



National Active and Retired Federal Employees Association



VFC Notes – Fall 2012

*Serving Current, Former and Retired Federal Civilian Employees -
Spouses and Survivor Annuities*

President	1 st Vice President	2 nd Vice President	Secretary	Treasurer	Past President
Luther Santiful Santiful@aol.com	Richard Giangerelli NARFE1241@verizon.net	Kathy R. Arpa mkarpa@hotmail.com	William A. Schmidt billschmidt39@yahoo.com	Samuel R. Harris HSamuel962@aol.com	William Shackelford WShack1951@aol.com

FEDERATION PRESIDENT'S MESSAGE



The election is over! House of Representatives incumbents in Virginia were all re-elected. Of the eleven Congressmen, three: Bob Goodlatte (R-6th), Eric Cantor (R-7th) and Morgan Griffith (R-9th) failed to support any key NARFE issues during the 112th Congress. Their lack of support is a challenge to NARFE members in their respective districts to find a way to make them aware of our concerns and hold them accountable. United States Senator Jim Webb (D), a 100% NARFE supporter, chose not to run for re-election and was replaced by U.S. Senator-elect Tim Kaine (D). During debates leading up to the election, Kaine said "support of federal employees is in the position description of a U.S. Senator." We hope that sentiment prevails when he takes office. Accordingly, we will do our part in bringing issues to his attention and follow his commitment to our cause. Due to changes emanating from re-districting, some of our congressional district/senate liaisons will have to change. Every effort will be made to fill all positions by the year's end. I encourage all VFC members to reach out to our members of the 113th Congress, congratulate them on their election/re-election and offer to work with them on issues of mutual concern.

During the remaining days of the 112th Congress, be sure to call your member of Congress and let him know your views on how you want your benefits to fare as they seek ways to address the deficit while maintaining essential services. The "National Call Congress Day" on November 15 was important and productive but that single day of calling may not be enough. Some VFC members for whatever reason might not have been able to call on the 15th. It is not too late; every NARFE member should make contact and voice an opinion.

Much to our dismay, we continue to see reductions in our membership. Although many of our members continue to recruit members in an outstanding way, that emphasis is not enough to maintain the desired level. To aid the Membership Chair and in an attempt to jump-start our efforts to stem the tide and hopefully initiate a turn-around, I have appointed B.J. Thomas McMillan of Northern Neck Chapter 1823 to spearhead hands-on workshops for members interested in the detailed mechanics of member recruitment. Betty Warren of Virginia Beach (Bayside) 974 will conduct similar workshops on member retention. Both are available to visit chapters, separately or jointly, as mutually convenient.

Our 2013 State Legislative Plan has been distributed and is available for members to discuss with their respective members of the Virginia General Assembly. The Plan covers advocacy for (1) Transfer on Death Deeds, (2) Protection of Incapacitated Adults, (3) Geriatric Training & Board Certification and (4) Public Transportation Needs of the Elderly/Handicapped.

The 2013 Legislative Training Conference will be held March 9-12, 2013, at the Renaissance Arlington Capital View Hotel in Arlington, VA. All congressional district and senatorial liaisons are expected to attend. Members who have an advocacy interest are also invited to be a part of this conference. On Tuesday, March 12, members will have the opportunity to go to Capitol Hill and meet with their respective member of congress. These visits will serve as an excellent vehicle to put faces on active and retired federal employee concerns. It will also serve as an initial show of interest to the incoming U.S. Senator Tim Kaine. Information regarding registration and hotel costs is on the NARFE web site and more information will become available as the full agenda is developed. The registration deadline is February 5, 2013.

At this time of year when chapters select new officers for the succeeding year, it is essential to do so in accordance with chapter bylaws. In some places, this is a difficult undertaking because of the dearth of members willing to assume leadership positions. In spite of that, we have always managed to find good officers to run chapters. Be aware that there is support at the VFC level for chapters that experience what seem to be insurmountable issues. **RECRUIT A MEMBER!**

Luther Santiful – VFC President

1ST VICE PRESIDENT'S REPORT



As you read the articles prepared by the Virginia Federation of Chapters (VFC) Area Vice Presidents (AVP), you will note that the last quarter was a very active one, both on the VFC level and on the Chapter level. Perhaps you were involved in some of these activities, and I thank you for that. If you were not, now is the time to get involved. Contact your AVP and the other Chapters in your Area. Anything is possible if you try hard enough.

Unfortunately, the membership numbers in NARFE and the Virginia Federation continue to decrease. To date this year, only one of the fifty-nine Chapters in the Virginia Federation has increased in membership; and only one Chapter has maintained its member numbers. All of the remaining fifty-seven Chapters have decreased in membership, some more than others. It is time to ask why members are leaving NARFE and the Virginia Federation, and why less new members are joining NARFE and the Virginia Federation. Is it because they do not believe that NARFE is addressing their concerns, or that NARFE is not providing them the information that they need, or that NARFE is not reaching out to them in ways that are their useful or common in this time of information overload? When was the last time you contacted the members of you Chapter? How did you do it? Do you have a Chapter or Area Newsletter, and is it sent to members in a format acceptable and useful to them? Is the information about your Chapter that is posted on the VFC website up to date, eye catching, and concise? Have you tried other information distribution techniques? Do you know what other Chapters are doing and how they are doing it? Do you know where to go to get help? These are questions that every Chapter Executive Committee needs to address and, hopefully, training that is being considered for inclusion in the 2013 VFC Convention in April 2013 will help.

All Chapters in the Virginia Federation have problems, some common (e.g., getting members to step forward to take on needed tasks and positions) and some unique. Perhaps other Chapters have found ways to solve the common problems and perhaps some of the "unique" problems are not unique at all. The only way to find out is to not try to go it alone -- open discussions with other Chapters in your Area and neighboring Areas. And, remember, your AVP is there to help. Contact him or her and ask for assistance. Your AVP can even show you how to use the new NARFE Online Activity Module (OAM) reports and how to access them. They may even be able to show you better methods for accessing the old, standard NARFE reports, now called Online Reports Module (ORM) reports.

Please remember, the Virginia Federation of Chapters Board is here to help. And, your Area Vice President is your voice on the Board.

Richard "Dick" Giangerelli – 1st Vice President

2ND VICE PRESIDENT'S REPORT



The 2012 Election is history so we can get back to a normal life and concentrate on our efforts on behalf of more than 17,000 NARFE members in Virginia.

Two of our program chairs attended the NARFE National Convention in Sparks in August. Gaston Gianni, our Public Relations Chair, ended his more than two years involvement on the By-Laws Committee and was happy to see that the By-laws and Standing Rules revision passed by a large margin of 78.29 percent, easily exceeding the two-thirds vote needed to amend the bylaws. Donna Shackelford, our Alzheimer's Chair, helped out at the Alzheimer's table and graciously accepted the award for the Virginia Federation for raising the most money in the past fiscal year.

In this report, each VFC program chair will share highlights from their activities during the past quarter. In Donna's report, she will share information about our successful efforts in providing funds for Alzheimer's Research. Tom Hall, National Legislation Chair, is helping in the recruitment of new Congressional District Liaisons, monitoring NARFE PAC funds and he attended a few local political forums. Connie and John Bails, VFC Co-Service Officers, continued their contacts with current and potential members and have welcomed several new service officers in the past few months. Dennis Martin, Membership Chair, keeps us up-to-date on the number of new members and losses throughout the state. He also tracks the numbers for our new membership contest. Dennis is now working with Betty Warren, a member of Virginia Beach Chapter 974, who will spearhead the retention effort and B.J. Thomas McMillan, a member of Northern Neck Chapter 1823, who will endeavor to energize member recruitment, some of the membership issues should be addressed. Gene Brown finalized the 2013 State Legislation Plan and prepared talking points which you can find on the VFC website at www.vanarfe.org. Gaston assisted several chapters with matching fund projects and distributed lots of NARFE goodies and his goodie bag is almost empty so he will be ordering more items in the near future. Gaston and several other Board Members worked hard to save the License Plate Project but when we were not able to come up with sufficient numbers to meet the minimum requirements for a NARFE Virginia license plate we cancelled the project. About that time I had to renew the tags on my car so I decided to order new plates. I am now proudly driving around a car with this license plate on it. How about that for PR??



I attended the National Convention in Sparks in August and served as Chair of the National Membership Committee. Committee members arrived three days before the convention and spend three full days reviewing membership resolutions, discussing, writing and rewriting our recommendations. I presented the membership report to the delegates. During the Convention there was much discussion on a resolution regarding the National E-NARFE chapter. We recommended adoption of a resolution calling for inclusion of a monthly best practices column quarterly and recommended the inclusion of an article about the idea of a new member sponsorship program be included in a future issue of a NARFE magazine.

During the past few months, I was heavily involved with a matching funds project with seven chapters in the Northern Virginia Caucus. We planned to place a NARFE ad in the Senior Edition of the Fairfax County Times in September. Because of an administrative error, our ad did not get into the special Senior Living section scheduled for September 28th. The ad manager offered to run the ad in the main newspaper for half price. Since there would not be another Senior Edition this year I told her I would like the ad to run in three editions of the main newspaper for the same price we were paying and she agreed. The ad ran on September 28th, October 12th and November 9th. The following chapters in Fairfax County participated in this project: Area 9 - Chapter 401 (Falls Church), Chapter 893 (Springfield) and Chapter 1159 (Annandale) and Area 10 - Chapter 489 (McLean-Great Falls), Chapter 737 (Fairfax), Chapter 1116 (Vienna-Oakton) and Chapter 1241 (Dulles).

In September, I attended the Fairfax County Senior Citizens' Council Annual Breakfast Meeting. In October, I attended the very successful 7th Annual Fashion Show and Alzheimer's fundraiser for Chapter 1270 (Woodbridge) and I will be helping out at Congressman Connolly's health fair at Woodson High School in Fairfax on November 17th. At the last Board Meeting, I shared my suggestions on the VFC Strategic Plan and requested input by December 1. I hope you and your family have a wonderful holiday!

Kathy Arpa – 2nd Vice President

SECRETARY REPORT



At the October meeting of the VFC Board of Directors the PR chair and the Treasurer announced that checks refunds for all license plate funds were sent to the original applicants. The Membership chair announced that chapter membership continues to fall with Area V experiencing a 15% loss. The AVPs indicated that several chapters are in trouble, finding no volunteers to step up to be officers for 2013. The Convention Search Committee chair, Bill Shackelford, indicated that they have identified 10 prospective sites for future conventions, and will begin visiting sites immediately after the board meeting. Carolyn Wilson, Area III Vice President, and Dick Giangerelli, presented the plans for the 2013 convention.

President Santiful indicated that Areas V and VI will host the 2014 convention, and Areas XI and X will be responsible for 2015. The State Legislation Chair, Gene Brown, passed out the new SL brochures for the 2013 legislative plan. AVPs should have sufficient copies to distribute to individual chapters. Kathy Arpa, Second Vice President, presented a discussion of the VFC Strategic Plan, indicating that all members of the board would receive her breakdown after the meeting and would be expected to comment and refine how we would undertake this plan for our future. She asked for comments by December 1. The Board reviewed the current inventory of VFC equipment and decided to dispose of two old lap top computers, a 50" x 50" projection screen, an overhead transparency projector, and a laser copier. Pat Taylor, Area I Vice President, was commended for her work in hosting debates for three congressional districts by working with outside sponsors.

William A. Schmidt – Secretary

IMMEDIATE PAST PRESIDENT



VOLUNTEER - *A person who voluntarily offers himself or herself for a service or undertaking; a person who performs a service willingly and without pay.* Now, I didn't really have to tell you that, did I? We all know what a volunteer is and, at some point in our lives, we have volunteered for various tasks. Since we are an "elderly group," I would venture to say we are tired of it and have the philosophy of "let someone else do it." Well, we can't. Our NARFE organization includes active Federal employees who are working for their retirement just as we did. They can't come to the meetings even though many chapters have attempted to hold evening or weekend meetings for them. Some of these efforts have been successful but most have not. So, that just leaves us to do the job not only for NARFE, but most importantly for ourselves.

The VFC has a number of chapters where people have to be coerced to volunteer for a position to keep the chapter viable. The same is true in a large VFC chapter. One of the reasons I feel the positions get harder and harder to fill is because, if one or more of the committee positions aren't filled, the chapters boards have to step up and take care of it. That's not fair. Are we looking at closing a chapter? It's going to happen if our members aren't willing to help out. It doesn't take a lot of time if everyone offers to help - it makes it all easier. I know that there are some who would like to help out but don't want to be a board member or chairperson of a committee. That's OK; just tell someone what you are interested in doing. We'll put you to work. My sincere thanks to all of those who have held positions for many years and, in advance, to all those who step up to the plate. We need you!!!!

DECLINING MEMBERSHIP: Additionally, we have another significant membership issue! NARFE's nationwide peak membership total attained in 1982 was 491,876. Since then we have had a net loss of about 220,000 members in 30 some years! At our continued rate of decline we will hit the milestone of losing more than half (245,938) of our peak membership before or by early 2013. These numbers raise major concerns and issues and they tell it all! Despite all of our efforts and dollars spent over the years, we have failed to reverse our membership decline! I understand that we have an aging membership and despite our re-focused efforts to attract and recruit active federal employees and recent retirees, we remain on the same downward track. Current NARFE members want and expect more, and the threat to our compensation and benefit package will continue to hang heavy in the future! For whatever the reasons, and there are many, we have been unable to reverse this trend! We've been running in place and losing ground! Why?

Our organization has undergone considerable change since 1921 when NARFE began life with 14 members. Reviewing NARFE's history is indeed like going "**Back To The Future**" -- we learn that we've always had to fight for just treatment, that such grappling has usually paid off, and that we'll always have to do so.

That's what we're here for!

William "Bill" Shackelford – Past President

ALZHEIMER'S REPORT



NATIONAL CONVENTION: At the 2012 Convention in Sparks, Nevada, it was announced that we had missed our previous goal of \$10 million set in 2010 by only \$103,512. All of the officials are confident that we can accomplish a collection in the next two years to put us over the new \$11 million goal we set at the National Convention. We raised \$6,203.13 on site under the guidance of Jane Rodgers, the National Alzheimer's Chairwoman. NARFE members have been leaders in funding Alzheimer's Research, with a total of 59 different projects credited to our contributions.

Virginia has bragging rights for being the top Federation in the nation, having raised \$85,555 during the past fiscal year (July 1, 2011 - June 30, 2012). Luther Santiful, Bill Shackelford, and I accepted an award during opening ceremonies at the National Convention presented by the Alzheimer's Association in recognition of the achievement. This makes 14 years out of the past 15 years that Virginia has been on top.

NATIONAL RECOGNITION: The efforts of the Virginia Federation were brought to the attention of Congressman Gerald Connolly (D-11th District), and he submitted an article to the Congressional Record in honor of the aggressive push on the part of NARFE in general. He presented a copy of the article during a visit to the Woodbridge Chapter 1270 where he commended the chapter for raising \$16,552 in its own rite during the past year.

ALZHEIMER'S CHAIR COMMENTS: You are all keeping me really busy with lots of checks to process and forward to Chicago. That is a wonderful thing--keep them coming! I must again plea with the chapter Alzheimer's chairs and chapter treasurers to carefully scrutinize each check to be sure it is made payable to **NARFE/Alzheimer's Research** and that the **Chapter Number** appears in the Memo portion of the check. I've had to return some checks, and that breaks my heart. However, if the check is payable to the chapter, the Alzheimer's Association cannot deposit it into their account. Further if your chapter number is not on the check, your chapter may not get the credit that the writer of the check intended.

Several of the chapters throughout the Federation have fund raisers for Alzheimer's during the autumn months, and I am always amazed how much money comes in during those months. Some of the smaller chapters knock my socks off with how much they can collect with really simple events. My own chapter had a recruitment event, and I put a jar on the table for Alzheimer's. It yielded \$38 for the day, and that was just a whim on the shirrtail of another actual event.

I would also encourage all of our members to check on those who have this awful disease and on those who are caregivers for patients. There is still a tendency to ignore those people and leave them feeling isolated and apart from family and friends. It doesn't cost any money to express concern and a caring attitude to people with such a tremendous burden. Remember, any of us could find ourselves in the same situation one day.

As a reminder, I am available to speak at your chapters or to assist in any other way to help make everyone aware of this disease, the progress of research, and education. I will be placing another order for the piggy banks for change for Alzheimer's, so if your chapter could benefit, please let me know. I will also replenish my supply of lapel pins.

Donna Shackelford – Alzheimer's Chair

Home: (703) 830-6590

Cell: (703) 402-0326

E-Mail: kamiahn@aol.com



Alzheimer's Research National Recognition; Sparks, Nevada (L-R) Luther Santiful, Joe Beaudoin, Bill Shackelford and Donna Shackelford

ELECTRONICS COMMITTEE

Did you know that the VFC web page changes at least weekly? Chapter newsletters are posted very shortly after either of the two VFC webmasters receive them. Program Chairs may submit changes to the Chapter web pages as conditions change. The Alzheimer's page has 5 new short videos. The first one gives a very understandable explanation of how the disease progresses. Other videos provide information that you might need to know if you are involved in supporting a person with Alzheimer's disease. Below the videos are active feeds from the Alzheimer's Research organizations.

Near the bottom of the links on the left of the main page is a link to our "1and1" web host. If you or anyone else uses that link to sign up for a web page, the VFC will get a small credit. The prices from "1and1" are very reasonable and include the cost of a domain.

There is some out of date or incorrect information on some of the chapter web pages. If you find some, please let me know and I will correct it. Please note, the VFC website has almost unlimited web space; and the VFC would like to have more robust and informative Chapter web pages. You can include pictures of chapter activities along with narratives of current and future events. In most cases all you need to do is get the information together and send it to me. I will take care of formatting it and putting it on your chapter web page.

The VFC Webmasters are Sid Sachs (chapterwebmaster@vanarfe.org) and Stan Palen (stan@vanarfe.org)

Stan Palen – VFC Webmaster

MEMBERSHIP REPORT

The 2012-2013 VFC membership contest is off to a good start with 91 new members recruited since the contest started in April. At the last report, VFC members had recruited 171 new members. I am sure the number is even higher now. The VFC Board is emphasizing membership and has appointed two persons to assist me. Betty Warren, a former Area Vice President, will work with membership retention and B. J. Thomas McMillan will assist with recruitment. These added efforts should show results in the near future. Even with these initiatives, membership is down for the year to date. However, if the Virginia members in the e-NARFE chapter are added, the total decrease is not so dramatic. When compared to the other Federations, the VFC is holding its own and compares quite favorably in the areas of retention rates and percentage of active federal employees members.

DUES WITHHOLDING PROGRAM – In the Dues Withholding Program, 1/12 of your dues is automatically deducted from your monthly annuity, and you save \$6 annually on national dues. Here are a few commonly asked questions about the program.

Q: What is Dues Withholding?

A: It is a payment method that gives NARFE members (retirees) the option of having their annual dues automatically deducted from their annuities on a monthly basis.

Q: Can both my national and chapter dues be deducted from my annuity?

A: Yes. Signing the Dues Withholding form (DW-2) authorizes the withholding of national and chapter dues from your monthly annuity. National-only members are also eligible.

Q: Can I have membership dues deducted for myself and my spouse?

A: Yes! The DW-2 features a question block in which you may authorize that additional withholding by checking "yes."

Q: In the event of my death, what will happen to the voluntary allotment?

A: In this case, National Headquarters should be notified in writing by a family member. A surviving spouse who will receive a civil service annuity must submit a new DW-2 to continue the withholding from his or her own annuity payments.

Q: What determines the amount of my monthly deduction?

A: Your monthly deduction is determined using the following formula:

- $\text{National Dues} \div 12 + \text{Chapter Dues} \div 12 = \text{Total Monthly Deduction}$

Q: Why are the payments divided into 12 monthly deductions instead of a single payment?

A: The Office of Personnel Management (OPM) will not withhold a one-time annual dues payment. Dividing the annual membership fee into 12 monthly installments eases the cost of making a single payment.

Q: Who is eligible for NARFE's Dues Withholding Program?

A: Retirees, spouses of retirees and annuitant survivors are eligible for dues withholding. Life Members, active federal employees and Honorary Members do not qualify.

Q: What if I change my mind? Am I obligated to remain in the program?

A: Dues Withholding is voluntary. You may discontinue the Dues Withholding allotment at any time. Simply notify National Headquarters in writing of your intention to cancel.

Dennis Martin – Membership Chair

RECRUITMENT

As VFC Membership Chair Dennis Martin mentioned in his article, the VFC Board is emphasizing membership and has appointed two persons to assist him. I am the newly appointed member of the VFC Membership Committee tasked with trying to find new, innovative ways to identify and recruit potential members. On November 19th, I had the opportunity to attend an Area I meeting at Patriots Colony in Williamsburg. A total of 19 members, representing Chapters 682, 685, 1757, and 1823 attended. Area I Vice President Pat Taylor had asked that each chapter encourage their President, Vice President(s), Membership Chair, and/or Public Relation Chair to attend, and any newly elected officers for those positions. After my initial presentation, everyone in attendance readily jumped in with comments, questions, and/or suggestions for recruitment! This type discussion is my favorite approach when trying to come up with new ideas. Using this method everyone in attendance buys into the discussion and feels a sense of ownership!

A few of the ways the participants suggested reaching potential members included:

- Working health fairs in agencies – talking with both active employees and retirees in attendance
- Placing meeting notices in community centers, health clubs, libraries, etc.
- Submitting meeting notices to newspapers to run in community sections and scanning those sections for references indicating that someone is an active or retired Federal employee – and then following up with a phone call.
- Establishing a Facebook page for your chapter where meeting notices and upcoming programs can be announced
- Scanning “Linked-In” (a social network site for professionals) profiles to find those who mention being in Federal service or retirees
- Including references to your NARFE activities or to NARFE information in your personal Facebook page (or other social media network)
- Using your Chapter's page on the VANARFE.org website to market your Chapter, by describing the speakers you've had at meetings and upcoming or past activities, and including photos of these
- Identifying newsletters in your residential areas to
 - Submit meeting notices, including contact information for prospects to contact you
 - Scan other articles in the newsletters for potential active or retired Federal employees whom you can contact
- Holding joint events with other chapters so PR opportunities can be maximized (i.e. political debates, forums, etc.)
- Conducting fundraisers for Alzheimer's or participating in walks, runs, etc. – to publicize your NARFE chapter and also provide opportunities to interact with others and learn, through casual conversations, who may be an active employee or retiree
- Initiating conversations with other attendees at community events or while traveling

As you can tell from just some of the suggestions and ideas tossed around at the meeting, there are so many ways to reach out to potential members. Going into the meeting, I had a list of ideas, and everyone in attendance added other great ideas to my list! I will be finalizing my presentation on Membership Recruitment for presentation to chapters throughout the VFC, and all members will have an opportunity to add to the ever growing list! Please contact me to discuss when I might be able to meet with your Chapter officers. And be thinking of new ideas to toss out for discussion when we do schedule a presentation.

BJ Thomas McMillan – Membership Committee (Recruitment)

Home: (804) 580-8666

Cell: (804) 313-0273

E-Mail: bjthommc@kaballero.com

NATIONAL LEGISLATION



By the time you read these notes the 2012 General Election will be over but all the recounts and legal stuff may still be going on and on.

NATIONAL LEGISLATION: As you are all aware from the monthly or more often GEMS emails, this session of Congress has still been very active trying to use the Federal employee to pay for every program that comes up for renewal. The up-to-date listing is available on line at the NARFE Legislative Action Center along with information on how your Congressman voted.

NARFE-PAC: Data is available on line from the NARFE web site. NARFE-PAC contributions reported by National through September 2012 show Virginia's contribution totals reached \$68,929.75. For all members who may be interested in making a donation to NARFE-PAC, the contribution form is re-printed each month in your monthly NARFE magazine. A total of 1,746 contributors gave an average of \$40.00 each. The campaign to increase NARFE-PAC contributions has been inspiring. Over the

last 21 months, contributions to NARFE-PAC nationwide equal \$959,810.83. As of the end of October 2012, expenditures in Virginia were as follows:

01	Rob Wittman	10/12/12	\$1K General
02	Scott Rigell	1/26/11	\$1K Primary
04	J.Randy Forbes	3/01/12	\$1K Primary
08	Jim Moran	6/8/11	\$1.5K
		6/1/12	\$3.5K Primary MAX
10	Frank Wolf	6/28/11	\$1K Primary
		7/21/11	\$2K Primary
		11/8/11	\$1K Primary
		3/01/12	\$1K Primary
		3/26/12	\$1K General
		4/24/12	\$1K General
		6/29/12	\$1K General
		9/19/12	\$1K General
11	Gerry Connolly	3/28/11	\$2K Primary
		6/28/11	\$1K Primary
		11/08/11	\$2K Primary, MAX
		3/28/12	\$5K General, MAX
	Senatorial Candidate		
	Tim Kaine	9/19/12	\$5K General, MAX

CONGRESSIONAL DISTRICT LIAISONS: The recent changes caused by redistricting have been difficult, especially in Northern Virginia Chapter areas, and Congressional Districts are not in any way aligned which has frustrated some Congressional District Liaisons (CDL). We are continuing to work to get more CDLs and Assistant Congressional District Liaisons (ACDL) for the odd shaped Districts and trying to get the CDL's aligned with the districts they represent. We have appointed Ed Masker as a new CDL for the 6th Congressional District (Bob Goodlatte – Republican). We are still searching for a CDL for the 1st Congressional District (Rob Wittman – Republican), an ACDL for the 3rd District (Robert Scott – Democrat) and a CDL to fill positions in the present 4th District (Randy Forbes – Republican). As a matter of interest, Congressman Rob Wittman asked me when he would get his new CDL while we were talking before his NARFE sponsored debate in October.

Tom Hall – National Legislation Chair

PUBLIC RELATIONS



As I begin to prepare this report, I can't stop thinking about Hurricane Sandy which just hit the East Coast and cast its devastating effects on millions of citizens, especially in New Jersey and New York. We need to keep them in our thoughts and prayers. Please look for ways to help provide assistance to those impacted. I'm sure that many of them are active and retired federal employees. One possible way to help would be to make a donation to the NARFE-FEEA Fund. Remember that Public Relations comes in many forms, and this would be a great way to help build the NARFE name.

PUBLIC RELATIONS PROJECTS: During the past three months the chapters in the VFC have had a number of projects to help build awareness of NARFE. First there were the Congressional Forums in VFC Area I. Through the fine efforts of Pat Taylor, Area I Vice President, NARFE was one of the Forum sponsors and received some great publicity. In addition several other chapters in Northern Virginia had forums with the candidates. These are great ways of keeping the NARFE name out there. In addition, we are building bridges with the very people who will vote for our benefits!

Next up was an effort led by 2nd Vice President Kathy Arpa who worked with the NARFE Chapters in Fairfax County to place several ads about NARFE in the Fairfax County Times. This helps build awareness of NARFE and may get us some new members. Also, several VFC Areas participated in representing NARFE at local health fairs sponsored by Federal agencies and Congressional Representatives. They used our NARFE/VFC membership recruiting goodies to attract people to the NARFE table. In addition, Fairfax Chapter 737 had a NARFE table at the Fairfax County Fall Festival and recruited four new members. I'm sure the NARFE goodie bags helped (matching funds)! Here's another effort where Annandale Chapter 1159 took the initiative to "Adopt a Highway" and got NARFE's name before the public. They even did it without matching funds!



I encourage every chapter to look for ways to participate in local events to help raise the awareness of NARFE and to recruit new members. Remember that the VFC and NARFE HQ are resources which you can draw upon. If you have any questions about what your chapter should consider doing, I am always available to assist you. I can also help with preparing a matching funds request. If your chapter participates in community events, please send me an email with the details and include pictures if you have some. I like to use them as examples for other chapters.

MATCHING FUNDS UPDATE: So far in 2012, we have had seven matching funds projects—five chapters and two VFC—for a total of \$6,074. National Headquarters has given \$3,037, VFC has contributed \$2,136, and chapters have spent \$901. Remember this is an **excellent way** of stretching your chapter dollars to help you recruit new

members and build awareness of NARFE. Call me if you have any questions (703-508-4339). I can help! Also, remember that when you use matching funds, you need to prepare a final report describing the project, how you spent the money, and what you think you accomplished. The report needs to have the receipts for your expenditures, and if possible, some pictures. You should email the report to me at gastongianni@aol.com.

LICENSE PLATE PROJECT: Checks were sent out returning money to all NARFE members who signed up for the project. The project is officially terminated. Thanks to Sam Harris for all the work to get the checks out!!

NATIONAL CONVENTION: Summary - The good news - Passed the By Laws and Standing Rules (I was on the Committee), re-elected Bill Martin as our Region X Vice President, and recognized the VFC (**AGAIN!!**) as the top federation in the country for raising funds for Alzheimer's. We also re-elected our National Officers. Mike Causey was recognized as a long standing friend of NARFE. I attended several sessions about marketing NARFE. It is all about getting new members and retaining current members. This is important for everyone to do! HAVE YOU RECRUITED A NEW NARFE MEMBER LATELY?? Finally, I enjoyed the "2012 Best in the West NUGGET Rib Cook-Off", which was being held right outside the convention hotel.



Newly re-elected Region X Vice President William "Bill" Martin

CLOSING QUOTE: "Dream big dreams, imagine that you have no limitations and then decide what's right before you decide what's possible." — Brian Tracy

Gaston Gianni – Public Relations Chair

SERVICE OFFICERS REPORT



As Virginia Federation Service Officers we continue to strongly encourage every Area Vice President to encourage their chapter presidents to appoint a service officer and, in medium size and large chapters, a service committee. Federation Service Officers assist all chapter presidents and service officers in developing strong, responsive service programs. There will be an Area Coordinator (AC) for service in each of the ten VFC areas in the state. The Area VP appoints this person from the membership of chapters in the area. The ten Area Coordinators for Service, plus the VFC Service Chair, comprise the VFC Service Committee. The AC's work with the chapter service committees - assisting them with service program efforts in the chapters of each area. The chapters should provide input through their respective AC's to the VFC service efforts since the AC is a member of the VFC Service Committee. A properly operated service program is an excellent recruiting (and retention) tool when the benefits are widely publicized. It may be one of the main attractions for non-member retirees, survivor annuitants and potential retirees deciding to join NARFE and a local chapter. Thus, the Federation Service Officer will work with all AVP's and the Service Officers of every Chapter in the Federation in continually seeking ways to improve the program, while informing non-members of its benefits.

ACCOMPLISHMENTS: There were no Chapter visits this quarter. Your Co-Service Officers were in attendance at the VFC Board meetings in July and October 2012.

RAISING NARFE AWARENESS-SERVICE, PUBLIC RELATIONS & MEMBERSHIP: We continue to distribute recruitment packages during a 15-20 minute discussion at RRECONN training sessions where we serve as private contractors for federal training, and as trainers for – Interdenominational Church Usher's Association of America (ICUA). The agencies are numerous; participants are varied for each training session.

SERVICES PROVIDED TO VFC CHAPTERS

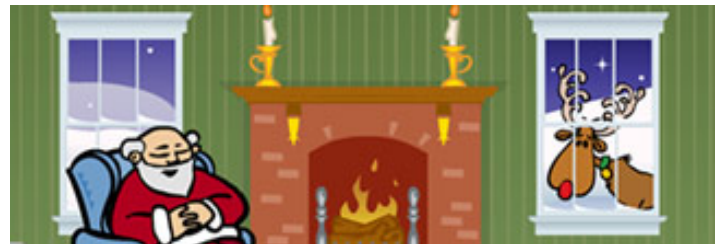
- Responded to inquiries from several Chapter Presidents
- Mailed out Survivor Benefit packages to members without emails (phone requests)

- Sent numerous get well/condolence cards
- Service Officer Contact for new Service Officer in Chapter 2330 Southwest Highlands; mug and service pin sent
- Service Officer Contact for new Service Officer in Chapter 1116 Vienna/Oakton; mug and service pin sent

SHORT RANGE PLAN FOR THE NEXT 12 MONTHS FOLLOWING 2012 VFC CONVENTION

- **Goal 1** – Establish a VFC Service Committee
 - **Objective 1** – Continue to contact Area VP's to develop a plan of action to acquire AC's
 - **Objective 2** – Establish Area Coordinators for service
 - **Objective 3** – Meet with Area VP's and AC's to discuss plan of action to establish Chapter Service Officers / Committees
- **Goal 2** – Coordinate Service Officer Training for all AC's, AVP's and Chapter Service Officers / Committees
 - **Objective 1** – Establish Location
 - **Objective 2** – Schedule date and duration
 - **Objective 3** – Training and group discussion for input and plan of action as VFC Service Committee

HOLIDAY HEALTH AND SAFETY TIPS: The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



- **Wash Your Hands Often** – Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and warm water for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- **Stay Warm** – Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.
- **Manage Stress** – The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.
- **Travel Safely** – Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.
- **Get Check-Ups And Vaccinations** – Exams and screenings can help find potential problems before they start. They can also help find problems early, when the chances for treatment and cure are better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.
- **Prevent Injuries** – Injuries can occur anywhere and some often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals. Wear a bicycle helmet to help prevent head injuries. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up-to-date.
- **Fire Safety** – Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

John and Constance Bail – Co-Service Officers

There's No Place Like Home...For The Holidays

STATE LEGISLATION



HOT OFF THE PRESS – On November 6, Virginia voters overwhelmingly approved the eminent domain amendments to the state constitution. This makes it harder for the state to take private property for commercial purposes. The eminent domain amendment requires that the government take private property only for a public use and not give it to another private landowner, such as a developer, even in the case of job creation. Exceptions would include utilities or the elimination of a public nuisance. The amendment ensures that property owners whose land is taken are properly compensated and guarantees that no more property is taken than is necessary.

Approximately 1,600 tri-folds containing the 2013 VFC State Legislative Plan have been distributed to our members, who in turn will use them to inform members of the General Assembly about the legislative issues that the VFC Board of Directors approved at the July meeting. If you would like a copy, please contact your Area Vice President.

During the past few months, I was able to discuss our four key issues (see talking points at VFC website at www.vanarfe.org) with several members of the General Assembly regarding:

- Transfer of Real Estate Assets upon Death
- Geriatric Training & Board Certification
- Public Transportation Needs of the Handicapped
- Protection of Incapacitated Adults

My other activities included giving presentations at the September 2012 meeting of the Annandale Chapter and the November 2012 meeting of the Falls Run Chapter. At the Falls Run Chapter, I reviewed the highlights of the legislation passed by the 2012 General Assembly, gave the talking points for the 2013 VFC State Legislative issues and then discussed a flow chart showing "How a Bill Becomes a Law in Virginia."

Finally, State Legislative Representative Joe Gresko was key in organizing a meeting with State Delegate Kirk Cox regarding our issues. Also attending the meetings were: Jack McMurchy, Petersburg Chapter President, Steve Stantsky, Area III State Legislative Liaison and Carolyn Wilson, Area III Vice President.

I continue to discuss the need for collecting State PAC contributions at every speaking engagement. All VFC NARFE members are encouraged to donate generously so we can be effective with our newly elected state officials. Please use the following form, which also can also be found on the VFC website www.vanarfe.org, to make a donation

Gene Brown, State Legislation Chair

VFC STATE POLITICAL ACCOUNT CONTRIBUTION				
AREA	CHAPTER	DATE		
Amount: \$5	\$10	\$25	\$50	Other
Name	_____			
Address	_____			
City, State, Zip	_____			
E-Mail Address	_____			
Retired Yes/No	_____			
If working show employer (Required by State Board of Elections)				
Employer Name	_____			
Employer Address	_____			
Make check payable to:				
VFC STATE POLITICAL ACCOUNT and mail to				
James Bradley VFC State Legislative Representative 4150 Round Hill Drive Chesterfield, Virginia 23832-7842				

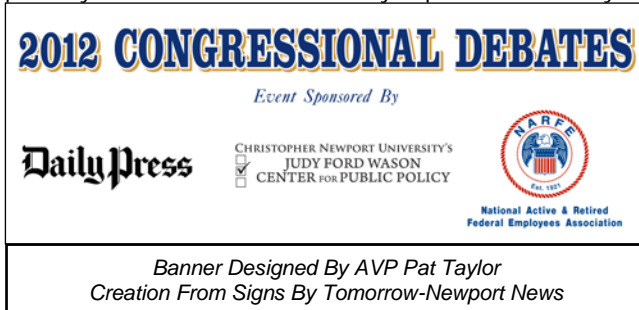
AREA I



Great meetings/programs, fundraisers, social events, advocacy efforts, and excellent newsletters being published regularly – Area I continues to be busy. Without any doubt, the biggest accomplishment in the Area during recent months was the success in scheduling three (yes, three) Congressional debates in Newport News! Initial contact was made in July – phone calls and e-mails to the respective campaign managers to introduce them to NARFE. Next was making contact with Dr. Quinton Kidd, Director of the Judy Ford Wason Center for Public Policy at Christopher Newport University (CNU). During the first meeting with Dr. Kidd, the idea of the project was discussed and then expanded. We decided to ask the Daily Press, the newspaper on the Peninsula with a circulation of approximately 100,000, to come on board. An alliance was formed and work began! Points covered: Dr. Kidd at CNU could arrange an outstanding venue on campus; the Daily Press would provide much needed publicity; and Area I would handle all the “other tasks” as needed (which were many!). Invitations were extended to four campaigns: U.S. Senate – Timothy Kaine / George Allen; 1st Congressional District Rob Wittman / Adam Cook / Gail Parker; 2nd District Scott Rigell / Paul Hirschbiel; and 3rd District Bobby Scott / Dean Longo. Unfortunately the Allen campaign declined the invitation, but all three Congressional campaigns accepted. As days turned into weeks and weeks into months, work progressed. Dr. Kidd arranged for the debates to be held in the Student Union on the CNU at no cost, and the Daily Press ran almost daily notices of the debates as each date approached. As the Area I VP, I was assisting with soliciting questions for the candidates which were submitted to Rebecca Troyer, Daily Press Editorial Page Editor. She and Political Editor Dave Henderickson agreed to serve as the panelists for each debate. Dr. Kidd was the moderator, and I would oversee the final room arrangements, and the prominent display of a 3' x 6' banner (2012 Congressional Debates) with the logo of all three sponsoring organizations proudly displayed on the banner in color. A photo of the banner was submitted to the editor of the VFC Notes so that each of you may see it. With the venue secured at no cost, the publicity secured at no cost, the only expense incurred by the VFC was the cost of the banner!!



(L-R) 1st Congressional District Contenders Rob Wittman, Gail Parker and Adam Cook



The first debate (3rd District) was held on October 1st with approximately 200 attendees. Congressman Scott and challenger Dean Longo spent approximately 45 minutes answering questions read by the panelists and each one had 3 minutes to answer with the other having a 2 minute response. It should be noted that at least two questions submitted by NARFE members were posed to the participants during each debate. The first debate was informative and at times heated, and everyone in attendance thought it was an exceptional opportunity to hear these two respond to questions they had not seen in advance. The second debate (1st District) was held

on October 9th with approximately 300 attendees. Congressman Wittman and challengers Adam Cook and Gail Parker fielded questions following the same format. This event brought out some interesting interaction and introduced Adam Cook, a young, well informed candidate who will undoubtedly be visible on the political scene in VA for several years. The final debate (2nd District) was scheduled for October 29th and a larger venue was arranged since attendance was expected to reach 400. Unfortunately “Frankenstorm” Sandy had other plans for the Peninsula area on that evening so the debate had to be cancelled. This was a huge disappointment since most of Newport News was moved to the 2nd District as the result of redistricting so we wanted to have the opportunity to hear both Rigell and his opponent Paul Hirschbiel speak and answer questions.

To say that we were thrilled to organize these debates and to have both CNU and the Daily Press sign on as cosponsors for these important political events would be an understatement. We have a book filled with information on how the entire project was formulated from beginning to end and the accompanying publicity announcements for future use by the chapters in Area I. We achieved goals of political advocacy, of expanding visibility of NARFE in this area of the state, and of handing out membership materials at the debates. Furthermore we have established a great working relationship with Dr. Kidd and CNU and with two editors of the Daily Press. Indications are that we can expect their support on projects in the future – particularly involving state and/or national political campaigns.

In mid-November I will be holding an Area I meeting in Williamsburg where we will have a special presentation for chapter presidents, vice presidents, membership chairs, and PR chairs, and any members moving into these chapter positions in 2013. B.J. Thomas McMillan, Chapter 1823/Northern Neck, will be giving her initial presentation on membership retention for the VFC. Those attending this meeting will be actively involved in assisting B.J. as she “fine tunes” her presentation. It should be a great opportunity for open discussion with lots of interaction.

On November 2nd, Chapter 685/Williamsburg participated in a health fair in the Williamsburg area. Chapter 682/Peninsula has five health fairs scheduled during November and early December. These fairs not only provide contact with potential members, but it provides an opportunity to cultivate good working relationships with health care providers and the local representatives (many of these reps will be speaking to the chapters at membership meetings in the coming weeks).

It is with great pride that I state that all four chapters in Area I have full slates of officers for 2013 so we're going to be "off and running" in January! I will have the pleasure of installing some of the new officers at holiday events.

In closing I'd like to express appreciate to VFC National Legislation Chair Tom Hall and Area II VP Alex Adkins for their exceptional support with the debates. They were there for all of the debates – assisting with hanging the banner, making pictures, displaying their respective area's zap banner, etc. Thank you!!

In October I attended the Woodbridge Chapter (Area IX) fashion show for the second time and worked the Suffolk Peanut Festival (Area IV) for the third year. These are more examples of what can be accomplished when we forget about area territories and offer to assist or support an event. We can learn so much more by sharing experiences, supporting projects, and lending a helping hand. I would encourage all VFC Board members and chapter members to reach out, step out of your comfort zone, and help each other! We're all striving to keep NARFE and the VFC as viable organizations now and in the future.

Finally, I'd like to say once more that I am honored to serve as Area I VP. We are active and trying to grow in numbers by trying new and inventive approaches with various projects. Perseverance can provide great benefits.

QUILT RETURNS TO BUMPASS – At the National Convention in August, my friend Jeanne Garrison, Area I Chapter 685 (Williamsburg), told me that she had purchased several raffle tickets and deposited them in the container for the beautiful quilt that was made as the Region X contribution to the National Executive Board's raffle to benefit the Federal Employee Education and Assistance (FEEA) fund. The layout of the quilt included designs representative of the five federations that comprise Region X (Kentucky, North Carolina, Tennessee, Virginia, and West Virginia). Gail Martin had been instrumental in organizing and coordinating the design and the planning of the work with members and fellow quilters throughout the Region. Although there were hundreds of tickets purchased by NARFE members (and friends) from all across the nation, Jeanne didn't hesitate when she told me the night before the drawing that if she won the quilt she would give it to Bill so that it would be back in Bumpass with the Martin family. Good things happen to good folks so Jeanne won the quilt!!! And she did exactly what she said she would do – she gave it to Bill so that it will remain in the Martin family!



(L-R) FEEA Quilt; Jeanne Garrison and Bill Martin

On October 6th Jeanne and I were invited to attend the 10th Annual Piecemakers' Quilt and Craft Luncheon, held in Gail's memory, at the Lake Anna Rescue building. Bill, his daughters Kenna and Tammy, and his granddaughter Zoe were there along with many of Gail's friends and fellow quilters. Clearly Bill and his family were touched by Jeanne's thoughtfulness and generosity. And I can tell you there were lots of tears as the presentation was made – honoring Gail's memory and officially returning the quilt to Virginia and to Bumpass!!!

Congratulations to Jeanne on winning the quilt and for being such a wonderful NARFE member – one who truly understands the significance of sharing her good fortune with Bill and his family.

Patricia "Pat" Taylor – Area I Vice President

AREA II



On the 23rd of August, Chapter 974 held its summer luncheon at the Red Lobster on Independence Boulevard in Virginia Beach. 42 Chapter members attended the luncheon.

Betty Warren, Donald Warren, P.J. Adkins, and Alex Adkins (all from Chapter 974) attended the NARFE National Convention in Sparks, Nevada on the 26th through the 31st of August. You will find pictures of Betty Warren, Alex and P.J. on page 57 of the November issue of NARFE magazine and on the NARFE web page documenting the national convention. For anyone who is interested in attending the 2016 convention in Reno and would like to travel to interesting places in the area, P.J. and Alex took a wonderful side trip to Northern California immediately after the convention. The trip included Napa Valley, Big Sur and San Francisco.

I attended the September meeting of Tidewater Chapter 66 in Norfolk on the 9th of September. The speaker was attorney Virginia "Ginny" Brown, a local attorney who specializes in elder care law and is very knowledgeable of various topics that are important to members who may need long term care and either lack LTC insurance or need financial assistance from state and federal agencies to pay for it.



(L-R) Betty Warren, Region X VP William Martin and Donald Warren at the 2012 NARFE National Convention



"Meet The Candidates"

Virginia Beach Chapter 974 hosted a "Meet the Candidates" session on the 27th of September. Members from all three Virginia Beach chapters (974, 5, and 1827) attended the meeting. Most of the candidates in the race for the Virginia Beach City Council participated. Each candidate gave a five-minute speech followed by 15-20 minutes of questions from individual Virginia Beach NARFE members and the candidates' response. Everyone who attended also had an opportunity to meet each of the candidates for one-on-one discussion of issues ranging from extending light rail from Norfolk to the Virginia Beach oceanfront to balancing the City budget.

Candidates for the Second Congressional seat were invited, but did not attend because of a last minute decision by both candidates in the race for U.S. President to

hold campaign events in Virginia Beach.

On the 1st of October, I attended a NARFE Chapter 682 sponsored debate for the 3rd Congressional District held at Christopher Newport University (CNU) in Newport News. The debate was well attended and included a NARFE recruiting table. I brought one of three Zap banners to advertise the NARFE presence at the debate. Betty and Donald Warren of Chapter 974 also attended the debate.

I attended a meeting of Eastern Shore Chapter 1175 in at the Sage Diner in Onley on the 9th of October. Immediately after the meeting, I traveled to Newport News for the second debate sponsored by NARFE Chapter 682 at CNU in Newport News. The second debate was for the 1st Congressional seat held by Rob Wittman. He faced off against challengers Adam Cook and Gail Parker. I brought one of two Zap banners to advertise the NARFE presence at the debate and took pictures that have been sent to the NARFE magazine.

During November, I attended meetings of Virginia Beach Metro Chapter 5 on the 9th and Chapter 974 on the 15th. More than a dozen Area II Chapters' members staffed NARFE recruiting tables at five local health fairs for active federal employees during October and November. The health fairs were held at the following locations: U.S. Postal Service Main Office in Norfolk; the Federal Building in downtown Norfolk; NOAA offices; NAVSUP Fleet Logistics Center at Naval Station; NETWARCOM at the Joint Expeditionary Base, Little Creek; and the TSA offices at the Norfolk / Virginia Beach International Airport. Betty Warren, Donald Warren, Alex Adkins, Bill & Robin Poulter, Lorena Thomason, and Myrtle Durham from Chapter 974; Ron Butler from Chapter 1827; Betty Mitchell from Chapter 66; and Jim Brewer, David Holliday, and David Hostetler from Chapter 5 participated in the health fair recruiting effort.

Alex H. Adkins – Area II Vice President

AREA III



As of today, I am happy to report that there are no problems in VFC Area III, other than declining membership.

The third quarter of 2012 in the VFC started with the Midlothian Chapter 2265 having a meeting in August, this Chapter is the only one that has meetings throughout the year. The guest speaker, Jackie Richards, gave a presentation on The Red Book-, the purpose of which is to have all the information ready for your survivors when needed.

At the end of August, I had the pleasure of attending the NARFE National Convention in Reno. I carried proxies for one VA chapter and two NC chapters. I especially enjoyed the Lunch and Learn seminars given at the convention and found them to be very worthwhile. I feel like this is something that the VFC should consider for a future convention. Upon my return from the convention, I furnished the seven Chapters in Area III and the three chapters that I carried proxies for a copy of the daily newsletter so that they could see what went on at the convention; and, when I spoke to the chapters in Area III, I addressed issues that they were particularly interested in.

I visited all chapters in Area III in September; and I presented a pictorial board of the NARFE National Convention which showed some of the guest speakers, the Virginia Federation receiving the Alzheimer's Award for most funds collected, the FEEA raffle table, the banquet and dance, etc. Also at the chapters, I spoke about Area III being the host of the upcoming 2013 VFC Convention, explaining how important it is for all chapters to get involved, selling ads, being members of committees, supporting the convention monetarily as supporters and, most important, attending the convention. Everyone seemed to be enthusiastic and eager to help.

In September, Midlothian Chapter had their annual picnic and silent auction for Alzheimer's Research. The silent auction brought in \$309 in contributions.

The Area III Newsletter was published in September with five chapters participating. It is planned that the newsletter will be published four times a year. Midlothian Chapter currently publishes their own newsletter. Hopefully, all six chapters will be able to participate in the next issue.

Membership continues to be a problem in all chapters. We are doing well in retention, but getting new members has

proven to be difficult. All of Area III will press on hoping that we can see a turnaround.

A meeting was held with Kirk Cox, Majority Leader in the VA House of Delegates on October 31st. Attendees included Joseph Gresko, VFC State Legislative Representative, Stephen Stastny, Area III State Legislative Coordinator, Jack McMurchy, President of the Petersburg Chapter, and myself. The issues discussed were the JLARC #10 study and the VFC 2013 Legislative Plan. More information about this meeting will be provided in the next edition of the VFC Notes.

All chapters in Area III have plans made for the rest of this year including guest speakers and Christmas Luncheons. All chapters have a slate of officers to present for election in November.

Carolyn Wilson – Area III Vice President

AREA IV



During the past months, our chapters did not meet in July and August, but meetings resumed in September, and we have been quite busy in special events, such as the annual peanut festival, planning several federal health fair recruiting initiatives, hosting Virginia Federation of Chapters (VFC) officials, and also a breakfast-business meeting of all Area IV chapter presidents.

Our Suffolk Chapter 1743 rented a booth and participated in the annual Suffolk (VA) Peanut Festival, October 4-7, 2012. Chapter members, augmented by our Churchland Chapter and the Area I AVP, manned the booth during all 'open hours' of the festival. They handed out small cups of peanuts to attract attendees and spoke with almost 1,500 federal employees, retirees or their family members. Plastic bags of NARFE materials were also given to federal employees and retirees. Those bags contained a NARFE magazine, a membership application, NARFE brochures and a small gift, such as ballpoint pen, pad, tape measure, etc. Federal personnel could enter into a drawing for a one-year membership donated by the Suffolk chapter. The Suffolk chapter requested, and received, 'matching funds' for this initiative from NARFE and the VFC.

VFC Immediate Past President Bill Shackelford visited the Churchland Chapter 1293 in September. He presented National Legislative Chair Thomas Hall (Churchland Chapter Vice President) with a framed Certificate of Appreciation for all of Hall's legislative interactions with congressional incumbents on behalf of NARFE and the VFC. Additionally, Past President Shackelford spoke to the chapter members in attendance and answered questions about the VFC and NARFE.

I hosted an "Area IV President's Breakfast" in a Churchland restaurant on September 5th. All five chapter presidents were present for the breakfast and discussed their ongoing actions, problem areas and mutual support for Area IV, VFC and NARFE.

VFC President Luther Santiful visited the meeting of the Churchland Chapter 1293 on November 13th. He will shared lunch and then spoke to the chapter attendees. Additionally, all five Area IV chapter presidents were invited to attend the meeting to talk with President Santiful in a side-session.

Our Churchland Chapter 1293 participated in two Federal Employee Health Fairs in early November. A table was reserved at the Portsmouth Naval Medical Center for November 1st and also at the Norfolk Naval Shipyard (located in Portsmouth) on November 7th. Supplies for this recruiting initiative have been obtained from NARFE Headquarters and from VFC Public Relations Chair, Gaston Gianni. At these events, chapter members will talk with federal employees, retirees and their families to tell them about NARFE and its mission; and will provide to each of the federal employees and retirees, who stop to talk, a bag containing a NARFE magazine, an application for membership, various brochures and a small NARFE gift of some sort (ballpoint pen, note tablet, envelope opener, etc.). Each event will last about four hours.

In December, most chapters within Area IV will choose the 'officers' for the coming term. Additionally, the majority of chapters will also hold its annual Christmas party – some with entertainment.

Bobby Whittington – Area IV Vice President

AREA V



CHAPTER VISITS: During this calendar year, I was able to attend only two Chapter meetings (Chapter 2079, Southside, and Chapter 2080, Piedmont).

CHAPTERS MEETINGS: Attendance at chapters meetings has declined significantly throughout Area V. Chapter meetings have been temporarily suspended for Chapter 1011 – Danville, due to health issues for the Chapter President. Overall, Chapter meetings would not be possible if not for the "dedicated few" who attend them regularly. We realize that many things could be the cause of this dilemma; however, we currently do not have a remedy to stop this trend. I am encouraging Chapters to continue the publication of newsletters, as they are a valuable information source for the Chapters' members.

MEMBERSHIP AND RETENTION: Area V gained a few new members during this calendar year, but not enough to off-set the loss of members due to non-renewal and death. In light of the overall decline in NARFE membership, we are concentrating our efforts to keep the current membership intact. Most of the membership gains in Area V are a direct result of the the OPM mailings.

ALZHEIMER'S AND NARFE-PAC CONTRIBUTIONS: Area V's goal for 2013 is to increase contributions by 5%.

Jessie Barksdale – Area V Vice President

AREA VI



CHAPTERS - Area VI includes Chapter 111 (Roanoke Valley), Chapter 1134 (New River Valley), Chapter 1837 (Wilderness Trail), and Chapter 2330 (Southwest Highlands).

Fall 2012 - - No Article Submitted From Area VI.

Wanda Ware – Area VI Vice President

"For every minute you are angry, you lose sixty seconds of happiness." - R.W. Emerson

AREA VII



Since the July Board of Directors meeting, I have traveled in and outside Area VII noting the flurry of activities centered on the election and Alzheimer's Research (AR) collection. One of the highlights was the Annual Woodbridge Chapter 1270 (Area IX) Fashion Show that my wife Paula & I attended in October which collected over \$10,000 for AR. There, we were pleased to join our National Vice President, Paul Carew and Bill Martin, our Region X VP, among many other VFC AVPs.

Individual chapters in Area VII also staged AR collection activities that I happily attended. The Page Valley Chapter (1793) held their AR collection annual picnic in Luray in September. They also participated in an AR walkathon the same month. My home chapter, Shenandoah County (2358), held its annual AR collection meeting in October and raised more than \$1500. Other Area VII chapters also held successful AR events during the quarter. The Charlottesville Chapter (135) sent a check for AR to VFC for over \$1750 from profits garnered at the 2012 VFC Convention.

In preparation of the election, several chapters hosted or attended events that featured their candidates. I was at 4 events in which our 6th District Congressman, Bob Goodlatte, was featured. At the October meeting of the Harrisonburg chapter (164), he spoke about the deficits and answered questions. I was at a debate in October at the Bridgewater High School where he and his opponent, Andy Schmookler, spoke. There were also 2 rallies during October and September where he was the featured speaker. I and several other members from Area VII proudly wore our NARFE shirts and spoke with him, continuously reminding him of his promise to help protect our active federal employee and retiree pay & benefits. The Winchester chapter (180) had their representative, Congressman Frank Wolf, from the 10th District, speak at their October meeting, along with listening to a Dixieland band that livened up the meeting.

To further our presence with our local congressman, Ed Misker, a member of the Staunton-Augusta-Waynesboro Chapter (178), was appointed our 6th District CDL.

In addition to candidates, my chapter hosted in September, Dr. Mary Evans Alzheimer's Disease "The Science of Hope" and Paula Ford "Our Place Shenandoah" (an Alzheimer's Rehabilitation Center).

And finally, but not least, the VFC 2011 Service Officer of the Year Award was given to Bettie Mohler (135) by the VFC Immediate Past President, Bill Shackelford, in September. Additionally, I would like to recognize Ernest Blevins of Page Valley Chapter 1793 as the 2011 Service Officer of the Year runner-up.

Steve Dansker – Area VII Vice President

AREA VIII



As one of the more seasoned Area Vice Presidents, it may seem odd that the 2012 NARFE National Convention was the first national NARFE convention I attended; however I learned so much at the Convention. It was very interesting to hear so many different opinions from Chapters from outside Virginia and, therefore, I believe it is important for our Chapters' leadership to experience the national convention. I would like to encourage every Chapter in the Virginia Federation to start thinking about the 2014 National NARFE Convention in Orlando, FL. With the right planning, each Chapter should be able to help provide financial support for a delegate to attend.

ON THE POLITICAL FRONT:

Louisa Chapter 2065 – In the August VFC Notes, I mentioned that Chapter 2065 would host political picnics. Luther Santiful, the VFC President, and I attended one in August at the home of President Ray Siewert. It is noteworthy that Congressman Eric Cantor sent Virginia State Senator Bryce Reeves to represent him.

Colonial Beach Chapter 595 hosted the 1st Congressional District candidate, Democrat Adam Cook, in September. Then on his way to a debate in Williamsburg in October, Republican Congressman Rob Wittman stopped off in Colonial Beach to meet with the Chapter members.

Falls Run Chapter 2343 hosted Democratic Candidate for the 1st Congressional District, Adam Cook, at their October meeting.

OPEN SEASON:

Fredericksburg Chapter 90 hosted BlueCross/BlueShield (BC/BS) representative Kathy Bass in October and had a meeting attendance of close to 30 people. This is a positive note for this Chapter.

Lake of the Woods Chapter 1885 not only hosted their BC/BS representative, Vanessa Lacey, in September, but invited her back again in October.

Caroline Chapter 2112 was happy to have a presentation by Kathy Bass of BC/BS at their November meeting.

OTHER NEWS:

Lake of the Woods Chapter 1885 celebrated their 30th Anniversary in September with a picnic and beautiful cake at the Lake of the Woods Community Center.

All seven Chapters in Area VIII are busy developing a list of nominees for the Chapters' officer positions for 2013 and planning their holiday events. Warrenton-Fauquier Chapter 1549 is especially looking forward to having VFC President Luther Santiful install their officers in December.

Leslie Ravenell – Area VIII Vice President

AREA IX



Fall has been a very busy season for Area IX folks. Since it was the election season, many folks in all the southern half of Northern Virginia have been contacting their senators and representatives in Congress or setting up debates between incumbents and challengers or working on individual campaigns or preparing to work the polls on election day.

A particular "Shout Out" goes to Alexandria Chapter 232, headed by Nick Andrus, and their own Rita Jensen, the Virginia Federation's Congressional Delegate Liaison (CDL) for the 8th Congressional District. She set up a political forum between Congressman Jim Moran and his Republican challenger, Patrick Murray. Julie Tagen, leader of the NARFE legislative office, was a wonderful moderator. Rita worked hard with both candidates and other Chapters on all the coordination issues that helped make this a very successful event. Over 100 people attended this event.

Annandale Chapter 1159, headed by Doug Jones, and their own Mary Lou Vroman, the Virginia Federation's CDL for the 11th Congressional District, worked hard to also set up a political forum between Congressman Gerry Connolly and his Republican challenger, Chris Perkins. Despite frequent contacts, the challenger backed out, so the event was cancelled. That also was the case, where Stephen Ledford, one of the Virginia Federation's Senatorial Legislative Liaisons, tried early to set up a forum between Virginia's former governors, Tim Kaine and George Allen. This effort also ended in frustration, since arrangements could not be firmed up early enough. Despite the problems incurred, the efforts expended are appreciated.

The Northern Virginia Caucus of Chapters has also been busy this season. Under Gaston Gianni's leadership, a Communications Committee was set up to investigate methods for the improvement of web pages of Chapters across the VFC Areas IX and X. Ann Trotter and Joyce Bounds and their committee did a lot of hard work and developed a paper, laying out some options. The VFC Electronic Committee has picked up the banner and is planning a training session at the 2013 VFC Convention on web pages and electronic communications.

Woodbridge Chapter 1270, under Joyce Pieritz's leadership, has again outdone themselves in raising money for Alzheimer's Research. Their SEVENTH annual Fashion Show, under the direction of Barbara Lidell and Felice Pearl, raised over \$10,800 for Alzheimer's Research. The fashion show was a gala affair, with many of the NARFE senior leadership in attendance, including Paul Carew, the NARFE National Vice President, Bill Martin, the NARFE Region X Vice President, and several of the VFC Board members. In recognition the Chapter's achievement in FY 2013 (i.e., second highest NARFE Chapter contributor, slightly behind an Illinois Chapter) and the Virginia Federation being the highest NARFE Federation contributor, Congressman Gerry Connolly, made mention in the Congressional Record of the achievements of both Woodbridge Chapter 1270 and the Virginia Federation. We are all very proud of Chapter 1270's achievements and appreciate the recognition by Congressman Connolly.

Many of the Area IX Chapters are preparing for their holiday celebrations and the installation officers and chairs at their December meetings. I hope to join many of the Chapters and do the installation honors.

Pierce J. Johnson – Area IX Vice President

AREA X



This VFC Area consists of seven chapters: 7 (Arlington), 489 (McLean-Great Falls), 737 (Fairfax), 1116 (Vienna-Oakton), 1133 (Loudoun-Leesburg), 1241 (Dulles), and 1665 (Metro No VA). Many chapters took a summer recess in June and/or July. I attended my first NARFE National Convention which was held

Aug 26-30, 2012, in Reno-Sparks, NV, where a large number of Area X members proudly helped in making the Virginia Federation well represented.

As it is an election year chapters invited local politicians to speak to their members. Other speakers included the Northern Virginia Blue Cross and Blue Shield representatives to speak about changes and improvements coming in 2013.

On July 20th, the Northern Virginia Caucus of Chapters met at Neighbor's Restaurant in Vienna. Issues covered were Recruitment and Retention, and the report by the Web Task Force Communications Committee. Chapters 7, 737, and 1116 have diligently tried to recruit members by 1) handing out NARFE literature at metro stations, 2) placing an advertisement in the local paper, and 3) table at the Fairfax City Fall Festival to recruit new members.

On September 17th, Donna and Bill Shackelford (Chapter 737), and myself attended the Loudoun County Town Hall Alzheimer Forum. Representatives from Virginia Senate and Congressional offices were in attendance to listen as family and friends of loved ones stories the limited care provided on people who suffer from Alzheimer's disease. On October 13th, I attended the annual NARFE Woodbridge Chapter 1270 Fashion Show, which is held to raise funds to support Alzheimer's Research.

Chapters 7, 737, 1116, and 1133 will be electing new presidents this year. The Loudoun Chapter 1133 President is moving to Florida, and the chapter is having difficulty in finding members to serve as President, Secretary, Legislative Chair, Service Officer, and Event Coordinator. NARFE Bylaws require a chapter to have, as a minimum, a President and a Secretary. I will be working with Area X Chapters to assist in finding members to fill vacant positions on their Executive Committees. As Chapter 1133 is my local Chapter, I volunteered to continue serving as the Chapter's Treasurer and Membership Chair.

The 2013 VFC Convention will be held at the Holiday Inn in Midlothian, beginning on April 21, 2013. Within the next couple of weeks, members will begin to receive more details about the convention.

Victoria Duarte – Area X Vice President

*Best Wishes for the Holiday Season
and
A Happy New Year!!!!
From the members of your
VFC Executive Board*

Contact Information – Virginia Members of Congress – As of January 1, 2011

UNITED STATES SENATORS			
S.O.B. = Senate Office Building			
Member of Congress	Washington Office*	Local Office 1	Local Office 2
Honorable Mark Warner United States Senate (Plus offices in Richmond, Abingdon, and Roanoke)	459A Russell S.O.B. Ph. 202-224-2023 Fax 202-224-6295	8000 Towers Crescent Drive Suite 200 Vienna VA 22182 Ph . 703-442-0670 Fax 703-442-0408	101 W. Main Street Suite 4900 Norfolk, VA 23510 Ph. 757-441-3079 Fax 757-441-6250
E-mail at web form: warner.senate.gov , then click on "E-mail Senator Warner."			
Honorable Jim Webb United States Senate (Plus offices in Arlington, Norton, & Danville)	248 Russell S.O.B. Ph. 202-224-4024 Fax 202-228-6363	507 E. Franklin Street Richmond, VA 23219 Ph. 804-771-2221 Fax 804-771-8313	222 Central Park Avenue Suite 120 Virginia Beach, VA 23462 Ph. 757-518-1674 Fax 757-518-1679
E-mail at web form: webb.senate.gov , then click on "Contact Senator Webb on line"			
UNITED STATES HOUSE OF REPRESENTATIVES			
H.O.B. = House Office Building			
Member of Congress	Washington Office*	Local Office 1	Local Office 2
1st DISTRICT			
Honorable Rob Wittman (Plus an office in Tappahannock)	1318 Longworth H.O.B. Ph. 202-225-4261 Fax 202-225-4382	4904-B George Washington Hwy Yorktown, VA 23692 Ph. 757-874-6687 Fax 757-874-7164	3504 Plank Road Suite 203 Fredericksburg, VA 22407 Ph. 540-548-1086 Fax 540-548-1658
E-mail at wittman.house.gov , then click on "Contact"			
2nd DISTRICT			
Honorable Scott Rigell	327 Cannon H.O.B. Washington, DC 20515 Phone: (202) 225-4215 Fax: (202) 225-4218	4772 Euclid Rd., Suite E Virginia Beach, VA 23462 Phone: (757) 687-8290 Fax: (757) 687-8298	23386 Front Street Accomac, VA 23301 Phone: (757) 789-5172 Fax: (757) 789-5175
3rd DISTRICT			
Honorable Robert "Bobby" Scott	1201 Longworth H.O.B. Ph. 202-225-8351 Fax 202-225-8354	501 N. 2nd Street Suite 401 Richmond, VA 23219-1321 Ph. 804-644-4845 Fax 804-648-6026	2600 Washington Avenue Suite 1010 Newport News, VA 23607 Ph. 757-380-1000 Fax 757-928-6694
4th DISTRICT			
Honorable Randy Forbes (Plus an office in Emporia)	2438 Rayburn H.O.B. Ph. 202-225-6365 Fax 202-226-1170	505 Independence Pkwy Suite 104 Chesapeake, VA 23320 Ph. 757-382-0080 Fax 757-382-0780	2903 Boulevard, Suite B Colonial Heights, VA 23834 Ph. 804-526-4969 Fax 804-526-7486
E-mail at forbes.house.gov , then click on "Contact," then click on "Email"			
5th DISTRICT			
Honorable Robert Hurt	1516 Longworth H.O.B. Washington, DC 20515 Phone: (202) 225-4711 Fax: (202) 225-5681	686 Berkmar Circle Charlottesville, VA 22901 Phone: 434-973-9631 Fax: 434-973-9635	308 Craghead Street Suite 102-D Danville, VA 24541 Phone: (434) 791-2596 Fax: (434) 791-4619

All Senate offices are Washington, D.C. 20510
VFC National Legislation Chair – Tom Hall

All House offices are Washington, D.C. 20515

(NOTE: Continued on Page 19)

(Continued) Contact Information – Virginia Members of Congress – As of January 1, 2011

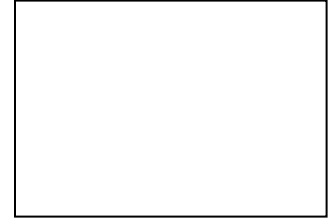
UNITED STATES HOUSE OF REPRESENTATIVES			
H.O.B. = House Office Building			
Member of Congress	Washington Office*	Local Office 1	Local Office 2
6th DISTRICT			
Honorable Robert Goodlatte (Plus offices in Harrisonburg and Staunton)	2240 Rayburn H.O.B. Ph. 202-225-5431 Fax 202-225-9681	10 Franklin Road, S.E. Suite 540 Roanoke, VA 24011 Ph. 540-857-2672 Fax 540-857-2675	916 Main Street Suite 300 Lynchburg, VA 24504 Ph. 434-845-8306 Fax 434-845-8245
E-mail at www.house.gov/goodlatte/ , then click on "Contact", then click on "E-Mail Bob"			
7th DISTRICT			
Honorable Eric Cantor	329 Cannon H.O.B. Ph. 202-225-2815 Fax 202-225-0011	4201 Dominion Boulevard Suite 110 Glen Allen, VA 23060 Ph. 804-747-4073 Fax 804-747-5308	763 Madison Road # 207 Culpeper, VA 22701 Ph. 540-825-8960 Fax 540-825-8964
E-mail at cantor.house.gov , click on "Contact Us", then click on "Write your Representative Service"			
8th DISTRICT			
Honorable James P. Moran	2239 Rayburn H.O.B. Ph. 202-225-4376 Fax 202-225-0017	333 N. Fairfax Street Alexandria, VA 22314 Ph. 703-971-4700 Fax 703-922-9436	None as of report date
E-mail at moran.house.gov , then click on "Contact", then on "Email Contact"			
9th DISTRICT			
Honorable Morgan Griffith (Plus an office in Big Stone Gap)	1108 Longworth H.O.B. Washington, DC 20515 Phone: (202) 225-3861 Fax: (202) 225-0076	323 West Main Street Abingdon, VA 24210 Phone: (276) 525-1405 Fax: (276) 525-1444	None as of report date
10th DISTRICT			
Honorable Frank Wolf	241 Cannon H.O.B. Ph. 202-225-5136 Fax 202-225-0437	13873 Park Center Road Suite 130 Herndon, VA 20171 Ph. 703-709-5800, or 800-945-9653 in State Fax 703-709-5802	110 N. Cameron Street Winchester, VA 22601 Ph. 540-667-0990, or 800-850-3463 in State Fax 540-678-0402
E-mail at wolf.house.gov , then click on "E-mail Me."			
11th DISTRICT			
Honorable Gerry E. Connolly	327 Cannon H.O.B. Ph. 202-225-1492 Fax 202-225-3071	4115 Annandale Road Suite 103 Annandale, VA 22003 Ph. 703-256-3071 Fax 703-354-1284	4308 Ridgewood Center Drive Woodbridge, VA 22192 Ph. 703-670-4989 Fax (N/A)
E-mail at connolly.house.gov , then click on "Contact Me"			

All Senate offices are Washington, D.C. 20510
VFC National Legislation Chair – Tom Hall

All House offices are Washington, D.C. 20515

VFC-NARFE

Return Service Requested
Virginia Federation of Chapters NARFE
14429 Round Lick Lane
Centreville VA 20120-1680



If you receive this newsletter and are no longer serving on the Board of either a Chapter or the Federation, please give to the Board Member who replaced you.

Postal Service (Time Value) Please Deliver By December 10, 2012