



National Active and Retired Federal Employees Association



VFC Notes – Winter 2011

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

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FEDERATION PRESIDENT'S MESSAGE



As I begin my first message for 2011, I am very excited to say that things are moving very quickly in the VFC. As most of you are aware, an important resource available to the VFC and to NARFE as a whole is the Active Federal Employee (AFE). In recent months there have been two remarkable events that will bring more AFEs into the rolls as NARFE members.

FIRST – I am pleased to announce that through the efforts of Area II Vice President Betty Warren, NARFE National Headquarters has formally chartered two new Chapters in the VFC of are mostly AFEs. Chapter 2361 (Monticello) is located in the U.S. Federal Building in Norfolk. Chapter 2362 (Joint Expeditionary Base) is located in the Fort Story and adjacent areas of Virginia Beach. With these new charters, the number of VFC Chapters increases from 57 to 59.

SECOND – On February 7th, I received a telephone call from NARFE National President Joe Beaudoin. Our conversation revolved around the fact that increasing the involvement of AFEs and recent retirees, at both the Chapter and Federation levels, is critical to the efforts of our organization. It is common knowledge that many of these AFEs do not want to belong to a specific Chapter. Many of the AFEs are Generation "Y" and grew up with technology and rely on it to perform their jobs better. Armed with BlackBerrys, laptops, cellphones and other gadgets, Generation "Y" is plugged-in 24 hours a day, 7 days a week. This generation prefers to communicate through e-mail and text messaging rather than face-to-face contact and prefers webinars (web seminars) and online technology to traditional lecture-based presentations. Additionally, Generation "Y" may benefit greatly from mentors who can help guide and develop their young careers. In an effort to meet the needs of these AFEs as well as being the mentor to show them the benefits of NARFE, Chapter 2363 (Virginia E-Chapter) has been chartered thereby increasing the number of VFC Chapters from 59 to 60.

Additionally, I would like to welcome Gaston Gianni to the VFC Executive Board as the Public Relations Chair. Gaston retired from federal service at the end of 2004 after 40 plus years. His first 32 years were with the Government Accountability Office (GAO). Additionally, he served as the first Inspector General (IG) at the Federal Deposit Insurance Corporation (FDIC) for 8 years prior to his retirement. He joined NARFE in July 2003 and served as Woodbridge Chapter 1270 Vice President in 2008 and as Chapter President 2009-10. In addition to serving as the VFC Public Relations Chair, he is currently assisting the VFC Executive Board with the development of a VFC Strategic Plan and also representing Region X on the NARFE HQ National By-Laws Review Committee.

As we begin 2011, I am pleased to report that there are many things ongoing within the VFC through the hard work of your Executive Committee, Area Vice Presidents and the Program Committee Chairs. One way to keep up with the direction that the VFC is moving is to visit the VFC Website, www.vanarfe.org, which, through the tremendous effort of VFC Webmaster Stan Palen, has been updated with much information for our members to keep abreast of information and activities within the federation, including the six program areas: Alzheimer's, Membership, National Legislation, Public Relations, State Legislation and Service. I encourage everyone to visit the website and give us your comments on how we can improve upon the messages provided.

Another way to learn more about the VFC and NARFE as a whole is to attend the 57th Annual VFC Convention. It will be held April 25 - 28, 2011 at the Holiday Inn - Koger Conference Center; Richmond. For additional information concerning the event please refer to the "[2011 VFC Convention Documents](#)" link on the VFC web site, www.vanarfe.org. The Convention hosts are the seven chapters in Area VIII. The Convention Coordinator is VFC 1st Vice President, Luther L. Santiful and the Convention Chairperson is Area VIII Vice President Leslie Ravenell. I hope your chapter will be represented at the convention and take part in selecting the leadership for our organization. Three members of the Executive Committee are the incumbent President, 1st Vice President and 2nd Vice President, and if elected, will be term limited in their current positions. Delegates will be voting for new persons to serve as Secretary and Treasurer. Please do all you can to be sure your

chapter is represented by one of more delegates. If your chapter is unable to have your own delegate, please to select someone from another chapter who can represent your chapter by proxy. You can instruct the proxy to vote as you wish on all known issues prior to the convention.

The process of developing a VFC Strategic Plan to help us set and achieve our goals for future years is moving forward. Pierce Johnson, Area IX Vice President, and Gaston Gianni, Public Relations Chair, are spearheading the development of the plan. To date contributions to the development have been made by 7 of 10 Area Vice Presidents and several Committee Chairs. We have inventoried the input under the VFC organizational structure as well as showing the items 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. The next step is for the VFC Executive Committee, Area Vice Presidents and Committee Chairs to individually review the material and to add their input for their respective area of responsibility as well overall VFC. All of the information will be consolidated for my review and use in leading the VFC Board towards the final decision of which important goals should be placed in the Strategic Plan. This should occur either before or right after the VFC Convention in April. Keep in mind 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, VFC President

>>>> The older you get, the more important it is not to act your age <<<<<

1st VICE PRESIDENT'S MESSAGE



The snow comes and goes, the groundhog has done his thing and NARFE work continues. Since my last note, I have visited five chapters in various parts of the state. All are working hard to maintain their officer corps and so far have been successful in filling offices for another year. It was heartwarming as I installed officers to find so many veteran chapter officials who were being recycled. My advice, as always, is to assign new members whatever duties they will accept at their very first meeting or soon thereafter.

I am happy to report that we are much closer to our goal of each chapter recruiting an average of at least one member per month. Specifically, in December, 17 chapters recruited 38 new members — up from 35 the previous month and up from 20 recruits per month six months ago. I believe that by convention time, we can make the goal. The Area Vice Presidents are paying the appropriate amount of attention to this effort by assisting chapters as necessary.

Bulletin # 2, discussing details of the upcoming 57th Annual VFC Convention during April 25-28, 2011 in Richmond, was mailed to all chapter presidents on January 30. For the benefit of all members, bulletins 1 and 2 are posted on the VANARFE website, www.vanarfe.org. Registrations and ad activity are slowly picking up and hopefully will finish with a flurry as we near the actual convention date. In the meantime, we are asking all officers and members to support and participate in the convention in some way. Each chapter has been asked to designate a point-of-contact to handle activity leading up to the convention. The convention committee, comprising the seven chapters in Area VIII, is hard at work planning some great activities, work and fun, which should be beneficial and pleasing to attendees.

February 20th, the nomination deadline for the annual R. David Smith Award, is fast approaching. The award is a great opportunity for the VFC to recognize a member for outstanding service to NARFE during the year 2010. Any member may nominate any other VFC member providing the nominee meets the award criteria listed on the VANARFE website.

We are looking at the feasibility of re-organizing some chapters to make them more accessible to members. For example, one chapter covers such a large geographical area that monthly meetings are often moved around to enable more members to attend. Another situation has two relative small chapters in close proximity to each other that may be better with combined memberships. These assessments are on-going with an eye toward greater effectiveness. **REMEMBER - - Promote NARFE - - Recruit a member!**

Luther L. Santiful - 1st Vice President

>>>> When you invite trouble, it's usually quick to accept <<<<<

2ND VICE PRESIDENT'S MESSAGE



As I stated in my report in the November 2010 issue of the VFC Notes, the two primary responsibilities of the VFC 2nd Vice President are to coordinate the activities of the VFC chairpersons (i.e., National Legislation, State Legislation, Membership, Service, Alzheimer's, and Public Relations) and to organize the training of the Chapter officers and chairpersons.

Jim Brewer, the VFC Federal Legislation Chairperson, has been quite active in organizing and recruiting Congressional District Liaisons (CDL's) and Senate Legislative Liaisons (SLL's). These CDL's and SLL's are responsible for leading the effort to contact the federal Congressmen for Virginia and ensuring that the Congressmen are kept apprised of the NARFE issues. Jim is trying to make sure that the CDL's and SLL's are knowledgeable and aggressive. Many of them will be attending the NARFE Legislative Training Conference in March 2011. However, this work has taken a toll on Jim, and he has indicated

that he will have to step down no later than the 2011 VFC Convention. The VFC is currently trying to recruit someone to continue organizational development that Jim began.

Bill Schmidt, the VFC State Legislation Chairperson, continues to lead in the effort to identify and present issues pertinent to NARFE members at the Virginia Commonwealth level. Those of you that have supplied your e-mail addresses to the NARFE National office have recently been receiving weekly reports of Commonwealth legislative actions from Bill on the GEMS system. These reports are also posted on the VFC website and will continue to be sent out through the end of this 45-day General Assembly session. However, Bill's days as the VFC State Legislative Chairperson are numbered, as he will be nominated for election as the VFC Secretary at the 2011 VFC Convention; therefore, the VFC is trying to recruit someone to continue this work should Bill be elected.

Relative to State Legislation, the VFC State PAC (Political Action) Fund is in need of additional money. There is currently only about \$4,000 in this fund and more is needed. The VFC Board has authorized me to modify the current procedures to allow receipt of contributions by credit card as well as by check or cash. I am working on this change and you should see a new VFC State PAC contribution form soon. Also, the person who accepts and keeps the required records of member contributions will be changing from J. Carroll Graham to James Bradley. Additional information and instructions will be provided soon.

Connie and John Bails, the VFC Co-Service Officers, have been quite busy attending and making presentations at both Chapter and Area meetings. They have been providing information on what service is provided by NARFE and why it is important to be a NARFE member. At the Chapter level, they are probably the most recognizable of the VFC Chairpersons.

Dennis Martin, the VFC Membership Chairperson, will be reporting on the status of NARFE membership in the Virginia Federation. The NARFE membership in Virginia is continuing to decline, but at a low rate – 208 members or a 1.1% decline in the last 12 months. However, the effect of the impending NARFE National dues increase is still unknown. Dennis will be participating in a VFC Area 9 and 10 Area meeting in March 2011 at which NARFE membership will be the main topic. Dennis is also maintaining a list of members who recruit new NARFE members during the current VFC membership contest.

Donna Shackelford, the VFC Alzheimer's Chair, was appointed at the beginning of the last quarter of 2010, and has already had a dramatic affect on the collection of Alzheimer's Research contributions. The Virginia Federation goal for 2010 was \$70,000, and I didn't expect that we would meet that goal. However, at the last count \$69,780.79 had been collected by the end of December 2010. Not including the one-time large contribution received from the will of a McLean Chapter member in February 2009, the 2010 contribution exceeds each of the previous Virginia Federation's annual Alzheimer's Research contributions, which included \$66,243.24 in 2009 and \$66,333.86 in 2008.

I would like to welcome Gaston Gianni, the new VFC Public Relations Chairperson. Gaston was appointed at the beginning of January 2011 to take over from Carolyn Wilson. And as you will note in Gaston's report later in these VFC Notes, he is jumping in with both feet and already planning what needs to be done.

All of these Chairpersons, as well as myself, are committed and available to help you in any way that we can. Just let us know what you need from us. As I said before, I am a strong advocate of the importance of NARFE Chapters.

Richard "Dick" Giangerelli – 2nd Vice President

TREASURER MESSAGE



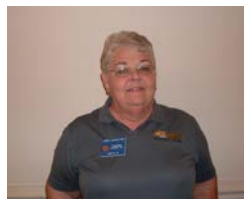
Early in February an invoice was mailed to each chapter treasurer requesting their VFC dues be paid by May 31, 2011. These dues were calculated based on number and category of voting members reported in the January 7, 2011 National M-110 report and the October 13, 2010 National M-114 Report. We thank those chapters that have already paid their dues in advance of the May 31 deadline. As in past years, hopefully, we will have another 100% response rate this year.

The VFC continues to support and recognize our chapters for their efforts and accomplishments in membership recruitment and retention and their activities with their legislators. This year chapter members have opportunity to participate in the National Legislative Training Conference on March 5-8, 2011 to gain the tools to be strong advocates when interacting with our legislators.

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

Darlene Myer Rhodes - VFC Treasurer

ALZHEIMERS



What an exciting Quarter we've had in the Alzheimer's program. Nationally, through the end of December, we are approximately \$32,000 short of our goal of \$9 million contributions from NARFE to Alzheimer's Research. We will accomplish that very quickly. So far in the fiscal year, VFC has donated over \$22,000 through November 30 for Research, and we are leading Region X by more than double the next federation. All VFC members have worked so hard and continue to do so. It makes it a pleasure to be the Chair of such an ambitious group.

On January 4, 2011, the National Alzheimer's Project Act (NAPA) was signed into law by the President of the United States after having been passed unanimously in both the Senate and House of Representatives. This will create a coordinated national plan to address and overcome the rapidly escalating crisis of Alzheimer's Disease and ensure coordination and evaluation of all national efforts in research, clinical care, institutional, and home/community based programs. Over the last several years, the Alzheimer's Association has been the leading voice in urging Congress and the White House to pass the National Alzheimer's Project Act (NAPA).

As your Chair, I have spoken to members of Winchester Chapter 180, Arlington Chapter 7, and McLean Chapter 489 and provided handouts as appropriate. I have more lined up in the next months, and look forward to assisting any Chapter. I'm also attempting to facilitate the Louisa and Charlottesville Chapters with the Alzheimer's Association to promote the Walk to End Alzheimer's in Charlottesville this fall.

The Convention is right around the corner, and I can tell you we have a great Alzheimer's program to present. We will have a couple guest speakers to bring us up to date on new developments and latest research. I want to conduct a good brainstorming session for a few minutes where everyone in attendance can exchange ideas about fundraising for Alzheimer's Research. Some of the successes for one chapter might be equally successful for others. The more money we can raise, the closer we can come to having Alzheimer's survivors!

Remember to plan and to participate in the Silent Auction at the VFC Convention. This could be another tax deduction for the difference between what the cost of the item is and the price it yields. We'll have some forms available so you can take advantage of that. Of course, Chapters as well as individuals may provide items, services, gift cards, etc. Bring them to the Alzheimer's table as soon as you get there. Each contribution should be worth at least \$25, and anything more is wonderful.

I'm hoping to have a new activity for Alzheimer's also, so check us out. Anyone who would like to volunteer to help me with all of these endeavors at the Convention, please contact me.

Donna Shackelford – Alzheimers Chair

Home: (703) 830-6590 Cell: (703) 402-0326

E-Mail: kamiahana@aol.com

14429 Round Lick Lane; Centreville, VA 20120

MEMBERSHIP

The membership contest, started in August, is off to a good start with 145 new members recruited by VFC members in the first five months of the contest. In all of 2010 the number of new members recruited by VFC members totals 290, or 16.2% of the total of new VFC members recruited for the year. I find these numbers encouraging and hopefully the results of the membership contest will show even better results in the future. If you need more information on the contest, contact Membership Chair Dennis Martin at 703-451-9481 or by e-mail at dkmartin101@aol.com

Unfortunately, the VFC membership for 2010, unlike last year's increase was down 266, or 1.1%. Transfers, in and out, continue at a slower pace than last year undoubtedly reflecting the poor economy and the downturn in housing prices.

Another disturbing fact is that second renewal notices were ahead of last year. However, through the good work of the chapter officers, non-renewals were behind last year. Unfortunately reinstatements were less than last year and it's apparent that more effort needs to be done in the retention of members.

The dues withholding continues to increase with an additional 6% of members signing up. Now 11.6% of VFC members are having their dues withheld.

Dennis Martin – Membership Chair

NATIONAL LEGISLATION



National Legislation is at the heart of our organization. We give potential new members brochures and pamphlets telling them the 10 reasons why they should join NARFE. We provide other documents that discuss our Congressional efforts. We hold chapter meetings and provide up to date information concerning new issues and concerns on the Congressional front. Our legislative director and legislative specialists assigned to our Washington headquarters are constantly researching bills and laws that may affect federal employees. In the VA Federation, National Legislation has become so important that the VFC Board of Directors has added a second line of Congressional District Liaisons and Senatorial Legislative Liaisons to aid in building an even stronger defense and better offense against bad bills and laws affecting Federal employees. In the Virginia Federation, Congressional Liaisons support every Congressional district across the state. They are asked to volunteer a tremendous amount

of time in support of not only NARFE members, but other Federal active and retired employees. In many instances, they perform their responsibilities and duties with little or no thanks. Congressional District Liaisons (CDL's) and Senatorial Legislative Liaisons (SLL's) are the lifeline between chapters and their respective Congressmen. Liaisons are tasked with communicating with chapter members, assisting and leading the way in some instances. Our legislative group of Congressional District and Chapter Representatives meet periodically and organize a discussion of our NARFE issues with their respective district Congressman. They believe in planning the event/meeting and then working on the plan. Please welcome your 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. Here are your Congressional District Contacts:

VFC CONGRESSIONAL DISTRICT LIAISONS			
United States House of Representatives			
Districts	Congressmen	Liaisons	E-Mail
1	Rob Wittman	Ray Whipple	Ray26sky@verizon.net
2	Scott Rigell	Donald Scott Donald Warren	Donscott600@cox.net blwarren1@cox.net
3	Bobby Scott	Wanda Hewlin	lanayhew@cox.net
4	Randy Forbes	Henry Stafford Ms. Barbara Nugent	hnrystafford@yahoo.com barbaraphs50@aol.com
5	Robert Hurt	Allen R. Wright	smithcreek@embargmail.com
6	Robert Goodlatte	Beverly Fleming	bfleming@shentel.net
7	Eric Cantor	Bill Branigan	Innkeeper.lion@gmail.com
8	James Moran	Sharon Forest	taffyjoe@aol.com
9	H. Morgan Griffith	Darlene Allen	Dfallen01@gmail.com
10	Frank Wolf	William Schmidt Jon Joyce	Billschmidt39@yahoo.com jonpjoyce@msn.com
11	Gerry Connolly	Mary Lou Vroman	mlvnet@cox.net
United States Senate			
	Senators	Liaisons	E-Mail
	Jim Webb Mark Warner	Nancy Cabral Steve Ledford	Junkmail.tirana@yahoo.com unionmgmt@mac.com

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., which is a reduced goal from the previous 111th Congress goal due to the expected economy downturn of the next couple years. Of course, some Chapters will exceed their goals and others will struggle, but NARFE-PAC appreciates any and all contributions from NARFE members. Members contributing \$20.00 or more will receive a NARFE-PAC pin which can be proudly displayed on their clothing. Accordingly, as of the beginning of the 112th Congress, NARFE-PAC has not originated any funds disbursements to support Congressmen or their special Political events. If you haven't received your Chapter's goal, as determined by the 2010 VFC Convention legislative committee, please contact your Congressional District Liaison. In addition, it's the CDL's responsibility to contact all Chapters, with a significant quantity of members in the Congressional District, to determine NARFE-PAC support or denial of support and then report to the VFC NARFE-PAC coordinator. The NARFE-PAC coordinator will then support or request additional information, look up the voting record and determine accessibility to NARFE members and forward to the next higher echelon in the Organization.

The National Legislative Conference is scheduled March 5-8 and the last day is established to support visits by members to their respective Congressmen or Senators on the hill. Many Congressional District Liaisons (CDL), Senatorial Legislative Liaisons (SLL) and Area Vice Presidents (AVP) are planning to attend the Educational Conference. In addition, many are planning to visit their Congressmen on the "hill". CDL and SLL's planning to attend, are requesting a short meeting of all VFC member attendees to discuss plans to be more effective and efficient with the time allowed to meet with their Representatives and Senators. Please contact your respective Congressional District Liaison to discuss "networking" suggestions. Together, we can make a difference.

Jim Brewer – National Legislation Chair

SERVICE OFFICERS

Should You Get A New Military Id Card At Age 65 Or Not? - - - Technically, it's not required but it may save you some grief down the line.



ID cards for retired military members have an "indefinite" expiration date on the front of the card. On the back of the card is an expiration date for medical benefits that expires the month prior to you turning age 65. While your entitlement and access to medical benefits do not end after the expiration date, it could cause problems if you don't update your card.

We recently received an email from a member who told us of his trip to the base pharmacy. He still used his original retired ID card with an expired medical date on the back. His card was confiscated by the pharmacy. Turns out, the base hospital implemented a local policy to confiscate cards in an effort to get cards updated for those over 65 years old.

In this fast paced, ever changing world, military ID cards have undergone several updates over the years, photos get old, and some service providers won't understand the date on the back doesn't render the card expired. People aren't ID card experts. An expired date means one thing to most; game over. Save yourself the potential grief and get a new card.

Published by Shane Ostrom, CFP® under Military Pay and Benefits

New Way of Stealing Credit Card Information - - Thieves now have another way of stealing your credit card information without coming in contact with your wallet. With new technology, they can now simply walk past you or sit next to you on the Metro and retrieve your card information.

Most Cardholders aren't liable for fraudulent use of their credit cards, but secure sleeves that block these transmissions have been developed and marketed. During this New Year we want to make you aware of this emerging technology.

Source: Fairfax County Department of Information Technology

We have heard from members who were concerned about a decrease in their federal tax withholding (they wanted to make sure the reduction was not going to result in under withholding) and this year members are upset about an increase in tax withholding. Actually, it is not an increase but a return to pre-2010 withholding tables. Below is an explanation and rationale for the withholding change thanks to David Snell, Director of Retirement Services, NARFE Headquarters.

The Making Work Pay credit expired December 31, 2010, which could mean higher federal tax withholding amounts in monthly annuities for federal retirees. The IRS issued a notice in December saying withholding tables for 2011 would no longer be adjusted for the Making Work Pay tax credit and there is no longer an optional additional withholding adjustment for pensions.

The Making Work Pay credit was created with the passage of the American Recovery and Reinvestment Act, PL 111-5 signed into law February 17, 2009. The credit equaled 6.2% of a taxpayer's earned income up to a total credit of \$400 for individuals and \$800 for Joint filers. Last year the IRS asked employers to use the new withholding tables to adjust workers' take-home pay to account for the new credit as soon as possible and they emphasized that employees did not have to fill out a new W-4 withholding form; that the adjustments would be automatically made based on the 2010 withholding tables. Those withholding tables also affected federal retirement payments. With the expiration of the temporary credit, IRS tax withholding tables have changed for 2011 and many retirees may see an increase in the amount of federal tax being withheld from their monthly annuity payments as a result.

It is important to keep in mind that like all employers, OPM uses tax withholding tables that are provided by the IRS and questions about changes to those tables must be referred to the IRS, not OPM.

As a reminder, federal annuitants receiving payments from OPM can change their tax withholding amounts for both federal and state taxes, by contacting OPM. Retirees can call OPM at 1-888-767-6738 or make changes on-line at www.opm.gov/retire. We would also suggest retirees use the OPM on-line tax withholding calculator at the same site before making a change to their monthly tax withholding.

John & Connie Bails Co-Service Officers

STATE LEGISLATION



We have distributed over 1500 copies of the 2011 State Legislation plan to members of the General Assembly and to our members. Several of our members have personally discussed the plan with members of the House and Senate. Others are preparing to do so during the session. Of our five issues several applicable bills have been introduced. The only bill on expanding the availability of voter lists was defeated in committee in December after being continued from last session. There are four bills to create language in the Virginia Constitution to protect an individual's property rights in cases of Eminent Domain takings by the state. Additional efforts to address the transportation and Aging issues in our program will depend on the budget amendment that is passed.

The annual State Legislation Committee meeting will be held at the Holiday Inn Koger Center on June 16 from 10:00 AM to 2:00 PM. At that meeting the State Legislation Committee of the VFC which is composed of the SL Chair, two SL representatives, the 10 AVPs and their Area SL coordinators along with the VFC President, and his two Vice Presidents, will prepare a draft plan for the 2012 Legislative Session and select which candidates we would like to support. Selecting candidates to support this election cycle will be more difficult as the General Assembly has moved the date of the primaries from the second Tuesday in June to August 23rd to accommodate the redistricting process. We will be making our best guess at the July Board meeting as to which candidates will be running for election. The final decision on funding of candidates is made by the 5 members of the VFC Executive Committee so they will be able to decide after the primary season.

Every Chapter is encouraged to consider issues that the VFC should include in our legislative program for 2012 and to identify suitable candidates for financial support in the Fall 2011 election. The State Legislation section of the VANARFE web site (www.vanarfe.org) has instructions and coupons for suggesting ideas for legislation and for suggesting suitable candidates for support. Suggestions should be forwarded to either the State Legislation Committee Chair or to your local Area Vice President so they can present the ideas on June 16th.

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. Our current balance is about \$4,000 which is insufficient to provide reasonable donations to many candidates. Each Chapter is encouraged to make an effort to find donors for the VFC Political Fund. Coupons for making donations are on the State Legislation section of the VANARFE web site.

Bill Schmidt – State Legislation Chair

VFC STATE POLITICAL ACCOUNT CONTRIBUTION

AREA _____ CHAPTER _____ DATE _____

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

Name _____

Address _____

City, State, Zip _____

E-Mail Address _____

Retired Yes/No _____

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

Employer Name _____

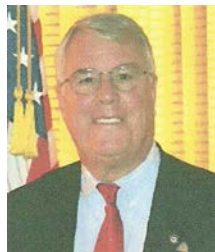
Employer Address _____

Make check payable to:

VFC STATE POLITICAL ACCOUNT and mail to

J. Carroll Graham
 VFC State Legislative Representative
 1307 Forest Avenue
 Richmond, VA 23229

PUBLIC RELATIONS



I would like to introduce myself. I am Gaston Gianni. I am a member of NARFE Woodbridge Chapter 1270 and have been appointed the VFC Public Relations Chair.

I know that I will have some big shoes to fill, as I am following Carolyn Wilson in this position; however, I will do my best to perform the functions and responsibilities of the position of PR Chair. I ask for your thoughts, comments, and suggestions. My e-mail address is gastongianni@aol.com and my telephone number is 703-508-4339. Please feel free to contact me.

I look forward to being on the VFC Board as the Public Relations Chair and working with the other VFC Board members and the Chapters to improve and enhance public relation in the NARFE Virginia Federation. Since this will be my first involvement with public relations, it will take me a few months to gather information on the activities of the past Public Relations Chairs and to identify possible future initiatives and directions. I also plan to contact NARFE Headquarters to see what information and assistance they can provide. I also plan to reach out to the other State Federations in NARFE Region X to identify what they are doing and to improve and coordinate public relations activities within the Region.

I believe that an important part of this position is to determine how the VFC can best assist the Chapters within the VFC in making NARFE and the mission of NARFE better known. I plan to establish contact with each VFC Chapter's Public Relations Chair to determine what can be done and how best to do it.

As you may have heard, I am currently assisting the VFC Executive Board with the development of a Strategic Plan and am also representing NARFE Region X on the NARFE HQ National By-Laws Review Committee. I plan insure that public relations is addressed as a significant issue.

Gaston Gianni – Public Relations Chair

VFC OFFICERS NOMINATIONS 2011-2012



The VFC Organizational Handbook requires that the Nominating Committee nominate at least one candidate for each of the elected offices. The Committee, composed of representatives from all ten areas has presented the following slate of officers (*indicates incumbent):

President	William Shackelford*	Chapter 737	Area X
1st Vice President	Luther Santiful*	Chapter 2358	Area VII
2nd Vice President	Richard Giangerelli*	Chapter 1241	Area X
Secretary	William Schmidt	Chapter 1241	Area X
Treasurer	Samuel Harris	Chapter 1727	Area III

Following the Nominating Committee report to the Convention, there will be a call for additional nominations from the floor. If there are additional nominations, single nominating and seconding speeches limited to three minutes and two minutes, respectively, will be allowed for each candidate nominated. Each opposing candidate will be given an opportunity to speak to the convention for no longer than five minutes.

Joyce D. Pieritz – VFC Nominating Committee

>>>> A filing cabinet is where things get lost alphabetically <<<<<

AREA I



Election of chapter officers, installation ceremonies, and enjoyable holiday luncheons/dinners are behind us. I'm pleased to say that all four Area I chapters achieved full slates of officers who are now ready to make 2011 an outstanding year.

I have the honor of serving as President of Chapter 682, Peninsula. I had previously served as PR Chair, newsletter editor, and two years as Vice President so it was my time to move up. I have an outstanding group of officers and program chairs working with me – many who are serving in these positions for the first time!!! New leaders who are bringing forward new perspectives and ideas! There are times I feel like “wait for me, I'm your leader” because they are moving forward quickly

with great projects!

Chapter 685, Williamsburg, is being lead by Jorge “George” Lugo. George hit the ground running and hasn't slowed down. He approached an AM station in Williamsburg and talked them into providing 10-15 minutes every Monday afternoon for him to be “interviewed” on air, promoting NARFE and the Williamsburg Chapter. I had a call from a member of Chapter 682 telling me that they had heard someone talking about NARFE on a Williamsburg station! Now that's good PR. With new ideas and projects like George's, I know Chapter 685 is in for a busy year!!

Jim Bradbury is again serving as President of Chapter 1757, Middle Peninsula (Gloucester). He continues to bring new ideas to his members and has successfully recruited new officers and program chairs to step up this year. I will be visiting this chapter again on Feb. 17th, but I can tell you they are doing great on their own right now. I have mentioned the success Chapter 685 has had with a small, local radio station so Jim is checking on a similar opportunity with their local FM station. Just sharing ideas and ways to achieve success is terrific.

Northern Neck, Chapter 1823, is being lead by John Krainock who is serving as President for a second year. This chapter covers a huge area as far as distance and travel time is concerned so they continue to struggle with attendance at their membership meetings. I visited this chapter on Feb. 1st where we had an outstanding discussion of ways to reach their current members and recruit new members. Not to be outdone by the geographical area, they will continue to rotate meeting venues to “reach” their members, and their calendar of meetings for 2011 shows a true effort to provide meeting topics that should be of interest to members and perspective members.

As Area I Vice President, I have numerous goals for the year, but I have two “projects” that are high on my list. I want to conduct an Area I training where the current and potential officers and program chairs can come together for additional training sessions to be conducted by VFC Board members (i.e., Service Officer training to be conducted by VFC Service Co-Chairs John and Connie Bails, etc.). By bringing training down to the Area level, we can cut some travel costs by allowing our VFC Program Chairs to reach multiple chapters in one location, and we can have networking opportunities within our area. This form of communication seems to bring out new ideas from our chapter leaders who often don't get to attend the annual Convention or other training opportunities. My second “project” is to hold an Area I Fashion Show to benefit NARFE Alzheimer's Research. I attended the Woodbridge Chapter's annual fashion show in October to see how they've successfully conducted this fundraiser for several years. Several of their members have graciously offered to assist with a similar fundraiser in Area I. I have consulted all four chapters in the Area, and I have volunteers to serve as members of a Planning Committee. It's amazing how enthusiastic folks can be when it comes to working together with a new and exciting project...and to raising money for Alzheimer's Research.

I'd like to tell you about the newly appointed Congressional District Liaisons from Area I. Ray Whipple is the new CDL for the 1st District, Rob Wittman, and Wanda Hewlin is the new Vice CDL for the 3rd District, “Bobby” Scott. Both Ray and Wanda are members of Chapter 682, and they each volunteered to serve – no recruiting necessary, they wanted to serve!! Ray and Wanda will be attending the National Legislative Training Conference along with several others from Area I: National Legislation Chair for Chapter 682, Horace Bellamy; 1st VP for Chapter 685, Mary Swain; and possibly 1st VP for Chapter 1823, “B.J.” McMillan. And I will be joining them for this training as Area I VP.

Contact with our Congressional representatives is vital to the mission of NARFE, and I'm proud to say Chapter 682, Peninsula, has had a couple of outstanding visits from Congressman Wittman during the past few months. He was invited to speak at the Chapter's regular October meeting and brought out more attendees than usual at a membership meeting. Then, much to our surprise, he asked to come speak to the Chapter again on Feb. 14th – perhaps even more appropriate since we were planning to celebrate NARFE's 90th Anniversary at this particular meeting. To have one of our representatives visit twice in a matter of months and while Congress is in session is appreciated!!! All Area I chapters received invitations to this meeting so we can ask Congressman Wittman questions that many NARFE members really want to ask right now!!!

To conclude, I will say that the chapters in Area I are busy and expanding their efforts this year. It's my honor and privilege to serve as their Area VP.

Patricia “Pat” Taylor- Area I Vice President

AREA II



It has been an exciting year; everything seemed ordinary about the past year that changed everything. Two new VFC chapters have been chartered, Monticello in the Norfolk Federal Building and Joint Expeditionary Base Chapter at Fort Story and host area for the 2010 VFC Convention.

There are now seven chapters, Metro 5, Virginia Beach 974, Tidewater 66, Seaside 1827, Eastern Shore 1175, Monticello 2361 and Joint Expeditionary Base Chapter 2362. Most members were engaged in holiday celebrations. All the chapter officers have been installed. Committee Chairs appointments are ongoing. Aside from the above, the chapters were not as active as they usually are due to severe weather conditions. Seaside Chapter 1827 and Virginia Beach 974 members are planning the Annual Alzheimer's Luncheon, a fund raising project for Alzheimer's research.

New Chapter Presidents: David Hostetler President of Metro 5, Beran Rogers President Eastern Shore 1175, Curtis Stewart Joint Expeditionary Base Chapter 2362 and James Quash Monticello Chapter 2361. I'm sure with you at the helm the chapters are in good hands. Welcome all! President Alex Adkins Virginia Beach 974, Harry Jones Tidewater 66 and Ron Butler Seaside 1827 were elected for another term.

Paperless Newsletter: The majority chapters decided to go paperless for the Area Newsletter. This will result in a cost savings to the chapters for printing and mailing. The Members who do not have electronic access may request a paper copy of the Newsletter from their Chapter President.

Congratulations to new chapter officers. Your service is valuable and appreciated. Many thanks to the outgoing officers, NARFE appreciate your service. I sincerely thank you.

Sympathy: My sincere sympathy to members who lost a loved one during the past year. Deceased member's memorial services will be conducted at the VFC convention.

Thank You Recruiters: Area II membership increased by thirty-one in 2010. NARFE need big membership numbers for strong representation.

Betty L Warren - Area II Vice President

AREA III



I hope you and your families had a Merry Christmas and Happy New Year. This was a quiet holiday season for us as my wife, Sandy, injured her leg before Thanksgiving in a 4-wheeler accident. She is making a good recovery and we are able to get out more.

Chapter officer elections went well this year as all 7 chapters filled all elected office positions. Those chapters that reelected the same officers for 2011 included Richmond (Chapter 60), South of the James (Chapter 1138), and Colonial Heights (Chapter 1472). Petersburg (Chapter 28) elected me as the new president, Kit Ericson as new secretary, and Veronica Fountain as the new treasurer. Incumbent Vice President Roy Beasley was reelected. Midlothian (Chapter 2265) reelected their Secretary Catherine Dorsett and Treasurer Noel Boraski. New officers were Ann Simpkins, 2nd Vice President, Tony Michalek, 1st Vice President, and Lynn Osborne, President. Imperial Plaza (Chapter 1510) reelected Bettye Thornton as President and Gwen Allens as Vice President along with Bea White as the new Secretary and Pat Taylor as new Treasurer. Tuckahoe did not have anyone to fill the President or Vice President slots until Sarah Harris stepped forward to be President and Margaret Seim to be Vice President. Joan Lloyd continues as Secretary and Sam Harris as Treasurer. I thank all the outgoing officers and welcome the new ones. Chapter officers are the "glue" that holds the chapters (and NARFE) together. They are all appreciated.

All chapters are preparing for the upcoming VFC Convention in April. The activities include selecting delegates, obtaining donations, and selling commercial ads (in addition to chapter ads). A large turnout of delegates is expected as most members are within a short driving distance.

A variety of programs/activities continued. Included were Don Newbery, a retired coach and sportscaster talking about his experiences in the movies as an extra; Howard Dickenson on long term care insurance; the representative of Blue Cross/Blue Shield Kathy Bass to all the chapters on the plan's health insurance changes; Jack Saunders of the Better Business Bureau on "Senior Identity Theft;" Judy Tyree on "Being Your Own Advocate;" VFC Co-Service Officers Connie and John Bails, on the duties of the Service Officer and important papers to retain (which Chapter 28 invited Service Officers of other chapters to attend); a bake sale and television raffle by Chapter 2265 and an auction by Chapter 1472 all for Alzheimer's Research; Craig Williams on senior citizens and the recreation facilities operated by Richmond, Registered Nurse Beth McNeil on Understanding Warning Signs of a Stroke; Robert Shaefer on "Alzheimer's dementia; and Ricky McCormick on tax preparation.

Area memberships overall remained the same as 2009. Imperial Plaza, South of the James, and Midlothian gained members. Losses in other chapters had decreased by year-end. Recruitment of new members was up, but so were drops for dues nonpayment. The trend of reinstatements continues up. All chapters now have current bylaws and made great progress in updating websites. Changes will have to be made with the new officers elected and appointed.

The Chapter Presidents for Petersburg, Tuckahoe, and Midlothian are all stepping down. Chapters are in the process of finding new officers. Petersburg will have three new officers; only the Vice President is a holdover. Richmond is seeking a new Treasurer, all officers are the same

in South of the James, Colonial Heights, and Imperial Plaza. Richmond will have a new 2nd Vice President, 1st Vice President, and President, and has candidates for all offices. The Tuckahoe Chapter is losing their President, Vice President, and Secretary. The only office filled is Treasurer, and nobody has stepped forward for the other offices. The VFC 1st Vice President, Crisis Manager, and I have been working with the members with little success.



I developed an Area 3 2011 directory which I forwarded to all Area 3 chapter presidents and the 20 VFC Area Vice Presidents, and appointed and elected officers.

LEFT - Jack McMurchy speaks to Petersburg members @ December Christmas Luncheon

I attended six Christmas luncheons and enjoyed them all. I installed new officers at four and spoke at five. The Midlothian luncheon conflicted with my home chapter meeting, so former Area Vice President Marge Bartell installed their officers. I installed Tuckahoe officers at their executive board meeting in late December because the president could not attend their January meeting. I conducted my third Council of Chapters meeting on February 3rd with 13 presidents, coordinators, and other officers. Besides the chapter reports and we discussed decisions made at the winter VFC meeting and progress in selecting delegates, obtaining ads and obtaining donations for the VFC Convention.

Jack W. McMurchy - Area III Vice President

AREA IV REPORT



The winter is always a time of change within the chapters and area, but 2010 really didn't see much in the way of changes. Our Suffolk chapter (1743) saw a change of Presidents, with Glen Musick replacing Joseph Silberholz and also a change of Vice Presidents. Chapter 1682 (Chesapeake) saw minor realignments in its board, but the senior management remained stationary. My particular chapter, Churchland 1293, saw a change at the Alzheimer Chair position and we established a Social Director's position. No changes occurred in the other two chapters. As Area Vice President, I visited chapters and provided the oath of office for new board members.

Guests at the Area's chapters came from various mayoral and congressional offices, health insurance companies, museum operations, government plans for land potentially impacting some of our member's locales, as well as entertainers (singers). Chapter Legislative Officers met with representatives of the area's Congressmen. All chapters held Christmas parties or similar events with good attendance.

My home chapter, Churchland 1293, continued to have great success in meeting its established monthly Alzheimer's monetary goal and is providing those donations in a timely manner. Our new Alzheimer's Chair, Ms. Bettie Jones, has been a real blessing in taking on this project and can only be described as a "human dynamo" in supporting Alzheimer's Research donations.

We have designated chapter personnel to work the various "taskings" for the 2011 VFC Convention (April 2011), and they are working on the many action items.

Bobby L. Whittington, Area IV Vice President

AREA V



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

Membership: There has been no significant membership gains/losses in any of the chapters since the last reporting period. All chapter presidents received the VFC Convention material, and are expected to attend. Due to unforeseen circumstances, two chapters currently do not have a full slate of officers for the current year.

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.
- Encourage members to support the 2011 VFC Convention

The primary focus in Area V is retention, however, attendance at chapter meeting has declined sharply over the last year. The indicators for non-attendance remain the same (lack of interest, age, and health-related concerns). Inevitably, this contributes to non-renewal.

One of my goals is to continue visiting each of the chapters to encourage attendance and support for the 2011 VFC Convention.

Jessie Barksdale - Area V Vice President

AREA VI



Winter 2011 - - No Article Submitted From Area VI.

Del Dyer - Area VI Vice President

AREA VII



All Area VII chapters conducted Annual elections this fall. Noteworthy is that Chapter 135 (Charlottesville), with a membership of almost 300, could not find anyone to petition for the position of President. VFC President Bill Shackelford, VFC 1st Vice President Luther Santiful, and I travelled to Chapter 135 in February to recruit one. All chapters held Holiday parties as part of their monthly meetings. Chapter 180 (Winchester) was serenaded by the Apple Capital Chorus. External chapter activities included Winchester's Festival of Leaves Booth in October, and participation in the Kids Voting USA for Winchester-Frederick and Warren Counties in November. There were 3 noteworthy Election-related activities during the quarter: Chapter 164 (Harrisonburg) hosted a NARFE-only meeting with U.S.

Congressman Bob Goodlatte (6th District) in October; Chapter 180 (Winchester) hosted a Virginia 10th District Forum for Congressman Frank Wolf and his 2 challengers in October; and State Senator Mark Obenshain held a Town Hall in January that was attended by several NARFE members from throughout Area VII. In December, VFC President Bill Shackelford & wife, Donna, the VFC Alzheimer's Research Committee Chairperson, were in attendance at the Chapter 2358 (Shenandoah County) Holiday Party to install their chapter's officers, and at the Chapter 180 (Winchester) November meeting to receive their chapter's Alzheimer's Research annual donations.

In January, Dennis Martin, VFC Membership Chair, visited Chapter 2358 to congratulate the members on their #1 in Virginia recruitment achievement for CY 2010. Also, Chapter 180 (Winchester) received a 2011 Virginia State Assembly Commendation for their continuing Alzheimer's Research Contributions and support.

Steve Dansker - Area VII Vice President

AREA VIII



The Holidays have come and gone but December was a wonderful month in Area VIII. I was fortunate to celebrate with six of the seven chapters, only missing one due to bad weather. It was a time of gift giving for all. Falls Run Chapter, Lake of the Wood Chapter, and Louisa Chapter all had silent auctions with the "gifts" to Alzheimer's. Colonial Beach Chapter purchased gifts for the residents of the Westmoreland Rehabilitation Center and also gave them the "gift" of music with members singing holiday songs. Caroline Chapter and Fauquier/Warrenton Chapter had the traditional gift exchange with lots of laughter.

It's a new year and Area VIII has some new leadership. Four of the seven chapters elected and installed new presidents including myself as I am the new president of Colonial Beach Chapter 595. Congratulations to these new Presidents: Chapter 1549 (Fauquier/Warrenton) Barbara Scott, Chapter 2065 (Louisa) Ray Siewert, and Chapter 2343, Julia Alessio. Welcome back to the three remaining chapters with returning presidents, Chapter 90 (Fredericksburg), Maureen Nolet, Chapter 1885, Lake of the Woods, Nick Duy, and Chapter 2112, Caroline, Judi Moore. Thanks again to Rachel Hollins, Chapter 2065, Jackie Richards, Chapter 2343, and Ray Brandenburg, Chapter 1549 for all their hard work as Chapter Presidents. A special thanks to Anna Payne of Chapter 595 who has served for many years with the Colonial Beach Chapter. Her father founded the Chapter in 1957 and three generations of the family have been members.

All seven Chapters are working very hard on the 2011 VFC Convention to be held in Richmond, 25-28 April at the Holiday Inn Koger Center on Midlothian Turnpike. Requests for speakers and exhibitor letters have been sent out. Registrations are slowly coming in. The Committee selected the following theme for the 2011 Convention: "NARFE - Challenged as Never Before". This theme was suggested by a Jack Siegel, spouse of Margaret Siegel, Membership Chair, Falls Run Chapter 2343. Thanks, Jack!

Chapters in Area VIII are aggressively working on increasing membership. Numbers for 2010 are up by approximately 20 members over 2009 with even our smallest chapter Caroline Chapter 2112, gaining a few new members. Falls Run Chapter 2343 formally met inside a gated community at Falls Run. Now they will be meeting at the newly opened England Run Library. This meeting place will allow more access by those who are not residents of the gated community and they hope this too will bring in some new members.

Leslie Ravenell - Area VIII Vice President

AREA IX



I am pleased to report that all six chapters in Area IX have a full complement of elected officers, and most committee chairs are filled as well. Officers have been sworn in at all chapters by either a VFC officer (President - 893 and 1159; 2nd Vice President - 401; Former President Ann Collins - 232) or myself (356 and 1270). Due to scheduling conflicts, I was not able to join a number of chapters, so I certainly appreciated others stepping in to officiate! We range the gamut from an orderly succession to remaining in position to scurrying around at the last minute to find a volunteer to serve.

This underscores the necessity for having a succession plan in place for elected officers as well as committee chairs (even though chairs are to be appointed by the President). Having co-chairs (despite no place on the F-7 to so indicate) enables this to occur easily in the case of an emergency.

A number of our folks manned the NARFE table at Congressman Connolly's Open Season Workshop for health benefits on December 4th. We were able to attract more interest due to our location this year. Thank you for serving.

The holiday party enjoyed by each chapter emphasizes how much our members appreciate the social aspects of our organization as well as the lobbying efforts of NARFE. For many chapters, this meeting is the most widely attended one, and is frequently held at an upscale restaurant. Entertainment ranged from vocal groups (232) to a German Polka Band (1270). Chapter 1270 collected clothing donations for a shelter instead of exchanging gifts.

Although mentioned elsewhere in these notes, I can't help but congratulate Area IX folks for their outstanding contributions to Alzheimer's Research this past year. Nearly doubling the next best area, we donated \$21,133.30, with Chapter 1270 contributing \$10,426.30. A salute to each person who helped us make this impact!!

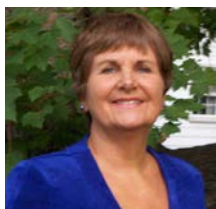
The Northern Virginia Caucus will be meeting on March 3rd with an emphasis on Membership. Chapter Membership Chairs are specifically invited, including the VFC Membership Chair, Dennis Martin and the newly appointed Area IX and X Membership Chairs. Area IX expects to have a good representation at the National Legislative Training Conference March 5 - 8. Several members are attending at their own expense, while some chapters are completely subsidizing attendance. At a minimum, each chapter should have their National Legislative Chair attend.

It is not too late for chapters to be making plans to attend the VFC Convention in Richmond (Midlothian) in April at the Koger Center. Remember it begins the Monday after Easter this year (April 25-28). Prices are VERY reasonable, so hope to see many of you there. If you are counting your pennies, you could even commute (about an hour and a half). Invitations have been issued to Congressman Rob Wittman and the head of OPM, John Berry to speak.

Pierce J. Johnson - Area IX Vice President

>>>> A closed mouth gathers no feet <<<<<

AREA X



Area X has four new presidents for 2011. In Chapter 7 (Arlington), the new president is Max Scruggs, a former Peace Corp volunteer. In Chapter 737 (Fairfax), our VFC Co-Service Officer, Dr. Constance Bails, is the new President. In Chapter 1116 (Vienna-Oakton), the new president is Shirley Martin. In Chapter 1241 (Dulles), our VFC State Legislative Chair, Bill Schmidt, is the new President.

Returning as Presidents are: Joseph (Dick) Spann, Chapter 489 (Mc-Lean-Great Falls), Matt Prisutti, Chapter 1133 (Loudoun), and Judy Willis and Jeanette Pelton, co-presidents, Chapter 1665 (Metro Northern Virginia).

Meetings for this quarter were devoted to chapter elections, visits from Congressional candidates and representative from Blue Cross and Blue Shield. Other programs included a presentation on reducing energy consumption through the use of Smart Meters and Conservation, an explanation of HB-514 proposing an agency-coordinated blueprint for livable communities and long-term services for older and disabled citizens, and a program on Universal Design Standards that will allow you to continue to live comfortably in your own home as you age. Other speakers included representatives from the Alzheimer's Association of the National Capital Area and the Social Security Administration, the director of Arlington County libraries and several financial planners. VFC Service Officers Connie and John Bails, Alzheimer's Chair Donna Shackelford and State Legislative Chair Bill Schmidt were invited to several meetings.

In addition to the Chapter 1270 Fashion Show, chapters in Area X continue to find creative ways to raise money for Alzheimer's. One chapter raffled a cake. One chapter had a large raffle basket their holiday party. After the holiday party an anonymous donor sent in a check for \$850 for Alzheimer's. Another chapter had a raffle and sold poinsettia plants. One chapter had a silent auction and several chapters have a 50/50 drawing each month. One chapter sells Entertainment books.

I participated in the health fair sponsored by 11th District Congressman Gerry Connolly at the Fairfax County Government Center on December 4, with members of Chapters 737, 1116, 1241 in Area X and Chapter 1270 in Woodbridge in Area IX. Several NARFE members attended. Congressman Connolly spent quite a bit of time with the NARFE members and posed for pictures.

Six of the seven chapters in Area X ended the year with holiday parties. I attended parties with Chapters 7, 1116, 1131 and 1241. At Chapter 1241, National President Joe Beaudoin installed the officers. At Chapter 1116, National Vice President Paul Carew installed the officers. I installed officers at Chapters 7 and 1131.



I recruited George Meek from Chapter 7 as the area membership coordinator for Area X. George worked for 20 years at the Organization of American States and 20 more at the Voice of America, retiring in 2000. He was VFC Secretary from 2001-2004. He does translations from Spanish and Portuguese and has begun studying Arabic.

LEFT - Bill Schmidt with Joe Beaudoin at Dulles Holiday Party

The next caucus meeting on March 3 for Area IX and X will be devoted to membership. VFC Membership Chair Dennis Martin and the two area membership coordinators will attend. All officers and membership chairs were invited.

After a very successful Senior Expo in October at which they recruited 16 new members, Chapter 7 is having a recruitment contest with prizes of \$100, \$75, or \$50 for the top three new-member recruiters this year. The awards will be made in December for the largest number of active or retired members recruited from January through September. In order to help in their recruitment effort, and for the convenience of working members, their regular March meeting will be on THURSDAY March 10 at 7:30 p.m. at Culpepper Garden Room 3 with refreshments at 7.

Chapters were encouraged to sign up for the Legislative Training at Crystal City and the VFC Convention in Richmond.

As of the end of December, membership in Area X declined by less than 1%. Chapter 7 gained 23 new members in 2010 and gained 16 new members after the Senior Expo held in October. Area X showed more than a 10% increase in dues withholding for the 2010.

Kathy Arpa - Area X Vice President



REGION X VICE PRESIDENT'S REPORT

I doubt anyone will disagree that these are difficult times. Unemployment is high, the deficit is in the trillions, and congress is in the process of balancing the budget – our concern has to be that it is not on the backs alone of the active and retired federal employees or their spouses. Many retirees and active employees as well think our annuity, health, and other benefits are set in stone, but they are wrong. As the old saying goes, what congress gives, congress can take away. We must constantly be vigilant, doing what we can to protect those benefits.

Last September, at the convention in Grand Rapids, the membership recognized the need for a dues increase and did approve one that will take effect with membership renewals starting in March 2011. Now, with the economy in such dire condition and an aggressive group of politicians doing what they can to balance the economy, NARFE is going to need to take bold steps to do what it can to protect our earned benefits.

In my opinion, it is time we took extraordinary measures to counter the ongoing and increasingly bad publicity we are getting from congress and the public as well as in the newspapers. While we have not completely recovered financially, with our recent dues increase, I believe it is time that we invest in actions that will help us retain those earned benefits and counter the bad publicity we are receiving. If we do not use funds that are available to do what we can to improve our situation, we might see the time where we have funds in the bank but have lost some of our benefits. I just don't think we can allow that to happen.

The NEB has approved a contract with M&R/Strategic Services. According to Dan Adcock and Joe Beaudoin, M&R has worked with many similar nonprofit organizations, and with their expertise and assistance, we are in the process of launching a PR effort in targeted states to refute false statements and mobilize our members. In addition, the NEB has approved an additional \$250 thousand for advertising in selected markets, both inside and outside the DC area.

The idea is to advertise in areas with large numbers of both active and retired federal employees, as well as in areas represented by influential politicians who have the ability to help ... or hurt us. We want to do what we can to influence them to help. As Joe Beaudoin has said "It will not be cheap, however, if we continue to do business as usual, we are (in my opinion) doomed."

Two other activities in process at NARFE are the NIAC and the Membership committee. Both are national programs using field members. The NIAC (National IT Advisory Committee) is looking at all electronic activities from reports to banking, and it has five field members who will finalize their recommendations this coming July at the Federation Presidents meeting. The other is really two committees, both on Membership. One committee will be working on recruitment and the other on retention. Both have five members from the field. It too will report at the July meeting.

The bottom line is, that NARFE is actively pursuing activities that we feel will protect our earned benefits. Please feel free to let me know of your concerns and of any questions you may have. I'll do what I can to help. You can reach me by email at narfe2065@hughes.net or by phone at 540-872-3345.

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

>>>> People who are busy rowing seldom rock the boat <<<<<

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 15)

(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

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