



National Active and Retired Federal Employees Association



VFC Notes – Fall 2011

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

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FEDERATION PRESIDENT



Napoleon XIV was the pseudonym of American singer-songwriter Jerry Samuels, who achieved one-hit wonder status with the Top 5 hit novelty song "They're Coming to Take Me Away, Ha-Ha!" in 1966. With our benefits in the hands of the "Super Committee," the words of this song may apply more to the results of the negotiations of this Committee and the impact that would be felt by all Virginians, especially the federal workforce and retirees.

Just one year ago, the President's Fiscal Commission failed to come up with cuts to balance the budget.

Unable to make cuts themselves, the full Congress turned the dirty work over to the Joint Select Committee on Debt Reduction also known as the "Super" Committee. This Committee is made up of 6 Democrats and 6 Republicans, 3 House Members from each party, and 3 Senators from each party and they are tasked to come up with another 1.2 trillion to be from the Federal budget. The members of the Super Committee from the Senate are Democrats

Senators John Kerry (Massachusetts), Patty Murray, (Washington) and Max Baucus (Montana) and Republicans John Kyl (Arizona), Pat Toomey (Pennsylvania) and Rob Portman (Ohio). The House of Representatives members are Democrats Chris Van Hollen (Maryland), James Clyburn (South Carolina), and Xavier Becerra (California) and Republicans Jeb Hensarling, (Texas), Dave Camp (Michigan), and Fred Upton (Michigan). This group of legislators has just started their work with November 23rd the first deadline for recommendations. These recommended cuts must be approved by 7 of the 12 Committee members. If that happens, then the recommended cuts will head to the House and the Senate for an "up or down" vote. The House and Senate must vote on these recommendations by December 23rd. If they vote for them, we may see some major cuts in our benefits. If the Super Committee fails to come up with recommended cuts, or the House or Senate fails to pass the recommended cuts, then an automatic cuts program goes into effect in January, 2012. Automatic cuts will kick in across the board in Federal spending, but, federal workers and retirees will not be subject to cuts. But the rules under which the automatic cuts will go into effect can be changed by Congress. They have until 2013 to make the automatic cuts.

Federal workers and annuitants did not cause our budget crisis and making extreme cuts to pay, earned health and retirement benefits, or making changes to cost-of-living adjustments would unfairly single out those who protected our nation, including many now on a fixed income. All of us are proud of the work we do—and have done—in fulfilling our commitment to our country. We need our Congressional representatives to assure us they will not vote for any detrimental changes to our entitlements.

PROTECT AMERICA'S HEARTBEAT (PAH) CAMPAIGN: Extensive information has been provided by NARFE Headquarters on this effort including information and instructions. Numerous e-mail messages through GEMS, the Legislative Hotline and directly from NARFE's consultant M+R Strategic Services have been distributed to NARFE's membership. These messages carried requests for specific actions by the members, including phone calls, emails, letters or visits to our Congressmen. This campaign is still underway, and as the deadline for the Super Committee closes in, we are seeing more coverage in the media. One way for NARFE members to get energized is through Letters to the Editor – either in response to something that was printed or to correct common misconceptions that are out there. NARFE members across the nation are writing letters, talking to local papers, meeting with members of Congress and their staff, and making calls as part of our PAH campaign. Several VFC members have had great success in getting their letters published in their local papers. Please encourage your chapter members, spouses, and all federal employees in your chapter's area to continue to be part of this letter campaign. Letter templates are available through your chapter leadership. Then, add personal stories indicating your years of federal service, what you did, along with any comments. Remember – the personalized letters carry more weight. If you would like to respond to something you see or want to write something fresh but don't know where to start, let NARFE know and we will help you draft something. The legislative experts at NARFE HQ are available to offer assistance in getting the letter posted. A great place to start is the Legislative Action Center on the NARFE website www.narfe.org where there is a list of the newspapers in your area.

During NARFE's "Grass-Roots Advocacy Month" in August and extended into September, delegations of members met with the staffs of our U.S. Senators and several of our Congressmen, briefing them on NARFE issues. Virginia Federation members have done a great job in responding to the numerous Legislative Action alerts. Calls carried by NARFE's toll free number 866-220-0044 to members of Congress from Virginia totaled 1,209. It is important that we respond to every adverse action or threat against our earned benefits. Be alert. Take action. Protect your earned benefits.

THE 2012 ELECTION: Yes, it is almost that time again. Everything we hear (or will be hearing) from Washington, D.C. between now and November, 2012 will have a re-election or election spin to it. Politicians are hungry for votes and hungry for money. The money part is where we come in. Let's make sure we give our NARFE-PAC donations to the best candidates. For those who are already in office, let's take a close look at how they voted. For the newcomers, let's get as much information on them as we can.

And speaking of money and how it is distributed let me take a moment here to refute a rumor that is going around in Virginia. It has come to my attention that some people in the Federation have said that in the last election, NARFE-PAC gave donations to only Democratic incumbents, and ignored Republicans.

It must be pointed out that in the history of NARFE-PAC; there has never been an election cycle when we did not make contributions to candidates in both major political parties. Remember, we do not make contributions to, or endorse, presidential candidates. We do, however, provide equal contributions to the four major Republican and Democratic campaign committees.

According to former NARFE National Legislative Director Dan Adcock, NARFE-PAC contribution decisions are consciously made to candidates and incumbents who are likely to support our agenda. As a non-partisan organization, our contributions are based on the clear evidence of who votes with us and who votes against us regardless of party affiliation.

We must always track down any rumors about NARFE-PAC and, if they are untrue, refute them. Politicians are viewed from two perspectives. One is from the local level where we judge them on what they do for our communities. The other is from the national level where our NARFE-PAC director judges them on how well they support our NARFE legislative agenda in Congress. For more information on the current disbursement of NARFE-PAC funds, please read Jim Brewer's National Legislation article later in this issue.

Finally, as the holiday season approaches, most of our Chapters go through their nominating and election process. Many Chapters will be hard-pressed to find officers and chairs to fill all of the recommended Chapter positions. Many of our officers and chairs have already "served" more than their share. But having dedicated, resourceful NARFE members filling these positions is what make successful and vibrant Chapters. Why not give it a try? Your Area Vice Presidents and the Virginia Federation provide training and guidance. And when the new or returning officers have taken their oath, they should immediately start seeking potential replacement candidates, and become a mentor for those that aspire. Additionally, there will be an election of officers for the VFC Executive Committee (President, 1st Vice President, 2nd Vice President, Secretary and Treasurer) at the 2012 Convention. The VFC Nominating Committee will still accept your name for any of the positions on the VFC Board, through December 15, 2011. Remember, if you do not submit your name to the Nominating Committee, or miss the deadline, you can still be nominated from the floor at the Convention and please do not express the opinion that floor nominees can't win. I was nominated from the floor was successful. Also, please don't say that you don't have the time. Remember that we all have the same 24 hours a day, seven days a week and the workload for any of the elected positions is manageable. Everyone needs to be willing to do whatever is necessary to help and I understand that we all have choices to make. Obviously, some have more time than others, and we must prioritize what we can do, but I encourage everyone to choose to be a part of the solution to all of the issues faced by the VFC and NARFE as a whole.

William "Bill" Shackelford – President

FEDERATION 1st VICE PRESIDENT



This past summer was a busy time with NARFE members using every means possible to let members of Congress know how we feel about their reluctance to assure us that we will not be singled out unfairly as they seek ways to reduce the nation's budget deficit. We must stay vigilant until this issue is settled less we get done in as a result of perceived docility. Clearly, we are willing to do our part to help the country right itself fiscally but we will not stand by while other entities that contributed directly to the deficit go unscathed.

Planning for the 2012 VFC Convention is well underway led by Steve Dansker, Area VII Vice President and convention chairman. By now chapter presidents and secretaries should have received convention bulletin #1 which provides information on attending and participating in the convention. Additionally, convention planning documents have been posted on the VFC website for member use. The documents can be downloaded as necessary, completed and mailed as appropriate. Although chapters will be allotted a certain number of delegates based on chapter membership, every member is welcome to attend. Each chapter should plan to send its requisite number of delegates to ensure the appropriate level of influence for the size of its membership. This is especially important for the large chapters.

As this is the alternate year for VFC training, we are in the process of planning training sessions for chapter officers and service officers to be conducted during February/March 2012 in four locations around the state. The plan is to train chapter officers that assume office following their election at the end of this year. Reelected officers will also be welcome to take the classes as a refresher. Chapter nominating committees are encouraged to really scour their membership lists for candidates to fill all officer positions this year. It can be frustrating finding candidates willing to assume positions but with perseverance and a little creativity, capable persons can be located. Be on the lookout for the announcement of training dates and locations.

Next year will be the third year that an annual R. David Smith Memorial Award will be awarded to an outstanding VFC member. Award criteria and the timeline for submitting nominees are listed on the VANARFE website. Any member can nominate any other VFC member who is thought to meet the award criteria through performance during the year 2011. Nominations must be forwarded to reach me as VFC 1st Vice President on or before February 20, 2012.

We have had our first snow -- four or five inches -- that I braved to attend the Woodbridge Chapter 1270's annual Alzheimer's Fashion Show. A goodtime was had by all in addition to the sizeable amount of money raised. **RECRUIT A MEMBER!**

Luther L. Santiful – 1st Vice President

FEDERATION 2nd VICE PRESIDENT



In the following pages you will read reports by the various VFE Committee Chairs, that are responsible to reporting to me as VFC 2nd Vice President and for which I am responsible to coordinate activities. These reports will be both positive and negative; and I recommend that you pay close attention to them.

The Alzheimer's Chair will report our superb effort in providing funds for Alzheimer's research and some recent finding of this research. The Public Relations Chair will report on how well we have been doing to get the NARFE name recognized, but how poorly we are doing in getting sufficient numbers to meet the minimum requirements for a NARFE Virginia license plate. The Service Officers will address procedures to applying for death benefits under the CSRS retirement system and of occurrences relative FEHBP and TRICARE insurance programs.

The Membership Chair will report on the continuing decline in NARFE membership. The State Legislative Chair will report on the finalization of the 2012 State Legislative Plan, the status of contribution to the VFC PAC fund, and the decision by the VFC Board relative to VFC PAC distributions. The National Legislative Chair will report on the status of contributions to the NARFE PAC fund, NARFE PAC distributions to Virginia National legislators, and the leadership role that the VFC is playing within NARFE. A recently appointed FEEA Coordinator will report on the kick-off of a NARFE-FEEA program within the Virginia Federation.

I have had a few special projects to work on this past quarter and report on to the VFC Board. The first dealt with dues paid by the Virginia Federation Chapter to the VFC and how the dues amount might be affected by the increase of the amount received by the VFC from the recently increased NARFE National dues. Since the NARFE National dues amount was increased in January 2011, the 10% share received by the VFC has also increased. This led many to envision a decrease from \$2.00 per voting Chapter member to \$1.00 per voting Chapter member for dues payable by the Chapters to the VFC. After my analysis and lengthy presentation to the VFC Board, it was decided that increased commitments in support of the CDL/SLL positions and increased costs associated with Area Vice President positions would not allow this decrease at this time. In addition, the existing VFC Bylaws did not allow for the continuation of the reduction from \$2.00 to \$1.00 for dues categories AA, AB, and AC. As there are approximately 1,500 voting members in these dues categories in the Virginia Federation out of approximately 19,000 voting members, Chapters will see a slight increase in the VFC dues bill they will receive in January 2012, and should plan accordingly. Be assured, that this issue will receive close scrutiny in the future and the decision may be reconsidered.

The second special project dealt with the utilization of credit cards to make contributions to the VFC PAC fund. I was directed by the VFC Board in January 2011 to enter into a contract with Newtek Business Services, Inc., to allow the this process to occur and was responsible for entering the required credit card information into the automatic data processing system. From the beginning of April 2011 until the end of October 2011, when this arrangement was in place, the VFC only received two VFC PAC contributions via credit cards, while we were billed each month to have this system in place. As a result of the associated cost and the apparent lack of acceptance of this system by the members of the NARFE Virginia Federation, the VFC Board directed me to cancel the contract with Newtek Business Services, Inc. I have since contacted Newtek Business Services, Inc., and directed them to cancel the contract. Perhaps, this approach for receipt of funds can be retried in the future; but for now it is no longer in place. Therefore, NARFE Virginia Federation members must begin to use the revised form, included with the VFC State Legislation Report, later in the issue, for future VFC PAC fund contributions.

Richard "Dick" Giangerelli – 2nd Vice President

FEDERATION SECRETARY



The treasurer announced that Matching Funds for recruitment now reached \$3,390 of VFC funds which means that the combined expenditure of the chapters, the VFC and National have been about \$14,000 for this important part of our activities. This is all the more important since we are experiencing lower recruitment and retention numbers this last quarter.

To avoid meeting conflicts in the future for Region X Vice President Bill Martin the VFC has set the calendar of important dates including board meetings through the 2013 convention.

Webmaster Stan Palen indicated that all of the chapters in only 4 of our 10 areas have web sites that are up to date. This makes the web site much less attractive or useful to members and outsiders. Area Vice Presidents were asked to contact the chapters who needed to update their sites. Some of these sites have not been updated since 2005.

The 2012 State legislation plan brochures were distributed to Area Vice Presidents for delivery to chapters. It was decided to send a special copy with a cover letter to the winners of each contest in the November 8 election. The State Legislation chair proposed that due to the anemic size of the VFC Political Fund and the closeness of the election, we not make donations to candidates this year. Motion approved.

Public Relations Chair Gaston Gianni indicated that we need to place a strong emphasis on getting applications for NARFE license plates. We will be able to get the needed 450 applicants with only 8 applicants per chapter.

It was announced that the Alzheimer's donations for the last quarter were \$21,000 which will put us in a good position to stay ahead of the Texas Federation who has bet they would raise \$100,000 before us.

It was decided that the VFC will adhere to the by-laws and charge dues the by-laws mandated \$2.00 per voting member this coming year. Since we had been billing for only \$1.00 for every current federal employee, some chapters were receiving a slightly reduced bill in the past. The final bills will be determined by the number of voting members on the books in January.

Bill Schmidt – VFC Secretary

FEDERATION TREASURER

In October, at the VFC Executive Board meeting, expenditures for the 1st Quarter of the operating year 2011-2012 were presented as follows:

Samuel Harris – VFC Treasurer

CATEGORY	BUDGET	ACTUAL	BALANCE	CATEGORY	BUDGET	ACTUAL	BALANCE
Revenue				Program Operations			
NARFE 10% Funds	\$ 60,000.00	\$13,192.60	\$ 46,807.40	NL Chair	\$ 3,600.00	\$ 588.92	\$ 3,011.08
Chapter Dues	\$ 34,500.00	\$ -	\$ 34,500.00	CDL	\$ 6,500.00	\$ 30.68	\$ 6,469.32
Reimbursed Expense	\$ 200.00	\$ -	\$ 200.00	SL Chair	\$ 3,300.00	\$ -	\$ 3,300.00
Miscellaneous Income	\$ 500.00	\$ -	\$ 500.00	SL Representative	\$ 2,600.00	\$ -	\$ 2,600.00
Interest	\$ 800.00	\$ 248.57	\$ 551.43	Membership Chair	\$ 3,800.00	\$ 325.43	\$ 3,474.57
NARFE Matching Funds	\$ 6,000.00	\$ 2,184.25	\$ 3,815.75	Public Relations Chair	\$ 4,875.00	\$ -	\$ 4,875.00
Convention Reimbursement	\$ 1,000.00	\$ -	\$ 1,000.00	Co-Service Officers	\$ 5,300.00	\$ 634.82	\$ 4,665.18
Prior Year Carryover	\$ 19,470.00	\$ -	\$ 19,470.00	Alzheimer's Chair	\$ 3,100.00	\$ 99.46	\$ 3,000.54
Total Revenues	\$122,470.00	\$15,625.42	\$106,844.58	Sub-Total	\$ 33,075.00	\$ 1,679.31	\$ 31,395.69
CATEGORY	BUDGET	ACTUAL	BALANCE	Administrative			
Executive Committee				Convention Advance	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
President	\$ 6,075.00	\$ 1,928.72	\$ 4,146.28	Awards / Gifts	\$ 1,000.00	\$ -	\$ 1,000.00
1st Vice President	\$ 3,700.00	\$ 433.17	\$ 3,266.83	NARFE / FEEA	\$ 1,000.00	\$ -	\$ 1,000.00
2nd Vice President	\$ 2,500.00	\$ -	\$ 2,500.00	Biennial Officer Training	\$ 7,000.00	\$ -	\$ 7,000.00
Secretary	\$ 2,300.00	\$ -	\$ 2,300.00	Membership Contest	\$ 325.00	\$ -	\$ 325.00
Treasurer	\$ 2,990.00	\$ 613.53	\$ 2,376.47	VFC Matching Funds	\$ 4,000.00	\$ -	\$ 4,000.00
Sub-Total	\$ 17,565.00	\$ 2,975.42	\$ 14,589.58	Hotel	\$ 2,500.00	\$ 490.25	\$ 2,009.75
				Donations	\$ 500.00	\$ -	\$ 500.00
IPP and Appointees				Recruitment	\$ 8,500.00	\$ 3,390.00	\$ 5,110.00
Immediate Past President	\$ 1,950.00	\$ -	\$ 1,950.00	Newsletter	\$ 1,000.00	\$ 299.41	\$ 700.59
Parliamentarian	\$ 1,400.00	\$ -	\$ 1,400.00	Special Meeting	\$ 8,000.00	\$ 5,984.40	\$ 2,015.60
Chaplain	\$ 1,600.00	\$ -	\$ 1,600.00	Web Site	\$ 200.00	\$ -	\$ 200.00
By-Laws Committee	\$ 600.00	\$ -	\$ 600.00	Miscellaneous	\$ 1,000.00	\$ 360.79	\$ 639.21
Sergeant-At-Arms	\$ 700.00	\$ -	\$ 700.00	Sub-Total	\$ 36,025.00	\$11,524.85	\$ 24,500.15
Nominating Committee	\$ 500.00	\$ -	\$ 500.00				
PRS Coordinator	\$ 1,100.00	\$ -	\$ 1,100.00	Executive Committee	\$ 17,565.00	\$ 2,975.42	\$ 14,589.58
Web Master	\$ 1,200.00	\$ 94.05	\$ 1,105.95	IPP and Appointees	\$ 9,050.00	\$ 94.05	\$ 8,955.95
Sub-Total	\$ 9,050.00	\$ 94.05	\$ 8,955.95	Field Operations	\$ 26,755.00	\$ 2,505.00	\$ 24,250.00
				Program Operations	\$ 33,075.00	\$ 1,679.31	\$ 31,395.69
Field Operations				Administrative	\$ 36,025.00	\$11,524.85	\$ 24,500.15
AVP I	\$ 2,375.00	\$ -	\$ 2,375.00				
AVP II	\$ 2,950.00	\$ 342.48	\$ 2,607.52	GRAND TOTALS	\$122,470.00	\$18,778.63	\$103,691.37
AVP III	\$ 2,635.00	\$ 261.32	\$ 2,373.68				
AVP IV	\$ 2,275.00	\$ 318.13	\$ 1,956.87				
AVP V	\$ 2,050.00	\$ 323.54	\$ 1,726.46				
AVP VI	\$ 3,500.00	\$ 254.25	\$ 3,245.75				
AVP VII	\$ 3,870.00	\$ -	\$ 3,870.00				
AVP VIII	\$ 3,000.00	\$ 623.64	\$ 2,376.36				
AVP IX	\$ 1,950.00	\$ -	\$ 1,950.00				
AVP X	\$ 2,150.00	\$ 381.64	\$ 1,768.36				
Sub-Total	\$ 26,755.00	\$ 2,505.00	\$ 24,250.00				

2012 VFC CONVENTION



Since the July, 2011 VFC Board of Directors meeting, Area VII has been busy with the 2012 VFC Convention which is to be held April 22-25, 2012 at the Holiday Inn-Koger Conference Center which is located at 1021 Koger Center Boulevard in Richmond. The convention is at the same site as it was for the 57th Annual Convention in 2011.



This will be the 58th Annual VFC Convention. There are 10 Areas that comprise the Virginia Federation of Chapters. This year, the Convention will be hosted by the 6 chapters in Area VII (Northwest Virginia) which are: Winchester Chapter 180, Shenandoah

County Chapter 2358, Page Valley Chapter 1793, Staunton-Waynesboro-Augusta County Chapter 178, Harrisonburg Chapter 164 and Charlottesville-Albermarle Chapter 135. Convention preparations began in earnest culminated at a 2012 VFC Convention Committee meeting in Harrisonburg on September 30th.

The Convention will be held over 4 days, with the major Business Sessions being held during the second and third days. In addition to conducting VFC business, the Convention will present a variety of speakers who will address topics that are of direct relevance to not only the registrants but all 19,000+ VFC members. There also will be training sessions for Chapter Officers and a host of interactive side-sessions that are intended to further the knowledge of VFC committee members. In addition, the Conference hosts social activities that culminate in a festive Formal Banquet on the Convention's last night.

Convention registration will begin on Sunday, April 22. You may contact the Holiday Inn Koger Conference Center by telephone at 1-800-397-1034 (toll free) or 1-804-379-3800 (Fax 1-804-379-2763) for room reservations. Be sure and ask for the NARFE /VFC Convention Room Rate of \$91 plus tax (total: \$102.83) – a credit card will hold reservation. Make reservations directly with hotel by April 8, 2012. After that date, reservations are subject to availability. The Holiday Inn Koger Conference Center offers free parking.

As of November, the main achievements of the Convention Committee are:

- First Convention Committee Meeting was held Sept 30th
- 100% of Sub-Committee Chairs are filled
- Convention Bulletin #1 and all attachments have been posted on the VFC Website and are being mailed out to Chapter Presidents and Secretaries
- Banquet menu and costs were finalized
- Registration dates and fees were finalized
- Data Base training was given
- Printer and Program Book Coordinator were designated
- VFC Convention contract was signed and reviewed
- Convention Rooms were designated
- Advertising major areas of interest were identified (ex. Tourism)
- Major cut off dates were finalized
- Area VII Convention profits division was finalized
- Calls for speakers and a Convention theme were made
- Thrusts for Exhibitors and Ads were begun
- Convention budget has been finalized

*Luther Santiful – 2012 VFC Convention Coordinator
Steve Dansker – 2012 VFC Convention Chair*

VFC OFFICERS NOMINATIONS 2011-2012

The NARFE VFC Convention will be held in Richmond, Virginia from April 22 – 25, 2012, at which time we will elect officers for the 2012-2013 term. The officers to be elected include President, 1st Vice President, 2nd Vice President, Secretary and Treasurer. The VFC Organizational Handbook requires that the Committee nominate at least one candidate for each elected office. The committee is allowed to submit more than one name for each elected office; in addition, nominations from the floor of the Convention will be heard. FYI, each of the ten areas in the Virginia Federation is represented on the Nominating Committee by a regular member and an alternate.

The Nominating Committee is soliciting for NARFE members who want to run for elected VFC offices. We have people who have expressed an interest for President, 1st Vice President, Secretary and Treasurer.

If you think you might be interested in one of the positions, please forward your resume to the Nominating Committee, for consideration. The Committee will review all resumes and will interview potential candidates as needed.

Candidates' resumes may be sent to the Nominations Committee by e-mail at nltmaureen@aol.com or by regular mail to 2700 Cowan Boulevard, Apt 305, Fredericksburg, Virginia 22140 no later than December 15, 2011.

To obtain the widest dissemination of this notice, we ask that you share this announcement with your local Chapters and encourage your local chapter officers to consider running for one of these positions, particularly for one which currently has no candidate.

Remember, the way to ensure the continued vibrancy of the VFC is to step up to the plate and become part of the team!

Maureen Nolet – VFC Nominating Committee

FEDERAL EMPLOYEES EDUCATION & ASSISTANCE FUND



You may be wondering why a topic such as this is included in the Virginia Federation Notes, as this topic was never included before. Well, let me tell you. It is included because the Virginia Federation President has appointed someone to fill this long vacant position and has charged that person with the job of organizing the function. And I am that person.

You may be thinking to yourself, "Damn! Here is one more thing that NARFE is going to ask me to contribute to. I'm already being asked for contribution for calendars, cards, address labels, a National PAC, a State PAC, and Alzheimer's Research." Well, you are right! This is another contribution item; but think of it as a contribution to yourself!

You have probably heard of the 60 college scholarships that FEEA awards to NARFE members' children and grandchildren each year. Well, that \$60,000 comes from the NARFE National office; and the main source of income for the NARFE National office is your NARFE dues. So, in effect, you are contributing already; though you may not realize it.

The other part of NARFE-FEEA is the Disaster Fund. So far this year, FEEA has been able to provide 740 no-interest emergency loans and 170 disaster grants. Those grants include one made to a NARFE member in the Virginia Tidewater area. And what have we had this year so far in Virginia - only one earthquake, a couple of passing hurricanes, and a few heavy rain storms and tornadoes. Just think of how much more FEEA could help NARFE members with more money.

At this point in time, all I want to do is to tell you that the Virginia Federation now has a FEEA Coordinator. And this Coordinator refuses to be just a name in a list. Soon, I will organize this function and develop a reporting system. Then, I will start asking you to contribute as a NARFE member to help other NARFE members in need. So, be prepared.

Richard "Dick" Giangerelli – VFC FEEA Coordinator

REGION X VICE PRESIDENT



WE NEED YOU – There are so many things happening now that may have an adverse impact on us as active or retired federal employees, or as surviving spouses, that it is hard to focus on any one issue. Should we concentrate on membership? Is it important to recruit new members and retain those who have joined? How about the impact the current economy could have on our earned benefits and the changes that could occur if we are not diligent in responding to uncalled for attacks on us as underworked and overpaid? Are we using all the tools at our disposal to help us in each of these areas?

I am going to assume that all of us, whether active or retired, or a spouse, is interested in retaining our earned benefits. I can assure you that the folks out there that are eligible to be a member of NARFE but are not, are interested in retaining the benefits but either they are uninformed or just not willing to join with us to do what has to be done. I am also going to assume that you are doing all you can to inform these folks of the benefits of being a member of NARFE and encouraging them to join. For purposes of this article, these are my assumptions.

Since I am sure you are aware of and use the Protect America's Heartbeat (PAH) information, I won't dwell on it but I will remind you that you can stay current on PAH by signing on to the NARFE web site www.narfe.org periodically and checking on it. I do want to let you know that NARFE has three ongoing committees working on membership recruitment, membership retention and one on bringing the NARFE reporting system into the 21st century. Therefore, I won't dwell on these either.

What I want to emphasize, and dwell on with this article, is to remind you that if you are not participating in your local chapter, that it is important that you become involved. Right now, most chapters are in the process of nominating officers. Without them, the chapter cannot exist. The chapter must have a President and a Secretary to exist and to operate it will need a Treasurer and other members to head committees. The chapter members that have been covering these responsibilities may no longer be available for numerous reasons. We often hear "the incumbent has been doing such a good job for these many years and they enjoy doing it so much that they will continue for a while longer." Although it might be a nice thought, it is unreasonable.

Before you say you don't have the time, please remember that we all have the same 24 hours a day, seven days a week. We all have choices to make. We all are interested in retaining our earned benefits. We need to be willing to do what we can to help. Obviously, some have more time than others, but we all can prioritize what we do – by doing nothing, we may find that our "earned benefits" are not as beneficial as they once were. Then, who will get the credit?

Please strongly consider becoming an officer. If not, how about volunteering to be a committee chairperson? If not, how about a committee member? The chapter and NARFE need us to be involved. It is important for our survival. To fall back on a much used phrase, it is important we do these things to insure the survival of our earned benefits.

That is why, as your Region 10 Vice President, I am asking that you please think about what you can do to support your chapter for the coming year and take action now. Thanks!

William F. "Bill" Martin – Region X Vice President

ALZHEIMERS



Hello, Virginia - and again I say Congratulations! According to Loren Fritz at Headquarters for the Alzheimer's Association, the fiscal year contributions for Virginia stand at \$8175.36, and when I add the recent donation from VFC of \$11,876.34 we have a total for the fiscal year of \$20,051.70. At the time of her report, we were again the highest in the Nation. On a national level, we have collected a total of \$9.4 million from NARFE during the past 25 years. This is possible only because of the hard work of all the members. There have been many fund raisers and generous contributions to enable such a historical mark.

We all experience "senior moments" as we get older, but experts say there are some important differences between benign memory lapses-momentarily forgetting a person's name, say--and the first warning signs of Alzheimer's.

- **WHAT'S NORMAL**: Misplacing your car keys or having a meeting slip your mind.
- **WHAT'S NOT**: Failing to remember standing appointments or becoming confused in your field of expertise
- **WHAT'S NORMAL**: Occasionally forgetting to pay a bill on time.
- **WHAT'S NOT**: Losing control of the household finances. A woman in New Hampshire knew something was gravely wrong in April, 2006 when her 59-year-old husband announced that the home they'd lived in for a decade was facing foreclosure. Once meticulous about bookkeeping, he hadn't paid the bills in months and, confused, threw away the past-due notices that followed.
- **WHAT'S NORMAL**: Sometimes having trouble summoning the right word.
- **WHAT'S NOT**: Repeatedly losing the thread of a story. The daughter of a retired Air Force Chaplain who was known for his brilliant, moving sermons and storytelling was shocked when she sat in on a service while visiting home and found that it was full of non sequiturs, as if he'd been reading a book and just skipped 75 pages. Within a year, the 60-year-old Nebraska minister was unable to speak.
- **WHAT'S NORMAL**: Needing help with a computer program or setting the DVR.
- **WHAT'S NOT**: Becoming disoriented in a system you had once mastered. Colleagues became concerned when the veteran court clerk uncharacteristically began making scheduling errors. -A longtime marathon runner, this individual also started getting lost on runs outside the Virginia YMCA, where she'd been training for years. Once she was locked out of her car and called a friend for help-only to discover that the key was where she always kept it when she went running, tied on her shoestring



Acceptance of check from Peninsula 682 >>>>>

<<<<< Presentation of award to Felice Pearl

I was invited to speak at Springfield Chapter 893, Peninsula Chapter 682, and Woodbridge Chapter 1270 during this quarter. I had the pleasure of presenting Felice Pearl an award for her outstanding efforts in fundraising for Alzheimer's Research over several years. Felice is the



Alzheimer's Chair for Woodbridge Chapter 1270 and the award was presented at the chapter's 2011 Fashion Show. When I was in Newport News, I received a check from Peninsula Chapter 682 from Chapter President Pat Taylor, who also serves as Area I Vice President. I find people at all of these chapters, as well as other places, to be very interested in the latest findings about Alzheimer's disease.

Alzheimer's is such a complicated disease that I usually glean over most of the details. I do have a sheet of information concerning the results of the international conference in Paris in July of this year that describes with some detail some recent findings. I would be glad to send that out to anyone who would like to have it to share with your chapter members. If you sit and study it, it is logical but I don't include it when I speak because it is so easy to get lost in all the crannies of the brain!

Let me hit a few bullets of information that has come to my attention in the past few weeks. For more info on these subjects, contact me, and I'll e-mail a whole page to you.

- A protein linked to Alzheimer's disease kills nerve cells that detect odors, according to an animal study. The findings shed light on why people with Alzheimer's disease often lose their sense of smell early in the course of the disease.
- A marker for Alzheimer's disease rises and falls in the spinal fluid in a daily pattern that echoes the sleep cycle.
- Attitudes about memory-robbing Alzheimer's diseases are evolving in a positive direction. A Harvard study indicates that most people would visit a doctor or take a loved one for evaluation if they noticed memory troubles or symptoms of confusion.
- Scientists are closing in on a long-sought goal: A blood test to screen people for Alzheimer's disease.

I have ordered more of the ribbon pins, so if you need some for your Chapter, please be sure to let me know. Of course, I have quite a selection of pamphlets also from the Association that I am very willing to share. My job as Chair for VFC Alzheimer's program is to help all of the chapters to have their needs met. We want to collect the donations and to spread awareness of this disease. Often, when someone hears that you are "connected", they are willing to give even a dollar or two. Wear those pins proudly to help raise the awareness.

HOW TO DONATE TO ALZHEIMER'S RESEARCH ON-LINE

➤ NARFE HQ Web Site – www.narfe.org
(8-step process)

- Click on "Alzheimer's Fund" in the left column
- At the bottom of the page, under "Information and Donations", click on "click here"
- Log in to NARFE
- Select "Special Programs"
- From the drop down menu, click on "Alzheimer's Fund"
- 2/3 of the way down a very long page, in the paragraph starting with "To donate by credit card ..." click on "www.alz.org/NARFE".
- Click on "Make an online donation personally or on behalf of your NARFE chapter".
- Select Federation/Chapter, and enter appropriate information.

➤ VFC web site
(4-step process)

- Click on "Alzheimers" in the left hand column
- In the main page, scroll down to, and click on, the prominent "To Make a Credit Card Donation" box
- Click on "Make an online donation personally or on behalf of your NARFE chapter".
- Select Federation/Chapter, and enter appropriate information

It recently came to my attention that there were three VFC Chapters not listed on the Alzheimer's Association page for credit card donations. Lauren Fritz, with the Alzheimer's Association in Chicago worked with NARFE HQ in order to get Chapters 2358, 2361 and 2362 added to the list. Should you discover that your Chapter is missing from the list, please refrain from making you donation and contact me immediately by e-mail at kamiahahan@aol.com or by telephone at (703) 830-6590. Lauren is working with NARFE HQ in an effort to simplify these processes, but she was unaware until very recently of the difficulty involved.

Be sure to check out my webpage. It is constantly being updated with new information. Just go to www.vanarfe.org and click on our "Alzheimer's Fund" page and go from there.

Donna Shackelford – Alzheimer's Chair

MEMBERSHIP

The VFC membership through the first three quarters of 2011 has decreased by 844 members or 4%. This combined with a minor increase in dues withholding members is cause for considerable worry. New member recruitment is down 22% when compared to last year and 2011 and 2010 are significantly below previous years. Non-renewals as well as cancellations and second notices are above last year's. Even the listing of new prospective members is less. Needless to say the VFC needs to be focused on the recruitment as well as increase its emphasis on retaining current members.

MEMBERSHIP CONTEST: Please remember that the VFC is currently holding a membership contest. This contest began in August, 2010 and continues through March, 2012. For every new member a VFC chapter member enrolls, a ticket with his/her name will be entered into a drawing to be conducted at the 2012 VFC convention. Names of chapter members will be entered into the contest based on information provided by National on the monthly M-260 report. The grand prize, courtesy of Past VFC President Ann Collins and her husband Charles, is use of time-share lodging for a week during a one-year period following the 2012 VFC Convention. Time and location of the time-share is to be negotiated between Ann Collins and the winner. The location is being limited to the Continental United States, and within the RCI Exchange System. Transportation and other expenses will be the responsibility of the winner. However, a stipend of \$200 will be offered by the VFC to help defray other expenses. Also, the VFC will award other prizes. The winner of a second place drawing will be awarded \$100 and the winner of a third place drawing will be awarded \$25. For more information, VFC Membership Chair Dennis Martin can be contacted at 703-451-9481 or by E-Mail at dkmartin101@aol.com. Members continue to recruit new members and the membership contest has recorded a total of 358 members recruited since the start of the contest. This is very encouraging

Dennis Martin – Membership Chair

NATIONAL LEGISLATION



The Federal Deficit Commission and their attempts to come up with a plan to reduce the Federal deficit \$1.5 trillion over the next 10 years has received increasing attention in the public news median this past quarter. The targeted date for this Commission to make their presentation on the proposed plan to reach this deficit reduction is the end of November 2011. We have been asked to contact our Representatives and Senators to ensure that they understand our issues and concerns before this proposed deficit reduction plan is presented. The Heartbeat of America program is one way to insure that work done by federal employees is not forgotten; however, this presumes that our federal elected officials recognize NARFE and are willing to listen to us. To this end, the Virginia Federation has organized a group of dedicated members, as Congressional District (CD)

Liaisons and Senatorial Legislative (SL) Liaisons, responsible for keeping in contact with each of the Representatives in the 11 Congressional districts in Virginia and the two Virginia Senators. This approach is proving successful; however, more dedicated members are needed to fill some currently vacant positions. The following table identifies the current Virginia Federation members serving in these positions:

DISTRICT	CONGRESSMAN	CD LIAISON	CHAPTER	VICE CD LIAISON	CHAPTER
1	Whittman	Reginald Sykes	1549		
2	Rigell	Vince Agnelli	1827	Ken Gimbert	1827
3	Scott	Wanda Hewlin	682		
4	Forbes	Barbara Nugent	1472		
5	Hurt	Jessie Barksdale **	1011		
6	Goodlatte	Steve Dansker **	2358	Joe Laughland	164
7	Cantor	Bill Branigan	2265		
8	Moran	Rita Jensen	232	Linda Bywaters	232
9	Griffith	George Hawkins	1134	Frank Perrini	1134
10	Wolf	William Schmidt	1241	Jon P. Joyce	180
11	Connolly	Mary Lou Vroman	1159		
** NOTE: AVPs Jesse Barksdale (CD-5) and Steve Dansker (CD-6) are serving in Primary CD on a temporary basis					
DISTRICT	SENATOR	SL LIAISON	CHAPTER	VICE SL LIAISON	CHAPTER
Junior	Warner	Tom Hall	1293		
Senior	Webb	Steve Ledford	1159		

A second approach used by NARFE is to assist in the election of Congressman who have supported issues of interest to NARFE. These same dedicated Virginia Federation members, titled Congressional District Liaisons and Senatorial Legislative Liaisons, have also been called upon to make recommendations on which Virginia Congressmen have most supported NARFE's interests. As a result, the election campaigns for the following Virginia Congressmen have or will soon receive NARFE-PAC contributions for the 112th Congressional Cycle from the NARFE National office:

Representative Rob Wittman	Republican	CD-1	Representative James Moran	Democrat	CD-8
Representative Scott Rigell	Republican	CD-2	Representative Frank Wolf	Republican	CD-10
Representative Randy Forbes	Republican	CD-4	Representative Gerald Connolly	Democrat	CD-11

This second approach requires contributions of money from NARFE members. The Virginia Federation NARFE-PAC goal for the 112th Congressional cycle was set at \$50,000. During the third quarter of this period, 261 members of the Virginia Federation contributed \$10,912, or an average of \$41.81 per contribution, towards this goal, making the Virginia Federation the second highest contributor to NARFE-PAC for this quarter, just behind California. However, to meet the Virginia Federation goal, \$14,100 is still needed in the next quarter. At the 2012 Virginia Federation Convention, I recommend that attendees of the National Legislative session be prepared to discuss and set the Virginia Federation NARFE-PAC goal for the 113th Congressional cycle.

Jim Brewer – National Legislation Chair

PUBLIC RELATIONS



NOW IS THE TIME! IT IS NOW OR NEVER! We need the Virginia members of NARFE to help us get to the needed 450 applications for the NARFE License Plate. At the VFC Board meeting in October, it was agreed we will make one final push to get a NARFE License Plate approved by the State of Virginia. We are asking each of our 59 chapters to establish a goal of getting between 8 and 10 members to sign up for the special plate. It only costs \$10 or \$20 if you want a personalized plate. We can do this if every chapter gets on board. Our goal is to have 450 applications by the end of our VFC convention in April 2012. Why is this project important? Did you know there are over 300,000 active and retired federal employees in Virginia? However, only about 20,000 of us belong to NARFE. We need to do more to raise the awareness of NARFE and to get new members. The NARFE Special Plate can help. This is critical time and our benefits are under attack on Capitol Hill. We can expect these attacks to continue

even after this round budget cuts are made. We need more NARFE members because the more members we have the stronger we become in fighting to protect our earned benefits. On the front page of the VFC web site www.vanarfe.org there is a link to the license information. There you will find a status report, questions and answers about the project, the DMV application for special plates (Print it out, fill it out, and send it to me!) and information about how the special plates program operates in Virginia. **Please check it out and help the VFC reach its required 450 applications.** If you have questions please send me an email at gastongianni@aol.com



<<<<<Congressman Wittman with Maureen Nolet, President, Fredericksburg Chapter 90; Leslie Ravenell, President, Colonel Beach Chapter 595 and VFC Area VIII Vice President; Julia Alessio, Falls Run Chapter 2343; and Gaston Gianni, Woodbridge Chapter 1270 and VFC Public Relations Chair.

On another Public Relations front, a number of VFC Area Vice Presidents (AVPs) have been participating in health fairs in their areas. We have supplied them an array of NARFE marketing materials to hand out to prospective members. I want to personally thank the AVPs for their time and effort to help increase NARFE membership. This is an excellent way to get more recognition for NARFE and to meet potential members. For example, on October 25, 2011, Congressman Rob Wittman of Virginia's 1st Congressional District held a health fair at the newly opened Crossings Senior Living Community near Falls Run in Virginia. The Congressman's office invited NARFE to have a table at the fair and members from the following chapters were present: Fredericksburg (Chapter 90), Colonial Beach (Chapter 595),

Warrenton/Fauquier (Chapter 1549), Louisa (Chapter 2065), and Falls Run (Chapter 2343 and Woodbridge (Chapter (1270) We were able to welcome and meet a number of potential members who attended the fair.

Also, in the Congressman's opening remarks he recognized NARFE's presence and encouraged all attendees to consider joining NARFE. He talked about the important role that federal employees play in delivering governments services to the public. He said that as the Congress looks for ways to deal with the deficit, he believed it should not take away the earned benefits of current active and retired federal employees. He said that if changes were to be made, the fairer approach would be to make the changes for future employees. The Congressman also stopped by our table for a visit.

I also, want to acknowledge and thank NARFE Headquarters, and in particular Chuck Timanus, Public Relations Director for the support they have given the VFC through the matching funds program. These funds have helped several chapters and the VFC to sponsor various events targeted to raising the awareness of NARFE and increasing our membership. Please see my quarterly Public Relations report on the VFC website for more information on my activities during the past quarter and the status of VFC Public Relations projects.

Closing Quote: "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." - - - Albert Schweitzer

Gaston Gianni – Public Relations Chair

SERVICE OFFICERS



APPLYING FOR DEATH BENEFITS using the CSRS Standard Form (SF) 2800-1 - The Office of Personnel Management (OPM) has revised SF 2800-1, *Applying for Death Benefits under the Civil Service Retirement System*, to bring it up-to-date and add information about the new Direct Express debit cards issued by the Department of the Treasury. The **only** acceptable version of this booklet is dated July 2011. Please destroy any prior versions you have in stock. The SF 2800-1 can be obtained from the Office of Personnel Management (OPM) web site at www.opm.gov/retire/pubs/pamphlets/csrs.asp.

Source: OPM Benefits Administration Letter: October 13, 2011

WALGREENS SEVERS TIES WITH EXPRESS SCRIPTS - Express Scripts, a major pharmacy benefits manager for many insurance companies and DOD's TRICARE program, is in a legal dispute with Walgreens after the pharmacy store announced in June it would not participate in Express Scripts network in 2012. The expiration of the contract on December 31, 2011, means that enrollees in insurance plans under the Federal Employees Health Benefits Program, Medicare Part D and TRICARE who use Express Scripts as their PBM must find another retail pharmacy to have their prescriptions filled after this year. Express Scripts has information on how to change pharmacies on its website at www.express-scripts.com/services/members/networkchange Walgreens will continue to fill prescriptions until the end of the year. Express Scripts is currently working on a merger with another PBM giant, Medco Health Solutions.

Source: NARFE Headquarters Website

OFegli INVOLVED IN LAWSUIT - The Office of Federal Employees Group Life Insurance (FEGLI) and the program's underwriter Metropolitan Life Insurance Company are facing a class-action lawsuit concerning the way interest is paid to FEGLI beneficiaries from accounts established to pay out life insurance proceeds.

Last year, revelations surfaced that Metropolitan Life Insurance Company, which contracts with OPM to provide life insurance benefits to federal employees and annuitants, was not completely forthcoming about the special retained asset accounts set up for life insurance beneficiaries to draw out life insurance proceeds. The proceeds, supposedly kept safe in a bank account, are actually invested in bonds paying a higher rate of interest but not insured by the FDIC. The plaintiff's attorney mailed out thousands of postcards to claimants that may meet the criteria for the suit. If you received a postcard and have questions, contact the website www.fegliclassaction.com or call (888) 689-9302. Neither OPM nor MetLife were involved in the mailing of the postcards and cannot respond to inquiries about it.

*Source: NARFE Headquarters Website
John & Connie Bails – Co-Service Officers*

STATE LEGISLATION



We have distributed most of the 1200 copies of the 2012 State Legislation (SL) Plan tri-folds to our members to use as they discuss our issues with members of the General Assembly (GA). This fall many of our chapters invited the candidates representing their local districts for the 2012 GA to comment and answer questions about their plans if elected to the GA. Several of the VFC Board members have met separately with candidates to discuss the issues in our 2012 State Legislation (SL) Plan. One of the ongoing issues pertains to eminent domain. We strongly urge that HR-693 be adopted as a constitutional amendment so that a future legislature will have to have approval of the voters of the state in order to overturn the private property protections that were approved by the 2007 GA.

The VFC State Legislation Committee will meet at the Koger Center Holiday Inn on June 13, 2012 from 10:00 AM to 2:00 PM. At this meeting the committee consisting of the SL Chair, the two SL Representatives, the 10 Area Vice Presidents and their Area SL Coordinators, and the VFC President and the two Vice Presidents will meet to prepare a draft plan for the 2013 Legislative Session and to discuss criteria for selecting GA member to support.

At the October 16-18, 2011 VFC Board Meeting it was decided that due to the short time remaining before the November 8 election and small amount in the PAC fund (approximately \$5500) that there was neither time enough to vet the candidates nor money enough to provide a reasonable donation for candidates who would support our issues.

Every Chapter is encouraged to consider issues that VFC should include in our legislative plan for 2013 and to identify suitable candidates for support in the next election cycle. Suggestions should be given to either the State Legislation Chair or to your local AVP so they could be discussed at the June 13th meeting.

We need to make a significant effort to increase the funds in the VFC PAC. Every chapter is encouraged to make efforts to find donors for the PAC fund. The application for making a donation is below and also found on the "VFC State Political Account Donation Form 2011" link under the "State Legislation" link on www.vanarfe.org

Gene Brown, State Legislation Chair

VFC STATE POLITICAL ACCOUNT CONTRIBUTION

AREA _____ CHAPTER _____ DATE _____

Name _____

Address _____

City, State, Zip _____

E-Mail Address _____

CurrentlyWorking: Yes/No _____

If working show employer (Required by State Board of Elections)

Employer Name _____

Employer Address _____

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

Date of Contribution: _____ Form of Contribution: Cash _____ Check _____

Make check payable to: VFC STATE POLITICAL ACCOUNT

Completed form (with cash or checks) should be mail to:
James Bradley
VFC State Legislative Representative
4150 Round Hill Drive
Chesterfield, VA 23832-7842

AREA I



During the summer months, all four chapters in Area I stay active! Some of the meetings or events may be a little more "social", but we are busily engaged in promoting NARFE 12 months of the year! There were several picnics which brought out members we hadn't seen during the cold months. Chapter 682 had a luncheon in August that brought out a total of 70 attendees, many of whom we hadn't seen for months! Sometimes a nice summer day makes folks eager to walk outside, get some fresh air, and then join fellow NARFE members to catch up on what's been happening during the cold, dreary months. It works in Area I, and I'm grateful for the members who are so supportive of the "12 month" schedule.

Phone calls, letters, e-mail messages – members have stepped up to participate in the project to contact their elected legislatives. We're also had several members of Congress visit chapters. Congressman Bobby Scott, 3rd District, was the keynote speaker at Chapter 682's luncheon meeting. He was joined by State Senator John Miller (1st District). Congressman Rob Wittman, 1st District, visited both Chapter 1823 and Chapter 1757, where he presented information and then answered questions. Chapter 685 has Congressman Wittman scheduled to speak in the coming months. The NARFE Magazine published a great picture of Congressman Scott, wearing a big smile and holding a NARFE mug presented him at the conclusion of his August visit to Chapter 682.

As is the case in most chapters, we're continuing to struggle with dwindling membership. At present all four chapters are striving to increase visibility through community events, fall festivities, and, of course, health fairs. Chapter 682 has the majority of the opportunities for health fairs at the government agencies in Newport News, Hampton, and Yorktown. Membership Chair Marie Collins has been to Ft. Eustis, the Newport News/Williamsburg Airport (TSA), Naval Weapons, and Langley AF Base. She will be working the NASA health fair in December while Charlotte Mitchell and I will be handling the VA Hospital event in Hampton. It's difficult to get attendees at the fairs to discuss NARFE, but at least we hand out material, membership applications, answer some questions, and then hope for the best!!

Area I chapters have been making a concerted effort to improve their newsletters. Chapter 682 has an exceptional publication due to the efforts of Editor Charlotte Mitchell. Chapter 1757 has added more content through use of a different format, to make their monthly publication even more informative. Chapter 685 is in the process of totally revamping their newsletter, scheduling regular publication, and making use of a bulk rate permit. Chapter 682 has had great success in selling ads for their publication so the other chapters are using their ad rates, contact correspondence, etc. to bring in funds to help cover additional expense incurred when their own publications are upgraded and issued regularly.

In recognition of NARFE's 90th Anniversary, Newport News Vice Mayor Madeline McMillan presented Chapter 682 with a proclamation. As President of the Chapter, I accepted on behalf of our members. After the presentation I was offered a chance to talk about NARFE. I readily accepted this opportunity since I could address everyone present in Council Chambers as well as the citizens who watch the sessions on the City Channel. A member of Hampton's City Council's will be presenting their proclamation at the Chapter's November membership meeting. We use every opportunity to continue promoting NARFE through repeated visibility of the name and logo. We all need to promote the NARFE "brand name"!!!

Alzheimer's continues to get great support in Area I. Money was raised by Chapter 1823 by soliciting donations at local businesses. Chapter 682 fielded a team of nine to participate in the 2011 Alzheimer's Walk in Newport News. The team raised \$1000 this year and is already making plans to participate next year. A check was also presented to VFC Alzheimer's Chair Donna Shackelford when she spoke to the chapter in October. The support provided by all the chapters in Area I is exceptional and much appreciated.

As the year draws to a close, new officers are being elected and installed. Holiday luncheons and dinners are being planned. And as the Area I AVP, I am thrilled to be asked to participate in the various events. We are looking forward to a new year with renewed vigor and hope!!! For now, I'll close by saying may each of you and your families have a wonderful Thanksgiving and a blessed holiday season.

Patricia "Pat" Taylor – Area I Vice President

AREA II



As Area II VP at the Tidewater and Eastern Shore, I have visited the Virginia Beach and Norfolk Chapters, promoting the goals of the Federation and National Office. Eastern Shore did not meet this quarter. There are seven distinct and individual Chapters in Area II. Each chapter is diverse and unique to the area. In our favor during these stressed economic times, the chapters members continue volunteerism at the Public Broadcasting Radio Membership Drive and Health Fairs. Their participation exposed NARFE and their presence is announced during the broadcast. This was a great opportunity to promote NARFE.

Nominating Committees have been appointed. Seaside 1827, Metro 5 and Tidewater Chapter Presidents have expressed they will not seek another term. Eastern Shore 1175 has a serious problem in trying to recruit officers for any position. This chapter will have to be addressed for a resolution as to what to do with the chapter.

Joint Expeditionary Base Chapter 2362 at Fort Story is in the process of relocating from Ft. Story to Little Creek Navy Base. Meetings have been suspended until the move is finalized. It is expected the chapter will be operating again in January 2012.

Congratulations!!! John Eaton, VFC Past Parliamentarian celebrated his ninety-seventh birthday at Virginia Beach Chapter 974 meeting. John is still going strong and he and his wife Barbara attend most chapter meetings and luncheons.

Lastly, I am indeed grateful to our members who made the sacrifice to volunteer their time. May you and your family be graced with the blessings of good health and prosperity now and the coming year.

Betty L. Warren – Area II Vice President

AREA III



Although only Midlothian (Chapter 2265) continues to hold meetings in July and August, the summer was busy with effects of the budget for federal employees and retirees. I attended and participated in the July VFC Board meeting July 10th – 12th before going on a vacation with my family in Wyoming and South Dakota and returning home on July 30th. Our grandsons enjoyed their first view of buffalo, moose, elk, and bears and the geysers and the Grand Canyon of the Yellowstone. Shortly after my return, I attended a luncheon meeting with the Peninsula Chapter and heard 3rd District Congressman Bobby Scott and talked briefly with him and a couple of staffers later. I was also involved in the second round of telephoning congressmen and senators and letter writing in the continuing Protect America's Heartbeat Campaign.

At the beginning of September, Richmond (Chapter 60) President, Mike Muldowney, resigned and Judith Brantner took over as Acting President. Also, the chapter indicated they could not continue to participate in the Area III newsletter as they could not afford to (primarily because of a loss of members). Imperial Plaza (Chapter 1510) also bowed out for the same reason. During the October area meeting, the decision of what the other four chapters would do was tabled until January. Midlothian has been publishing their own newsletter for two years as well as coordinators continuing to write articles for the Area III newsletter.

Later in September, I spoke to the South of the James (Chapter 1138) on Protect America's Heartbeat campaign, and enjoyed attending the Midlothian chapter picnic. Staff members from both 4th district office of Congressman Randy Forbes and Senator Mark Warner's offices also attended. I attended the Fall VFC Board Meeting, Oct. 16th -18th and also participated in the October 24th teleconference on final Protect America's Heartbeat activities which was conducted for Region X members. On October 27th, I conducted an area meeting for 10 presidents, coordinators, and newsletter editors. It was a positive, informative meeting.

The trend of losing more members than we gained, continued in all 7 chapters. It is not because of lack of retention efforts. Our Membership/Retention Chairs and Presidents report it is primarily due to some members complaining about the national dues increase. Also in chapters with older members, many have moved out of state and their children/caretakers do not continue paying their dues. For the first time Midlothian and South of the James were unable to recruit members at the Chesterfield County TRIAD. Petersburg continued conducting 30 -minute Lunch and Learns at Ft. Lee in the EEO Conference Room, but attendance has dropped. The chapter went through a long, beaucratic process to conduct periodic sessions on post. Both VP Roy Beasley and I attended a meeting at Ft. Lee and I briefed officials on the purpose of NARFE, etc. However, if attendance does not increase, we will be dropping these meetings.

We received word Tuckahoe (Chapter 1727) member and former VFC president, Oscar Honeycutt, who had moved to Henderson, North Carolina died on October 7th. For years Oscar had been active as State Legislative Chair, and was also an associate member of the Richmond and Midlothian chapters, too. We will all miss Oscar.

All seven chapters will have a full slate of elected officers to begin the year. It appears the Presidents will include Lynn Osbourne(Midlothian) , Sarah Harris (Tuckahoe) , Bettye Thornton (Imperial Plaza), Mary Lykins (Colonial Heights), Joyce Thomas (South of the James) , Judith Brantner (Richmond) , and myself (Petersburg) . There will be changes in other offices in some chapters. Marjorie Dixon will replace Kit Ericson as Secretary in Petersburg, Richmond will have either a new Vice President or Treasurer. Colonial Heights has selected Gwynn Stasny as Secretary to replace Arlene Barkley (who resigned), and Midlothian will have a new 2nd Vice President and treasurer. Current 2nd Vice President Ann Simpkins will become the Treasurer to replace Noel Boraski. who reached her term limit.

The Area III Chapters held a variety of activities this fall. Speakers from Blue Cross-Blue Shield were invited to discuss 2012 rates and coverage changes. Other speakers included Randy Davis who spoke on Medicaid Fraud, Robert Barringer on the services of OPM and David Harless spoke on the role of Negro soldiers in the siege/battles at Petersburg. Other activities included a bake & craft sale for Alzheimer's Research, and bus trips to Williamsburg (shopping) and Washington, D.C. Also, all the chapters are planning Christmas luncheons. My family and I wish you all a Merry Christmas and Happy 2012.

Jack W. McMurchy – Area III Vice President

AREA IV



Area IV consists of five chapters – Churchland (I am president of this chapter), Brentwood, Portsmouth, Chesapeake and Suffolk. Despite all chapters not meeting during the summer months (July and August), this has been a busy time for the Area's chapters and members.

In August, Congressman Randy Forbes accepted our invitation to meet with members at the Nansemond River Golf Club in Suffolk as part of our NARFE Grass-Roots Advocacy initiative. He and two staff members met with approximately 40 Area IV NARFE members, and stayed for about two hours, outlining his programs in congress, discussing his votes within the House and answering questions regarding NARFE,

Area IV VP and Congressman Randy Forbes >>>>



social security, federal benefits and retirements, along with other general questions. The majority of attendees were pleased with the congressman's visit and talk with us.

At the end, I presented Congressman Forbes with a gift NARFE coffee mug to commemorate his visit. The photo of that gift was also chosen to be included in the November issue of NARFE Magazine. Another chapter in Area IV also hosted Delegate Chris Jones. during the Grass-Roots Advocacy outreach timeframe.

Another significant event was the annual Suffolk October Peanut Festival held in October. As usual, our Suffolk Chapter rented a booth as a recruitment tool. That chapter was successful in obtaining 'Matching Funds' from VFC and NARFE Headquarters. Members assigned to the NARFE booth passed out cups of peanuts to attract visitors to the booth. Once there, active duty or retired federal members received a bag containing a NARFE magazines and brochures along with other small gifts and trinkets; and were explained about the mission and actions of NARFE. Eighteen Area IV members worked 28 hours at the festival, talking with over 1,000 persons and passing out almost 2,000 cups of peanuts and handing out an estimated 225 NARFE packages to federal employees and retirees. During the fall, Hurricane Irene struck the Hampton Roads (Tidewater) area, causing damages to homes and property. At least one NARFE member in Area IV accepted the NARFE monetary offer to assist with repairing homes. He filed his claim and was pleased that VFC and NARFE approved his request and provided him \$500 to help out. He is grateful and it is encouraging to all of us to learn that VFC and NARFE are there to help out in times of need.

The Churchland Chapter was instrumental in hosting a NARFE recruitment booth at the annual Health Fairs at the Portsmouth Naval Hospital and the Norfolk Naval Shipyard (located in Portsmouth) on November 3rd. This initiative was part of the chapter's goals for this fall season. We obtained 400 NARFE magazines from Headquarters, along with various brochures regarding NARFE and applications to join our

Barb Whittington at NARFE Table >>>>>



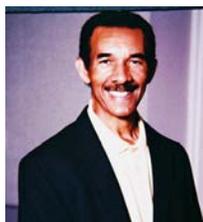
group. VFC provided NARFE bags to hold the pamphlets and magazine, as well as various 'gifts or trinkets' with NARFE logos on them. All of those items will be given to prospective NARFE recruits. Three of Chapter 1293 members "manned" the table during the day; Public Affairs Chair William (Tom) Perry, Alzheimer's Chair Barbara Whittington and President Bobby Whittington. The Fair lasted three hours. During that time, approximately 170 NARFE bags containing NARFE magazines, brochures, 'trinkets' and an invitation for interested personnel to visit our chapter meetings were handed out. We spoke with all personnel who even 'slowed down' going by our table. We provided a short brief on what NARFE is and what NARFE does... Interestingly enough, better than 90% of federal employees who stopped at the table had **NEVER** heard of NARFE... and a few who had heard of it... didn't know what it was actually all about.

As Area IV Vice President, I attended the VFC quarterly conference in October at Richmond. Upon returning home, I drafted notes pertaining to that visit and distributed them to the presidents of the other four chapters within our area. All of Area IV's chapters have been proactive in supporting NARFE's Protecting America's Heartbeat initiative. Members have been diligent in writing, emailing and calling their congressional congressmen and even the White House. Our message is for congress and the Supercommittee not to cut and reduce spending and programs on 'the backs of federal retirees.' I have been active in visiting chapters within Area IV. In that regard, I've been asked to officially install new chapter officers to serve on their boards. No chapter presidents have stepped down or been replaced, which helps continuity. All chapters still have key vacancies, however, including Public Relations chairs and Legislative Liaisons. Our Churchland Chapter welcomed a new Treasurer and Alzheimer's Chair as replacements for the incumbents who are 'stepping down.'

A particular goal of our chapters has been to provide interesting and diverse Guest Speakers at our monthly chapter meetings. We have been successful in scheduling politicians, health insurance representatives, spokespersons for local homes and activities, entertainers (such as singers), outreach persons for the Virginia Opera and museum curators.

Bobby L. Whittington – Area IV Vice President

AREA V



Area V Chapters include Lynchburg (Chapter 110), Danville (Chapter 1011), Bedford (Chapter 1068), Martinsville/Henry (Chapter 1882), Southside (Chapter 2079), and Piedmont (Chapter 2080)

CHAPTER VISITS - - - Now that Summer is over, all chapters have resumed their normal meeting schedule. I intend to visit all chapters once more before the year ends.

CHAPTERS MEETINGS - - - Attendance at chapters meetings continues to decline throughout Area V. In some cases, meetings would not be possible if not for the "dedicated few" who attend chapter meetings regularly. We are putting greater emphasis on our chapter newsletters, as they are a valuable information source.

MEMBERSHIP AND RETENTION - - - Area V is experiencing the normal loss of members. We lose a few – we gain a few. In light of the overall decline in NARFE membership, our concentrated efforts are to keep the current membership in tact. Most of the membership gains in Area V are a direct result of the the OPM mailings. I have not been successful in scheduling an Area V Council Meeting. The chapter presidents are not willing to travel outside of their area.

ALZHEIMER'S AND NARFE-PAC CONTRIBUTIONS - - - Area V has a goal to increase Alzheimer's and NARFE-PAC contributions by 5%.

NARFE CREDIT UNION - - - Chapter 1011 opened a new checking account with NARFE Federal Credit Union because it was experiencing difficulty with Carter Bank in Danville, VA whenever it was necessary to update signature cards.

NARFE RECRUITMENT LITERATURE - - - I visited NARFE headquarters on September 19, 2011 to obtain handouts for all chapters in Area V. Bedford Chapter 1068 distributed some of the latest handouts at an annual festival event held in Bedford, VA in September.

Jessie Barksdale - Area V Vice President



AREA VI

All Chapter members are concerned about their benefits and have been busy writing letters, E-mailing and calling their elected officials. Recruitment efforts have focused on employed Federal workers. Two Chapters made a concerted effort to identify the federal agencies in their Chapter areas and to provide information and encouragement to join NARFE. This process is on-going. Some new memberships have resulted.

Nominating committees in all Chapters are hard at work trying to find members willing to fill officer and committee positions. They are finding few members willing to accept these responsibilities. Those attending Chapter meetings apparently attend for the socializing and to get information they can use to understand their own benefits.

Three of the four Chapters are searching new meeting places that can provide a meeting room and a reasonably priced meal. These Chapters have now identified alternative meeting sites and are now polling their members with regard to their choice for the coming year.

The area Vice President has visited each Chapter at least once in the past quarter and will continue this work. We are in touch by E-mail and other means on a weekly basis. Most recent contact was to provide a brief of the actions by the VFC Board at its October meeting and to send the State Legislative plan (and talking points) to each Chapter's Legislative Chair with instruction to get these to the newly elected state General Assembly members as soon as they are known.

Del Dyer – Area VI Vice President

AREA VII



Area VII Chapters include Charlottesville (Chapter 135), Harrisonburg (Chapter 164), Staunton-Augusta-Waynesboro (Chapter 178), Winchester (Chapter 180), Page Valley (Chapter 1793), and Shenandoah County (Chapter 2358). During the last quarter, Area VII chapters noted the following significant events:

- Preparations have begun for the 2012 VFC Convention to be held April 22-25, 2012. The preparations culminated in the first 2012 VFC Convention Committee meeting in Harrisonburg on September 30th. All 6 Area VII hosting chapters were represented. (see 2012 VFC Convention article)
- Charlottesville Chapter 135 placed an ad in the local "Coffee News" publication for 6 weeks after receiving matching funds from NARFE HQ and VFC.
- Winchester Chapter 180 received special recognition for its role in fundraising for Alzheimer's Research. Delegate Beverly J. Sherwood, R-Frederick County, presented the group with a copy of the resolution she introduced this year in the General Assembly, recognizing the chapter's years of raising money to support a cure, as well as NARFE's efforts throughout the state and nation. The lawmaker read the resolution to members during the chapter's August meeting. This meeting was also the Chapter 180 Annual Silent Auction and more than \$1,300 was raised for Alzheimer's Research and an additional \$500 was donated the next day.
- NARFE National President Joe Beaudoin and a member of Winchester Chapter 180, taught another Drive Safety class.
- Jenifer Bradford gave a very interesting talk on her recent trip to Israel and Jordan to the members of Staunton Chapter 178.
- Harrisonburg Chapter 164 received matching funds for a display booth they sponsored at the Rockingham County Fair.
- Page Valley Chapter 1793 held their Picnic & Alzheimer's Fundraiser at Lake Arrowhead, Luray – Lion's Pavilion. The speaker was Sue Friedman, President & CEO, Alzheimer's Association, Central & Western Virginia, who spoke about recent successes in Alzheimer's research.
- Frances "Gene" Baker, passed away on July 14, 2011. Gene was a founding member of Page Valley Chapter 1793, which was established in 1980. I, as well as many members of his chapter, attended a memorial service for him. Gene served three non-consecutive terms as Chapter President (1985-86, 1993-94, & 1996-97) holding it together. He was the Chapter's first Service Officer, and in later years (1998-2011) was its Alzheimer's Chairperson and Historian. He also served a term as VFC Area VII Vice-President.
- Luther Santiful provided Shenandoah County Chapter 2358 a report on the Region X Presidents' Conference which was held in Corbin, Kentucky in early August.

Steve Dansker –Area VII Vice President

AREA VIII



2011 VFC CONVENTION: FINAL CLOSEOUT - - - In August I mentioned that each of our seven area chapters would be receiving a check for over \$700 based on the success of the 2011 VFC Convention. I delivered checks to Chapters 90, 595, and 2065 in August and finished up with the last two, 2112 and 2343 on the 1st of September. Another program from the convention was the delivering of 120 letters to our Virginia Senators, Mark Warner and Jim Webb expressing our concerns in regard to the attack on our earned federal retirement benefits. So what happened to all those letters? Did anybody read them? Well, I am happy to tell you that both myself and my husband received letters from Senator Warner in response to the convention letters we delivered. In his letter Senator Warner said "It is my opinion that federal employees are the lifeblood of the federal government...Please be assured that as we work in the 112th Congress to address our deficit, I will keep your concerns in mind." I hope that many of you also received a similar letter from Senator Warner. Finally at

the October VFC Board meeting, I hand delivered to Area VII Vice President, Steve Dansker, your written evaluations from the 2011 Convention. Steve assures me that he is studying your feedback in order to enhance the 2012 VFC Convention.

HEALTH FAIR - - - Some of you may have heard or read that 1st Congressional District Representative Rob Wittman sponsored a health fair on October 18th at the Crossings at Falls Run, a new retirement community in Fredericksburg. The Crossings was a sponsor of the Hospitality Room at the 2011 VFC Convention. NARFE Chapters in Congressman Wittman's District were invited to participate in the Health Fair which included in person briefings from OPM and Medicare as well as many of the companies who participate in FEHP. Chapter 90 Fredericksburg President Maureen Nolet headed up the team at our NARFE Table plus Chapter 2343 Falls Run President, Julia Alessio and Chapter 1549 Warrenton-Fauquier President Barbara Scott along with me and VFC Public Relations Chair Gaston Gianni. What was most impressive was the one on one interaction each of the participants had with Congressman Wittman. The Congressman reiterated both to the entire group as well as in individual conversations, his commitment to preserving the earned benefits of our retired federal employees. Please check Gaston's report for a more in-depth report of the health fair.

FALL CHAPTER ACTIVITIES - - - Even though August is designated as Grass Roots Advocacy Month, most of Area VIII hosted political candidates in September with State candidates visiting Chapters 2343 (Falls Run), 2065 (Louisa), and 1885 (Lake of the Woods). Lake of the Woods Chapter also hosted County Supervisor candidates. Colonial Beach Chapter will hold its annual Alzheimer's Charity Big Band Dance on Saturday, 12 November at the Moose Lodge in Colonial Beach. Tickets are \$20.00 and can be purchased at the door. All chapters in Area VIII are furiously working on new slates of officers and Committee Chairs for 2012. As always, thanks to all who are about end their term of office and thanks to all who will step up to plate for 2012. And, of course, a special thanks to all in Area VIII who continue to serve their NARFE Chapter from one year to the next.

Leslie Ravenell – Area VIII Vice President

AREA IX



With the Congressional "Super Committee" looking for ways to reduce the deficit by \$1.5 trillion, we federal employees and retirees feel like we have a big target on our backs. Many members in Area IX have been calling and writing their Congressmen, asking only that they be "fair and balanced" in their approach and recommendations. The Protect America's Heartbeat campaign has been particularly timely and, we hope, somewhat effective. As a matter of fact, Woodbridge Chapter 1270 used NARFE Headquarters' banner as they marched in the Dale City Fourth of July Parade, and they were featured in the September NARFE national magazine!

Our Congressional Delegation liaisons have been particularly effective in arranging to have our own Congressmen meet with members albeit not during August, which was grassroots advocacy month. Rita Jensen invited Congressman Jim Moran to talk with mostly members from his district on September 12th. And then Mary Lou Vroman invited Congressman Connolly to join NARFE members from his district on September 27th. Both events were well attended and gave the Congressmen many "take-aways." Finally, we are awaiting the opportunity to talk with Congressman Wittman, whose schedule has not permitted an opportunity to get together.

On the 6th of October, I joined VFC President Bill Shackelford and his wife, Donna; as well as VFC 2nd Vice President Dick Gangerelli; VFC State Legislative Chair, Gene Brown and Falls Church (401) President John Restall at the Northern Virginia Aging Network breakfast. This was another opportunity to meet and greet, as well as eat with, our state legislators and their challengers. It was highly productive, and I highly recommend members attend this annual event.

Earlier on September 21st, I was able to join Dick Gangerelli, Gene Brown, Charlie Dane (1159) and Julie (from NARFE Headquarters) in Senator Warner's office. Although we were not able to meet with the Senator, we did meet with his legislative aide, who took our concerns down for furthering to the Senator.

Finally, the Northern Virginia Caucus met earlier on September 16th to focus on Public Relations and the future of the Caucus. The group decided to keep the Caucus in being, and elected Gaston Gianni as the next Chairman. The Caucus will probably not meet as frequently as it has in the past.

Since many of the chapters in Area IX are back in the swing of things, they are focusing on officers for the next year. For the most part, all the major positions are covered and will be sworn in the next few months. There are still a few vacancies. I continue to push for officers to be training their replacements. (And I continue to believe that recruiting first time visitors is an excellent way to prepare replacements!) I look forward to being the "swearing in" officer for a number of the Area IX chapters!

Pierce J. Johnson – Area IX Vice President

AREA X



After the summer break, Area X chapters are back in session with some interesting programs. Several chapters invited local politicians and Northern Virginia Blue Cross and Blue Shield representatives Gayle Nelson and Vanessa Lacey. A volunteer with the Shepherd's Center of Oakton-Vienna gave tips about de-cluttering your home. The Clerk of Court (Circuit Court), Fairfax County, spoke about being accountable for filing and tracking over 22,000 new court cases a year, issuing marriage licenses, processing notary public applications, and shared other interesting tidbits. An interior designer spoke about her experiences abroad with the U.S. Department of State and two U.S. Marshals told about the history of the agency and what they do in their jobs.

In September, Area X and Area IX members held meetings with Congressman Jim Moran and Congressman Gerry Connolly and met with staff in Congressman Frank Wolf's office. The Northern Virginia Caucus of Chapters met at Neighbor's Restaurant in Vienna and elected the following officers for 2012: Gaston Gianni (Chapter 1270 – Woodbridge) as Chair, Darwin Ransom (Chapter 1270 –

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"			
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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

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VFC National Legislation Chair – Jim Brewer

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

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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
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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			
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