By the time you receive this newsletter, the Summer season will have almost started. The year 2019 is about half over. School is now out and we can look forward to more contact with our children, grandchildren, relatives and friends. This is now vacation time and we can visit different areas and expect visitors to our area. Now is the time to rejuvenate, recharge our internal batteries, and plan for the future. It is also the time for me to try to get the weeds and bushes around my house under control and catch up on maintenance, painting, and building projects. Soon the warmer and more humid days will have us wishing for Spring or Fall.

Past is the Virginia Federation balloting and soon we should be hearing about the results of the balloting. Gone is the NARFE National Online Report Module (ORM) database and the NARFE National Online Administrative Module (OAM) database and we can now learn how to use the new NARFE National Association Management System (AMS) database. By now, also past are the 2019 Virginia primaries and we can look forward to numerous political robocalls.

As in past years, Dulles Chapter will not have any meetings during July and August; and you will not be receiving Dulles Chapter newsletters during that timeframe. However, that doesn’t mean that this is a time to forget about NARFE and the recruiting of new NARFE members and chapter officers.

Visit our Chapter website: www.vanarfe.org/1241/1241.htm
members. This should be the time when NARFE issues and recruitment are at the top of our “To Do” lists. Bill Schmidt, in his article in this newsletter, addresses what we should all plan to do in the political arena. I have included a form that you can use to recruit new members to NARFE Dulles Chapter. Please do not let these next two months slip by without considering what you can accomplish for NARFE and Dulles Chapter.

Now may also be a great time to consider volunteering for one of the vacant Dulles Chapter positions. Call me to find out about the vacant positions. You would have two months to ask questions and learn about the positions’ responsibilities before we start back up in September.

Now might also be a great time to consider making a special monetary contribution to the Dulles Chapter operating account. In that regard, I would like to give a special thank you to Bartlett and Joyce Derrick who gave a contribution for the Chapter operating account at the May 2019 luncheon meeting. Besides recruiting new members, monetary contributions will also keep Dulles Chapter in existence.

Richard Giangerelli
NARFE Dulles Chapter President

The Program for June 24th

Our speakers will be:
Mr. Ken Thomas, NARFE National President, who will give us an update from NARFE Headquarters.

Please call for your reservation and choice of entrée to Shirley Boning at (571) 442-8910 or email Shirley.Boning@comcast.net by Thursday, May 20th.

OUR LUNCHEON BEGINS AT 11:30 am! The luncheon entrée cost is $18. You may order from the menu, but your entrée should not be priced at more than $14.50.

Luncheon Entree Choices

- Meat Loaf served with mashed potatoes, homemade gravy, and vegetables of the day.
- Chicken Mushroom Ravioli (Cheese filled ravioli sautéed with chicken and mushrooms in a light cream sauce and served with vegetables of the day).
- Shrimp Salad Sandwich, w/Kettle Chips and Fruit Cup

DIRECTIONS TO AMPHORA DINER
The Amphora Diner Deluxe is located at 1151 Eldon St., in Herndon, Va., several blocks north of the Dulles Toll Road, and one block north of the northern intersection of Elden St. and Herndon Pkwy. From either location go north on Eldon St., turn right immediately after the PNC Bank on the drive leading back to the Amphora Diner Deluxe.

Remember!
If Fairfax Co. schools are closed because of inclement weather, Dulles Chapter 1241 luncheon meetings are cancelled.

Future Events of Note

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Chap. 1116 50th Anniversary Party</td>
<td>June 11th</td>
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<tr>
<td>Virginia Primaries</td>
<td>June 12th</td>
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<tr>
<td>Fairfax County Doc. Shredding</td>
<td>June 15th</td>
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<tr>
<td>Dulles Luncheon Mtg.</td>
<td>June 24th</td>
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<tr>
<td>Dulles Luncheon Mtg.</td>
<td>Sept 23rd</td>
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<tr>
<td>NARFE Region X Conference</td>
<td>Sept 23rd - 27th</td>
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<tr>
<td>Dulles Luncheon Mtg.</td>
<td>Oct 28th</td>
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Report on May 20th Luncheon

Ms. Michelle Thompson, Consumer Specialist, Fairfax County Consumer Affairs Branch, gave a great presentation on “How to Identify and Avoid Scams”. She discussed several currently used telephone scams which rely on a recipient’s willingness to be polite and respond to the caller’s questions; and the intent of the caller to gain your trust and confidence. She discussed the prevalence of the Social Security and the Internal Revenue scams, during which the caller seeks funds directly from you and makes threats of legal action against you. She emphasized that neither the Social Security Administration nor the Internal Revenue Service will contact you via telephone, they will only do it via mail. She also addressed fraudulent fund raising after natural disasters and where to find listing of official charitable organizations. She also touched on Medicare scams, during which the caller is seeking your personal information and your Social Security number. She indicated that there has been a noticeable increase in Tech Support scams. Luncheon attendees were reminded that peddlers and solicitors are strictly regulated by the county and must have a county issued ID and permit.

Chapter Secretary Bill Schmidt presented a summary of the May Chapter Executive Committee meeting.
The Chapter Treasurer was not in attendance; however, he e-mailed a financial report that indicates that the operating account of the Chapter was $6,234.44 effective April 30th. Dues income for April exceeded budget projections. The report of the Chapter Audit Committee was accepted by the Chapter Executive Committee and the recommendations and findings of the Committee were posted in the Chapter Newsletter in May.

The current membership of Dulles Chapter was reported as 412 effective May 1st, including one honorary member. This number only includes those members who are current in their Chapter dues payments.

Chapter Alzheimer’s Chair Mary Ann Giangerelli reported that the Chapter collected $24.50 from the 50/50 drawing and $16.00 from the piggy banks at the April Luncheon. She also reported that she could find no published information any medical reports of drugs or procedures that work to reverse or prevent Alzheimer’s disease.

Chapter President Richard Giangerelli provided additional blank copies of the Virginia Federation (VFN) ballots for the VFC 1st Vice President position and proposed VFC Proposed Bylaws Amendments. He also provided NARFE ID numbers to those members who requested that information and collected completed ballots for mailing to the VFN Ballot Committee. All ballots had to be postmarked not later than May 31st.

Bill Schmidt
Chapter Secretary

LEGISLATIVE REPORT

National Legislation

A draft spending bill released by the House of Representatives contains a proposal for a 3.1% pay raise for federal employees. If enacted, the raise would override the pay freeze proposed by the White House for 2020. Since the pay freeze is the official recommendation by the President, it would ultimately go into effect unless Congress takes action to override it with legislation, and the draft appropriations bill represents the first step in this process. Earlier this year, bills were introduced by Congressmen Gerry Connolly (D-VA) and Senator Brian Schatz (D-HI) to give federal employees a 3.6% pay raise. This pair of lawmakers have introduced such legislation each year for several years in a row now; however, the amounts they have proposed for a raise have not ever been adopted by Congress. The current draft spending bill notes that the pay raise would be 2.6% with an additional 0.5% increase in locality pay. In order for the proposed raise to take effect next year, the spending bill would have to pass both the House of Representatives and the Senate and get signed into law. In past years, the recommendation by the President has often been the final pay raise (or freeze) given to federal workers, since Congress has never taken any action to override the President’s proposal. The budget process looks to again be one where there is no clear decision and some form of Continuing Resolution becomes necessary for funding the government after the end of the Fiscal Year on September 30th.

August is Grassroots Advocacy Month for NARFE members, because there’s no better time to connect with your legislators. Washington, DC, quiets down as members of Congress return to their districts and States for a month-long recess. Unlike the rest of the country, our Congressional representatives live here and we have the opportunity to connect with them year round. While our Chapter doesn’t meet in July and August, we can still spend time connecting with our Congressional representatives.

As ugly as it is, money is the lifeblood of political activism. It takes money to pay the salaries of campaign workers and to purchase ads on radio, TV, and electronic media. A large part of a political office holder’s time is spent raising funds to support their reelection campaign. Likewise, it takes funds for organizations such as NARFE to prepare literature to support our goals and to get the ideas in the hands and minds of candidates and staffers. NARFE supports these efforts via the NARFE PAC. In March of this year, NARFE members contributed $230,355.66. While the average contribution decreased by almost $6, the number of contributors increased sharply – almost a 38% increase in the number of contributors compared to this time in the last cycle. There is a form in the NARFE Magazine for making your donation to NARFE PAC. A primary purpose of NARFE is to protect our annuities, and the decisions that we need to influence are political ones. NARFE PAC is essential!

NARFE President Ken Thomas recently discussed the proposed merger of the Office of Personnel Management (OPM) and the General Services Administration (GSA). President Thomas asserted that NARFE believes that the Trump administration has not made a convincing case that the reorganization would improve OPMs ability to carry out its mission and fulfill its responsibilities. Further, he argued that the federal workforce would have fewer safeguards against politically motivated personnel decisions should this merger come to pass. This is an issue that you may want to stress in your communications with your Congressional representatives.

State Legislation

We will know who the candidates for the Virginia General Assembly and local government agencies after the June 11th primaries. All 140 members of the two houses of the General Assembly are up for election. While the election is being contested, the candidates are available and interested in your opinion on matters which can be taken up during the 2020 Session of the General Assembly. There are several possible constitutional amendments that will require a second hearing and vote during the 2020 Session before they can be submitted to the voting public for ratification. Most of the local offices (i.e., Commonwealth attorneys, sheriffs, supervisors, etc.) are also up for election.

Those persons who filed Virginia Income Tax returns this year will be eligible for a refund of up to $120 per individual
return or $240 per joint return. These refunds will not be paid until the new Fiscal Year begins on July 1st.

Bill Schmidt
Chapter Legislative Chair

ALZHEIMER’S REPORT

Experts now predict that by the year 2050, 14 million people will be diagnosed with Alzheimer’s disease.

At an annual meeting of the Alzheimer’s Association, there was encouraging news about a new drug being tested by Eisai, a Japanese company, and Biogen, a company based in Massachusetts. The compound, BAN2401, is an antibody designed to stick to amyloid, the protein that builds up in the brain and can lead to sticky plaques that compromise nerve cells. The study involved people with mild cognitive impairment or Alzheimer’s dementia. According to the results, people treated with the experimental therapy showed a decrease in amyloid in the brain after 18 months, compared with people treated with a placebo.

Howard University recently announced that they are looking for people 60 and 70 years old who have not officially been diagnosed with Alzheimer’s disease; but who have a family history of the disease. These people will be enrolled in a 3-year clinical trial, called Generation Program, to test the effectiveness of a medication to delay or prevent the symptoms of Alzheimer’s disease.

Dulles Chapter 1241 continues to contribute towards NARFE/Alzheimer’s Research. At the May 2019 Luncheon meeting the 50/50 drawing brought in a total of $25. The $12 won by Richard Giangerelli was donated back for NARFE/Alzheimer’s Research. The cake silent auction brought in $10 and was won by Bill Schmidt. The piggy banks on the tables brought in $13.67. As a result, a check for $48.67 was sent for the Dulles Chapter to the VFN Alzheimer’s Chair.

Mary Ann Giangerelli
Chapter Alzheimer’s Chair

MEMBERSHIP REPORT

Effective May 1, 2019, Dulles Chapter 1241 had 412 dues paying members. During the month of May 2019, Dulles Chapter 1241 had:

- 0 new member
- 0 transferred-in members
- 0 reinstated members
- 0 transferred-out member
- 3 members dropped for non-renewal
- 0 deceased

Richard Giangerelli
Chapter Membership Chair

IDEAS TO INCREASE CHAPTER MEMBERSHIP

We need to increase Dulles Chapter membership, and here are some ideas to try.

I request a few extra NARFE magazines each month from NARFE Headquarters. In the NARFE MEMBERSHIP APPLICATION form in the back section of the magazines, I enter my initials (not my name), my Membership ID number, Chapter Number 1241 in the recruiter’s section of the form. When my wife and/or I go to a doctor’s office, hospital, or dentist’s office, we leave one or two of these magazines there.

Also, if you have neighbors who are federal employees or retirees, give them a Dulles Chapter newsletter and one of these NARFE magazines.

If you have other ideas on how to increase Dulles Chapter membership, please let us know.

Charles McAndrew
1st Vice President

VFN BALLOT REPORT

The following Virginia Federation ballot report was just received via e-mail:

“As you know the VFN has been conducting its first election using the principal of one-member one-vote. Our Ballot and Tellers Committee has completed the count of the ballots. Here are the results:

- New 1st Vice President of the VFN as of July 1, 2019 is Maureen “Moe” Nolet, Fredericksburg Chapter 90;
- All proposed Bylaws Amendments that were recommended for approval by the VFN Bylaws Committee were approved by a 2/3rd majority;
- All proposed Bylaws Amendments that were recommended for rejection by the VFN Bylaws Committee were rejected by a 2/3rd majority; and
- Approximately 4% of the 15,000 VFN members voted in this election.

A more detailed report of the ballot will be posted on the VFN website (at www.vanarfe.org) in the near future.”
Please enroll me in Chapter 1241

___ New Member 1 yr. dues - $40.
___ 1-year Renewal - $50.
___ 2-year Renewal - $92.
___ 3-year Renewal - $132.

Check all that apply: __ Retired __ Current Fed. Emp. __ Spouse __ Former Spouse __ Survivor __ Former Spouse

NARFE ID No.: ____________
DOB: ________________
Spouse’s Name: _______________________
Applicant: __________________________________
Recruiter’s NARFE ID No.: ____________
Address: _______________________________
City: _______________
State: ___
Zip(9-digit) ___________
E-mail Address: _______________________________
Home Telephone No.: (____) _______ 

Mail application with check, payable to “NARFE”, to:
NARFE/Member Records, 606 N. Washington St., Alexandria, VA

LEGISLATORS LISTING

U.S. Congress

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<thead>
<tr>
<th>Senate</th>
<th>House of Representatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th Representative Jennifer Wexton (D)</td>
<td>11th Representative Gerry G. Connolly (D)</td>
</tr>
<tr>
<td>1217 Longworth House Office Building</td>
<td>2238 Rayburn House Office Building</td>
</tr>
<tr>
<td>Washington, DC 20515-0001</td>
<td>Washington, DC 20515-0001</td>
</tr>
<tr>
<td>(202) 225-5136</td>
<td>(202) 225-1492</td>
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Virginia General Assembly

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<tr>
<th>Senate</th>
<th>House of Delegates</th>
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<tbody>
<tr>
<td>31st Senator Barbara A. Favola (D)</td>
<td>33rd Senator Jennifer Boysko (D)</td>
</tr>
<tr>
<td>319 18th Street North</td>
<td>P.O. Box 347</td>
</tr>
<tr>
<td>Arlington, VA 22201-3506</td>
<td>Herndon, VA 20172-0347</td>
</tr>
<tr>
<td>(703) 835-4845</td>
<td>(703) 665-9518</td>
</tr>
<tr>
<td><a href="mailto:District31@senate.virginia.gov">District31@senate.virginia.gov</a></td>
<td><a href="mailto:District33@senate.virginia.gov">District33@senate.virginia.gov</a></td>
</tr>
<tr>
<td>32nd Senator Janet D. Howell (D)</td>
<td>37th Senator David W. Marsden (D)</td>
</tr>
<tr>
<td>P.O. Box 2608</td>
<td>P.O. Box 10889</td>
</tr>
<tr>
<td>Reston, VA 20195-0608</td>
<td>Burke, VA 22009-0889</td>
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<tr>
<td>(703) 709-8283</td>
<td>(571) 249-3037</td>
</tr>
<tr>
<td><a href="mailto:District32@senate.virginia.gov">District32@senate.virginia.gov</a></td>
<td><a href="mailto:District37@senate.virginia.gov">District37@senate.virginia.gov</a></td>
</tr>
</tbody>
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| 34th Delegate Kathleen J. Murphy (D) | 67th Delegate Karrie K. Delaney (D) |
| 1123 Crest Lane | P.O. Box 231023 |
| McLean, VA 22101-1805 | Centreville, VA 20120-7023 |
| (804) 698-1034 | (703) 996-9415 |
| DelKMurphy@house.virginia.gov | DelDDelaney@house.virginia.gov |

| 36th Delegate Kenneth R. Plum (D) | 86th Delegate Ibraheem Samirah (D) |
| 2073 Cobblestone Lane | 2556 Thorncroft Place |
| Reston, VA 20191-4039 | Herndon, VA 20171-4716 |
| (703) 758-9733 | (804) 698-1086 |
| DelKPlum@house.virginia.gov | DelISamirah@house.virginia.gov |
Webinars are available online from the NARFE Federal Benefits Institute and provide a wealth of potentially useful information. NARFE members have access to all of the live and previously recorded webinars and non-NARFE members have access to the live webinars. The previously recorded webinars are:

- Four Simple Steps to a Smooth Retirement by Tammy Flanagan
- Plan Ahead, Pay Less – Tax Strategies for Feds by Mark A. Keen, CFP
- TSP – Your Key to a Secure Retirement Income by Mark Keen, CFP
- Social Security: A Key Ingredient in Your Retirement by Tammy Flanagan
- Federal Benefits and Divorce by James Marshall
- Understanding CSRS Offset: Your Retirement Explained by James Marshall

Future live webinars include:

- Special Category Feds: Retirement Rules and Exceptions by James Marshall (on June 13th)

NARFE members simply need to log in at www.narfe.org and select “Departments” then “Advocacy” then “Federal Benefits Institute,” and then select “Webinars” from the drop down box, then select “Register Today” and complete the required information.

Non-NARFE members can view the current webinar by logging in at www.narfe.org and selecting “Register Here”. A payment of $39.95 is required and this fee will include a one-year membership in NARFE.