



## NARFE CHAPTER 1116 (VIENNA-OAKTON) NEWSLETTER

2634 Skidmore Circle  
Vienna, VA 22180-7121

OCTOBER 2025

**Next Chapter Meeting**  
**Tuesday, October 14, 2025**  
**1:00 PM**  
**Vienna Community Center (VCC)**  
**Vienna, VA**

**Next Board Meeting**  
**Thursday, October 30, 2025**  
**1:00 PM - VCC**

### **PRESIDENT'S MESSAGE – KATHY ARPA**

#### **2025 Board**

##### **Chapter Officers**

President  
Kathy Arpa 703-205-9041  
mkarpa@hotmail.com

1st<sup>!</sup> Vice President & Programs  
Ralph Dantine 703-938-9757

2nd Vice President &  
Membership & Hostess  
Jayne Seidman 703-938-2274

Secretary David Graf  
703-938-2962

Treasurer & State Legislation  
Chris Gieseler 703-849-0008

##### **Board Members**

Alzheimer's & Photographer  
Mark Arpa 703-205-9041

National Legislation  
Jim Hathaway 703-255-7135

Newsletter Team  
Kathy Arpa, Dave Graf

Public Relations  
Pec Chan 703-930-3596

Service Officer  
Vacant

Sunshine  
Harriet Epstein 703-560-4137

As we go to Press, the government shut down has occurred. The shutdown began at 12:01 a.m. today (October 1, 2025) after the Senate failed to pass two partisan government spending bills. See possible impacts on pages 4 and 5.

Are you using FEDHub? Last month I sent out our September Chapter newsletter on **FEDHub** and several chapter members commented that they could not open the link because they did not use **FEDHub** and did not have a password. I then sent it out by email through my regular email listing. There is much information on **FEDHub** that may be of interest to you such as information on WEP/GPO, which refers to the repeal of the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) enacted in the Social Security Fairness Act and the upcoming FEHB/PSHB Open Season.

At our October Chapter Meeting, our VFN President Debbie Fisk will show you how easy it is to log into the NARFE website and create a password and then you can get access to FEDHub. I hope you can join us, and you will hear what is happening at the State level in NARFE and what happened at the NARFE National Conference FEDCON in St. Louis in August.

We have been reviewing our list of LIFE members and confirming that certain members were still chapter members. This was mainly for members who had joined in the 1980's. After researching the names of two members in our chapter on my cellphone, I found one member passed away in 2021 and the other was 96 years old and living in North Carolina. We will be reviewing our list of members for accuracy as we have some that joined in 1979.

*Kathy*

## COMING UP

**Tuesday, October 14** – Chapter Meeting – 1:00 PM – Guest speaker VFN President Debbie Fisk

**October 21-23** – NARFE Region X Conference – Pigeon Forge, TN

**Friday, October 31** – NOVA Caucus Meeting – 11:30 AM - Fairfax American Legion [Call Kathy to attend]

**Saturday, November 1** – Congressional District 11 FEHB/PSHB Open Season Health Fair – Fairfax Government Center

**Tuesday, November 11** – Chapter Meeting – 1:00 PM – Vienna Community Center - Guest speaker Michele Johnson – Blue Cross and Blue Shield

**Tuesday, December 9** – Holiday Party – 12:00 Noon -- Mulligan's Pub on the Green, Fairfax, VA -- Look for details in the November newsletter.

### REPORT ON SEPTEMBER 9<sup>th</sup> CHAPTER MEETING - DAVE GRAF

President Kathy Arpa called the Chapter Meeting to order at 1:06 pm on September 9, 2025, at the Vienna Community Center (VCC). Following a welcome to guests, there was a Moment of Silence for victims and families of the tragedy on September 11, 2001 at the World Trade Center, the Pentagon and Shanksville, PA. Vienna Mayor Linda Colbert then led the Pledge of Allegiance.

The Candidate Forum for the Town of Vienna Mayor and Town Council was held. Each candidate was allotted five minutes to share their qualifications and to discuss their priorities for Vienna. All candidates participated (an \* identifies Incumbents):

#### Mayor

- **Linda Colbert\***

#### Town Council

- **Doug Francis**
- **Dann Nash**
- **Charles "Chuck" Anderson\***
- **Sandra Allen\***
- **Jessica Ramakis\***
- **Howard Springsteen\***
- **Roy Baldwin\***

These candidates will be on the November 4, 2025 General Election ballot for voters who live in the Town of Vienna. Following a question-and-answer period, there was a break for attendees to talk with the candidates and to enjoy refreshments.

Kathy called the Business Meeting to order at 2:37 pm. Secretary Dave Graf read the minutes of the May Chapter Meeting. Treasurer Chris Gieseler gave the Treasurer, VFN By-Laws Committee, and State Legislation reports. Jayne Seidman reported that we have 169 Chapter members.

National Legislation Chair Jim Hathaway referred everyone to his report in the September Chapter Newsletter that focused on the status of all bills regarding Federal benefits, annuities, personnel policy and pay. Programs Chair Ralph Dantine announced the upcoming Chapter meetings and other events to be held in October and November.

Kathy stated that the registration deadline is September 15 to attend the NARFE Region X Conference in Pigeon Forge, TN.

In new business, Kathy reported that NARFE Headquarters will no longer collect chapter dues for LIFE members. Our chapter only has nine members in this category which was closed a year ago. There was much discussion about the status of these **life** members and a motion was made to change the bylaws to waive the dues for these life members. Members will vote on this bylaw change at the October 14<sup>th</sup> Chapter Meeting. This action will retain these individuals as chapter members.

Kathy discussed the results of the September 6<sup>th</sup> NARFE Northern Virginia Town Hall that was sponsored by the Northern Virginia NARFE chapters at the Fairfax City American Legion. [See article on page 4.]

Margaret Murphy conducted a drawing for the 50/50 raffle to benefit the Alzheimer's Research Fund. The meeting adjourned at 2:58 pm.

### **MEMBERSHIP REPORT – JAYNE SEIDMAN**

As of September 30, 2025, the membership for Chapter 1116 was as follows: total Chapter members are 169, total National Members in the Chapter area are 153 for a grand total of 322 members. We welcome our newest members Don Smith, Corynne Gerow and Matthew Troy.

A new member get together was held on Saturday, September 20th. Although the attendance was sparse, good feedback was provided to our chapter leadership. A suggestion was made to invite our new Congressman James Walkinshaw to speak to us. He has agreed to do so, and we are waiting to confirm a date for the event.

Former Braddock District Supervisor James Walkinshaw won the special election held on September 9 for the U.S. House of Representatives seat of late Congressman Gerry Connolly.

Here's how to contact [Congressman Walkinshaw](#) if you need help with federal agencies, tickets for White House tours, federal grants, nominations to military academies, and more:

***Washington DC Office***  
*2265 Rayburn House Office Building*  
*Washington, DC 20515*  
*Phone: (202) 225-1492*

***Fairfax District Office***  
*10680 Main Street, Suite 140*  
*Fairfax, VA 22030*  
*Phone: (703) 256-3071*

### **TREASURER'S REPORT – CHRIS GIESELER**

For the month of August 2025, our Chapter received \$177.88 in membership dues from NARFE Headquarters. These funds were remitted to the Chapter's checking account on September 15, 2025. We incurred no expenses during that month.

The 50/50 drawing conducted at the September 9, 2025, Chapter meeting yielded \$35. The 50/50 proceeds from the April (\$26), May (\$20) and September (\$35) Chapter meetings, totaling \$81, were sent to NARFE's coordinator with the Alzheimer's Association, which maintains the NARFE Alzheimer's Research Fund.

## **NORTHERN VIRGINIA TOWN HALL MEETING**

A Northern Virginia Town Hall Meeting was held on Saturday, September 6, with four chapters in Area X and two chapters in Area IX planning the event. Registrations: 44 including two who requested Zoom. Pre-Registration Attendees: 29. Walk-Ins: 13 including one National and two or three nonmembers. Total Attendees: 42. Guest speakers were Bill Shackelford, NARFE National President and Nora McDonald, National Senior Director of Member Engagement. VFN President Debbie Fisk and her husband Edward attended, and she made a few remarks.



**Bill Shackelford**



**Nora McDonald**



**Debbie Fisk**

## **LEGISLATION REPORTS**

### **NATIONAL LEGISLATION REPORT– JIM HATHAWAY**

#### **Federal Benefits During the Shutdown**

A short summary of what federal workers can expect if the government during the shutdown:

#### **Shutdown Timeline & Status**

- Congress had until midnight September 30 to avoid a shutdown.
- Senate Democrats rejected the House's funding bills, but remains in session.
- The House is currently in recess and not scheduled to reconvene until next month, increasing the likelihood of a lapse.

#### **Pay & Compensation**

- No pay during shutdown for both furloughed and essential workers.
- Back pay is guaranteed once funding resumes, including missed overtime.
- Paychecks could be affected starting Oct. 10 if the shutdown lasts past Oct. 4.

#### **Bonuses & Unemployment**

- Performance bonuses may be awarded but won't be paid until after the shutdown.
- Unemployment benefits may be available to furloughed workers, but most must repay them once back pay is received.

#### **Health, Dental & Vision Coverage**

- FEHBP coverage continues during the shutdown; premiums accrue and are deducted later.
- Dental and vision benefits also remain active, a change from past shutdowns.
- HR staff handling benefits are now deemed essential, ensuring coverage updates for life events.

#### **Retirement & Savings**

- Annuity payments for retirees continue uninterrupted.
- Thrift Savings Plan contributions are paused, but the program itself remains operational.

## **Leave Policies**

- Scheduled leave is canceled for furloughed workers.
- Essential workers may still take approved leave via temporary furlough status.

## **Agencies That Have Ended Union Contracts**

Here's a breakdown of federal agencies that have recently terminated their union contracts. These actions stem from Executive Order 14251 signed in March 2025, entitled "Exclusions from Federal Labor-Management Relations Programs". It allows agencies with national security roles to suspend collective bargaining rights. Legal challenges are ongoing, but many agencies have already moved forward with implementation. It significantly expands the list of federal agencies and subdivisions exempt from union representation under national security grounds.

- Department of Health and Human Services. It impacts about half a dozen HHS components, including the Centers for Disease Control and Prevention and the Food and Drug Administration.
- Animal and Plant Health Inspection Service
- Food Safety and Inspection Service
- U.S. Citizenship and Immigration Services
- Federal Emergency Management Agency
- Environmental Protection Agency
- Department of Veterans Affairs. The contract terminations impact more than 377,000 VA employees who are represented by federal unions, out of a total workforce of 483,000. Roughly 4,000 VA employees in police, firefighter and security positions are exempt and can retain their collective bargaining rights.

## **Projected Cost of Living Adjustment (COLA) for federal retirees effective January 2026**

As of late September 2025, the **projected Cost of Living Adjustment (COLA) for federal retirees effective January 2026** is estimated to be **2.7%**.

How This Estimate Was Calculated:

- Based on the **Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W)**, which rose approximately **2.8%** over the past year.
- The final COLA will be announced by the **Social Security Administration on October 15, 2025**, after CPI-W data for July–September is finalized.

## **Notes**

- **CSRS retirees** receive full COLA based on CPI-W.
- **FERS retirees** get a reduced "diet COLA" when inflation is between 2–3%.
- COLAs are calculated using Q3 CPI-W year-over-year comparisons.
- Must be retired by **Dec. 31 of the prior year** to receive full adjustment.

## **VIRGINIA STATE LEGISLATION REPORT – CHRIS GIESELER**

### **Voting for November 2025 General Election**

Early voting continues statewide for all members of the Virginia House of Delegates as well as for the Governor, Lieutenant Governor, and Attorney General of the Commonwealth of Virginia. The official election day is November 4, 2025.

## **VFN State Legislative Activities**

The VFN State Legislation Team has been quite busy lately:

- A Zoom meeting was held on September 15, 2025, to discuss action items for the Team regarding state legislative priorities for 2026, the “trifold brochure” that will contain those priorities, and the workpapers (or Talking Points) that will support or amplify our state legislative priorities.
- The Legislative Team, at the behest of VFN President Debbie Fisk, adopted three state income-tax related priorities, which are similar to the 2025 VFN priorities. The 2026 priorities do not include any nursing-home related issues and thus differ from the 2025 priorities.
- The trifold brochure containing the 2026 VFN legislative priorities has been printed and copies will be available at our October 14<sup>th</sup> Chapter Meeting.
- The brochure will get wide distribution in Richmond and throughout Virginia, whereas the Talking Points will go to key points of contact in the State Legislature.
- Work continues on the supporting workpapers/Talking Points regarding our state legislative priorities.
- A second Zoom meeting of the Legislative Team is in the works.

## **Virginia General Assembly**

On October 14, 2025, the Special Subcommittee of the Senate Finance and Appropriations Committee studying the impact of federal cuts on Virginia is scheduled to meet. Materials for the meeting are not online yet. The Virginia House of Delegates’ Special Committee on the Federal impact on workforce and resources is to draft its findings in mid-November and prepare a report by December 15, 2025.

## **SUNSHINE REPORT**

Get well wishes to our Sunshine lady Harriet Epstein who fell in early September. She has broken ribs, a damaged knee cap and spinal compression. She is currently in Fairfax Hospital with recent health issues. Let's cheer her up. Cards can be sent to her home:

Harriet Epstein  
2602 Dennis Drive  
Vienna, VA 22180