



NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

VFC NOTES-WINTER 2010

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

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FEDERATION PRESIDENT'S MESSAGE

This will be my last report as VFC President as my two terms are up. The next VFC Notes will have a report by the new President who will be elected by the delegates at the VFC Convention, April 25-28 in Virginia Beach. I hope your chapter will be represented at the convention and take part in selecting the new leadership for our organization. The only incumbent will be Darlene Myer-Rhodes, and if elected, next year will be her last as she will be term limited. So, please do all you can to be sure your chapter is represented by one of more delegates from your own chapter – but if not able to have your own delegate, please be sure to select someone from another chapter who can represent your chapter as a proxy. That is second best. You can instruct the proxy to vote as you wish on all issues you know prior to the convention and feel rather confident that your proxy will honor your request.

I am pleased to report that the VFC ended 2009 with 19,770 chapter members, up 120 from the start of the year. The problem with membership continues to be Retention. We do fairly well ourselves recruiting and the various OPM mailings help quite a bit. But since Retention is one of our problems, we are doing something about it – the VFC, for the first time, has scheduled four training sessions that will focus totally on Retention. The sessions are open to any VFC member interested in retaining (and building) our membership. Leaders for these sessions are Bill Shackelford (VFC 1st VP), Luther Santiful (VFC 2nd VP), Dennis Martin (VFC Membership Chair), and Chuck Timanus, NARFE Director, Public Relations. Credit is also due Carolyn Wilson who arranged for the four sessions which will be held in separate areas of the state.

We also had a great year with donations to the Alzheimer's fund fully supporting research. As reported later in the VFC Notes by Shirley Keyes, the VFC exceeded its goal by over six thousand dollars. Then, there was a contribution of over \$148,000 from a McLean Chapter 489 member's will. Combined, the VFC contributed \$220,182 to Alzheimer's Research in 2009.

I am also pleased to report that the VFC is in the process of developing a Strategic Plan to help us set and achieve our goals in the coming years. Pierce Johnson, Area IX Vice President, identified the need for such a plan and now chairs the committee to do the development. Several federations have shared their plans and we really appreciate the cooperation shown by those federations.

A capstone of the year is the development of the **R. David Smith Memorial Award**. The award is to honor R. David Smith and recognize a member who exhibits those attributes exemplified by Dave Smith during his life and time with NARFE. The first recipient of the award will be recognized at the 2010 convention. Kathy Arpa, Area X Vice President, deserves the credit for getting this completed and has our thanks.

Finally, I want all of you to know how proud I am of the VFC and the things we have accomplished the last two years despite all the adversity we have faced. First losing Dave, then not having an Immediate Past President to help guide us thru any problems, and finally the resignation of Carolyn Wilson, who was an outstanding officer and continues to be a great help to the organization. All in all, we have had a great time and I want to thank all the members who have been part of our trip.

William F. {Bill} Martin, VFC President

1ST VICE PRESIDENT'S REPORT

Based upon feedback from the ten Area Vice Presidents representing all fifty-seven chapters, there are lots of positive things going on in the Virginia Federation. Recruiting is going pretty good; however, the retention factor is still giving us a real challenge. I hope that many of you were (or will be) able to participate in one of the four regional Membership training sessions in February and March. While recruitment will be one of the issues discussed, retention will be the main thrust of the training sessions. In addition to information being provided by myself and VFC President Bill Martin, we will also receive the NARFE HQ viewpoint on membership retention from Chuck Timanus. Please remember the 2010 VFC Convention Theme - *Building a Strong Alliance Through Membership*. We need to continue to do all we can to protect our earned benefits and to convince those that are not members to join with us in this effort. It's not going to be easy, but it can be done. Each member has a voice on Capitol Hill and in the General Assembly. The greater our membership numbers, the more influential power NARFE will have on legislative issues.

Since May, when I was elected VFC 2nd Vice President at the 2009 Convention, I have visited several chapters throughout the VFC. One thing that I have discovered is that several chapters are facing a serious challenge in finding candidates to fill leadership positions on the Chapters' Boards. A lack of willingness on the part of many may be due to their lack of knowledge about the duties and responsibilities of Chapter leadership. In addition to the Membership training sessions previously mentioned, I hope that many of you were (or will be) able to participate in one of the four regional Chapter Officer training sessions being offered at the same locations.

With the importance of retaining our benefits, it is difficult to understand why we do not have more willing persons waiting to serve in the chapters. Sadly, a number of the chapters do not have members waiting in the wings to serve. Only a few of our 57 chapters have a strong core of leaders in place with a built-in ladder of progression (such as 1st VP and 2nd VP) to the next step in the chapter leadership chain. We are very grateful to members of those few chapters for

planning leadership progression for continuity of chapter operations. We appreciate the work of the many, many members in all of our chapters who so willingly take on numerous NARFE responsibilities in order to keep their Chapters alive.

The 2010 VFC State Convention is almost upon us. It's time to send in the convention and banquet reservation forms by March 2nd, 2010 to be included in the program book. Additionally, chapters are requested to submit chapter and commercial ads to help defray convention costs. Remember, in order to guarantee inclusion in the program book, the deadline for submission of both types of ads is also March 2nd. Bulletins 1 and 2 have been issued with all the information, plus you will find information on our website at www.vanarfe.org. Areas I, II, and IV have been actively working on putting together a great convention for you to enjoy April 25-28 in Virginia Beach. Convention registration opens on Sunday, April 25th at 1:00 PM. The official opening of the Convention is on Monday, April 26th at 9:00 AM. Following the first business session, we have planned a Welcoming Reception beginning at 7:30 PM. NARFE National President Margaret Baptiste, Congressman Bobby Scott (D-VA-3rd District), and Virginia Governor Robert McDonnell have been invited to speak during one of the Convention business sessions.

It's not too soon for Areas and/or Chapters to begin considering sponsorship of the 2011 VFC Convention. Sponsoring the convention is an opportunity for chapters to work together in a common goal, as well as the opportunity to earn funds for the chapters' treasuries. If your area or chapter is interested, let me hear from you.

William "Bill" Shackelford 1st Vice President

2ND VICE PRESIDENT'S NOTES

This is the first note of my short tenure as VFC 2nd Vice President after having been appointed to complete the term of Bill Shackelford who assumed the 1st Vice President duties after Carolyn Wilson resigned. Fortunately for the VFC, Carolyn is still involved in a meaningful way in promoting NARFE goals. I find the program committee chairs, for whom I have oversight responsibilities, to be very capable individuals who are doing a fine job in their respective areas.

Therefore, I can start off on a positive, solid path for success.

My very first duty was to install the officers of Chapter 893 where I found several dedicated individuals, especially the greeters who made me feel welcome. I relinquished my duties as VFC Area VII VP and Chapter 164 President and moved my membership to the new Chapter 2358 located where I reside. Experiences gained in these positions gave me insight on how to assist chapters in being successful in all NARFE programs. It is clear to me that training for new officers and committee chairs will pay great dividends. As volunteers, incumbents of these positions will find the training helpful because they can quickly become productive and avoid the frustration of trying to perform using the trial and error method. Accordingly, I encourage all new office holders to attend the VFC training scheduled during February and March at various locations in Virginia. The schedule of locations and dates has been sent to all chapter presidents.

I have been given the responsibility of finding ways to improve parts of our website so that members can find information with a minimum of effort. If any of you have ideas about things you would like to see changed or improved, do not hesitate to let me know.

Luther L. Santiful, 2nd Vice President

A NOTE FROM THE VFC TREASURER

Early in February an invoice was mailed to each chapter treasurer requesting their VFC dues be paid by May 31, 2010. These dues were calculated based on number and category of voting members reported in the January 7, 2010 National M110 report and the October 13, 2009 National M114 Report. We thank those chapters that have already paid their dues in advance of the May 31 deadline. As in past years, hopefully, we will have another 100% response rate this year.

The VFC continues to support and recognize our chapters for their efforts and accomplishments in membership recruitment and retention and their activities with their legislators. This year the VFC is providing training for our chapter leaders with a special half day devoted to increasing our membership in four strategic locations within the state and will reimburse

mileage for one (or two cars) of four or more persons from each chapter.

It is a pleasure to serve the VFC Board and our chapters. Thank you for your support.

Darlene Myer Rhodes, VFC Treasurer.

NATIONAL LEGISLATION

The report for National Legislation will focus on 2 main topics:

1. NARFE-PAC ACTIVITIES:

NARFE-PAC contribution for 2009 is \$9,774 as shown below. The total NARFE-PAC contribution by State shows Virginia second only to California which had \$20,702.37 in contributions and 701 contributors. In Region X, Virginia led in the number of contributors and amount. The total contributors in Region X were 680 and the contributions were \$20,187.00.

<u>111th Congress</u> <u>2009-2010</u>	<u>NARFE PAC</u> <u>Contributions</u>	<u>Dollar</u> <u>Change</u>	<u>%</u> <u>Change</u>	<u>#</u> <u>Contributors</u>
First Quarter	\$4,448	-	-	116
Second Quarter	\$7,039	\$2,591	58.3 %	201
Third Quarter	\$8,174	\$1,135	16.12%	237
Fourth Quarter	\$9,774	\$1,600	19.57%	288

In addition, NARFE-PAC Disbursements were made to the following members of Congress from VA:

District	recipient	amount
08	James Moran	\$5,000
10	Frank Wolf	\$3,000
11	Gerald Connolly	\$3,000

During the period of July 1, 2009 to January 12, 2010, I had the privilege of visiting 9 Chapters in Areas 9 & 10, the VFC Caucus and three VFC Executive Board meetings at which time members were encouraged to contribute to the NARFE-PAC. A total of 63 NARFE members contributed \$1,545.00 to the NARFE-PAC. This is included in the NARFE-PAC figures shown above.

2. NATIONAL LEGISLATION:

Many calls were received by NARFE National wondering why individuals' Federal tax withholding from their January 2, 2010 annuity payment was reduced. OPM stated that the IRS expanded the tax brackets from 6 to 8 into which people fall for 2010. The amount of Federal tax withheld from retirees' monthly payments is correct based on the withholding tables provided to OPM by the IRS.

Concern: The Health Bill, and how we protect the FEHBP and other earned benefits. The Senate passed the Patient Protection and

Affordable Care Act on December 24, 2009. Bills in the House and Senate would make payments to Social Security beneficiaries of \$150 or \$250 since there is no COLA to be paid this year for retirees. Let your congressmen know where you stand on these issues.

Good News: There were some bright spots in the legislation. The Tobacco Control & Federal Retirement Improvements (H.R. 1256) was signed into law. This covers the Thrift Savings Plan Enhancement Act of 2009 and provides automatic enrollment in the Thrift Savings Plan (TSP). Until this law was passed, new employees had an opportunity to opt in to the TSP. Now, employees are automatically in the TSP and have the opportunity to opt out. In addition, the Defense Authorization Act provides for re-employed annuitants to take a temporary job with the government and not lose annuity. Also, the FERS employees are now able to use their unused sick leave toward their retirement. The Act also allows for retirement equity for federal employees in Hawaii, Alaska and the U.S. Territories. Our ability to monitor the voting record of the members of congress from Virginia provides information on who supports legislation that is important to the NARFE membership. We know how the 11 representatives and 2 senators voted and their position as co-sponsors of key focus bills H.R. 1203 Premium Conversion and H.R. 235 Repeal of Government pension offset and Windfall elimination provision. They support NARFE and NARFE supports them. The Senate bills are S. 491 Premium Conversion and S. 484 Repeal of the Government Pension offset.

Frank Szumilo, National Legislation Chair

STATE LEGISLATION

This session of the General Assembly is being dominated by the economy and the need to prepare a balanced budget. The commonwealth is approximately \$3.5 billion short of adopting a straight line budget using last year's budget as a guide. This means that a cut of current level General Fund expenditures of about 10% will be required. Much of the state budget is returned to localities to support local budgets. Almost every locality is looking at significant cuts in support for schools, public safety and health services. There are complex formulas that are used to calculate the

level of local support provided. Because of the dire budget position last year the changes that had been adopted for these calculations were put on hold, but they may well be put in play this year, benefiting some localities and hurting others. Last year there was a significant amount of Federal funding from the stimulus bill. These funds are running out and cannot be counted on to make up the slack. Governor Kaine submitted his final budget which he will not be around to support. One of his key features was the inclusion of an additional 1% surcharge to the income tax. Since the current tax rate is between 5% and 6% this amounts to an increase of something between 15% and 20% in the State income tax. Delegate Brink's bill HB155 was brought to the floor of the House on January 21 from the Rules committee without recommendation. It was defeated on a 97 to 0 vote with the sponsor, Delegate Brink, abstaining.

We are seeing some benefits of the hard work our members did this fall to contact candidates for the House of Delegates. The VFC 2010 legislative plan issues are the subject of many pieces of legislation. **HB16, HJ11, SJ25, SJ97, & SB547** all seek to pass a constitutional amendment to permit reduced real estate taxes for seniors and disabled persons. **SB 159** is Senator Edwards' bill to reenact the uniform power of attorney act. **HJ113, HB179, HB323, SB173, SB296, and SB626** seek to make the future redistricting process less partisan.

The VFC was able to support 8 candidates for election with the funds in our VFC Political Fund. With limited funding we targeted our support to those candidates who had supported issues we were in favor of and to those who held leadership positions where we felt we needed to be better know during important legislative conferences. Candidate support like the formation of the annual legislative plan is membership driven. Candidates who are never suggested by the local chapter and who are not clearly identifiable as supporting VFC issues do not get support. With 100 members of the House of Delegates and 40 members of the Senate, I will be the first to admit that I cannot know the positions and voting record of every incumbent or candidate for these offices. Your suggestions are very important. Your willingness to support the VFC Political fund is also extremely important. Our goal has been set at

\$12,000 each of the last three years, but we seldom raise half of that amount. In 2011 both houses of the General Assembly (GA) will be up for election. One of the major efforts of the SL committee this next year and a half will be to encourage our membership to increase these donations. We use these funds to improve our image with the members of the GA. Whenever there is a legislative issue before the members of the GA we want them to know who we are and how we feel. A political donation is one way of being recognized; the better way is repeated personal contacts by our members with your representatives. If you are uncomfortable donating money to the fund, please make personal contact with your representatives and let them know how you feel.

To save money this year the leadership in the General Assembly has discontinued the use of the 800 number for the constituent hotline. Please let your newsletter editor know of this as many are continuing to carry this number in newsletters. Use the direct phone to your representative's office or use their e-mail at the General Assembly.

J. Carroll Graham, Senior State Legislative Rep

MEMBERSHIP REPORT

The VFC membership ended in positive territory for the year (+120). While new member numbers were not spectacular for the year, reinstatements were up significantly from prior years and allowed the VFC to record a membership increase for the year. It looks as if our retention efforts are starting to pay off. Also, congratulations to Peninsula-Newport News Chapter 0682 which remains in the top 10 of Large-size Chapters in the NARFE Recruiting Contest.

Dues withholding continues to increase. The dues withholding is up over 8%, year-over-year, with over 10.8% of the total membership now having dues withheld. Thanks all Chapters and AVP's for emphasizing this.

Some other statistical membership items of note: 1) the number transferring in and out of the state was down significantly, possibly as a result of the country's economic outlook; 2) the number of members who passed away increased over past years, a reflection of the aging membership; and, 3) the number of non-renewals remained constant,

which shows that there is still a lot of work to be done in the area of retention.

Dennis K. Martin, Membership Chair

VFC SERVICE OFFICER NOTES

Important Information for CSRS Retirees Regarding the \$250 Stimulus Tax Credit. If you did not get the \$250 economic recovery payment through Social Security because you are a Civil Service Retirement System (CSRS) retiree, you should claim the credit on your 2009 taxes. Here are the instructions from the Internal Revenue Service Web site:

Government retiree credit. You can take this credit if you receive a pension or annuity payment in 2009 for service performed for the U.S. government or any U.S. state or local government (or any instrumentality of one or more of these) and the service was not covered by Social Security. The credit is \$250 (\$500 if married filing jointly and both you and your spouse receive a qualifying pension or annuity). However, you cannot take the credit if you receive a \$250 economic recovery payment during 2009. If you file a joint return, both you and your spouse receive a qualifying pension or annuity and both of you receive an economic recovery payment, no government retiree credit is allowed; if only one of you receives an economic recovery payment, the credit is \$250.

Schedule M. Generally, you will use new Schedule M (Form 1040A or 1040) to figure the government retiree credit. The credit is refundable, which means it is treated like payments you made and may give you a refund even if you had no tax withheld from your pension.

Source: NARFE Headquarters website

Connie and John Bails, Co-Service Chair

PUBLIC RELATIONS

PR comes in many forms – on the chapter and federation level. All too often it seems that Chapter PR Chairs think all they have to do is submit a meeting notice to the local newspaper and put an item in the Chapter newsletter. Believe me, PR is LOTS more than that! After having served as my Chapter PR Chair, editor of the Chapter newsletter, and now 3 years as the VFC PR Chair, I'm still learning just what it takes to be a PR Chair!!! Selling the NARFE name and then

explaining what the VFC is – start there. Getting folks – especially potential members – to recognize the name NARFE and what the organization does is vital. Wearing your chapter or federation name tag when you’re out in public will prompt folks to ask you what NARFE is – good first step! While sitting in meetings, listen for a chance to find out where other attendees worked – when they mention having Federal service start talking about NARFE. I had that opportunity at a Lions Club meeting last week – and now I have a potential member for my chapter!!! Never miss an opportunity to talk about NARFE – to sell the brand name to others. Another step in selling the name is inviting the editor or a columnist for the local newspaper to be a speaker at your chapter meeting. Making the editor aware of your organization is good, but it usually means that you can be assured of getting a meeting notice published if the editor is speaking at your event!! Another thing I’m trying in my own chapter – and hope I can convince other chapters to follow suit – is promoting small monthly day trips for chapter members. As Chapter Program Chair I’m setting up a visit/tour of one of the local agencies where we can tour, learn, and interact with current employees! There may be agencies in your areas where a short tour of the facility might be feasible. It’s a win/win – keeping your current members active and involved and interacting with current “Feds”. As PR Chair, you have to be creative, innovative, and motivated!!!! Set a goal and work to meet that goal (i.e. getting “xx” number of members more active); ask them to bring friends and/or co-workers with them for chapter activities. Just get the NARFE name out any way you can!

Several months ago I asked the VFC Board for approval to design a Virginia auto license plate bearing the NARFE logo with a waving US flag in the background. The plate has been designed, a point of contact for the project has been designated, and we’re now collecting the 350 pre-paid applications required by DMV before the plate can be issued. The one step in between the design process and getting the plate issued is getting the General Assembly to approve the plate. That will be an easy task when we go to a State Senator or Delegate and show them the 350+ prepaid applications. So start signing up now.

John Elkins of the Vienna-Oakton Chapter agreed to serve as Point of Contact for the plate project. Check the VFC website for more information on the procedure to follow to get your application submitted. John will be manning a table at the VFC Convention in Virginia Beach April 25-28 so you can get additional information there on this project which I dubbed “Mobile PR”! When you stop behind a car with a special license plate, you read it, right? Then let’s get the NARFE logo and name out for more folks to see. Just another way to make NARFE a household name – and another version of PR!!!!

Plans for the 2010 VFC Convention in Virginia Beach are being finalized now, and it’s going to be a terrific convention – informative and fun!! I have the *dubious* honor of serving as Convention PR Chair so I absolutely have to say “Hope to see all of you there”!! Then I can share another facet of being PR Chair!! It’s a never ending process – but FUN!

Pat Taylor, PR Chair, mspat1942@aol.com

AREA I NOTES

In January, I attended the VFC Board meeting held at the VBHRC where we will hold our convention this year. I think it will be an excellent location for the convention and I encourage everyone to plan to attend. In November, Marie Collins represented NARFE and the VFC at seven health fairs in our area. Although Marie has announced she is stepping down from many of her activities in NARFE and elsewhere, she still intends to devote quality time to NARFE membership and recruitment. We have two new chapter presidents, John Krainock in Chapter 1823 and Jim Bradbury in Chapter 1757. Presidents in Chapters 682 (Shirley Atkins) and 685 (Barbara Hood) remain the same. Chapter 685 has reenergized their newsletter and Chapter 1757 is trying to restart theirs. I installed officers in Chapter 1823 in December and in Chapter 1757 in January. VFC President Bill Martin installed officers for Chapter 682 at their Holiday Luncheon in December. They are continuing their quarterly night meetings to encourage active employee attendance into 2010 as they believe it to be as successful as anything they have tried. I held a quarterly Area I Council of chapters Meeting in November. All chapters expressed concerns about

non renewals and declining attendance at meetings. They are trying to address these issues by personal contact. Much of my time is now devoted to the upcoming convention and the Program Book.

Sharon Rose, Area I VP
sharonrose@hotmail.com

AREA II NOTES

The Chapter Presidents are busy with the duties of the office keeping their members fully informed of legislative issues that interest members, finding good chapter officers and leaders who are willing to serve, recruitment and retention. Some success, but more is needed. We value our membership which greatly strengthens our effectiveness as a highly respected voice for federal employees, retirees and spouses. We are indeed grateful to our officers for faithfully serving the chapters "*Building a Strong Alliance through Membership*".

After a series of spurts and starts and other distractions, the 2010 VFC 56th Annual Convention Host Areas I, II and IV chapter members are busy with the undertaking of the convention. The committee Chairs promise it will be one of the best.

Richard and Bonnie have agreed to hang in there another year as President and Secretary of Eastern Shore Chapter 1175. The chapter meets three times a year. The delegate was elected to attend the 56th Annual VFC Convention. I think Bonnie and Richard are looking for their replacement. Both have served many years.

Mr. Harry Jones was elected President of Tidewater Chapter 66. He is busy getting organized and making plans to attend his first VFC convention. Welcome aboard Harry! This chapter is consistent in growth and their luncheon meetings are well attended. The delegates to the convention will be elected at the February meeting.

Jim Brewer, President of Virginia Beach Metro 5 chapter, agreed to hang in there for another year. Jim has been around for a while and has been offering the chapter new directions and has gained chapter membership. Jim has been working hard in trying to get more members to attend chapter meetings and to become more involved. The meetings are spirited though small in attendance; they have well planned meeting

programs and have successfully carried on the "*Business of NARFE*".

Alex Adkins also agreed to stay around for another year as President of Virginia Beach Chapter 974. Charles (Charlie) Chapman was elected 1st Vice President. Charlie is membership chairman and has agreed to continue to serve in this capacity. The chapter is planning a Spring Luncheon in support of Alzheimer's. All proceeds will be donated to NARFE's Alzheimer's research.

Ron Butler at the Seaside Chapter 1827 is another president who has agreed to stay for another year. He is looking for new faces to work for the chapter in various fashions. This chapter has good officers and interesting speakers. They are planning the annual March Luncheon. At the February meeting, six delegates were elected to the VFC convention.

Betty L. Warren, Area II VP

AREA III NOTES

I hope you and your families had a merry Christmas and happy New Year. All the snow reminds me of winters I remember from living in Montana.

Chapter elections went much better than in 2008 as all 7 chapters filled all elected office positions. Those chapters that reelected the same officers for 2010 included Richmond (CH 60), South of the James (CH 1138), Imperial Plaza (CH 1510), and Tuckahoe (CH 1727). Petersburg (CH 28) elected a new president, Annette Jackson, who replaced me. The vice president, Roy Beasley and secretary Ann Saunders were reelected. I agreed to serve as treasurer. Colonial Heights reelected the president, secretary, and treasurer, and former VFC 1st VP, Carolyn Wilson, stepped up to serve as vice president. (The VP office was vacant for two years.) Midlothian (CH 2265) retained all current officers except secretary; Catherine Dorsett was elected to replace Bonnie Behn. We thank all the outgoing officers and welcome the new ones. A problem in officers is looming in 2011 as most elected officers served five years or longer. Many of them have urged other members to step up and serve. The chapter officers are the "glue" that holds the chapters (and NARFE) together. They are all appreciated.

Meeting locations of two chapters changed. Richmond moved to the River City Diner in

Henrico, and members are pleased with the change. South of the James has temporarily relocated their meeting location from Bldg. 507 at the McGuire VA Medical Center to the main building.

We are experiencing the same problem with timely distribution of the area newsletter as all other nonprofit groups with bulk mail. In Area III, the sorting and distribution facility of the US Postal Service moved to the huge, Sandston facility. This went into effect in early December. While most members finally received their newsletters, it took three weeks (or longer) than the requested delivery date. This also has happened to other nonprofit groups too. We have to remember to mail future newsletters earlier.

The Petersburg chapter began planning for their 60th Anniversary in June. Public Relations Officer, Kit Erickson, heads the overall effort. The chapter will invite national, VFC, and Area 3 officers and local, and state political leaders to join them in June. More information will be shared as plans are made.

All chapters are in the midst of a variety of activities such as sending members to the upcoming VFC officer, recruitment, and retention training; selecting delegates, and raising donations for the April VFC convention; and raising funds for Alzheimer's Research. Imperial Plaza held a successful bake sale for Alzheimer's research as did Midlothian with their foodless dinner. Colonial Heights had a successful auction at their January meeting, and Petersburg is planning an auction for March. Tuckahoe again raised money for the chapter at the Richmond Folk Festival. The variety of programs at different meetings in late 2009 and 2010 included: Petersburg member, Tom Redfern, speaking on his personal experiences at the Pentagon during 9/11, Michael Paul Williams, *Richmond Times Dispatch* columnist discussing the future of the American newspaper, brain aerobics, finding balance in your life, and country-western entertainment.

Memberships dropped .005% overall. Petersburg, Midlothian and Tuckahoe chapters all increased and the losses in the other chapters declined by year-end. The trend of reinstatements continues up.

During the holidays, I attended six Christmas luncheons and enjoyed them all. I

installed new officers at five. The date of the Midlothian luncheon conflicted with my home chapter meeting, so former Area VP Bob Boyd installed their officers. I conducted my third Council of Chapters meeting on Feb.4th with 11 presidents, coordinators, and other officers. Besides the chapter reports we discussed decisions made at the winter VFC meeting and success in updating bylaws and retaining members.

Jack W. McMurphy, Area III VP
lazyjdiam@comcast.net

AREA IV REPORT

Greetings and best wishes to all members of NARFE VFC Area IV. Norma and I had the pleasure of attending the Christmas party meeting of Suffolk Chapter 1743. Breakfast was provided and enjoyed by those who chose to partake for the fee of \$9.00. The food was good and plentiful. It was my honor to install the officers of Suffolk Chapter 1743, some of which were continuing in their position. Joseph F. Silberholz will continue as President. Yes he is planning to participate with the Peanut Festival in October. Fun and games were played after the breakfast - try to toss the card into the large opening of a box, not as easy as you might observe. Most important was a gentleman who played guitar and sang carols and country music. In the past he played with the Gaither Family musicians seen on TV. He is in his 80's now and plays very well.

Churchland Chapter 1293 will have additional members registering for the upcoming VFC Convention (4 or 5). Shortly we will have almost a complete turnover of Officers for 1293 meaning new ideas and a new beginning.

Training Registration Forms - a good supply has been provided to all Presidents in Area IV. This is an excellent opportunity for all members to participate and determine if they have interest serving in a particular position of their choice. Lunch will be provided. Please give it a try. You might be surprised.

Joseph D. Lee, Area IV VP

AREA V REPORT

Goals and Objectives: Our primary focus in 2010 will be on recruitment and retention (surprise, surprise). Our efforts will support our objectives to increase membership and reduce non-renewals in Area V by any amount that reflects a positive trend in these areas. Each chapter will be actively involved in efforts to engage those members who do not attend chapter meetings or participate in NARFE programs and activities. Likewise, we will contact members to get them to renew. Area V will devote time and energy to enhancing communications with local post-office officials. Throughout the course of chapter meetings, members will be reminded and encouraged to contribute to Alzheimer's Research and NARFE-PAC.

Membership: The total NARFE members in Area V as of November 2009 was 484. Total membership has not exceeded 500 since 2006. Only two chapters (Lynchburg 0110, Southside 2079) have membership that exceeds 100. Area V lost 12 members (2.54%) in 2009. In order to stop or reverse the downward trend in membership, it will require aggressive recruitment and retention efforts (goal of 3% or higher).

Dues Withholding: Area V has maintained an average of 99 members enrolled in dues withholding since 2006. Lynchburg (Chapter 0110) and Southside (Chapter 2079), the largest chapters, also have the highest enrollment in dues withholding. The total number of members enrolled in dues withholding in Area V has never exceeded 103. As with membership, recruitment and retention, it will require a concerted effort to increase participation in the dues withholding option.

What We Hope To Accomplish In 2010

- Solicit verbal or written feedback from NARFE members in Area V who do not attend chapter meetings or participate in NARFE activities in an effort to understand and better accommodate their needs.
- Share a common procedure for contacting local postmasters and providing NARFE information to active and retired US Postal employees.
- Create a strategy for distributing NARFE information at public activities such as fairs/festivals, fun runs, etc.

- Increase the dollar amount of Alzheimer's and NARFE-PAC contributions.
- Maximize the potential of chapter newsletters by enhancing the quality of information, appearance, and distribution.
- Recognize (locally & nationally) noteworthy contributions and accomplishments of NARFE members.

Area Caucus Meeting: Last, and certainly not least, schedule an Area Caucus Meeting before this year's VFC Convention.

Jessie Barksdale, Area V VP

AREA VI ARTICLE

Southwest Virginia is experiencing "weather" unlike that which we have not seen in a few years. Chapter Board meetings and Chapter meetings have managed to carry on business as usual so far. Most Chapters in the area have standing policies that state "If public schools are closed Chapter events will not be held." We may have to observe that policy before this winter is over.

All Chapters in the area have elected full slates of officers for 2010. Three Chapters have at least one new officer in their ranks this year. Chapter 111, Roanoke, was without a candidate for President until moments before they were to install their officers. VFC 1st Vice President Bill Shackelford on hand to install their officers made a persuasive plea for a candidate. Nominating committee member and 1st Vice President Nancy Arthur was then successful in nominating Wanda Ware. She was elected and the installation went forward.

Membership is holding rather steady with several new members being off-set by deaths of members. Membership Chairs are working hard to get current members to recruit current and retired federal employees. Recent Programs or Area Vice President Presentations to the Chapters have alerted current members to the large number or retirees in their Chapter areas who are not members of NARFE. We're also working hard on getting current members to sign up for dues withholding. When we take applications to the Chapter meeting we get people signing up.

All four Chapters have taken ads in the program for the 2010 VFC Convention in Virginia

Beach. Three Chapters have plans to send delegates to the Convention.

Chapter officers are organizing their delegations to the two day training sessions in March - officers and "wanna-be" officers on day one and Recruitment/retention teams on day two. Chapter Presidents continue to encourage members to share their E mail addresses with National Headquarters so they can keep up to date on the many congressional actions that affect their retirements. Members are responding, slowly.

Del Dyer, Area VI VP

AREA VII NOTES

As the new Vice President of Area VII and also the newest of all Area Vice Presidents I attended the VFC Board Meeting at Virginia Beach in January with much anticipation. I was quickly immersed in the business of the Virginia Federation of Chapters. I was greatly impressed by the dedication and industriousness of all the Officers, Chair Persons and all the Area Vice Presidents. They are all assets to Virginia NARFE members.

I would like to take this opportunity to thank Luther Santiful for his work while serving as Area VII Vice President. Luther was always willing to be of assistance to all the Chapters in his area. Thanks for all your hard work Luther. Good to see someone from Area VII moving up to 2nd VP and now running for 1st VP. Good luck.

One of my priorities as Area VII Vice President is to go out and visit all six Chapters in my Area and become familiar with their Officers and members and to gain knowledge of their priorities and programs.

In the month of December I visited Page Valley Chapter 1793 for their Christmas Party/Meeting and was pleased to install the Officers for 2010. I enjoyed the hospitality and energy of this Chapter. We also made plans for a future combined meeting with my Chapter 2358. In December I also visited Harrisonburg Chapter 164 and installed the Officers for 2010 and enjoyed their fine Christmas Program. I had plans to visit Winchester Chapter 180 on January 22, 2010 but old man winter intervened and that meeting was cancelled. The meeting has been rescheduled with David Snell, Director of Retirement Benefit Services at Headquarters to be

the guest speaker. I am definitely planning to attend this meeting. President Jane Beaudoin has invited all Chapters in Area VII to attend this meeting that has been rescheduled for March 26, 2010 in Winchester. Anyone interested please contact me.

In January I attended the Chapter 178 Staunton-Augusta County-Waynesboro meeting and came away impressed with the organization of their meetings and the reports that were given by Officers and Membership Chairs. There is a very knowledgeable and hospitable environment. Congratulations to Shenandoah County on their first anniversary. This Chapter chartered with 11 members and now stands at 62 members. Thanks for the diligence and hard work of the Membership Chair (Wilhelmina Santiful) and all the Officers of this Chapter.

All Chapters have a full slate of Officers. Thanks to all those Officers and Committee Chairs who served in 2009 and a big thank you to those that are continuing on to serve in 2010. For those who are taking on new positions good luck and I will be ready to assist at any time.

Our Area VII Membership Report indicates an increase in our 2009 membership from 1317 to 1350 for a 2.5% increase. All Chapters will strive to again show an increase for 2010.

See you at the Officer and Membership Training in February and March and at the NARFE VFC Convention in April. Please lend your support to both of these activities.

Bob Dinklocker, Area VII VP

AREA VIII REPORT

Since our last newsletter, we have said good-bye to 2009 and hello to 2010. The Holiday season in Area VIII was a huge success. Each Chapter had its own way of celebrating: Fredericksburg Chapter 90 hosted a musical group that performs at hospitals and hospices; Colonial Beach Chapter 595 went to the local nursing home and sang Christmas songs with the residents, Warrenton Chapter 1549 had two of its own members perform holiday selections; Lake of the Woods Chapter 1885 hosted a local high school choral group; Louisa Chapter 2065 had an elegant luncheon; Caroline Chapter 2112 had a very competitive gift exchange that produced a lot of laughter and Falls Run Chapter 2343 held a

potluck supper at the Falls Run Community Center. I attended five out of seven holiday celebrations and installed new officers at four chapters.

All Chapters in Area VIII have elected (and/or re-elected) and installed new officers with the exception of Colonial Beach Chapter 595 who will have their installation on Tuesday, 9 February with VFC President Bill Martin presiding. All officer positions are filled and our new officers are looking forward to the upcoming new officer training being conducted by the VFC. Six of the Chapters have the same President for 2010. Fredericksburg Chapter 90 has a new President, Maureen (Moe) Nolet, and a new Vice President, Kevin Wilkinson. If you read the Free Lance Star Newspaper, you may have seen Kevin's column, "Federal Feedback". If you meet Moe or Kevin at new officer training, please give them a hearty welcome.

Looking at the membership statistics for Area VIII we see that there was a .5% overall increase in membership during 2009 going from 1,696 to 1,705. Thanks to all the memberships chairs who worked so hard on keeping our numbers going. Donations to Alzheimer's are also going well. Chapter 595 raised \$1,400 at the Big Band Dance in November and Area VIII is in third place for total contributions in 2010. Again thanks to those who worked so hard to raise funds for the important work of Alzheimer's research.

On 4 February I visited the Falls Run Chapter 2343. The program for the evening was a presentation on the New England Run Library currently under construction. What a wonderful resource this new Library will be for our NARFE members in the Falls Run area.

Looking ahead to the future, Fredericksburg Chapter 90 is organizing a joint meeting with Falls Run Chapter 2343 and Colonial Beach Chapter 595 to host Congressman Rob Wittman on 12 April 2010. The meeting will be held at 2:00 pm at Main Library on Caroline Street in Fredericksburg.

All for now. See you at the VFC Convention in Virginia Beach in April.

Leslie Ravenell, Area VIII VP

❖ The best way to kill time is to work it to death.

AREA IX NOTES

All chapters in Area IX are now back in full swing, some having enjoyed "going dark" during the summer months. As discussed in the last issue, three of our chapters (Manassas 356, Woodbridge 1270, and Annandale 1159) participated fully in the "Grass-Roots Advocacy Month" by inviting their Congressman to join their meetings. Congressmen Wolf, Wittman, and Connolly are all supportive of NARFE initiatives and know exactly what our concerns are. Along the political lines of support, Mary Lou Vroman (1159) and I presented a check to Delegate Vivian Watts for her support in the Virginia General Assembly.

In an effort to achieve better results in recruiting, I made a NARFE presentation at a Blue Cross/Blue Shield session in Manassas for federal employees, who serve as Health Benefits Officers. Even some of these folks were not aware of the benefits of belonging to NARFE! Later in October, I also attended a conference sponsored by Kaiser Permanente in Washington, DC. Although I didn't make a presentation there, I did hand out my NARFE business cards to folks at my table. Amazingly, that contact resulted in an invitation to man a table at a FEMA Health Benefits Open Season Day. So these efforts do pay off! (And enroll new members, too!)

The Woodbridge Chapter (1270) again held a very successful Fashion Show in October, raising over \$6,000 for Alzheimer's Research. Their total for the year was \$10,934.98 (second after McLean-Great Falls chapter with its bequeathal). Area IX donated \$27,189.58 (again second after that bequeathal). I believe that Area IX did so well because of the friendly competition between Woodbridge (1270) and Springfield (893) who donated \$10,141.10. A hearty WELL DONE!

In November, I joined our VFC First Vice President, Bill Shackelford and Area X Vice President, Kathy Arpa at the Health Benefits Fair sponsored by Congressman Gerry Connolly. It was heartening to see so many NARFE members deeply interested in the changes introduced by the various health insurers. Congressman Connolly also met with the Springfield chapter (893) that month (fulfilling their "Grass Roots Advocacy" requirement). It was such a popular event that I do

believe half of the National NARFE headquarters was in attendance!

When Vienna Oakton (1116) celebrated their 40th anniversary, I joined with NARFE National Vice President, Joe Beaudoin, VFC President Bill Martin, VFC First Vice President Bill Shackelford, VFC Secretary Bob Miller, VFC Alzheimer's' Chair Shirley Keyes and Area X Vice President Kathy Arpa to help them celebrate.

I was privileged to celebrate the Christmas holidays with the Annandale (1159), the Alexandria (232), and the Woodbridge (1270) chapters. Either there or at their January meeting, I also installed their officers. Our Second Vice President, Luther Santiful, installed Springfield's (893's) officers, while I did the honors for Manassas (356) in January. We welcomed Nick Andrus as the new President of the Alexandria (232) chapter, but Falls Church (401) is still seeking a replacement President to relieve Frank Szumilo, who is also now serving as the VFC Legislative Chair.

Area X Vice President Kathy Arpa and I are now co-chairing the Northern Virginia Caucus of Chapters, which meets generally every other month. I have finally been successful in visiting each of the chapters in Area IX. My goal is to do so about once a quarter. We are all looking forward to a very successful VFC convention in Virginia Beach, VA in April as well as a successful National Convention in Grand Rapids, MI in August. See you all there!

Pierce J. Johnson, Area IX VP

AREA X REPORT

Area X includes seven chapters: Chapter 7 – (Arlington), Chapter 489 (McLean-Great Falls), Chapter 737 (Fairfax), Chapter 1116 (Vienna-Oakton), Chapter 1133 (Loudoun), Chapter 1241 (Dulles) and Chapter 1665 (Metro Northern Virginia). Chapters range in size from the smallest in Loudoun with 289 members to the largest chapters of Dulles and Fairfax with over 1,000 members. As of the end of 2009, Area X showed a net increase in membership with increases in four of the seven chapters. Loudoun had an 11.6% increase in membership with 30 new members. In November, Area X chapters had a luncheon meeting at the Tequila Grande Restaurant in Vienna. Presentations were made by Dick Giangerelli and Bill Shackelford on some of the agenda items at the Region X meeting held in North Carolina.

Four chapters in Area X have new presidents for 2010. They are: Chapter 7 - Elsie Cunningham, Chapter 489 - Joseph (Dick) Spann, Chapter 737 - Frank Kelly, and Chapter 1116 - Shirley Keyes. Several chapters are recycling officers who have served in the past. There is a real need for new members to step up to take over these positions to keep the chapters solvent. I installed officers for Chapters 7 and 1241.



(Left to right – Pierce Johnson, Congressman Connolly, Bill Shackelford and Joyce Pieritz)

In November, I participated in the health fair sponsored by Gerry Connolly at the Fairfax County Government Center along with members of Chapter 1270 (Woodbridge) and Bill Shackelford, VFC 1st Vice President. This was the first health fair sponsored by Congressman Connolly. We were pleased to see that many of the attendees were already NARFE members.

In December, I attended the holiday luncheon hosted by Chapter 7 at Stratford University where we enjoyed the Chef Table Grand Buffet. In January, Chapter 7 had a speaker from the Charlotte Regional Census Center who discussed the 2010 Census. The chapter has undertaken a project to streamline communication with their 1,100 members. They visited the Merrifield facility to discuss sorting bulk mail by zip code, with the potential to reduce costs in newsletter mailings.

Chapter 489 featured Republic and Democratic Candidates for Virginia House of Delegates in October and November followed by a holiday luncheon in December at the Dominion Restaurant.

Chapter 737 devoted their October meeting to generate awareness of, and to raise funds for research to eradicate, Alzheimer's disease. They held a silent auction and raised over \$400. Additionally, the "Loose Change for Alzheimer's" jug collected \$129.00 and the Chapter voted to contribute \$2,000.00 bringing the total donations to more than \$2,500. Their November guest speaker was Mr. Bob Susson, Commander of the American Legion Post 177, who discussed "The Plight of the Veterans" in commemoration of Veteran's Day.

Chapter 1116 held their 40th anniversary celebration at the Marco Polo Restaurant in Vienna in December with special guests Joe Beaudoin, Bill Martin, Bill Shackelford and his wife, Donna, Jane Seeman, Mayor of Vienna, Delegate-elect Mark Keam, and two staff members from Gerry Connolly's office. New officers were installed by Joe Beaudoin Vice President of NARFE. Awards were presented to past presidents and outgoing officers.



(Back row – Bill Shackelford, Bob Miller, Bill Martin, Mayor Jane Seeman, Joe Beaudoin and Pierce Johnson.)

Front row – Shirley Keyes and Kathy Arpa)

John Elkins, a member of chapter 1116, has been working with Pat Taylor on the VFC NARFE License Plate Project. He plans to have a table at the VFC Convention to sign up more members.

Chapter 1133 participated in a membership drive in November at the annual Health Fair at the FAA Regional Air Traffic Control Center in Leesburg. Shirley Keyes and Kathy Arpa joined Matt Prisutti for the drive. In December, the chapter made cash donations to several local charities and service organizations in Loudoun County and provided gifts for residents of the Loudoun Long Term Care Facility.

Chapter 1241 presented a program on "FEHBP Choices and Decisions by Walton Francis of Consumers Checkbook in November. Following the installation of officers by me at their annual holiday luncheon in December, members and guests enjoyed a medley of holiday music sung by The Chorus of the Old Dominion. In January, their guest speaker was the Associate Director of the U.S. Geological Survey. The Dulles chapter has collected \$125 for the NARFE-FEEA Disaster Fund.

In November, Chapter 1665 had an interesting program on the proper way to pack for a trip. In January at their luncheon meeting, they had a silent auction for the benefit of the Alzheimer's Association where they raised over \$500. Shirley Keyes, the VFC Alzheimer's Chair, attended the luncheon.

The Northern Virginia Caucus of Chapters (Area IX and Area X) met in January and elected Kathy Arpa and Pierce Johnson as co-chairs of the Caucus.

Shirley Keyes was elected Vice Chair. Ginny Taylor was elected Secretary and Bill Schmidt was elected Treasurer. The officers were installed by VFC 1st Vice President, Bill Shackelford. The group usually meets on a quarterly basis. The Area IX and Area X Caucus of Chapters and Chapter 737 support the public broadcasting program "NARFE Presents" which are on Cox Channel 10 and Verizon FIOS Channel 10. The shows are telecast three times monthly on the second Monday at 6:30 p.m.; second Tuesday at 9:00 a.m.; and second Thursday at 7:00 a.m. Copies of any show can be obtained by calling Walter Engel at 703-222-6911.

Kathy Arpa, Area X Vice President

ALZHEIMER'S REPORT

WE DID IT!!!! THANK YOU ALL!!!!WE REACHED OUR GOAL!!! NOT ONLY REACHED IT – WE SURPASSED IT!!!! I am so very proud of each and every one of you who made a donation to Alzheimer. It was because of your donation (no matter how big or small) it is why we not only reached our goal, but why we surpassed it. Our goal was for 65 thousand dollars and we reached \$71,284.31 without the wonderful contribution of \$148,897.53 made in February 2009 by a member of the McLean-Great Falls Chapter 489 who left that amount to Alzheimer in his will. All together for this year our contribution to Alzheimer's is \$220,181.84. We are also First Place in Region 10. The November national contributions were \$32,976.29 bringing the ending November national contribution to \$8, 376,269.55.

- First Place is Area 10 with \$155,287.88
- Second Place Area 9 with \$27,189.58
- Third Place Area 8 with \$10, 515, 48
- Fourth Place Area 7 with \$8,038.00

Then to the Chapters –

- First Place McLean-Great Falls Chapter 489 with \$149,038.53
- Second Place–Woodbridge Chapter 1270 with \$10,934.98 Third Place - Springfield Chapter 893 with \$10,141.10 -
- Fourth Place – Falls Run Chapter 2343 – with \$5,105.50

We had three chapters this year that did not donate anything. I am still waiting for the final December Report from Alzheimer's National, as I am hoping possibly these chapters may have sent in a donation directly and we may still have 100% participation. At any rate our figures may change some because of any donations that are sent in directly without either the chapters or my knowledge, but I am not looking for any large changes. One of the goals

that I definitely want to set for next year is 100% participation. So, Area Vices, I would like to ask your help in this matter by seeing what you can do to encourage 100% participation.

Our quarterly per capita reports for the total amounts sent per area go from \$1.83 per person to \$7.26 per person and with the large donation in the mix it comes to \$40.62 per person. Our per capita winners are:

- Area 10 - 1st place with \$40.83 -
- Area 8 - 2nd place with \$7.48 -
- Area 7 - 3rd place with \$7.26 and
- Area 9 - 4th Place with \$5.91.

The individual Chapter per capita awards are:

- 1st place, Chapter 489 McLean-Great Falls \$423.10 -
- 2nd place Chapter 2343 Falls Run \$58.85 -
- 3rd place Chapter 2358 Shenandoah County \$41.73
- 4th place Chapter 1270 Woodbridge - \$17.36.

After returning home from the Board Meeting, I sent the reports to your Presidents, Area VP's, Treasurers and Chairmen. I asked each group if they know any of these (President, Treasurer, and Alzheimer Chairman) who do not have email to share the report with them. Also, please remind your Treasurers to send their checks to me: Shirley Keyes, 2541 Villanova Ct, Vienna, VA 22180. Also as an important reminder the checks must be made out to NARFE ALZHEIMER'S RESEARCH and the Chapter Number must be at the bottom of the check in the remarks area. I have to return all checks that are made out to the Chapter as they will not be accepted at National Alzheimer's. So please remind everyone - I continue to return checks. I also cannot accept cash - I recently received a \$20 bill which I have had to return and asked them to send a check.

I don't think it is too early to ask you to think about donating something for the SILENT AUCTION for this year's convention in April. Please have your chapter think about what kind of donation or basket they may want to put together that will get lots of bids. We will be doing 50/50's as well as the Silent Auction.

Also at the **National Convention** this year they are going Green and are planning a big 50/50 cash raffle only. Details will be out soon.

On another note there is a new service to offer families called "Comfort Zone" - to find more information go to the web site www.alz.org. Once on the Alzheimer Association Home Page you will find Comfort Zone - just click on Comfort Zone and you will see that the Alzheimer's Association is committed to educating families about keeping people with

Alzheimer's disease and dementia safe, active and independent for as long as possible. Comfort Zone is an exciting step forward in Alzheimer safety choices.

Remember Americans continue to live longer. Alzheimer's disease is expected to skyrocket from the current 5.3 million Americans to as many as 16 million by 2050. This progressive and fatal disease poses immediate safety concerns for people living with the disease and enormous challenges and stress for their caregivers. Let's work on making this year a year of difference for Alzheimer's.

Thank you.

Shirley Keyes, Alzheimer's Chair

HAITI RELIEF - EVERY BIT COUNTS

The stories and the pictures that have reached us have been appalling. We have witnessed natural and man-made disasters before, but the scale of the destruction in Haiti caused by a Richter magnitude seven earthquake has reached new heights. A television reporter touring Port-au-Prince likened it to the destruction from an atomic bomb. Whole sections of the devastated city and other cities in Haiti will face the bulldozer and then massive rebuilding before their citizens can attempt to regain their lives and livelihoods.

The amount of damage and human suffering from the worst earthquake in 250 years, matched only by the seemingly overwhelming task of providing for those who have lost everything, has brought out the best in all of us. Organizations both large and small have collected large quantities of medical supplies, food, clothing and other necessities of daily living for shipment to Haiti. Many, including our fellow NARFE members have volunteered their time and talent by traveling to the area to assist in the search for survivors, provide medical care, clear debris, and other necessary life-saving projects. Most of us can assist through cash contributions.

NARFE members can provide support to Haiti Relief through cash donations to the American Red Cross and other appropriate organizations. To enable this effort further, President Obama signed into law an immediate tax deduction for Haiti charitable contributions. This legislation will allow taxpayers to receive the tax benefit from donations made to the Haiti effort in this tax season, rather than having to wait until they file their 2010 tax returns next year. Specifically, cash donations to charities for the Haitian relief effort given after January 11 and before March 1 of this year may be treated as if the contribution was made on December 31 of last year so that the contribution can be deducted from 2009 income.

The need is great and every bit counts.

Paul Carew, Region X Vice-President

Contact Information – Virginia Members of Congress – As of December 31, 2009

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 Senate Office Bldg 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 St. 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 Senate Office Bldg Ph. 202-224-4024 Fax 202-228-6363	507 E. Franklin St. Richmond, VA 23219 Ph. 804-771-2221 Fax 804-771-8313	222 Central Park Ave , 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"			
Honorable Rob Wittman Representative – 1 st District (Plus an office in Tappahannock)	1318 Longworth House Office Bldg 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 Rd., Suite 203 Fredericksburg, VA 22407 Ph. 540-548-1086 Fax 540-548-1658
E-mail at wittman.house.gov , then click on "Contact"			
Honorable Glenn Nye Representative – 2 nd District	116 Cannon House Office Bldg Ph. 202-225-4215 Fax 202-225-4218	4772 Euclid Rd, Suite E Virginia Beach, VA 23462 Ph. 757-326-6201 Fax 757-326-6209	23386 Front Street Accomac, VA 23301 Ph. 757-789-5092 Fax 757-789-5095
E-mail at nye.house.gov , then click on "Contact Me," then under "Help with a problem" click on "e-mail me"			
Honorable Robert "Bobby" Scott – Representative – 3 rd District	1201 Longworth House Office Bldg Ph. 202-225-8351 Fax 202-225-8354	501 N. 2 nd St., Suite 401 Richmond, VA 23219-1321 Ph. 804-644-4845 Fax 804-648-6026	2600 Washington Ave. Suite 1010 Newport News, VA 23607 Ph. 757-380-1000 Fax 757-928-6694
E-mail at bobbyscott.house.gov , click on "Contact," then "Contact Bobby Scott," then "Email Bobby Scott"			
Honorable Randy Forbes Representative – 4 th District (Plus an office in Emporia)	2438 Rayburn House Office Bldg 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"			
Honorable Tom Perriello Representative – 5 th District	1520 Longworth House Office Bldg Ph. 202-225-4711 Fax 202-225-5681	104 South First St. Charlottesville, VA 22902 Ph. 434-293-9631 Fax 434-293-9632	308 Craghead St., Suite 102 Danville, VA 24541 Ph. (not available) Fax " "
E-mail: perriello.house.gov , click on "Contact Me," then under "Help with a problem" click on "e-mail me"			
Honorable Robert Goodlatte – Representative – 6 th District (Plus offices in Harrisonburg and Staunton)	2240 Rayburn House Office Bldg Ph. 202-225-5431 Fax 202-225-9681	10 Franklin Rd., S.E. Suite 540 Roanoke, VA 24011 Ph. 540-857-2672 Fax 540-857-2675	916 Main St., 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"			
Honorable Eric Cantor Representative – 7 th District	329 Cannon House Office Bldg Ph. 202-225-2815 Fax 202-225-0011	4201 Dominion Blvd. Suite 110 Glen Allen, VA 23060 Ph. 804-747-4073 Fax 804-747-5308	763 Madison Rd., # 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"			

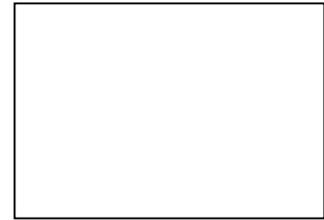
*All Senate offices are Washington, D.C. 20510
VFC/National Legislation, Frank Szumilo

All House offices are Washington, D.C. 20515

(NOTE: Continued on Reverse)

VFC-NARFE

Return Service Requested
 Virginia Federation of Chapters NARFE
 294 Tyler Point Lane
 Bumpass VA 23024-4633



If you receive this and are no longer 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 February 26, 2010

(Continued) Contact Information – Virginia Members of Congress – As of November 15, 2009

Member of Congress	Washington Office*	Local Office 1	Local Office 2
Honorable James P. Moran Representative – 8 th District	2239 Rayburn House Office Bldg. Ph. 202-225-4376 Fax 202-225-0017	333 N. Fairfax St. 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”			
Honorable Rick Boucher Representative – 9 th District (Plus an office in Big Stone Gap)	2187 Rayburn House Office Bldg. Ph. 202-225-3861 Fax 202-225-0442	188 East Main St. Abingdon, VA 24210 Ph. 276-628-1145	106 North Washington Pulaski, VA 24301 Ph. 540-980-4310
E-mail at www.boucher.house.gov , then click on “Click here to E-mail Congressman Boucher”			
Honorable Frank Wolf Representative – 10 th District	241 Cannon House Office Bldg. Ph. 202-225-5136 Fax 202-225-0437	13873 Park Center Rd. Suite 130 Herndon, VA 20171 Ph. 703-709-5800, or 800-945-9653 in State Fax 703-709-5802	110 N. Cameron St. 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.”			
Honorable Gerry E. Connolly Representative – 11 th District	327 Cannon House Office Bldg. Ph. 202-225-1492 Fax 202-225-3071	4115 Annandale Rd. Suite 103 Annandale, VA 22003 Ph. 703-256-3071 Fax 703-354-1284	4308 Ridgewood Center Dr, 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, Frank Szumilo

All House offices are Washington, D.C. 20515