



National Active and Retired Federal Employees Association



VFC Notes – Summer 2011

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

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

FEDERATION PRESIDENT



I want to express my thanks to all of you for giving me the privilege to continue as VFC President for a second term, 2011-2012. To date, it has been a very enjoyable experience primarily due to our strong and capable Federation Board as well as the hospitality, extended to me by all of our Chapters. I sincerely hope that all of us together can continue to promote the objectives of the Virginia Federation. I fully believe that we can accomplish a great deal because you are members you care about the NARFE organization.

MEETINGS - - MEETINGS - - MEETINGS - - While many chapters take the summer off from their activities, the members of the VFC Executive Board continue with the business of NARFE. While the "Protect America's Heartbeat" campaign continues to occupy our time, we also have been involved in meetings on the Federation, Regional and National levels. In July, the VFC Board met in Richmond and addressed a full agenda of business. A short summary

of the VFC Executive Board actions is provided by the VFC Secretary and other details of much of the material discussed will be set out in the articles of the Area Vice Presidents and Committee Chairs later in this issue. Additionally, the approved VFC Budget for 2011-2012 is provided by the VFC Treasurer.

Following the VFC Executive Board meeting, I attended the combined National Executive Board (NEB) / Federation Presidents' (FP) meeting which was held in Sparks, Nevada. This meeting is held every two years at the site of the upcoming NARFE National Convention which allows the Presidents to see first-hand the facilities we will be using for our the 2012 Convention. There was a lot of information that was provided or exchanged at this meeting, including reports from National Information Technology Advisory, By-Laws Review and Recruitment/Retention Committees. The presenters did a great job and the Q&A sessions helped the committees in redefining the individual reports. While all of the committee should be commended for their efforts, the one that I found most informative was the presentation of the National Information Technology Advisory Committee (NIAC). The NIAC was charged with auditing the information technology structure at NARFE Headquarters (HQ) with specific attention directed to simplifying the on-line reports which are accessibility from the main NARFE website. Over the years we have all heard promises from NARFE HQ that our needs and concerns about the accuracy and usability of the reports, but hopefully, by the time you are reading this message, the new formats of the on-line reports will be available to all users. If not, please be assured that **CHANGE IS COMING SOON!!!!**

Additionally, there were three presentations, made by Iowa FP Larry Moore (Membership Recruitment), Ohio FP Ed Konys (Public Relations/National Advertising Program) and Washington State FP Sandra Cagle (Chapter/Federation Leadership). These presentations were as outstanding as the committee reports and the exchange of additional information that occurred between the FP's and the NEB should be very beneficial to the future of NARFE. As more information becomes available, I will bring it to the VFC Executive Board for review and consideration for implementation within the VFC.

A major highlight of the meeting was the interaction of the other persons who are also serving as Federation Presidents. In particular was my meeting with Texas Federation President Marshall Richards. President Richards is a very enthusiastic individual and is anxious to excel during his tenure as Texas President. Prior to the FP meeting, it was brought to my attention that during the 2011 Texas Federation Convention, he stated to Jane Beaudoin (Winchester - Chapter 180) that he wanted to issue a challenge to the Virginia Federation of Chapters with regards to Alzheimer's Research donations. On behalf of the Virginia Federation of Chapters, I accepted the challenge of the Texas Federation. For full details on this challenge, be sure to read the article prepared by VFC Alzheimer's Chairman Donna Shackelford in this issue.

In August, I attended the Region X Presidents' Conference which was held at the Cumberland Falls State Resort Park in Corbin, Kentucky. Also in attendance from Virginia were 1st Vice President Luther Santiful, 2nd Vice President Richard "Dick" Giangerelli, Area IX Vice President Pierce Johnson, Area X Vice President Kathy Arpa, Public Relations Chairman Gaston Gianni, Co-Service Officers Constance and John Bails and Alzheimer's Chairman Donna Shackelford. This conference is held every two years by the Region X Vice President and the purpose is to bring the Federation leadership from Kentucky, North Carolina, Tennessee, Virginia and West Virginia together for the purpose of examining problems/concerns within each Federation and brain-storming possible solutions to these issues. The theme of this conference was "Leadership and Marketing" with an emphasis on 1) Service Officers and Their Influence in NARFE; 2)

Marketing Issues; and 3) Leadership Issues. Information gained from the NEB/FP Conference and the Region X Presidents' Conference will be used by the VFC Executive Board to develop training sessions to be held in the early part of 2012.

The process of developing a VFC Strategic Plan to help us set and achieve our goals for future years is moving forward. As with development of any long-range plan within an organization, there is never a consensus on the most important issues facing the members. Input was solicited from all members of the VFC Executive Board, Committee Chairs and Area Vice Presidents. There were a total of 74 items that had been identified in the following 8 major categories: (1) Administration/ Operations; (2) Communications; (3) Training; (4) Information Technology; (5) Membership; (6) Service; (7) Legislation; and (8) Public Relations. Three other areas of interest/concern were added by the individuals providing the input. Interestingly each of these new areas were major topics of discussion among the attendees at the NEB/FP meeting in July. Each of these three areas were in the areas of membership recruitment, public relations/national advertising program chapter/federation leadership. Additionally, an area of the VFC Strategic Plan survey concerned the area of Information Technology and it was expressed by the respondents that NARFE HQ should take lead in these matters which was a major portion of the presentation of the NIAC. Using the information gained from the survey, I will work with Pierce Johnson, Area IX Vice President, and Gaston Gianni, Public Relations Chair to further consolidate the input and discuss with the VFC Board which important goals should be placed in the Strategic Plan. **REMEMBER** - - that in Virginia, there are 108,000 annuitants, 31,000 survivor annuitants, 144,000 active federal employees and 15,000 postal employees. Currently, there are about 20,000 members in the VFC. The overall goal of the Strategic Plan will be to attract more members as well as retaining our current members. Our strategic plan will have a Purpose, Mission, and Vision Sections before describing our strategic goals.

William "Bill" Shackelford – President

FEDERATION 1st VICE PRESIDENT



The final results of the 2011 VFC Convention are now in. All measurement sources confirm attendee satisfaction and a positive financial outcome. As overall convention coordinator, I want to express my appreciation to the convention committee, under the able leadership of Leslie Ravenell, Area VIII Area Vice President, for the outstanding display of teamwork that produced a convention to be remembered. Plans are already underway for the 2012 convention. Please feel free to forward any ideas you have that you think will help make the 2012 convention equal to or better than the 2011 one.

In July of 2010, all AVPs agreed to encourage chapters to recruit an average of at least one member per month. As a result of their efforts during the period of 1 July 2010 to 30 June 2011, eleven chapters averaged one or more members per month. Winchester Chapter 180 led all chapters by recruiting an average of three members per month. Unfortunately, 14 chapters did not recruit any members during the entire year. The composite results for the VFC show an average of 28 recruits per month for the 58 chapters included in the assessment. I believe with a little more effort all chapters can average at least one new recruit per month.

The VFC Board approved funding for officer and committee chair training at four locations around the state during the spring of 2012. In the meantime, AVPs have been asked to request committee chairs to conduct whatever training chapters feel they need at Area meetings. All VFC committee chairs have training modules prepared and will conduct them upon request. Areas VI and VII included well-executed training in their recent Area meetings.

Recent months have included a flurry of activity regarding protecting our earned benefits. I have visited congressional offices, called repeatedly, written some letters and visited chapter meetings with members of congress in attendance. I have been pleased with the activities of some chapters and members who have taken this campaign seriously. We have gotten the attention of some members but we have lots more to reach and educate. It is unrealistic to expect a member of congress to support our issues if he or she does not know what they are. Therefore, it is up to NARFE members to meet with members of congress and explain our issues. This is critical for new members who may not otherwise ever have any interest in the plight of federal employees.

I encourage all members to review the R. David Smith Memorial Award criteria posted on the VANARFE website (www.vanarfe.org) and aspire to be a nominee or nominate some other member. George Hawkins of the New River Valley Chapter was the most recent winner. Recruit a member!

Luther L. Santiful – 1st Vice President

FEDERATION 2nd VICE PRESIDENT



The primary role of the VFC 2nd Vice President is to be ready to assume the responsibilities of the VFC President and the VFC 1st Vice President in their absence, to be the primary contact person for the VFC Chairs, and to assure that the VFC Chairs are carrying out their assigned duties. Since being elected in April 2011, my job has been a fairly easy one, as we have a strong and active VFC President and VFC 1st Vice President, and a very competent group in the VFC Chair positions.

I ask that you give your support to the following recent appointees to some of these positions:

- Eugene Brown - VFC State Legislative Chair
- Gaston Gianni - Public Relations Chair,
- Maureen Nolet - Nominating Committee Chair, and
- Joe Gresko - State Legislative Representative.

I also want to thank Jim Brewer for continuing to fill the VFC National Legislative Chair position while we try to find a new person to fill that position. However, we do hope that Jim will consider continuing to hold the position of VFC National Legislative Chair.

I encourage you to read the reports in these VFC Notes from all of the VFC Chairs. You will find them quite interesting and informative. However, there are a few issues that I would like to emphasize.

We do have vacancies in the Congressional District Liaison (CDL) and Senate Legislative Liaison (SLL) positions that need to be filled. These are very important positions that cannot remain vacant. Jim Brewer will provide training on a person-to-person basis and is scheduling a training session in conjunction with the 2012 VFC Convention. We do not yet know where the new boundaries for the Virginia Congressional Districts will be, as this information will not be made available until the December 2011 timeframe; however the current positions still need to be filled.

Eugene Brown is working hard to finalize and print the 2012 VFC State Legislative Plan, and it should be available soon. The decision on which Virginia General Assembly candidates to give financial support to has been delayed until the October 2011 VFC Board meeting, so there is still time to make contributions to the VFC State PAC fund. This year, we have tried to make it easier to make State PAC contributions by allowing the use of credit cards; however, to date, only two members have utilized the credit card method.

Dennis Martin has set a goal of a 10% increase in membership this year. How well that goal is met will be reported at the 2012 VFC Convention, together with the announcement of the first place, second place, and third place winners of the current VFC membership contest. Unfortunately, as Dennis reports, it appears that this will be a difficult goal to meet, as the Virginia Federation had 208 (approximately 1%) decrease in NARFE membership in 2010 and between January 1, 2011, and July 1, 2011, had an additional 281 (approximately 1.5%) decrease in NARFE membership when not considering the new E-NARFE Chapter headquartered in Alexandria, Virginia. Between April 1, 2011, and July 17, 2011, the E-NARFE Chapter has grown in size from zero members to 988 members, 144 of which are residents of Virginia and the remainder of which reside in the other 49 States, the District of Columbia, Puerto Rico, and foreign countries. The strength of NARFE is based on the number of NARFE members, so we need you to emphasize recruitment and retention. If you wish to see what the possible size of the NARFE Virginia Federation could be, take a look at the website www.eyeonwashington.com/few_map_2010/htm/Virginia.html.

Connie and John Bails have been very active in visiting Virginia Federation Chapters and making the functions, responsibilities, and importance of Chapter Service Officers known. Currently, a training meeting for Chapter Service Officers is in the planning stage. They even organized and led a discussion of Federation Service Officer's functions and responsibilities at a NARFE Region X Presidents' Conference in Kentucky in early August 2011.

Donna Shackelford continues to do a great job as the VFC Alzheimer's Chair. Donna reports that the Virginia Federation is again the number one contributor to NARFE Alzheimer's Research. Her report has a lot of information and I suggest you make sure to read it.

Gaston Gianni has really grabbed hold of the functions and responsibilities of the VFC Public Relations Chair. He is in the process of re-invigorating the effort to make the NARFE Virginia license plate a reality, so expect to hear from him in the very near future. Gaston also organized and led a discussion on possible public relations activities at the Federation level at the NARFE Region X President's Conference in Kentucky in early August 2011. Again, I recommend that you pay close attention to Gaston's report.

Finally, I encourage you to consider contacting Maureen Nolet (telephone no. 540-370-0036, e-mail nlmaureen@aol.com) or your Area representative on the VFC Nominating Committee and volunteer to become a candidate for one of the five officer positions on the VFC Executive Board. To date, there is no nominee for the VFC 2nd Vice President's position for next year, and only one nominee for each of the other four VFC officer positions. A complete description of the functions and responsibilities of these positions is published in the VFC Organizational Handbook, which is available on the VFC website at www.vanarfe.org. Elections will be held at the 2012 VFC Convention.

Richard "Dick" Giangerelli – 2nd Vice President

FEDERATION SECRETARY



In July, the VFC Executive Board met in Richmond and addressed a full agenda of business. Some of the actions taken at the meeting included the following:

- A goal to increase VFC NARFE membership by 10% during fiscal year 2012 was adopted.
- President Bill Shackelford directed PR chair Gaston Gianni to assume responsibility for the continuation of the VFC License Plate project.
- Due to a growing number of vacancies in the CDL / SLL positions, the nine-month goal to have 90% of the CDL / SLL positions filled could not be met. Since CDL's and SLL's must reside in the Congressional District that they represent and since new boundaries for the Congressional Districts will probably not be

finalized and approved before December 2011, some CDL's may need to be re-assigned. Funds have been budgeted to partially pay for CDL's and SLL's to attend the 2012 VFC Convention and to participate in a special meeting for training.

- VFC Biennial Training for FY 2012 will be led by 1st Vice President Luther Santiful. It is recommended that training be provided for Chapter Public Relations Chairs, Chapter Membership Chairs, Chapter Service Chairs, and Chapter officers. As in the past, training should be held in four areas around the State to encourage maximum participation. Possible locations include Manassas, Roanoke, Charlottesville, Williamsburg, and Richmond. A budget of \$7,000 has been allocated in fiscal year 2012 for this effort.
- The adopted criteria for the R. David Smith Award were amended by deleting the phrase "during the award period of January 1 – December 31." It was also proposed to change the lead-in sentence of the Selection Criteria to read: "One nominee will be selected by applying at least three of the following criteria for accomplishment during the previous calendar year." The last stated item under the selection criteria were revised to read "Recognized recruiter of NARFE members."

Bill Schmidt – VFC Secretary

FEDERATION TREASURER

In July, at the VFC Executive Board meeting, the VFC Budget for the operating year 2011-2012 was approved. Below is a summary of the full budget..

REVENUES	TOTALS
NARFE 10% Funds	\$ 60,000
Chapter Dues	\$ 34,500
Reimbursed Expense	\$ 200
Miscellaneous Income	\$ 500
Interest	\$ 800
NARFE Matching Funds	\$ 6,000
VFC Convention Reimbursement	\$ 1,000
Prior Year Carryover	\$ 19,470
Total Revenues	\$ 122,470
EXPENSES	
Executive Committee	TOTALS
Chapter Visits	\$ 3,900
Area Meetings	\$ 600
Area Coordinators	\$ -
General Expense	\$ 2,300
EC/Board of Directors	\$ 4,700
Post Office Rental	\$ 150
Bonding Policy	\$ 315
Liability Insurance	\$ 75
Audit	\$ 250
State Convention	\$ 3,600
SL Meeting	\$ 400
President's Conference	\$ 1,275
Total	\$ 17,565
IPP and Appointees	
TOTALS	
Chapter Visits	\$ 250
General Expense	\$ 350
Board of Directors	\$ 3,550
State Convention	\$ 4,300
Area Meetings	\$ 100
Area Coordinators	\$ 500
Total	\$ 9,050

Field Operations	TOTALS
Chapter Visits	\$ 3,400
Area Meetings	\$ 3,000
Area Coordinators	\$ -
Board of Directors	\$ 9,600
State Convention	\$ 6,650
General Expenses	\$ 850
Chapter Officer Appreciation	\$ 550
Total	\$ 24,050
Program Operations	
TOTALS	
Chapter Visits	\$ 5,250
Area Meetings	\$ 4,750
Area Coordinators	\$ 2,500
General Expense	\$ 3,900
Board of Directors	\$ 8,675
State Convention	\$ 8,000
Membership Recruitment	\$ -
Total	\$ 33,075
Administrative	
VFC Convention Advance	\$ 1,000
Awards/Gifts	\$ 1,000
NARFE/FEEA	\$ 1,000
Biennial Officer Training	\$ 7,000
Membership Contest	\$ 325
VFC Matching Funds	\$ 4,000
Hotel	\$ 2,500
Donations	\$ 500
Membership Recruitment	\$ 8,500
Newsletter	\$ 1,000
President's Special Meeting	\$ 8,000
Web Site	\$ 200
Miscellaneous	\$ 1,000
Total	\$ 36,025
TOTAL EXPENSES	\$ 122,470

Samuel Harris – VFC Treasurer

VFC OFFICERS NOMINATIONS 2011-2012

As you know, the NARFE VFC Convention will be held in Richmond, Virginia from April 23 – 25, 2012. At that Convention, 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 of the elected offices. The committee is allowed to submit more than one name for each of the elected offices; in addition, nominations from the floor of the Convention will be heard. For your information, 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 now soliciting for NARFE members who want to run for any of the elected VFC offices. We have people who have expressed an interest for President, 1st Vice President, Secretary and Treasurer. As of this date, we have no candidate for 2nd Vice President.

If you think you might be interested in one of these positions, please forward your resume to the Chairperson of the Nominating Committee, for consideration by the Committee. 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 November 1, 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

REGION X VICE PRESIDENT



For this issue of the VFC Notes, I would like to emphasize the importance of Chapter Service Officers. At the recent Region X Conference, your Federation Co-Service Officers, Connie and John Bails, conducted a workshop on the importance and functions of Service Officers and the service which is provided to NARFE and its members. It was an excellent workshop and included four other Region X Federation Service Officers. As a result, we hope that the Service function begins to receive the recognition it deserves. Chapter and Federation Service Officers have four basic duties listed below. To review these duties and the entire function, please refer to NARFE F-58 (Revised-06/09).

1. **Meet the practical needs of chapter members.** The basic responsibilities include:
 - Helping individual chapter members, their families and survivors take the proper actions to obtain and retain their annuities and survivor, health, long-term care, and federal group life insurance benefits;
 - Providing support to members having serious problems with their benefit arrangements and particularly to surviving spouses when they suffer the trauma of a death or serious illness.
2. **Facilitate liaisons between members and OPM.** A major aspect of the function is to assist chapter members with problems involving programs managed by OPM and to facilitate communication between the two.
3. **Help expedite applications for benefits.** These include working with OPM on Death Benefits, Changes in Marital Status, and Federal and State income tax withholding issues.
4. **Help members obtain information about the Federal Employees Health Benefits Program (FEHBP) and Medicare.** This would also include Long Term Care.

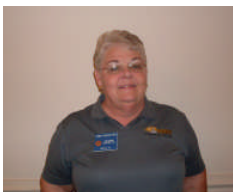
Although the Service Officer can help with other agencies, such as Social Security, TRICARE for Life, Veterans Benefits, and Unemployment compensation the help will be just providing names and phone numbers. Their major contact will be with OPM.

If your chapter does not have a Service Officer, please consider volunteering for the position. If you do have a Service Officer, please thank that individual for taking on the job. It's a very important one and can result in great satisfaction.

I want to thank Connie and John Bails for a wonderful conference, and to thank your VFC President William "Bill" Shackelford for supporting them in their efforts. We all benefit from the work that Service Officers provide. Finally, my thanks also go to all Service Officers. You all are holding a very important function. Thanks!

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

ALZHEIMERS



If you did not already know, the 2011 Convention for VFC yielded \$3,732 for Alzheimer's Research. All of our members should be very proud of the accomplishment. Our Region X Alzheimer's Chair was very impressed, and her report to Barb Pretzer (National Alzheimer's Chair) was indeed very complimentary to me and to all of you who make it all possible to raise money to combat this terrible disease. She noted that Region X is the top Region in the nation for donations, and of course, Virginia is the top Federation. Through the end of May, 2011, nation-wide NARFE has raised \$9,246,049.39, over the past 25 years. Your own Federation has contributed more than \$78,000 through the end of June 2011 for just one year and is responsible for more than

10% of the total donation for those same 25 years.

I was asked what the top chapter in the nation is for donations, and I made some further inquiries through the Region and National officials. I learned that Port St. Lucia Chapter 1589 in Florida has contributed over \$15,000 through the end of May, making them the leading single Chapter. Of course, Virginia has an outstanding Chapter also in Woodbridge 1270, and they will strive even harder than ever. Rumor has it they want to be No. 1 in the Nation!!!

VFC has been challenged by Texas Federation: I was also in attendance at the National Executive Board (NEB) / Federation Presidents' (FP) meeting in Sparks, Nevada. As previously stated by VFC President Bill Shackelford earlier in this issue, during the 2011 Texas Convention Federation President Marshall Richards stated to Jane Beaudoin (Winchester - Chapter 180) that he wanted to issue a challenge to the Virginia Federation of Chapters with regards to Alzheimer's Research

VFC President Bill Shackelford accepting Alzheimer's Challenge from Texas President Marshall Richards >>>>



donations. This challenge was that the Texas Federation would be the first Federation to raise in excess of \$100,000 without the benefit of wills or corporate donations being given to the Federation. With just over 10,000 members in the Texas Federation, it is the intention of President Richards to request \$10.00 from each of his members, thereby reaching the \$100,000 goal. It should be noted that during the recently completed Alzheimer's Association fiscal year which ended on June 30, Texas raised just over \$14,000 for Alzheimer's Research while VFC members raised over \$78,000. On behalf of the Virginia Federation of Chapters, President Shackelford accepted the challenge of the Texas Federation. *Come on, Virginia, are we going to let Texas beat us out ???!!*

Our organization has made it even easier now to donate. Members can now contribute by using a credit card. Please help to spread the word by explaining to your Chapters how this will work. Just go to www.narfe.org and sign in as a member. Click on our "Alzheimer's Fund" page and you will see within the article the link: www.alz.org/narfe. Click on it and go from there. Another choice is to go to my web page at vanarfe.org and follow the prompts there. I also want to mention that my web page has lots of information about Alzheimer's disease, and it changes every week. If you have any questions, please feel free to use it.

Many of you want to know what your money is producing. The latest I know is that a new drug, Namenda, leads all other therapies approved for Alzheimer's Disease by a wide margin for use in newly diagnosed patients. This drug was discovered at least in part as a result of funding from NARFE. It is approved for the treatment of moderate to severe Alzheimer's disease in the US and is often prescribed in combination with other treatments.

What if you were told you carried a gene that increases your risk for Alzheimer's? And what if you were told this gene starts to do its damage not when you're old but when you're young? Scientists know there is a strong genetic component to the development of late-onset Alzheimer's. In 1993 researchers discovered a gene known as ApoE4 -- carried by about a quarter of us -- that triples the risk for getting Alzheimer's. In 2009, three more risky genes were discovered and one of them, known as CLU, was found to increase the risk of getting the disease by another 16 percent. UCLA researchers now know the CLU Gene begins to damage your brain a full 50 years before people normally display the characteristics of Alzheimer's. If the gene can be identified while a person is young, the window to intercept its influence is much greater. The mapping of structural brain differences in those at genetic risk for Alzheimer's is crucial for evaluating treatment and prevention strategies.

Please remember that if I can help you in any way with your Chapter, I am very willing to do so. I've spoken to a few Chapters and I'm willing to come anywhere in the Commonwealth. We must get the word out and make the public aware of the disease and the efforts being put forth to eliminate it. We will probably be getting information soon about the achievements made in Paris at an international conference on Alzheimer's held in July. I'll share that information whenever I can.

You can contact me on line at kamiahn@aol.com, by telephone at (703) 830-6590, or write to me at 14429 Round Lick Lane, Centreville, Virginia 20120-1680. Checks made payable to NARFE - Alzheimer's Research (with Chapter number on the "memo" line should also be sent to my home address

Donna Shackelford - Alzheimer's Chair

MEMBERSHIP

The membership contest, started in August of 2010, continues to show good results with a total of 323 new members recruited by VFC members to date. I am encouraged by this high level of recruiting.

The VFC membership totals for the first half of the year have declined. If I may add, rather significantly. The total is down by 281 members which is worse than for this time last year when the losses were 171 members.

Transfers, in and out, are reversed from the norm. That is, this year there are more transfers in than out.

Reinstatements are ahead of last year; however, non-renewals are also ahead of last year resulting an overall loss in membership. Another disturbing fact is that second renewal notices were ahead of last year.

The addition of new dues withholding members has slowed significantly this year and is only up less than 1% for the first six months. This is an area that needs to be addressed.

And, on a final note, NARFE HQ has added a national e-NARFE chapter wherein all transactions will be over the internet. The chapter currently has 953 members. Considering the fact that it started in April, it's apparent that there is a lot of interest in this type of chapter.

Dennis Martin - Membership Chair

NATIONAL LEGISLATION



Please welcome your Virginia Federation of Chapters Congressional and Senatorial liaisons and help them perform their duties defined in the NARFE organization manual. Liaisons will help bring NARFE members together to unite in a single voice if you give them the opportunity. Presently all liaisons have been tasked to lead, assist and coordinate with Chapter(s) and member meetings within their respective Congressional Districts during Grass Roots Advocacy month(s). Senatorial Legislative Liaisons are also seeking meetings with their respective assigned Senators with NARFE Chapter members at local offices to present NARFE concerns and issues. Below are your Virginia Federation of Chapters Congressional District and Senatorial contacts:

VFC CONGRESSIONAL DISTRICT LIAISONS			
United States House of Representatives			
Congressional Districts (CD)	Congressmen	CD Liaisons Vice CD Liaisons	E-Mail
1	Rob Wittman	Mr. Ray Whipple Vacant	Ray26sky@verizon.net
2	Scott Rigell	Vacant Vacant	TBD
3	Bobby Scott	Ms. Wanda Hewlin Vacant	lanayhew@cox.net
4	Randy Forbes	Mr. Henry Stafford Ms. Barbara Nugent	hnystafford@yahoo.com barbaraphs50@aol.com
5	Robert Hurt	Vacant Vacant	TBD
6	Robert Goodlatte	Mr. Steve Dansker * Vacant	Sdansker2002@yahoo.com
7	Eric Cantor	Mr. Bill Branigan / vacant	Innkeeper.lion@gmail.com
8	James Moran	Ms. Rita Jensen Ms. Linda Bywaters	Rjensen05@comcast.com lindabywaters@ymail.com
9	H. Morgan Griffith	Mr. George Hawkins ** Mr. Frank Perrini **	ghawkins@vt.edu/navark@msn.com
10	Frank Wolf	Mr. William Schmidt Mr. Jon Joyce	Billschmidt39@yahoo.com jonjoyce@msn.com
11	Gerry Connolly	Ms. Mary Lou Vroman	mlvnet@cox.net
United States Senate			
	Senators	Liaisons	E-Mail
	James Webb	Mr. Tom Hall TBD	halltc@cox.net
	Mark Warner	Mr. Steve Ledford TBD	unionmgmt@mac.com

* Temporary

** Not officially appointed

NARFE-PAC Contribution goals to support the 112th Congress have been provided to all VFC Legislative Liaisons, Area Vice Presidents and board members to distribute to all Chapters. Goals have been broken down by minimum goals of each Chapter, VFC area and the overall goal of \$50,000 for the 112th Congress. As of the July quarterly PAC Contribution report, (41) forty one of Virginia's (59) fifty nine Chapters had donated various amount's toward meeting their goal, however, the Virginia Federation fell short by approximately \$2,500. toward our overall (2nd) second quarter PAC goal. In addition, Fifteen (15) Chapters have donated over \$200 for the first two (2) quarters while (10) additional Chapters donated over \$50.00 each. A special thanks goes out to all members that have taken the time to support our combined legislative efforts and NARFE-PAC fund which supports Congressmen and candidates that have shown support for Active and Retired Federal Employee issues and concerns. This support is more important than ever as I'm sure we all realize. The VFC National Legislative Chair also request's that all Chapter Presidents, Congressional District Liaisons, Senatorial Legislative Liaisons and Chapters National Legislative Chairs get the word out that we need help and their support, if we are to make a difference. If you haven't received your Chapter's NARFE-PAC goal, as determined by the NARFE VFC members representing the Chapters attending the VFC Convention, please contact your Area Vice President or Congressional District Liaison.

Congressmen receiving NARFE-PAC support in Virginia during the first session of the 112th Congress are:

Representative James Moran	CD 8	=	\$1,500.00
Representative Frank Wolf	CD 10	=	\$1,000.00
Representative Gerald Connolly	CD 11	=	\$3,000.00
Representative Scott Rigell	CD 2	=	\$1,000.00

Committees receiving NARFE-PAC support are:

Democratic Congressional Campaign Committee	=	\$15,000.00
National Republican Congressional Committee	=	\$15,000.00
Democratic Senatorial Campaign Committee	=	\$15,000.00
National Republican Senatorial Committee	=	\$15,000.00

The Virginia Federation of Chapters National Legislative Chair is seeking NARFE Chapter members to fill vacated National Legislative Liaison positions. Candidates are nominated by the Chapter President / Area vice-President and after a discussion with the VFC National Legislative Chair in which goals, duties and responsibilities are provided, the candidate is then allowed 3-5 days to make a decision to commit to the position and if acceptable the candidate names are provided to the VFC President for possible selection and/or appointment. Liaisons must live in the Congressional District they serve and the VFC National Legislative Chair recommends candidates have computer skills, to include email, excel, word and PDF knowledge. Other desired attributes include volunteers to be self motivated / energized, ability to coordinate events and be politically active with some public speaking ability to small member groups. The VFC National Legislative Chair will provide initial information and education of our NARFE VFC Goals and strategic plans and will periodically contact Liaisons with Legislative updates, events and of our Active and retired Federal employee issues and concerns. It's a rewarding, enjoyable and extremely important position that helps our members convey Legislative concerns to our Congressmen. NARFE member Volunteers are requested per below vacancies to contact your Area Vice President, Liaisons appointed per above chart or myself at: Jimfornarfe5@cox.net

The following Congressional Districts and Senator's area of responsibility are under staffed and need your support to fill the vacated positions:

Congressional District	VFC Area
1	8
2	2
3	4
5	5
6	7 – 6
7	8
11	10
Senate	VFC Area
James Webb	Virginia Beach (various) Falls Church Danville Roanoke Norton
Mark Warner	Near local Richmond office

National Legislation Strategic Plan Update - - - Since the last VFC Board meeting, I re-evaluated the 12 month step in the Strategic Plan to include two (2) main changes. Change one (1) included VFC support to allow VFC Congressional and Senatorial Liaisons to attend an annual meeting for the purpose of furthering our Legislative network, brainstorming to determine various methods to be more effective or efficient, and a report of respective Congressional districts, past and future, events at the VFC 2012 Convention during the National Legislative breakout session. During the National Legislative breakout session, we also hope to gain a better perspective of the needs or concerns of the members in the respective Congressional Districts. Change two (2) concerned enhanced VFC Area networking by including Congressional District Liaisons in Area Vice Presidents meetings with their Chapter Presidents. As of this date, the VFC President and Board of Directors acted on Change one (1) and has authorized increased support to allow a National Legislation yearly meeting. In addition, numerous Area Vice Presidents have included Liaisons in their respective area meetings in support of Change two (2). This is another giant step forward for NARFE VFC National Legislation. Together, we can make a difference.

Accordingly, during the next Strategic phase, we are in hopes of using the information gained between now and the April 2012 meeting, to achieve greater Legislative clout with our Congressmen and Senators. Thanks to all who have provided feedback and support.

NARFE National Call Day was July 27th, 2011. Accordingly, phone lines were jammed with participants calling in to ask Congress not to cut your earned benefits. Some callers that were unable to call in, used the fax numbers I provided and faxed in their comments. Others sent letters to their Congressmen with the same type requests and other information. In Virginia, NARFE members have logged over

13, 558 traceable email messages from over 2,262 VFC NARFE Activists, coming in second only to Florida, which logged the most messages sent in. In addition, NARFE VFC members made 189 phone calls to Congress and 58 calls to the White House, coming in second only to California. This doesn't include family, friends and non-member Federal employees that also supported the event. I recommend we step up even further and take the lead away from Florida and California.

On June 30, 2011, NARFE members were invited to attend a rally sponsored by the AFGE (American Federation of Government Employees) at Congressman Cantor's Richmond office. Again, Congressman Cantor failed to show his face to listen to the issues and concerns of Federal Employees, however, his staff members did collect our comments. Special Thanks to Richard Gingerelli, Jack McMurchy and Carol Graham who attended the event to represent our issues and concerns.

As we all know, there has not been a COLA in the last two (2) Years to Federal Pensions annuities, even though prices at the pump, store(s) and health insurance, medical co-pays has increased dramatically. The projected COLA reflects an approximately 3.5% increase to annuities for CSRS employees if cost's hold through the 3rd quarter. If costs increase, the CPI-W index will increase. For FERS employees, the COLA is currently projected to be 2.5%.

Letters to the editor are a great way to be heard. Several Letters recently have been reported in local newspapers and it's a great way to educate the public as well as Legislators. I recommend each Chapter start a "letter to the editor campaign". I also recommend you keep your Congressional District Liaison in the loop so we can all share successes with others.

Don't Forget Grass Roots Advocacy month currently scheduled for August 5 - September 7, 2011. The August Congressional recess provides the perfect opportunity to meet with members of Congress in their home districts. During these periods, NARFE's local presence can have a tremendous impact on advancing our legislative agenda. It is vital that Chapters and federations schedule meetings with their Representatives and Senators, as well as plan letter-writing campaigns. Chapters in each Congressional District are encouraged to plan outreach efforts with respective Congressional District Liaisons, Senatorial Legislative Liaisons, Area Vice Presidents, and Chapter Officers and members. Some Representatives or Senators may have been reluctant to schedule meetings due to the on-going budget-debt ceiling crisis discussions, there's now time to schedule these meetings. Don't be left out.

Jim Brewer – National Legislation Chair

PUBLIC RELATIONS



Before getting to my report, I want to raise two questions that I think many people have about Public Relations. WHY ARE PUBLIC RELATIONS IMPORTANT? WHAT CAN WE DO AT THE CHAPTER LEVEL TO MAKE A DIFFERENCE? First you have to think about NARFE's principal mission, protect the earned benefits of Federal employees and retirees. That can only be done by having a large and strong membership organization. That means the more members NARFE has the stronger we can be on Capitol Hill with the legislators and in our States with our Congressional delegations. Large numbers have a greater chance of being heard! This means MEMBERSHIP RULES!!

Public Relations' mission is to raise the visibility of NARFE at all levels—Nation, State and Local. The public, especially active federal employees and retirees need to know who we are, what we stand for and what we accomplish in our communities. Making NARFE visible in your communities is a way of attracting new members. There are many activities at the chapter level that can help raise awareness of NAFRE. We just have to let others know about our efforts. Also, knowing where potential members work or live will help you better target your resources. As VFC PR Chair, I will be working in the coming months to develop information for use in targeting potential members at the chapter level. But each chapter needs to do research to identify government facilities, retirement centers, health fairs or other events that can be used as opportunities for recruiting new members. Remember that through Public Relations you make NARFE more visible.

The VFC Public Relations Chair is open for business! I'm asking Area VPs, Chapter Presidents and Chapter PR Representatives to let me know how the VFC can help you. Send me an email or give me a call—703-508-4339 and let me know what we can do to help. Remember matching funds are available to help you with recruiting projects costing \$100 or more. Guidelines will be posted on the Public Relations section of the VFC web site. Also the VFC has purchased some PR materials (bags, sticky note pads, letter openers, tape measurers) that can be used at recruiting events.

During the past few months I have been busy attending NARFE meetings. The quarterly VFC Board meeting minutes contain my quarterly report. So I won't repeat it here. I also made a presentation to the Board on the input received to date from Chapters, Area VPs and Board members on issues for consideration in developing our strategic plan. I attended the NARFE National Executive Board meeting in Reno, NV as a member of the National By Laws Review Committee. This was the first face to face meeting of the committee and we made good progress. We briefed the NEB on our progress to date. We still have more work before the Committee's suggested revised By Laws and Standing Rules are presented to the NEB in November. Afterwards, the committee's proposal will be made available to the NARFE membership for comment. The committee will then make any changes it deems necessary and the final package will be voted on by the membership at the National Convention in August 2012. I also attended the NARFE Region X Presidents' Conference to make a presentation on —How to Market NARFE□. My briefing will be posted on our web site. Finally, I participated in a Protect America's Heartbeat meeting on Capitol Hill with Senator Jim Webb's Chief Council. The purpose of the meeting was to present letters from our membership and to explain how our members have earned their benefits and that they should be protected. Contacting your congressional representatives is another way to advance NARFE's mission. Everyone can and should do it!

In the coming months, we will reintroduce our VA License Plate project. This could be an important step forward for the VFC in making the NARFE name more recognized. This will help build our membership totals in VA. We will be asking for your help and participation. Please don't let us down! I will also be working on getting more PR information on our VFC website. Your suggestions are

welcomed. Finally, several members have asked about advertising in your local areas. This is one way of building NARFE awareness. One of the keys to an effective ad is making sure that it is placed where the most potential active or retired federal employees can see it. This requires some research before ad placement. As stated above, we need to know where the active employees work and where retirees live. Let's work together in the coming months to build NARFE's image and to attract new members and to retain our current members. I wish each Chapter much success with their PR efforts in the coming months.

Closing Quote: By concentrating on the positive, we create a sense of optimism and energy.

Gaston Gianni – Public Relations Chair

SERVICE OFFICERS

Heat Safety Basics - - To keep cool as the summertime heat continues follow this general advice:



- Drink plenty of fluids: **Drink two to four glasses** of cool fluids each hour. Your body needs water to keep cool. Drink water even if you don't feel thirsty.
- **Do not drink caffeinated or alcoholic beverages** because they dehydrate the body.
- Keep cool indoors: If you can, **stay in an air-conditioned area**. Resting for just two hours in air conditioning can significantly reduce heat-related illnesses. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other

community facilities.

- Electric fans may provide comfort, but with temperatures in the 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Plan outdoor activities around the heat: If you must go outside, **go before noon or at night** when it's cooler.
- Avoid strenuous physical activities or reschedule them for the coolest part of the day, usually the early morning. **Limit physical activity** until your body adjusts to the heat.
- **Eat light meals**, avoiding high-protein foods because they increase metabolic heat.
- **Don't take salt tablets** unless directed by a physician.
- Wear light-colored clothing, which helps reflect sunlight.
- **Wear sunscreen** to prevent sunburn. Sunburn makes it more difficult for your body to cool off.
- Never leave children or pets unattended in a car—not even for a few minutes.
- Ensure your home's cooling system is working properly before it is truly needed.
- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.

Residents may visit county facilities such as senior centers, RECenters, community centers and libraries for temporary respite from the heat, however, residents should call the facility first to verify hours of operation.

Heat-Related Illness and Heat Stroke - - Be alert for the signs of heat-related illnesses like heat stroke. It occurs when the body is unable to control its temperature: the body's temperature rises rapidly, loses its ability to sweat and is unable to cool down. There are several warning signs people should look for during prolonged, extreme heat exposure:

- Extremely high body temperature (above 103 degrees)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Dizziness, nausea, paleness
- Throbbing headache
- Shallow, fast breathing

If these symptoms are present, call for immediate medical assistance because heat stroke can cause death or permanent disability if emergency treatment is not provided quickly. While medics are en route, caretakers should get the symptomatic person to a cool, shady area.

Cooling the person with a hose, cool shower or tub bath is important. Monitoring the person's temperature and continuing cooling efforts are critical.

From 1979 to 1999, excessive heat exposure caused 8,015 deaths in the United States, according to the federal Centers for Disease Control and Prevention. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined.

John & Connie Bails – Co-Service Officers

STATE LEGISLATION



This is my first report since being appointed as the new State Legislation Chair. I attended a State Legislation Committee meeting on June 16 at which time we prepared a draft plan for the 2012 Legislative Session. The plan consisted of issues of concern to members of the VFC that could be addressed by legislation along with a list of candidates who supported NARFE and VFC issues, and who would possibly need political contributions for election. Shortly after this meeting I was appointed as the State Legislation Chair. I presented the 2012 legislative plan at the July Board Meeting held in Richmond. The plan was accepted, with amendments. It was recommended that the issues in the plan be organized to fit on an updated tri-fold brochure, and be presented at the October 2011 VFC Board meeting. The final plan will then be distributed to members of the General Assembly, Virginia NARFE members, and other interested parties. It was also determined that we would wait until after the August 23 primary to determine which candidates would be listed on the ballot. A committee of four, the two legislative representatives, Jim Bradley and Joe Gresko, and Richard Giangerelli, and I will report at the October 2011 VFC Board meeting on those candidates who have viable challengers for office and meet the criteria to receive our financial support.

A major concern continues to be the level of donations to the VFC State Political Account. We need to increase our donations so that candidates for the General Assembly will seek our endorsement. I welcome any ideas that you have to improve our giving to the VFC Political Fund.

It is also very important that we contact our State Legislators on specific issues and bills. I will work with Jim Bradley and Joe Gresko to keep you informed about the activities in the General Assembly.

We need to make a significant effort to increase the funds in the VFC PAC as there will be 140 seats open for candidate support this fall. Each Chapter is encouraged to make an effort to find donors for the VFC Political Fund. The coupon for making donations is below and also in the State Legislation section of the VANARFE web site.

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 _____ Credit Card _____

Make check payable to: VFC STATE POLITICAL ACCOUNT

If Credit Card: Type of Credit Card: VISA _____ Master Card _____ Discover _____

Name on Credit Card: _____

Billing Address (If different from above): _____

Card Number: _____ Card Expiration Date: _____

Security Code (3-digit number on back of card): _____

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



Since the 2011 VFC Convention, the four chapters in Area I have been busy. I have the honor of serving as President of Chapter 682 (President); Jorge "George" Lugo is President Chapter 685 (Williamsburg); Jim Bradbury is President Chapter 1757 (Mid-Peninsula/Gloucester); and John Krainock is President Chapter 1823 (Northern Neck). Our members have responded to the "Protect America's Heartbeat" campaign and have been busily engaged in making phone calls, writing letters, sending e-mail messages, and visiting Congressional offices. We have two CDLs in Area I – Ray Whipple (682), 1st Congressional District, and Wanda Hewlin (682), 3rd Congressional District. You might ask why Area I has two CDLs – Area VIII was to have the CDL for the 3rd Congressional District, but they were unable to find a member to accept the position so National Legislative Chair Jim Brewer asked Wanda Hewlin, who was the Vice CDL, to accept that position. These two are dedicated members who have stepped into these positions. And I will say once again – when I stated that we needed members to assume the CDL responsibilities, these two volunteered!!!! Now that's showing interest and initiative! Chapter 682 is holding a luncheon on August 8th, and both Congressman Scott and Congressman Wittman have accepted our invitation to attend and speak. Our two CDLs and VFC National Legislation Chair Jim Brewer will be attending so these representatives will be busy answering questions for certain!! State Senator John Miller (1st District) is a member of Chapter 682 so he will be attending and will be addressing members' questions about state issues.

It should be noted that none of the chapters in Area I stop meeting over the summer. We may have a couple of events that are more "social" but we find that once members get in the habit of attending meetings monthly we do much better with that schedule. Last summer Chapter 685 held their first ever summer breakfast meeting and had 45 members attend. This summer they held a picnic in June with 35 in attendance, and they will be holding another breakfast meeting August 9th. Chapter 1823 has had wine tastings, boat trips, and fishing trips on their agenda during the summer months, but they'll return to their regular schedule when Congressman Wittman speaks to them in September. And finally Chapter 1757 has been busy with new events to promote membership recruitment, and they had Congressman Wittman speak to them in April. Some fun along with regular summer meetings definitely keeps our members on track so we plan to continue in that direction.

Now that we've noted our successes it's time to mention some of the problems – recruiting and retaining members. With NARFE Headquarters cutting back on trips out to visit chapters and federations, we find ourselves in the position of not having the "hands on" support that is needed more than ever. It's also a problem that Headquarters is spending most of their PR budget in the DC metro area (including northern VA and MD). Hopefully in the coming months there will be more interest from our elected National Officers and Headquarters staff in reaching out to ALL chapters and federations with visits and more PR support! The "rank and file" members as I choose to call them are the backbone of the NARFE organization and are deserving of equal time, attention, and PR programs. For the present, we'll keep working to recruit and retain members, stressing the benefits they will receive from being an active participant in one of our chapters. Any suggestions on ways to promote membership and participation will be appreciated within Area I as I'm certain it will be throughout the VFC!

As fall elections are fast approaching, Area I chapters will continue scheduling visits to the offices of our representatives (both National and State), and we'll continue promoting the "Protecting America's Heartbeat" message. We'll continue to keep those phone calls, letters, and messages going to the offices in DC, always reminding our elected officials that NARFE members VOTE!!!! There's strength in numbers so we need to keep recruiting members. As the old adage goes, the squeaky wheel gets the oil – chapters in Area I will be that "noisy" wheel when necessary, and we will continue to work to keep the attention of our elected officials. We'll keep telling them – "we are NARFE members and we VOTE!"

Patricia "Pat" Taylor – Area I Vice President

AREA II



As you know, Virginia Beach, Eastern Shore and Norfolk is known throughout the Tidewater world as one of the most hospitable areas filled with fun and leisure times at the beach and on the water. The chapters are dark except for summer luncheons and picnics. After the summer sabbatical the chapters will resume regular scheduled meetings in September.

The call to Congress was met. Chapter Presidents were advised to contact members and assist members as necessary with contacting their legislators.

Members from Virginia Beach 974, Seaside 1827, Metro 5 and Tidewater 66 represented NARFE at Virginia National Association of Postmasters of the United States and National Association of Postal Supervisors Convention in Virginia Beach. The chapter members from Virginia Beach and Norfolk participated in the June WHRO Television

Fundraising event. At the WHRO event NARFE banners are displayed; members answer phones and their association is announced during the broadcast. Of course, they can be seen on TV as well.

VFC National Legislative Officer Jim Brewer attended Area II Quarterly President's meeting. He spoke on the importance of getting the members more involved with their Congressional Legislators visits and letter writing. He also solicited VFC contributions to support the NARFE PAC fund.

For those members who continually take on many NARFE responsibilities no matter how trivial it may seem, you are counted on to inform and educate active and retired federal employees and annuitants the importance of saving their benefits and encourage legislators to support issues that are favorable to federal employees, retirees and annuitants.

Betty L Warren – Area II Vice President



AREA III

This quarter was the busiest and most hectic since I became an Area Vice President, primarily because of the political situation and the uncertainty of retaining our entitlements. It is disheartening the extent the media, some congressmen, and others are demonizing federal employees and retirees. It seems they are trying to balance the budget completely on our backs.. As Confucius said: —we live in interesting times. □

Area III had an excellent turnout to the VFC convention in Midlothian in April, primarily because most members live nearby. All the chapters except Richmond sent all the delegates to which they were entitled; Petersburg and Tuckahoe also sent several alternates. The members were complimentary of the value of the speakers, and considered the convention to be highly worthwhile.

Barbara Nugent (Colonial Heights) finished her term on the nominating committee, and Marv Hecker (Midlothian) was elected to replace her with Joyce Thomas (South of the James) as the alternate. Sam Harris (Tuckahoe) was elected as the VFC Treasurer. After the convention, Bob Boyd (Midlothian) (former Area VP) was appointed to a 3-year term by the VFC President on the Constitution and Bylaws Committee. Carroll Graham, Tuckahoe, retired □ as the Senior State Legislative Representative after the June 16th. Meeting.; and Jim Bradley (Midlothian) was appointed to replace him. I thank both Barbara and Carroll for their service and welcome, Marv, Joyce, Bob, Sam, and Jim to their new VFC jobs. Also, I would like to thank all 6 area coordinators for returning . They are Winn Hasty (Petersburg) – National Legislation, Carroll Graham (Tuckahoe) – State Legislation, Marv Hecker (Midlothian) – Alzheimer's, Bettye Thornton (Imperial Plaza) – Membership, Larry Garelick (Richmond) –Public Relations/Newsletter Editor; and Jim Bradley (Midlothian) Service Officer.

I presided at our first Council of Chapters meeting since the convention on June 10th. We had 9 presidents/coordinators, and VFC 2nd Vice President Richard Giangerelli attending. The emphasis of the meeting was on the "Protect America's Heartbeat" campaign and preparing for NARFE Advocacy Month.

Two area newsletters were published in April-May and June-July on the VFC website. The June-July newsletter included convention news and activities chapters have taken during the America's Heartbeat campaign. Also a template and addresses for writing senators/congressmen were provided for members without computers to copy and send.

Membership numbers fell for all chapters for the first time during June. The number of new members has remained the same as in the past, but renewals are lagging even though retention efforts continue. Membership/retention officers reported some members not renewing said it was because of the national dues increase or else the lower amount charged E-Chapter members.. Also, in several chapters (especially Petersburg and Imperial Plaza) more members are dying than in the past. Among the leaders we lost were Pat Hoffert (former Midlothian president) and Carey Brown (Petersburg's top recruiter). Midlothian and South of the James recruited again at the May Chesterfield TRIAD meeting. Petersburg is continuing Lunch and Learn meetings every other month in the Ft. Lee EEO Conference room. Meetings were held in May and July. Attendance is slowly increasing. Hopefully we will begin getting new members.

This was a busy time for chapter visitations. I visited five of the chapters twice and spoke about America's Heartbeat, and urged members to become active. Midlothian, Petersburg, Tuckahoe, and Colonial Heights seem to be the most active, but there is concern about our entitlements in all chapters.

Before the convention, I participated in the telephone conference with 3 other Area Vice Presidents, VFC officers, HQ personnel, Florida members, and Will Hartman, M&R. Then we urged delegates to the convention to write letters which were collected by Senator Warner's staff members at the convention. Lynn Osborne, Midlothian President and Chapter National Legislative Chair Bill Branigan along with Bill Shackelford and Gaston Gianni met with a staff member at Sen. Webb's Richmond office on April 25th. Both Ms. Osborne and I had reader's letters published in the Richmond Times Dispatch in May. There was good area member participation in telephoning senators, congressmen and the White House and writing many additional letters. On June 30th. I spoke briefly at a rally at Congressman Cantor's Glen Allen office. Most of the participants were AFGE members. Carroll Graham, Richard Giangerelli, and I represented NARFE.

Jack W. McMurphy – Area III Vice President

AREA IV



Area IV consists of five Chapters – Churchland (I am president of this chapter), Brentwood, Portsmouth, Chesapeake and Suffolk. I recently attended the quarterly Virginia Federation of Chapters (VFC) conference in Richmond. Upon returning home, I disseminated informational notes to the presidents of the Area IV chapters and to my chapter's membership.

All chapters within Area IV 'take a break' during July and August, with no meetings or guest speakers. We will begin holding our monthly meetings again in September. However, 'behind the scenes' work for NARFE continues. Three members of my chapter and three members of the Suffolk chapter recently met with a volunteer staff member of Congressman Randy Forbes, whose district 'touches' several of our chapters. Based on discussions with that staff member (who took copious notes of the information we provided about NARFE and Heartbeat of America), I then submitted an official request to Cong. Forbes' scheduler asking for him to meet with members of Area IV's membership. I have received a phone call from that scheduler, acknowledging receipt of my request and that she is attempting to schedule the congressman to meet with our members in August during his 'home' visits.

Currently, our Area has three Legislative Liaison positions assigned by VFC. Our Senior Senatorial Legislative Liaison (Thomas Hall) has been active in interfacing with Senator Mark Warner's functions and staff. Additionally, one of our two House Liaisons (Henry Stafford) has been very involved with the staff of Cong. Forbes (see above). Our third liaison position will be filled when our chapters return to traditional meetings in September.

Several Churchland Chapter Board Members will change beginning this Fall.

- Treasurer: Incumbent, James Jones, will begin to shed duties since he plans to travel to Florida for the winter season each year. His replacement is on board and will be 'learning' and transitioning the duties beginning in September.
- Alzheimer's Chair: Incumbent, Bettie Jones, will be joining her husband during their winter respites to Florida. Barbara Whittington has agreed to take over the Alzheimer's Chair position within the chapter when Bettie 'steps down.'

GOALS

- Area IV chapter members hope to meet with Congressman Randy Forbes (as outlined, above) to seek his support of NARFE and America's Heartbeat initiatives, goals and objectives. We are attempting to have an August meeting.
- Participate in our Suffolk chapter's Annual Peanut Festival in October.
- Participate in annual Health Fairs at military installations this fall season, such as Norfolk Naval Shipyard (located in Portsmouth), Portsmouth Naval Hospital and Naval Supply Center, Norfolk.
- Increase membership drives through the above initiatives. Retain existing members through communications concerning America's Heartbeat and NARFE actions necessary to benefit members.
- Focus attention on Federal Employment Retirement System (FERS) retirees and employees; which have been somewhat ignored by NARFE and VFC. FERS retirees ARE DIFFERENT because they have contributed – and will be drawing – social security payments in addition to the FERS retirement. So, they can take 'two hits' from both reductions or deferred/delayed increases in both arenas.

SPEAKERS

- Beginning in September, through December, speakers at chapters will include a Naval Shipyard Museum Curator, a congressional spokesperson, a representative of Blue Cross/Blue Shield and entertainers for our Christmas Parties. Some chapters have not yet 'signed up' their speakers.

We continue to 'strongly support and advertise' the NARFE, VFC and America's Heartbeat programs to educate our membership; and urge – strongly urge – the membership to call, write, email or text our congressional members and the Presidential office with messages focusing on NARFE and the civilian work force. We encourage the use of the 'tool kit' and provide guidance for those who wish to prepare their own messages, in keeping with NARFE/VFC guidelines. Particular attention has been focused throughout Area IV for National "Call In" day to Congress and the White House.

Bobby L. Whittington – Area IV Vice President

AREA V

Area V Chapters: Lynchburg 110, Danville 1011, Bedford 1068, Martinsville/Henry 1882, Southside 2079, Piedmont 2080

Focus for 2011

- Encourage members to attend chapter meetings
- Develop a procedure for providing NARFE information to active and retired US Postal employees.
- Increase dues withholding
- Increase NARFE-PAC/State-PAC contributions
- Promote NARFE via chapter newsletters

Attendance at chapter meetings throughout Area V has declined sharply over the last year. The indicators for non-attendance remain the same (lack of interest, age, and health-related concerns).

There has been no significant membership gains/losses in any of the chapters since the last reporting period. Three chapters have suspended their meetings during the summer, and will resume regular chapter meetings in September.

Piedmont (Farmville) Chapter 2080, has done an outstanding job of scheduling guest speakers (to include state legislators), and advertising their meetings. This chapter has also been successful in receiving the most new members during a one-year period.

In support of the "Protect America's Heartbeat," all Chapter Presidents were reminded to convey information to their membership about the "Contact Congress – Contact President Obama" initiative.

I have visited all chapters at least once during the current year.

Jessie Barksdale - Area V Vice President

AREA VI



Chapters in Area VI are enjoying an unusually hot summer. All Chapters have a full compliment of Officers and Committee Chairs. Chapters 111 (Roanoke) and 1134 (New River Valley) enjoyed summer Socials with fun and fellowship. All Chapters are concerned about declining membership. Three are planning special recruitment efforts.

The Roanoke Chapter began its efforts with a special focus on currently employed federal employees. President Wanda Ware and Membership Chair Nancy Arthur recruited twenty new members from employees at the VA Hospital and Offices. Encouraged by that success they (with the help of matching funds) organized a night of information sharing for employees of other agencies in the Roanoke Valley. More than forty persons attended and all were provided with membership applications and lots of information about NARFE and its role in protecting our benefits. The Chapter is following up to assure many will join NARFE. Wanda and Nancy have since embarked on the formation of a Chapter at the VA facilities.

Chapter 1837 (Wytheville Area) has been a fairly small, but active Chapter relying on a few dedicated members to carry it along. This summer they have a new Membership Chair and are busy recruiting by attending events already planned for seniors in the Wytheville area and by advertising in the media. They also are posting fliers announcing their meetings. Their June meeting featured a representative from Senator Mark Warner's staff. This same staff member has held meetings with the Wytheville Chapter and the Abingdon area Chapter to learn about NARFE at the direction of Senator Warner. This Chapter has always had good active relationships with their Congressman.

Southwest Highlands Chapter 2330 has come alive under new leadership and new membership. During the past few months they have identified all the current federal employees in their area and began to inform and recruit them to NARFE. They also sought and were granted matching funds to help host a picnic (August 7, 2011) for all current employees. They planned an evening of fun and fellowship to encourage current employees to protect their benefits by joining NARFE. VFC President Bill Shackelford and myself were in attendance.

Chapter 1134 continues to be a strong chapter with excellent leadership. They too have plans for active recruitment of retired and active employees led by the 2011 Dave Smith Award winner George Hawkins and his co-Membership Chair Janice Woodard. This Chapter is also planning a meeting with Congressman Morgan Griffith in late summer.

NARFE is alive and well in the great southwest. Building on our very successful day of training in October 2010 we plan a similar day of sharing for October 2011.

Del Dyer – Area VI Vice President

AREA VII



Since the 2011 VFC Convention in April, Area VII participated in a multitude of PAH Campaign Activities. Congressional District Liaison Beverly Fleming attended a May 6 lunch with Congressman Bob Goodlatte. The Page Valley chapter sent representatives to meet with Congressman Cantor's representative at the regularly scheduled constituent visit in Luray on May 20th. As requested, Area VII members sent letters to the editor, wrote multiple dozens of emails and letters to our Senators and Congressmen, contributed hundreds to the Campaign, and attended a June 30th rally on the steps of Congressman Cantor's Richmond District Office. In a quick response, Senator Warner sent a letter to the Page Valley chapter stressing his support.

In June, Area VII held its Annual Meeting in Harrisonburg attended by officers from all 6 chapters. Our guest speaker was Leslie Ravenell, the Chairman of the 2011 VFC Convention. Her presence was particularly useful, since our Area will host the 2012 VFC Convention. During the meeting, Harrisonburg members Charlie Shuler (the 2010 Region X Service Officer of the Year awardee) and Joe Laughland conducted Service Officer training. We then had a lengthy discussion of PAH campaign efforts.

During the Quarter, chapters brought in several speakers of note to their monthly meetings:

- Sharon DeBoever, Alzheimer's Assn. of Virginia, at the Basye Lions Club-Shenandoah County
- Martha Bogle, Superintendent, Shenandoah National Park-Page Valley
- Travis Clark, CEO, Valley Health-Page Valley
- Cathy Jackson Leitner, an attorney, discussed Elder Law & Wills-Staunton
- David Melton, a public affairs officer from the Winchester Office of Social Security-Winchester

Additional chapter activities included 2 AARP Safe Driving Courses (May/June): both taught by NARFE President and Winchester member, Joe Beaudoin (Winchester and Page Valley).

In June, the Shenandoah County chapter set up a recruiting booth at the Eighth Annual TRIAD Conference for Seniors of Shenandoah County.

In June, I attended the VFC State Legislative Conference and presented a dozen Area-generated recommendations for inclusion in the VFC Goals Initiatives.

Page Valley submitted an article that was published in the Page News Courier touting NARFE contributions to Alzheimer's Research has now passed \$9 Million.

Steve Dansker –Area VII Vice President

AREA VIII



PROTECTING AMERICA'S HEARTBEAT: On 27 July 2011 just before the Congressional Recess, while many of you were busy on the telephone calling your legislators on National NARFE Call-In Day, I had the distinct pleasure to accompany VFC Public Relations Chair Gaston Gianni to visit the office of Senator Jim Webb at the Russell Building next to the Capitol in downtown D.C. We spent about 30 minutes discussing NARFE issues with a key legislative staffer and we presented him with the many letters written by our VFC members that we collected at the 2011 VFC Convention. Julie Tagen from NARFE HQ came with us as well as my spouse. Please check Gaston's report for the full discussion.

MAKING NARFE A HOUSEHOLD NAME:

The 60th Annual Potomac River Festival was held in Colonial Beach June 10-12, 2011. My husband Rich and I decorated our golf cart with the NARFE Logo on the front and back, we put on our NARFE shirts, and we participated in the Festival parade. There were more than 50 entries: floats, boats, dance groups, decorated trucks, cars, golf carts, horses, marching units, and motorcycles etc. Believe it or not our NARFE golf cart won in the non commercial golf care category! And as we were waiting in the parade line-up, Congressman Rob Wittman came running down the street to get into his parade vehicle and he stopped by for a chat.

CONVENTION, CONVENTION, CONVENTION: The last time I provided input for the VFC Newsletter, Area VIII Convention Committees were hard at on our annual VFC convention held last April. The convention has come and gone and I am still thanking all who helped with our wonderful convention. And our hard work was rewarded as the convention account showed a profit. Each chapter is getting a check for more than \$700.00. In June I attended the Area VII Meeting, next year's host. I briefed the 2012 convention committee members on some lessons learned. It was a beautiful 3 hour drive through the countryside and the mountains to get to Harrisonburg and the feedback I got was that the Area VII folks enjoyed hearing my presentation.

SUMMER CHAPTER ACTIVITIES: With the summer in full swing, some chapters in Area VIII meet, some take a break and some recreate! In July Warrenton-Faquier Chapter 1549 held a regular meeting with a guest speaker from the Cold War Museum and Lake of the Woods Chapter 1885 held an ice cream social. In August Fredericksburg Chapter 90, Lousia Chapter 2065, and Caroline Chapter 2112 will hold picnics, and Colonial Beach Chapter 595 will have the annual boat ride to Cobb Island. Falls Run Chapter 2343 takes a rest for the summer and gets back in business on 1 September.

Leslie Ravenell – Area VIII Vice President

AREA IX



It seems like much has happened since our last VFC Notes. The Caucus of Chapters (of Northern Virginia--Areas IX and X) met on 3 March to focus on Membership. All chapters were represented, most with their membership chairs in attendance. After a lunch, VFC Membership Chair Dennis Martin briefed members on the various membership reports and trends within the chapters. Then we broke up into two groups to share successes and challenges, attempting to split chapter members into each group for the greatest amount of "cross-pollination" of ideas.

Days after that meeting, several members from each Area IX chapter met for the National Legislative Training Conference in Crystal City on 5-8 March. With federal employees and retirees (actually their pay and benefits) in the cross-hairs for budget reductions, it was a great session with presentations and participation by our national officers and staff. Dan Adcock's presentation was particularly insightful.

And then the Virginia Federation of Chapters held their annual meeting in Richmond, VA on 25-28 April. All but one of the Area IX chapters were represented, and I carried its proxy. Business sessions were particularly interesting, and there was a huge attendance at the special break-out on financial issues. The social events were top-notch with Jesse Barksdale and his entertainment group again highlighting the evening. The banquet was a big success with the Strolling Strings again joining us from Norfolk, VA. The proposal to go to a VFC Conference every other year was defeated, but the process highlighted some deficiencies in our amendment procedures. Dick Giangerelli is heading a committee to examine these and recommend improvements.

On 17 June, all Area IX chapter presidents met for lunch to meet with Congressional Delegate Liaisons in our area (newly appointed Rita Jensen for Congressman Frank Moran and experienced Mary Lou Vroman for Congressman Gerry Connelly). They each are keen to set up sessions with their Congressman during the August recess. VFC Public Relations Chair Gaston Gianni led a discussion and the way ahead on the VFC Strategic Plan. VFC Second Vice President Dick Giangerelli also joined us, adding a great deal.

All chapters, except Manassas (236) and Woodbridge (1270), have "gone dark" for the summer months. To finish up the "year", I joined Falls Church (401) for their end of year lunch at the Original Pancake House and Annandale (1159) for their's at Paradiso's Restaurant. Unfortunately, I had to miss Springfield's (893's) lunch (conflict with 401!) as well as Alexandria's (232's) (in Monterey, CA for a Military Operations Research Society Symposium) both also at Paradiso's Restaurant!

All chapters have been conducting interesting programs this spring. Chapter 1270 participated in the Dale City Fourth of July parade for the eighth year. They even had NARFE members from Maryland march with them!!

Pierce J. Johnson – Area IX Vice President

AREA X



Six of the seven chapters in Area X attended the 52nd Annual VFC Convention in Richmond in April. Area X members now serving on the VFC board are: Bill Shackelford, President; Dick Giangerelli, 2nd Vice President; Bill Schmidt, Secretary; Dr. Constance and John Bails, Service Officers; and Donna Shackelford, Alzheimer's Chair. I was re-elected Area X Vice President at the Caucus Meeting. Judy Willis (Chapter 1665) and Bill Boring (Chapter 1241) were selected for the 2012 Nominating Committee. I joined Pat Taylor, Betty Warren and Jessie Barksdale in the lively entertainment at the reception at the convention.



Jessie Barksdale enjoys the Strolling Strings at the VFC Banquet >>>>

In March, I visited Chapter 1665 (Metro-Northern Virginia) at their new meeting location in Crystal City. In April, I visited Chapter 737 in Fairfax. In May I visited Chapter 489 (McLean-Great Falls), Chapter 7 (Arlington) and Chapter 1241 (Dulles). On May 6 at the Fairfax County 42nd Annual Senior Recognition Ceremony held at the Fairfax Marriott at Fair Oaks, I received the 2011 Senior Citizens Council Award as the nominee from Chapter 1116 (Vienna-Oakton). Other Fairfax County NARFE Members receiving awards were Ginny Taylor, Chapter 1159 (Annandale), Art Brophy, Chapter 1241 (Dulles), Ralph Thompson, Chapter 737 (Fairfax), and Darlene Myer Rhodes, Chapter 893 (Springfield). Also attending the ceremony were Bill and Donna Shackelford.



Darlene Myer Rhodes and Kathy Arpa >>>>

At the request of VFC National Legislation Chair Jim Brewer, I assisted with the identification and selection of Rita Jensen who will be serving as the Congressional District Liaison for the Congressional District 8 of Democrat James Moran.

I received a request from Federally Employed Women to speak at their annual training program in July in Philadelphia. Because I was not available I contacted Maria Rizzo, the Pennsylvania Federation President, who arranged for a local chapter president to attend the FEW convention to speak about NARFE. Unfortunately because of a medical appointment, the chapter president was not able to attend the FEW convention.

In May, Chapter 7 hosted an evening meeting at the Arlington County Library to continue their efforts to recruit active federal employees. The event was advertised in the local newspapers and flyers were distributed at the metro station. They received matching funds for this project.

Area X held a president's meeting in June at the Tequila Grande Restaurant in Vienna with 12 members present. Members discussed the recent VFC convention, input for the 2012 State Legislative Plan, and the VFC Strategic Plan. I invited Rita Jensen, the new CDL for CD-8, and Gene Brown, who also attended.

Several chapters held summer luncheons or picnics in June and are in recess until September. Chapter 1116 combined their picnic luncheon with a white elephant sale and raised \$200 for Alzheimer's research. In June I visited Chapter 1133 (Loudoun) at their new location, the Travino Restaurant in Leesburg.



<<<< - Loudoun Chapter (L - R) Julie Guroff, Newsletter Editor, Matt Prisutti, Chapter President, and Vicky Duarte, Membership Chair

I assisted in the recruitment of Gene Brown, the new State Legislative Chair, who is a member of Chapter 1116 (Vienna-Oakton). Gene attended the State Legislation Planning meeting in Richmond along with members from Area X.

I attended the VFC Summer Board meeting in Richmond in July. I also attended the Region X Conference at the Cumberland Falls State Resort Park in Corbin, KY in August.

Kathy Arpa – Area X Vice President

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

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

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

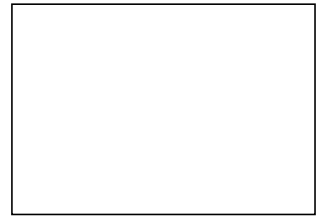
UNITED STATES HOUSE OF REPRESENTATIVES			
H.O.B. = House Office Building			
Member of Congress	Washington Office*	Local Office 1	Local Office 2
6th DISTRICT			
Honorable Robert Goodlatte (Plus offices in Harrisonburg and Staunton)	2240 Rayburn H.O.B. Ph. 202-225-5431 Fax 202-225-9681	10 Franklin Road,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

All Senate offices are Washington, D.C. 20510
VFC National Legislation Chair – Jim Brewer

All House offices are Washington, D.C. 20515

VFC-NARFE

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



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

Postal Service (Time Value) Please Deliver By September 6, 2011