plan ahead and invite your friends and neighbors, especially active workers (or former workers) who are interested in the activities of the Administration. More information later on speakers and plans.

Fourth Wednesday of each month: VFN Training at vanarfe.org .

Sharon Lenius sale of books at the April meeting book exchange raised \$90.29 for Alzheimer's at McKay's books.

PRESIDENT'S CORNER

Dear Members of Chapter 737:

The next chapter program meeting will take place on 6 May at the American Legion Post. We are pleased to have Ms. Kristy Kennedy and Ms. Ginger Noce from Silver Bridges Consulting talk about "Understanding the Senior Living Landscape." For those who cannot attend the membership meeting in person, you may use Zoom to see the presentation:

<https://us02web.zoom.us/j/85717402521?pwd=1LuPIIS92bcVvn7iWDV8KdbN3wmQbV.1>

Mark your calendar for the Chapter picnic. It will take place on Saturday 31 May 2025 at the pavilion in Van Dyck Park in the City of Fairfax beginning at 11 a.m.

If you are interested in NARFE's response to news related to Federal workers NARFE maintains a webpage at:

<https://www.narfe.org/blog/category/news/>

Please send inquiries about helping Chapter 737 to Ted Pasek at tedpasek@verizon.net or to me at charles.fleming@bhox.com.

Sincerely yours,

Charles "Mike" Fleming – Chapter President

FOOD FOR OTHERS

Don't forget to bring your "Food for Others" donations to help those not so fortunate in Fairfax County. The Chapter delivered 263 pounds of food from the April meeting.

Needed Food Items (no more than 3 years expired, unopened, labeled, not homemade):

- Fresh fruits (oranges, apples, bananas, tomatoes, avocados, grapes, berries), juice (100% juice) 32 oz–64 oz
- Fresh vegetables (cucumbers, celery, peppers, lettuce, eggplant)
- Canned vegetables, meat (2 oz–15 oz), and fruit (in juice 11 oz–20 oz)
- Cooking Oil (ideally in cans or plastic instead of glass)
- Dry goods – cereal, pasta, rice, (16 oz packages), dried beans
- Spaghetti sauce, 14 oz – 1 lb (ideally in cans or plastic instead of glass)

Refer to the www.FoodforOthers.org/give-food website for a list of most needed items and information on the Power Pack Program (P3) that provides for food insecure children on weekends when they are out of school.

Ted Pasek – Vice President

LEGISLATIVE REPORT

(As of April 13, 2025)

NATIONAL LEGISLATION- Republican Senators passed a budget resolution on April 4 by a vote of 51-48, a sweeping budget plan critical to President Trump's domestic agenda, with all Senate Democrats and two Republicans, Senators Susan Collins (ME) and Rand Paul (KY) voting against.

The resolution passed by the Senate provides for permanently extending tax cuts included in the "Tax Cuts and Jobs Act of 2017," which is estimated to cost of \$5 trillion over the next ten years. The bill would also mandate at least \$4 billion in spending cuts.

Before adjourning for a two-week recess on April 10, House Republicans approved a multitrillion-dollar budget framework by a vote of 216-214 that allows the party to begin drafting legislation to enact key elements of President Trump's domestic policy agenda – including tax cuts and spending on defense, energy and immigration. It seeks spending cuts of at least \$1.5 trillion, considerably more than the Senate framework outlining spending cuts of only about \$4 billion. GOP Reps. Thomas Massie of Kentucky and Victoria Spartz joined all Democrats in voting no.

The vote was a victory for Trump and congressional Republican leaders who spent days on convincing fiscal hawks within the Republican party to vote for the bill despite their frustration over the level of spending cuts included in the version of the plan adopted by the Senate.

Both chambers will now get to work on drafting the final legislative product, likely a lengthy process requiring intense negotiations. House Speaker Mike Johnson told reporters that House committees will work "in a collaborative fashion" with Senate committees on the next steps. He previously said he wants to get the final bill to Trump's desk by Memorial Day. **(NPR)**

Approving the budget plan in both chambers is the first step in the reconciliation process, which allows Congress to bypass the 60-vote threshold required to advance most legislation in the Senate and pass Trump's agenda with a simple majority, allowing Republicans, who have control of the House and Senate, to pass the measure without any support from Democrats. **(CBS NEWS)**

VIRGINIA LEGISLATIVE NEWS- Democrats who control Virginia's General Assembly were in little mood to do business with Gov. Glenn Youngkin or any other Republicans when they returned to the state Capitol on April 2, 2025 for the day to take up the governor's proposed changes to the state budget and other legislation.

In the House of Delegates, members accepted 41 of the governor's budget amendments that they described as "technical" but on a part-line vote rejected all 164 other changes Youngkin had hoped to make in the state's spending plan.

The rejected items included money to help parents send children to private schools, a smaller increase in K-12 school support staff members than the General Assembly has earlier approved and trimming \$300 million in funds set aside as a reserve against any hardship caused by President Donald Trump's cuts to the federal workforce, which is a major part of Virginia's economy.

On the other side of the Capitol, the Senate rejected three additional budget amendments Youngkin made to legislation on topics ranging from criminal penalties to contraception. Those bills will go back to the governor, who can choose to sign them into law in their original form or veto them. The General Assembly will not have the chance to override any of those vetoes.

The legislature has sent the budget back to Youngkin for final consideration, when he could exercise line-item vetoes but cannot propose other changes. The state is in the middle of a two-year spending plan passed when this year's regular session ended Feb. 22, so what lawmakers and the governor were haggling over on April 2, 2025 were adjustments around the edges of the overall Virginia Budget.

With a surplus of more than \$3 billion, though, those adjustments are still pretty big. The governor and lawmakers are in general agreement about \$1 billion in tax reductions, including one-time rebates of \$200 to individual taxpayers and \$400 to couples filing jointly; temporary increases in the standard deduction to \$8,750 for individuals and \$17,000 for couples; and an increase of the refundable portion of the earned income tax credit for certain working families from 15 percent to 20 percent. **(The Washington Post)**

CONGRESSMAN DON BEYER'S RESOURCE FAIR

On Saturday, March 8, 2025, Congressman Don Beyer sponsored a Resource Fair in Arlington for Federal Employees and Contractors. It was a busy place all afternoon and NARFE had a table promoting NARFE membership. We had several members helping from Fairfax, Annandale and Woodbridge chapters.



The sad part was speaking with people who had just lost their jobs, one woman was in tears and almost couldn't say anything, and there were others. Almost unanimously others said they had a job when they left work on Friday. What a sad fact to relate.

It was disappointing that our NARFE table ran out of 100 bags before 2 pm. We covered the table with application forms and other pamphlets and data sheets describing what we do, and those soon also disappeared. Many filled out the cards to be sent information after our table became bare.

L to R: Ted Pasek, Congressman Beyer, John Bankson, Tom Hart, Mary Ann Munson

STAYING HEALTHY AND SAFE IN THE DIGITAL AGE

Fairfax Chapter 737 is committed to supporting the overall well-being of our members. This month, we're highlighting two critical areas: health awareness and information security, both essential for living well and staying protected.

1. Spring into Better Health

As we age, staying proactive about our health is more important than ever. Here are a few local and national resources worth exploring:

- Fairfax County Health Department offers free or low-cost screenings, immunizations (including shingles and pneumonia vaccines), and wellness programs tailored for seniors. Visit fairfaxcounty.gov/health or call 703-246-2411.
- Medicare Wellness Visits: If you're enrolled in Medicare, you are entitled to a free annual wellness visit. These visits help create a personalized prevention plan and review important screenings.
- Chronic Disease Self-Management Workshops: Offered both online and in-person, these evidence-based workshops help older adults manage conditions like diabetes, arthritis, and high blood pressure.

Remember: staying active, eating well, and getting regular check-ups can help prevent serious issues down the road.

2. Protecting Your Personal Information Online

Scams targeting older adults are on the rise, especially online and over the phone. Here's how to stay protected:

- Beware of Medicare and Social Security Scams: Never give out your Medicare number, Social Security number, or banking info unless you're certain of the identity of the caller. Government agencies will not call you to request sensitive data.
- Use Strong Passwords: Avoid using birthdates or "1234" as passwords. A strong password includes uppercase and lowercase letters, numbers, and symbols.
- Watch for "Phishing" Emails: If you receive an unexpected email asking you to click a link or provide information, do not respond. When in doubt, delete it.
- Check Your Credit Report: You can request a free report from AnnualCreditReport.com to make sure no one has opened unauthorized accounts in your name.
- Attend Free Workshops: Fairfax County Public Library branches often host Cybersecurity for Seniors classes that walk you through how to browse safely, use smartphones, and avoid scams. Check their calendar at fairfaxcounty.gov/library.

John & Constance Bails - Service Officers

HOUSE PASSES JOINT BUDGET RESOLUTION, SETTING THE STAGE FOR CUTS TO FEDERAL BENEFITS

The House passed the Senate-amended version of H.Con.Res.14 on Thursday by 216-214 vote, along party-lines, with all Democrats opposing, and all but 2 Republicans supporting. Passage of the resolution sets the stage for budget reconciliation legislation that targets around \$50 billion in cuts to earned federal retirement and health benefits. [Read more.](#)

Return Service Requested
NARFE - Fairfax Chapter 737
5340 GAINSBOROUGH DR.
FAIRFAX, VA 22032-2741



Postal Service (Time Value) Please Deliver by **April 22nd, 2025**

NEWSLETTER

The Fairfax Chapter 737 newsletter is published September through June to provide information on the Chapter membership meetings in those months.

Members should log on to their NARFE account and go to the membership database and update their records. Physical newsletters are coming back as undelivered and digital newsletters are bouncing back because of incorrect or obsolete addresses. It is important to get the national magazine, other NARFE benefits information and chapter newsletters so if you are not getting some of this information, go to <https://www.narfe.org/> to ensure your data is current so you get your full range of information on federal benefits.

Articles for the next issue of the NARFE Fairfax Chapter 737 newsletter are due to the editor by e-mail at Mays.JL@verizon.net by **May 15**.

James Mays – Newsletter Editor