



Chapter 1159  
P.O. Box 1463, Annandale, Va 22003  
Serving Current & Retired Federal Employees  
On the web: [www.vanarfe.org/1159](http://www.vanarfe.org/1159)  
Member of Annandale Chamber of Commerce  
**May 2012**

**Next Meeting: May 2, 2012, 10:00 AM**  
Mason District Governmental Center  
6507 Columbia Pike, Annandale

All NARFE members, potential members  
and guests invited.

**How will General Assembly actions affect you?** - State Senator Dave Marsden and Delegate Kaye Kory will discuss legislation passed at the General Assembly session and the follow-up special session needed to pass the budget for the year beginning July 1<sup>st</sup>.

**Prez Sez** – At our next Chapter meeting we will have a report from State Senator Dave Marsden and Delegate Kaye Kory on what the Virginia General Assembly did over the last session. We tend to focus a lot on Congress and the Federal Government. They both have a major impact on our lives because their actions affect our salaries and retirement benefits, our health benefits and our Federal taxes. All of which are significant to us. But our State and local governments also have a significant impact on our daily lives. Our speakers are taking the time from their busy schedules to meet with us and discuss legislation considered by the General Assembly, both that which passed and that which did not, and this year's budgetary process. Please come to the Chapter meeting, listen carefully to what they have to say, ask questions and show that as NARFE members we are interested in far more than just our Federal benefits. Let's show that we are following the Commonwealth's legislature as closely as we watch the Congress. We should make sure that we are viewed as an influential force not only at the Federal level, but also at the State level. Also, with that in mind, don't forget the Virginia Federation of NARFE Chapter's State Political Account. Later in our newsletter we have a copy of the form to use in making a contribution to the fund. This fund is derived solely from individual NARFE member contributions and it provides a means to support those State legislators that support the issues we are most interested in. **Doug Jones**

**What Have Members Been Doing** – What is 30 and 30? That's the number of federal service years and the number of years in "retirement" for Al White. After retiring and moving to the Front Royal area, Al White has remained a member of our Chapter. After 2 years as an Army Officer in Korea, he began his federal career in education, becoming Acting Deputy Assistant Secretary, Office of Educational Support, U.S. Dept of Education before retiring. Then after his move, he planted Christmas trees, raised cattle, AND began growing grapes before venturing into the winery business as a partner in Glen Manor Vineyards with his three sons. Son Jeff has been most involved in the winery. What a success this has been! This year the vineyard and winery was awarded the 2012 Virginia Governor's Cup for its 2009 Hodder Hill Meritage. This wine is a complex blend of 63 percent Cabernet Sauvignon, 25 percent Merlot, 6 percent Cabernet Franc, and 6 percent Petit Verdot, and was one of 400 entries. Governor McDonnell said the Glen Manor's Meritage "is a stunning representation of the best in Virginia Wines".

**Date Correction** – As many of you noticed, your newsletter editor announced the wrong date for our June luncheon. **June 6<sup>th</sup> is the correct date.** Reservation form is on page 3 of this newsletter

## Executive Board

President  
Doug Jones  
703-425-3361  
[doujones@cox.net](mailto:doujones@cox.net)

1<sup>st</sup> Vice President  
Mary Lou Vroman  
703-354-2492  
[mlvnet@cox.net](mailto:mlvnet@cox.net)

2<sup>nd</sup> Vice President  
Frances Hudson  
703-941-3669  
[fhudson@verizon.net](mailto:fhudson@verizon.net)

Secretary & Programs  
Virginia Taylor  
703-698-8639  
[gingin46@cox.net](mailto:gingin46@cox.net)

Treasurer  
George Richards  
703-451-1294  
[george.richards@cox.net](mailto:george.richards@cox.net)

Service Officer  
Joyce Bounds  
703-609-5365  
[joycebounds@gmail.com](mailto:joycebounds@gmail.com)

Newsletter Editor  
Charlie Dane  
703-323-7847  
[c-ddane@cox.net](mailto:c-ddane@cox.net)

Legislation  
Steve Ledford  
703-916-8546  
[unionmgmt@mac.com](mailto:unionmgmt@mac.com)

Outreach  
Rosemary Arnolts  
703-280-5663  
[arnolts@cox.net](mailto:arnolts@cox.net)

Hospitality  
Conrad Arnolts  
703-280-5663  
[arnolts@cox.net](mailto:arnolts@cox.net)

Public Relations  
Lorin Goodrich  
703-425-9574  
[lorin.goodrich@verizon.net](mailto:lorin.goodrich@verizon.net)

Alzheimer's  
Wilton Ward  
703-256-7946

Web Coordinator  
Anne Trotter  
703-941-7725  
[anneostr@cox.net](mailto:anneostr@cox.net)

**Highlights of April Meeting** - President Jones called the meeting to order at 10:00 a.m., and welcomed the guests and members. He asked if there were any first timers or guests. There was one new member. Jones led the Pledge of Allegiance. Ward read the thoughtful reading, which ended by saying a person may be rejected by many but loved by one. Ward updated the members on the Alzheimer's fund. Ledford reported on legislation actions (see separate report).

**Announcements:** Jones announced that the Board had voted for Mary Lou Vroman to receive the Senior Citizen Award at the Senior Citizen Recognition Ceremony. She is our Chapter's First Vice President, has been the Legislative Chair, and serves as VFC Liaison with the 11<sup>th</sup> Congressional District. Jones discussed the two resolutions to be voted on at the VFC Convention on April 23-25: (1) Urge OPM to fix pay for recently retired Federal employees; and (2) Give administrative leave for Federal employees to attend NARFE Conventions. The Chapter's Executive Board will discuss the Chapter's position on these resolutions.

Jones mentioned the National NARFE Convention to be held in Reno/Sparks, NV on August 26-30 of this year. Amending the by-laws will be an issue presented at this Convention, but other resolutions have not been distributed. Expanded use of electronic media by Chapters was discussed at the No. Virginia Caucus of NARFE Chapters. Chapter 1159 is going to take the lead on the committee. Trotter said that 11 people had volunteered to find better ways to communicate between Chapters and their members, e.g., Facebook, Twitter. Trotter and Bounds will be working on this issue. Jones reminded everyone that our Spring Luncheon will be held on June 6 (see reservation form on next page).

**Program:** Ledford introduced Buckley Fricker, J.D., GCM, who is an attorney, a Certified Senior Advisor, and a Certified Geriatric Care Manager. She is the author of "*Elder Care—The Road to Growing Old is not Paved.*" After she graduated from Law School, she went to her mother's practice of Elder Law and saw a need for information for an aging population. She opened her own business 7 years ago. She discussed Housing Options and Aging in Place. Aging in place means that an individual wants to remain in the same place regardless of what kinds of health care needs arise as they age. She went over the at-home options, such as downsizing to age in place, in such places as a condo, a "village community," or a Continuing Care Retirement Community (CCRC). If one remains at home, it will work only if one can do his/her own driving for errands and appointments, or has friends, family, or neighbors that can help with the driving, and if home health and skilled health services can be brought into one's home if illness, dementia, or injury become an issue. That can be very costly. Remodeling a home may be necessary to install grab bars or widen doorways and bathrooms to allow for wheelchair access, ramps, or elevator lifts. She discussed village communities and said this can cut the costs. Residents pay a fee in some villages to support a data base and administrative costs, such as a phone line to a concierge person with access to needed resources. Residents rely on volunteering for each other for almost any service they need and may never have to move. Skilled nursing and personal care may still have to be provided by an outside professional if a resident needs that kind of service. Village communities in this area include Capitol Hill Village, At Home Alexandria, Mt. Vernon at Home, and those in Clifton and Reston. Ms. Buckley discussed continuing care retirement communities (CCRC) where a number of aging care needs, from independent living, assisted living, and nursing home care, may all be met in a single residence. The average entrance fee for each unit is \$249,857, and residents also pay monthly fees. Assisted living ranges in cost from \$3,000 up to \$10,000 per month. Typical assisted living residents need help with two or three activities of daily living (ADL's). This is called "personal care" and will not be covered by Medicare. If an individual regularly needs nurses' and doctors' care, they must move to a nursing home. Only about 5 percent of the care provided there is considered "medical" and is therefore covered by Medicare. Long-term care insurance will reimburse for a lot of the personal care costs whether at home or in a facility if you have a policy. Help can be found from geriatric care managers and Area Agency on Aging--<http://www.fairfaxcounty.gov/dfs/olderadultservices>). A Guide to Retirement Living in the Winter 2011-12 edition of the SourceBook was distributed to meeting attendees. Many questions were asked. If anyone wants to ask follow-up questions, Ms. Buckley's e-mail address is: [buckley@buckleys4seniors.com](mailto:buckley@buckleys4seniors.com).

Refreshments were contributed by Louise Golobic, Evelyn Feller, Ray & Lucille Nolan, Mara Yachnin, Barbara Cornell, and Fran Hudson. Forty-three members attended. The meeting adjourned at 12:05pm. **Virginia N. Taylor, Secretary**

**Legislation Comments from April Chapter Meeting** - Ledford reported on a teleconference that Senator Mark Warner held on Monday, March 26. Six hundred members in Virginia had been invited to participate. Senator Warner wants the target for reducing benefits taken off Federal employees. Every Wednesday, Senator Warner goes on the Senate floor and credits a Federal employee for some outstanding thing he/she has done. Senator Warner also feels that the health care is good and should not be touched. Following up of a previous meeting with NARFE members, Senator Warner sent four staff members to the Pennsylvania processing center to determine if improvements could be made to resolve the problems of new retirees being paid correctly and in a reasonable amount of time.

Treasurer's Report in e-copy of Newsletter – Your Chapter's Executive Board has decided to provide each month's treasurer's report in the e-copy of the newsletter. This month both the February and March treasurer's reports are posted.

**Reservation for June Luncheon**

Our Luncheon will be held on June 6<sup>th</sup> at Piero's at 9959 Main Street (Rt 236, i.e., Little River Turnpike), Fairfax, VA. Coming from the beltway going west this restaurant is located beyond the Pickett Shopping Center. Then just after Burke Station Rd, turn left onto Stonewall Rd to enter the parking lot from the rear. There is a Shell Gas Station and Main Street Center on the north side. Ms. Cheryl Laferty will provide a humorous presentation on the Thrifty Shopper. Entrees will be (A) Bistecca Salad (Grilled flat iron steak over arugula salad and grilled egg plant), (B) Lasagna Pasticciata (Pasta layered with meat and baked with mozzarella cheese), (C) Scampi San Marzano (jumbo prawns served with angel hair), (D) Pollo al Limone (grilled chicken breast with grilled vegetable) and (E) Penne Primavera (penne pasta with vegetables). All will be accompanied by an appetizer (Calamari fritti or Brick oven bruschetta), bread, salad (Caesar or Mesclun Green), desert and coffee or tea. Please fill out the form below, indicating how many people will be attending, their choice of entrée, & make your check payable to Annandale NARFE Chapter 1159. Mail the form & your check (for \$26 per person) to NARFE Chapter 1159, PO Box 1463, Annandale, VA 22003. Please make your reservation by May 31

I/We plan to attend	NAME	ENTRÉE CHOICE (A,B,C,D,E)	\$\$
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total number of attendees x \$26 = \_\_\_\_\_

**NARFE National Convention** – This year's convention will be held in Reno-Sparks, Nevada on August 26-30, 2012. If anyone is interested in attending and representing our chapter please contact Doug Jones at 703-425-3361.

**VFC State Political Account** – Funds provided to this account are distributed to those State delegates and senators that support VFC positions and request donations. When making a donation, please provide the information in this form.

VFC State Political Contribution Form: Just complete, clip and mail the following

Area **IX** Chapter **1159** Date: \_\_\_\_\_

Amount: \$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other: \_\_\_\_\_

Name: \_\_\_\_\_ Retired Y/N \_\_\_\_\_

Address: \_\_\_\_\_ City, State & Zip \_\_\_\_\_

Phone & Email \_\_\_\_\_

If working show employer name (required by State Board of Elections) \_\_\_\_\_

Employer Address: \_\_\_\_\_

Make checks to VFC State Political Account & mail to: James Bradley, 4150 Round Hill Dr, Chesterfield, VA 23832

**Do You Need A Ride** – Several individuals have stepped forward to volunteer when available to drive those that need a ride to our meetings. So, if you've been unable to attend our meetings because you could not drive, please call Rosemary Arnolts or Doug Jones. Their phone numbers are printed on the first page of this newsletter.

**Sign Up** – When you provide your email address to NARFE Hq you will (1) enable NARFE leadership to immediately contact you when it becomes very important for you to contact your Senator or Representative to support action to preserve your earned benefits, and (2) you will receive *NewsWatch* which not only has information about benefits but provides helpful contacts and information important to seniors. Please send your email to memberrecords@narfe.org.

**New Member:** We welcome **Chris Ketcham**, and cordially invite you to our monthly meetings and fellowship.

National Active & Retired Federal Employees Association  
NARFE Chapter 1159  
P.O. Box 1463  
Annandale, VA 22003  
22003

Non-Profit Org.  
U.S. Postage Paid  
Permit No. 139  
Annandale, VA



Postmaster: **TIME SENSITIVE – Please Deliver Before April 24, 2012**

### Address Correction Requested

**June Meeting** – Our June luncheon will be held at Piero’s – see page 3 for reservation form.

**Meeting Cancellation Policy** - When Fairfax County Public Schools (FCPS) are closed because of inclement weather on the day of our scheduled meeting our meeting for that month is cancelled. If the FCPS opens only 2 hours late on the day of our chapter meeting, the meeting will be held.

**Contributions to Alzheimer’s Research** - *Make the checks payable to NARFE Alzheimer’s Research and include Chapter 1159 on the memo line.* These checks can then be placed in the Alzheimer’s collection basket at our meetings, or mailed to Treasurer, NARFE Chapter 1159, Post Office Box 1463, Annandale, VA 22003.

**Contributing to Alzheimer’s Research On-line** – *But remember to credit your contribution to Chapter 1159.* Now, you can give on-line with credit card by going to the VFC website [www.vanarfe.org](http://www.vanarfe.org) and then on the left side of the home page click on the Alzheimer’s page. On that page scroll down to & click on the box “To Make A Credit Card Donation”. Then, click on the sentence “Make an online donation personally or behalf of your NARFE Chapter”. This will provide the page to select Federation (Virginia) & Chapter (1159) before proceeding with entering the amount and credit card information.

**Reaching out to Members** -Are you aware of a member who would benefit from a get well, sympathy, or thinking of you card? Let Rosemary Arnolts know. Call (703) 280-5663 or email: [carnolts@cox.net](mailto:carnolts@cox.net).

**Get the circulation going.** Be a blood donor – no upper age limit, but anyone 16 or under one need’s parental consent. If donating credit the NARFE; account # 7016-INOVA Blood Donor Center, 3289 Woodburn Road, Annandale.

### **Some Important Numbers and Websites**

Annandale Chapter 1159 website - [www.vanarfe.org/1159](http://www.vanarfe.org/1159)

Annandale Chapter 1159 newsletter on VFC website - [www.vanarfe.org/1159/1159news.pdf](http://www.vanarfe.org/1159/1159news.pdf)

Virginia Federation of Chapters (VFC) website - [www.vanarfe.org](http://www.vanarfe.org)

NARFE Legislative Hotline 1-877-217-8234      NARFE Retirement Info: 703-838-7760      Email: [retbenefits@narfe.org](mailto:retbenefits@narfe.org)

NARFE Member Records      1-800-456-8410      Email: [memberrecords@narfe.org](mailto:memberrecords@narfe.org)

NARFE Website: [www.narfe.org](http://www.narfe.org)

OPM Retirement Info: 1-888-767-6738 Email: [retire@opm.gov](mailto:retire@opm.gov)



CHAPTER 1159  
PO BOX 1463, ANNANDALE, VA 22003

**Treasurer's Report for Feb 1 - 29, 2012**

Checking Account Balance (excludes CD's) as of Jan 31, 2012 .....\$ 6,387.53

RECEIPTS:

Chapter dues received from HQ NARFE	\$ 254.68
Recruiting Fee from HQ NARFE	0.00
Interest - Checking Account	10.61
Alzheimer's Cash Contributions	21.00
Hospitality	20.00
6 VFC 2012 Convention Registrations	150.00
VFC 2012 Convention Supporters	153.00
<b>TOTAL RECEIPTS</b> .....	<b>+ 609.29</b>

DISBURSEMENTS:

NARFE Alzheimer's (cash) Feb mtg. - #367	21.00
Matchprint - print Feb newsletter. - #366	98.18
Annandale P. O. - mail Feb newsletter - #368	78.76
Staples, mailing seals - #xxx	0.00
2012 VFC Convention Ad - #363	35.00
6 2012 VFC Convention Registrations - #364	300.00
2012 VFC Convention Supporters - #365	153.00
<b>TOTAL DISBURSEMENTS</b> .....	<b>- 685.94</b>

Checking Account Balance (excludes CD's) as of Feb 29, 2012 ..... \$ 6,310.88

Plus: Certificates of Deposit .....1,166.00  
Credit Union Savings ..... 5.07

**Total Chapter funds as of Feb 29, 2012** ..... ~~\$ 7,913.34~~ 7,481.95  
**Net Gain or (Loss) for period {Receipts - Disbursements}** ..... \$ (76.65)

NOTE: Alzheimer's Contributions Feb 2012: \$ 421.00  
Alzheimer's Contributions year-to-date: \$ 648.00  
Alzheimer's 2012 Chapter Goal: \$ 3,500.00

George M. Richards, Treasurer

*See other side for Actual vs Budget*

## NARFE Chapter 1159-2012 Actual vs 2012 Budget as of Feb 29, 2012

	ACTUAL \$	BUDGET \$
<b>INCOME:</b>		
Dues from NARFE Hq	473.93	3,700
Dues from other sources (Social Members)	8.00	24
Interest Checking	21.90	130
Hospitality Fund	40.00	170
Miscellaneous ( <i>including recruiting fees</i> )	2.00	10
Reimburse 2011 Legislative Conf. from VFC	0.00	175
<b>Total Income</b>	<b>545.83</b>	<b>4,209</b>
<b>EXPENSE:</b>		
Newsletter:		
Bulk Mailing Permit	190.00	194
Mailing	157.47	830
Printing	196.36	1,010
Labels/seals	0.00	176
Conf/Conv Fees ( <i>includes Conv. Ad</i> )	185.00	190
VFC & No. VA Caucus Dues	0.00	955
PO Box Rental	140.00	147
Committees:		
Membership	0.00	55
Outreach	48.48	20
Hospitality	42.31	50
Service Officer	0.00	10
Luncheons:		
Member subsidy/Reserve Room	0.00	100
Entertainment	0.00	200
Miscellaneous:		
Chamber of Commerce Dues	0.00	150
Env/postage/copying/etc.	17.60	30
Checks	0.00	0
Insurance	0.00	75
Sr. Citizen Council	0.00	0
SCC Lunch ( <i>Honoree</i> )*	0.00	60
Other ( <i>Programs/etc</i> )	0.00	50
<b>Total Expense</b>	<b>977.22</b>	<b>4,298</b>

\*SCC = Senior Citizen Council

NOTE: 17% of year has passed - INCOME is 13% of budget - EXPENSES are 23% of budget



**CHAPTER 1159**  
**PO BOX 1463, ANNANDALE, VA 22003**

**Treasurer's Report for Mar 1 - 31, 2012**

Checking Account Balance (excludes CD's) as of Feb 29, 2012 .....\$ **6,310.88**

**RECEIPTS:**

Chapter dues received from HQ NARFE	\$ 269.84
Recruiting Fee from HQ NARFE	0.00
Interest - Checking Account	10.92
Alzheimer's Cash Contributions	22.00
Hospitality	31.00
<b>TOTAL RECEIPTS</b> .....	<b>+ 333.76</b>

**DISBURSEMENTS:**

NARFE Alzheimer's (cash) Mar mtg. - #371	22.00
D Jones - print Mar newsltr, mail seals, name tags - #369	152.70
Annandale P. O. - mail Mar newsletter - #370	67.15
Staples, mailing seals - #xxx	0.00
<b>TOTAL DISBURSEMENTS</b> .....	<b>- 241.85</b>

Checking Account Balance (excludes CD's) as of Mar 31, 2012 ..... \$ **6,402.79**

Plus: Certificates of Deposit ..... **1,169.49**  
Credit Union Savings ..... **5.07**

**Total Chapter funds as of Mar 31, 2012** ..... \$ **7,577.35**

**Net Gain or (Loss) for period {Receipts - Disbursements}** ..... \$ **91.91**

NOTE: Alzheimer's Contributions Mar 2012: \$ 547.00  
Alzheimer's Contributions year-to-date: \$ 1,195.00  
Alzheimer's 2012 Chapter Goal: \$ 3,500.00

George M. Richards, *Treasurer*

*See other side for Actual vs Budget*

## NARFE Chapter 1159-2012 Actual vs 2012 Budget as of Mar 31, 2012

	ACTUAL \$	BUDGET \$
<b>INCOME:</b>		
Dues from NARFE Hq	743.77	3,700
Dues from other sources (Social Members)	8.00	24
Interest Checking	32.82	130
Hospitality Fund	71.00	170
Miscellaneous ( <i>including recruiting fees</i> )	2.00	10
Reimburse 2011 Legislative Conf. from VFC	0.00	175
<b>Total Income</b>	<b>857.59</b>	<b>4,209</b>
<b>EXPENSE:</b>		
Newsletter:		
Bulk Mailing Permit	190.00	194
Mailing	224.62	830
Printing	294.54	1,010
Labels/seals	0.00	176
Conf/Conv Fees ( <i>includes Conv. Ad</i> )	185.00	190
VFC & No. VA Caucus Dues	0.00	955
PO Box Rental	140.00	147
Committees:		
Membership	0.00	55
Outreach	48.48	20
Hospitality	42.31	50
Service Officer	0.00	10
Luncheons:		
Member subsidy/Reserve Room	0.00	100
Entertainment	0.00	200
Miscellaneous:		
Chamber of Commerce Dues	0.00	150
Env/postage/copying/etc.	38.56	30
Checks	0.00	0
Insurance	0.00	75
Sr. Citizen Council	0.00	0
SCC Lunch ( <i>Honoree</i> )*	0.00	60
Other ( <i>Programs/etc</i> )	0.00	50
<b>Total Expense</b>	<b>1,197.07</b>	<b>4,298</b>

\*SCC = Senior Citizen Council

NOTE: 25% of year has passed - INCOME is 21% of budget - EXPENSES are 28% of budget