



President
Dr. Constance T. Bails
ctbails@aol.com

1st Vice President
Maureen Nolet
nlmaureen@aol.com

2nd Vice President
Eddie Etches
etches@verizon.net

Secretary
Karen Cheatwood
karenlaurasara@gmail.com

Treasurer
William Martin
bill@retiredusps.net

President
Leslie Ravenell
Nell8211@gmail.com

MESSAGE FROM THE EDITOR

Greetings, and welcome to the FALL edition of the VFN newsletter. We published our last Quarterly Newsletter in January. As reflected in the newly developed guidelines, [Annual Report & VFN Newsletter Guidelines](#), the VFN newsletter is now a FALL and SPRING publication. This newsletter consists of information that is of interest to members of the NARFE community. It includes recent and future events and meetings involving VFN programs, field operations, conferences, committees, announcements, publication information, chapter activities, and more! In our newsletters, we aim to provide useful information and advice to the NARFE community. We hope you find this newsletter informative and useful. We always strive to make our newsletters more than just newsletters by being enlightening and interesting. Having said that, we are always open to any ideas that will help us improve our newsletter. If you ever have suggestions, ideas, or comments, please email them to the editor. A huge thank you to all the persons who contributed the wonderful and inspiring articles, without them there would be no newsletter!

j.staton@cox.net
**June Staton, VFN
Newsletter Editor**



EDITOR'S NOTE

FEDERATION PRESIDENT'S MESSAGE



My name is Constance T. Bails, I am the President of the Virginia Federation of NARFE (VFN) effective July 1, 2019. Please allow me to take this time to introduce myself and explain my intentions to help build on our past efforts to move the

VFN forward.

First, it is my understanding that many of our members may not be aware of the VFN or may not understand the functions of the organization. Therefore, please allow me to explain some of the highlights of the VFN. The Virginia Federation of NARFE is a Board of Directors, comprised of an Executive Committee, nine Area Vice Presidents, 6 Program Chairpersons, Special Committees and Appointees dedicated to safeguarding the earned benefits of our active and retired federal employees and annuitants under the leadership of the National NARFE organization.

- ❖ **We encourage and assist in the strength and development of Chapters in Virginia and National Only Members.**
- ❖ **We organize new Chapters and assist in closing and/or consolidating Chapters within Virginia. And, we promote & actively participate in the retention of**

current members & recruitment of new members.

- ❖ We have Service Officers throughout the state that help resolve personnel issues and keep members informed of federal benefits directives and information.
- ❖ The VFN has a Facebook page as another means of communication, please visit. "Virginia Federation of NARFE". Live streaming of conference and training events. We also, present VFN Outreach Activities. i.e., Collective members walking for Alzheimer's, last month.
- ❖ Our webpage is www.VANARFE.org. We encourage you to visit the site often. Please review our 2018/19 Virginia Federation of NARFE's Annual Report, a highly informative document or see VFN activities for the past year and updates on current activities.
- ❖ We also publish Fall and Spring Newsletters to highlight and share activities that you accomplish in the areas and chapters of the VFN. We develop and issue a State Legislative Plan, to all Virginia members, also listed on our VFN website.
- ❖ We host various officer and information trainings across the state and at the Annual VFN Conference. In addition, the Board of Directors and the VFN Program Chairs, attend chapters meetings to present updates on National and Virginia political and benefit activities.

This is just a snapshot of what the VFN does in and for Virginia. We will continue to send periodic updates in the future. Thank all of you for being members of the Virginia Federation of NARFE. Please know that along with your Area Vice Presidents and Chapter Presidents I am available to hear your concerns, and to address issues to make the organization better for each member, at all

levels of the organization. Please feel free to contact me by e-mail, text or phone. Again, thank you for your NARFE membership and thank you for your support. I look forward to working with each of you to make Virginia NARFE the best that WE can be!

Constance T. Bails, Ph.D., VFN President
Virginia Federation of NARFE
presidentbails@vanarfe.org

NEWS FROM THE FIRST VICE PRESIDENT

2020 VFN Conference April 5-8, 2020 *Facing the Challenges*

It is time to start making plans to attend the Virginia Federation of National Active and Retired Federal Employees (VFN) 2nd Annual Conference, April 5-8, 2020. We encourage all VFN members, retired and active Federal employees to join us. Visit www.vanarfe.org for detailed information.

Maureen Nolet, VFN Vice President

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NOMINATING COMMITTEE CHAIR MESSAGE



This year, VFN is seeking nominations for Treasurer and Secretary for the September 2020–2021 term. Anyone can nominate themselves or anyone else to any of the five offices as well -- President, First and Second Vice President, Secretary, and Treasurer, whether the position is filled, contested, or not. The nomination of candidates is open to all NARFE chapter members and NARFE National Only members!

We encourage you to nominate a fellow colleague who demonstrates excellence in leadership and who can help set the course for the continued advancement of NARFE mission and goals. Serving on the VFN Board of Directors represents a wonderful opportunity to fully engage as a leader, share expertise and enjoy the satisfaction that comes with volunteer service.

Jim Little, VFN Nominating Committee Chair

EXECUTIVE COMMITTEE

SECRETARY'S REPORT

SECRETARY'S REPORT

The Summer VFN Board met on July 15-16, 2019 at the DoubleTree Hotel in Midlothian, VA. The

Twenty-three attendees included Board members, committee chairs, visitors plus Region X VP.

President's Comments – Dr. Bails reported on success of LegCon19 and the VFN 1st Annual Conference and shared her goals for the year: publish a calendar of VFN-wide events, create a Facebook page, schedule training two to three years forward, and establish new branding for VFN. **Area Activities:** All Area Vice Presidents provided a status report.

Program Reports: All Program Chairs provided a status report.

Specific Issues and Activities:

- ❖ FY-2019 VFN draft Budget was presented.
- ❖ 2019 State Legislation Plan – Included a proposal to exempt Federal retirement from VA State taxes, as many states already do.
- ❖ Handling One-Member-One-Vote – an extremely high priority, included a brainstorming session. VFN will need to effectively handle balloting after the 2019 Conference and the major questions of cost and effectiveness must be in place early next year.
- ❖ Handling National-only VFN Members – some 7000 more NARFE members are now part of VFN. A second brainstorm focused on how to develop and improve our interaction with them.

Karen Cheatwood, VFN Secretary

NEWS AND MESSAGES FROM VFN PROGRAM CHAIRS

NATIONAL LEGISLATION

VFN 2018-19 Annual Report

If you haven't already done so, please see the **VFN 2018-19 Annual Report** on the VFN website. It

provides an excellent summary of all the activities of your Federation, including the activities of the VFN National Legislative Team.

VFN Advocacy Site

As always, the critical issues for the VFN National Legislative Team are those issues before the Congress which could affect the pay and benefits of active and retired Federal employees. We want to encourage our members to frequently use the Advocacy portion of the National NARFE website (WWW.NARFE.org). This site has up to date information on major legislation, issue papers to help our members better understand the important issues, letters which can be easily used



to contact your Representative and Senators and a tool box with helpful hints to help make you a better advocate for protecting our benefits. Again, please check it out!

One aspect of NARFE's Advocacy is to collect information on the types and number of contacts (calls, letters and meetings) made to the Congress using NARFE resources or reported by members. So far during this Congress VA NARFE members have made over 3,000 such contacts! This number is lower than actual contacts because member use other methods to make contact, such their own letters, calls and or emails to relay their concerns.

Thank you to all members for your active advocacy efforts. Your Congressional representatives need to hear how you feel about the issues before them. **Please keep up the fight!!** If you haven't contacted your Congressional Representatives, please consider doing so. This is an especially important and effective right that all voters have.

Grassroots Month

August is Grassroots month when the Congress is back in their home Districts and we asked our VFN National Legislative Team members to visit their



Congressman Wittman, Moe Nolet, VFN 1st Vice President and Gaston Gianni, VFN Congressional District Leader for the 1st District

assigned Congressional Representative. During these meetings we bring VA's individual congressional members up to speed on the top NARFE issues of concern. The picture below is one such meeting with Congressman Wittman, VA's 1st Congressional District.

NARFE Political Action Committee



Another important aspect of Advocacy is NARFE members' support (financial contributions) of the NARFE-PAC.

Your support allows NARFE to make contributions to members who have shown support for NARFE issues. NARFE collects the funds over the two year Congressional cycle. Through the first nine months of 2019, VA NARFE members have contributed \$63,681 (796 VA Chapter members have given \$48,940 and 532 VA National members have given \$24,641). THANK YOU to all who have given! For those who still haven't given to PAC, it is not too late. Remember the more NARFE collects; the more impact NARFE can have in protecting our hard earned pay and benefits. **Please consider contributing.** Through the end of September, NARFE PAC has made a total of \$41,500 in disbursements to members of the VA Congressional delegation. This information, along with the National PAC information is available under the Advocacy section on the NARFE website.

VFN National Legislative Team

As chair of the VFN National Legislative Team, I am available to provide briefings at VFN Area Caucus meetings, Chapter meetings and other events, such as recruiting events. Please consider inviting me to help inform our members. During the period I had two such briefings. In addition, our Congressional District Leaders and Senatorial Leaders are available to come and visit and speak on the current important legislative issues.

NARFE's Grassroots Program Manager

VFN National Legislative Team met in October in Richmond, VA after the VFN Board meeting. We were privileged to have Marsha Padilla-Goad, NARFE's new Grassroots Program Manager attend and update us current issues and on her goals for the program. Since VFN has one of the better National Legislative programs, we offered to help National NARFE in its Advocacy Program. We all agree the **ADVOCACY is NARFE's TOP priority!!** Every NARFE member has an important responsibility in this area. We need every NARFE member's participation and help to increase the emphasis on NARFE ADVOCACY with the Virginal Congressional Delegation.

Questions or concerns, please contact me at gastongianni@aol.com.

Closing Quote: "Without involvement, there is no commitment. Mark it down, circle it, underline it. NO INVOLVEMENT, NO COMMITMENT. "

Steven Covey

Gaston Gianni, VFN Legislative Chair

STATE LEGISLATION REPORT

In May 2019, the State Legislation committee met and discussed legislation issues to work on in the 2020 legislative session. The group presented eight proposals to the VFN Board of Directors at its July meeting. Our 2020 plan consists of the six of the proposals accepted by the Board. We had trifold printed in October and made presentations to the AREA I, Chapter 2265 Midlothian, Chapter 2065 Louisa and to Chapter 595 Colonial Beach.



Virginia 2020 Legislation Plan

Income Tax Subtraction for Retiree Health Insurance and Long-Term Care Premiums

Health Care costs continue to rise, and most retirees are on fixed incomes. Therefore, we support legislation that would amend VA58.1-322(C) to allow retirees to subtract health insurance and long-term care premiums from federal adjusted gross income restrictions.

Minimum Nursing Home Standards

Nursing home residents need adequate certified staff to maintain and improve their physical and emotional quality of life. Current federal regulations require "sufficient" staffing to meet the needs of residents. While many states have adopted minimum staffing levels, Virginia has yet to do so. We urge the Virginia General Assembly to enact legislation to adopt and implement certified nursing home staffing assignments and staffing levels.

Non-partisan Redistricting Reform

Gerrymandering reduces political competition and fosters a climate of partisan gridlock. We urge the General Assembly to pass the exact same language regarding a proposed constitutional amendment for non-partisan redistricting that was approved by the 2019 General Assembly, which is necessary to allow the citizens of Virginia to vote on the issue.

Voting Reform

We commend the General Assembly on passing legislation that allows "no excuse" absentee voting seven days before an election. We urge the General Assembly to pass legislation that expands

the “no excuse” absentee voting period to at least 45 days, the same period currently allowed for absentee voting in general in the Commonwealth.

Exempting Federal Pensions from Virginia Income Tax

The annuity paid by the Federal Government should be treated the same as Social Security pensions and should not be taxed as income by the Commonwealth of Virginia. At least nine states already exempt Federal pensions from state tax.

Tax Credit for Family Caregivers

According to an AARP study, the average annual out of pocket expense for family caregivers is \$7,000. In addition to the emotional pain, the physical and mental toll it takes on family caregivers, the cost of providing that care can be devastating financially for the family members. We recommend the General Assembly pass a tax credit of up to \$1,000 for family caregivers.

SQUARE Up with NARFE-PAC



Square is an easy credit card processing solution with no long-term commitments and no monthly fees. Through the efforts of VFN Treasurer Bill Martin, the VFN State Legislative PAC has opened a *Square*

account. You can now make contributions to our State PAC by credit card! When the State Legislation Chair is making a personal presentation, members can donate by credit card! Members can also donate by cash or check.

Bob Martin, VFN State Legislation Chair

PUBLIC RELATIONS REPORT

Did you Know VFN is on Face Book?

As Public Relations Chair, I created a Face Book page for the VFN - www.facebook.com/VirginiaFederationNARFE/. The purpose of the page is to make people aware of activities members of the VFN participate in and to make speakers and training available to members not able to attend VFN conferences.

I participated in Congressman's Connolly's Senior Forum. Participated in Congressman's Wittman's



Senior Forum. I will participate in Congressman's Connolly's health fair in November.

Doris McAdams, VFN Public Relations Chair

MEMBERSHIP REPORT

Membership Recruitment

Last month President Bails bestowed upon me the honor of serving as VFN Membership Chair. I look forward to working with each Chapter and facing the challenge of increasing membership. A strong membership makes our voice heard.

Virginia Federation of NARFE- Newsletter

Thank you, to Membership Chair Wanda Ware,



Mark Fisher, Karen Simmons, Carolyn Tucker, Elaine Drewry, Elaine Caudill, Linda Lea Spray, Ellie Long, and Mary Anna Page

who helped with the successful membership drive held by Roanoke Valley Chapter 111 at the Vinton War Memorial Health Fair on October 24th. We gave NARFE membership packets to more than 60 active and retired federal employees and collected 33 prospective member cards. Chapter 111 looks forward to having them join the meetings, and welcomes Gail Compton, who won the drawing for a free year's membership.

To make certain Congress hears our voice to protect the pay and earned benefits of all current and retired federal employees, we need to strive to increase membership. Please get involved in this important effort. If your chapter has suggestions, questions, or would like help with a membership drive, please contact me at feboatman@live.com. Together we will succeed!

Frances Boatman, VFN Membership Chair

SERVICE REPORT

Service Officers play a vital role in meeting the needs of chapter members and their families pertaining to annuities, health insurance, Social Security and other benefits. Federation Service Officers are here to assist chapter Service Officers as they serve the needs of their chapters and their members by providing training, information, resources and access to resources that their members need.

As the 2018-2019 fiscal year came to an end in June, our Federation experienced several officer changes. We're saddened to announce that Johnny stepped down as Co-Service Officer. You may not

see him as often, but he will still be around, and he will still be involved.

One thing that I love about the Service Officer position is that I am always learning something. NARFE provides a plethora of resources to assist NARFE members and their families with the complexities of life. NARFE provides magazines, on-line resources, webinars and access to benefits experts. I never know what I don't know until I'm exposed to more experiences.

In August NARFE's Federal Benefits Institute conducted a webinar entitled "FEGLI – Manage Your Options". I emailed our chapter Service Officers to encourage them to participate in the webinar. Some information was a refresher but as always, I learned a lot.

September was the month of NARFE Region X's 2019 Conference held in Winston-Salem, NC. The conference covered many areas of interest, but I was looking forward to the presentation by James Marshall of NARFE's Federal Benefits Institute. James Marshall conducts Federal Benefits Institute webinars and is a federal benefits expert.

I had fun in Suffolk in October. Ray Orland, Area IV AVP, asked for assistance manning his NARFE table during the Peanut Fest. After having assisted his area last year, I was looking forward to being there again this year. It was a wonderful opportunity to talk with federal workers, retirees and/or their family members about NARFE.

I am still interacting with chapter Service Officers via email. I strive to provide our officers with talking points and information that they can share with their chapter members through chapter newsletters or during their chapter meetings. I believe that knowledge is power, and I strive to empower the entire VFN membership.

Arlene Arthur, VFN Service Officer

FROM THE ALZHEIMER'S DESK

The National Committee on Alzheimer's met in Chicago in September. The primary reason for the meeting is to grant monetary support for research projects received during the past fiscal year, which for this time was \$399,006.06. Parenthetically you should know that Region X had a total contribution of \$103,263.18, as you can see this is one quarter of the total donation.

The first award was a full grant at \$150,000. It is a housekeeping project whereby the researcher will use a compound to eliminate the older microglia, therefore allowing the brain to create new, younger cells. These are the maids in your brain that do the cleaning duties and clear away the beta-amyloid plaques to prevent harmful brain inflammation, and the formation of tau tangles. The results could improve our understanding of how the immune system becomes damaged in Alzheimer's disease, and could also shed light on novel therapeutic strategies for slowing or reversing Alzheimer's progression.

The next award was a full grant of \$149,996. Specific proteins open the portions of DNA containing genes as needed. Enzymes attach a small molecule called AMP to the proteins (AMPylation). As a person ages, many regulatory systems become less effective, and if it is true for AMPylation, it could place a person's DNA at risk of improper use or damage. Recent studies have found elevated levels of AMP and could change how they safeguard brain cell DNA. This group will analyze brain tissue from Alzheimer's patients to determine if AMPs are malfunctioning.

The final award was a 2/3 grant to the researcher amounting to \$99,010. A portion of amyloid precursor protein (APP) called C99 accumulates in tissues from individuals who had Alzheimer's disease. People with the disease have problems associated with lipid balance (fats) inside their nerve cells. APP directly interacts with cholesterol,

which can damage nerve cells. The researcher will use drugs and genetic tools to manipulate APP amount and will study how these impacts cholesterol levels in nerve cells. These manipulations may change synapse cholesterol levels, which could potentially harm nerve cell communication and damage nerve cells. The results may shed light on how a decrease in cholesterol levels in nerve cells could impact nerve cell communication and nerve cell damage in Alzheimer's disease. It could also provide new tools for future research.

With all the research projects happening at any given time, you are justified in believing that the first survivor of Alzheimer's is out here somewhere. And remember also that the big goal is to live in a world without Alzheimer's!

Donna Shackelford, VFN Alzheimer's Chair



NEWS ACROSS THE AREAS

Jeanne Garrison

AREA I

Learning About Politics

With the help from Chapter 1757 members, Area I members got together in Gloucester on October 3rd to learn more about the political activities of NARFE on both the national and state level. National Legislative chair, Gaston Gianni gave a presentation on NARFE's interaction with Congress. This was a very comprehensive program on advocacy including an update on the status of pending issues supported or opposed by NARFE and an explanation of the use of PAC funds.

Most of our members are in Congressional Districts 1, 2 and 3. Gaston Gianni CDL to Rob Wittman, Bill

Ketron CDL to Elaine Luria and Ray Orland CDL to Bobby Scott spoke about their experiences with their respective Congressional Representatives. Questions and answers sessions followed.

Members of Area I chapters learning about politics in Washington and Richmond



After lunch, State Legislative Chair Bob Martin presented the 2020 State Legislative Plan and discussed some of the state legislative issues. He explained why they include some issues or omit others and the possibility of working with other



groups or organizations to accomplish some of the state legislative goals. He encouraged members to consider donating to the state PAC which is separate from NARFE PAC. Bob Martin - State legislative Chair



Williamsburg Chapter 685: 50 members and guests including VFN President Connie Bails and her husband John help celebrate the chapter's sixtieth anniversary on August 13 with National President, Ken Thomas as the guest speaker.

Peninsula Chapter 682: In August, at the Brookdale Senior Living community, their chapter celebrated the 95th birthday of Marie Collins, one of its most active members. She is one of VFN's biggest recruiters always wearing her NARFE badge and appearing regularly at Open Season Health fairs. As a strong advocate for Alzheimer's research she continues to promote her "Miles for Pennies Program" to raise funds. They donated a portion of the luncheon proceeds to Alzheimer's.

Julia Hobbs AREA II

Hello NARFE Family! I am President of Metro Chapter 5; Virginia Beach and the newly elected Area II Vice President. NARFE Historian has confirmed that Chapter 5 is the oldest Chapter in the Federation, established in September 1949 and the second oldest Arlington, established in November 1949. My goals for the area consist of developing a plan for celebrating the two chapters. It's been my pleasure to visit one of the chapters in my area. Chapter 66 had a Special Celebration on

June 11 for members with thirty or more years of membership.



Other goals include holding

an Area Chapter meeting to introduce VFN President Dr. Bails to the members and have her report on the latest information coming out of the National NARFE Office; continue to represent NARFE at Health Fair Open House in several locations; as I have for the past several years and to engage chapters to volunteer to work the NARFE table at local Open Season events; and work with Joe Murray, President of Seaside Chapter to come

up with an article for advertising NARFE in his local area.

Raymond Orland **AREA IV**

All About Recruitment

Area IV takes every opportunity to introduce NARFE to current and retired Federal workers. We participate in several local events in areas that are near federal facilities.

Suffolk Chapter 1743 participates annually in the



Suffolk Peanut Fest. This year NARFE members from various sections in the state came out to support the recruitment effort. The success of the event was the completion of 36 M-2 cards. Last year, Brentwood Chapter 1697 successfully



partnered with Blue Cross and Blue Shield and the

Federal Bureau of Investigation to participate in their Open Season Health Fairs. Fourteen members joined their chapter because of their efforts. This year the chapter completed 89 M-2 cards at the BCBS event and emailed all prospects an invitation to their November meeting. One lucky prospect will receive a free NARFE membership from a prospect drawing at the Chapter's December Holiday Luncheon. Portsmouth Chapter 1293 will be participating in health fairs at the Naval Hospital and the Norfolk Naval Shipyard, both in Portsmouth, VA.

Interesting Speaker Engagements



At the Brentwood Chapter, in May, Ms. Lizna Odhwani, from the Social Security Administration gave an in-depth presentation on the social security program, its history, how it works today and more. Outstanding and highly informative! She

encouraged each member to go to www.ssa.gov and open a "My Social Security Account if they had not done so already. With an account you can order replacement Medicare and Social Security cards, apply for benefits, view your benefits and many other services on-line.

In June, Suffolk Chapter invited all chapters in Area IV to attend their breakfast meeting. The speaker Dr. Ayn Welleford, the gerontologist, who spoke at the VFN April Conference, talked on *Aging Gracefully*. There were over thirty members in attendance.

Grassroot Advocacy Month

August is Advocacy month for our Area. Dillard Horton, our Congressional District Liaison, and I set up a recruiting table at the *Suffolk National Night Out Against Crime*. We gave out over thirty informational packages. Congressman Bobby Scott stopped by our table. We also attended a town hall

given by Congressmen McEachin and Scott and presented NARFE issues.

Mark Fisher

AREA VI

Chapter Closures

In September the Wilderness Trail Chapter 1837 Board held their chapter meeting and because of declining and aging of the membership and the lack of those members accepting leadership positions voted to close the chapter. With guidance from the Federation and National the acting president proceeded to contact the membership of this action and give them the option to transfer to the New River Valley Chapter 1134 (Blacksburg, VA) or elect to go as a National Only member.

Facing the same challenges, the Board of the New River Valley chapter 1134 will bring the future of the chapter to the membership at the November meeting with the possibility of closing the chapter if the members do not step forward and take over leadership positions.

Recruitment Event

Again, for the third time the Roanoke Valley Chapter 111 was invited to participate in the Blue Cross - Blue Shield health fair for both active and retired members. The fair did give the chapter 32 people sign-in information card for prospects. And in the category you don't know until you try it, the chapter finished in October a three month series on the local history of Salem and area, all three meetings were well attended and the members attending expressed their appreciation for the opportunity to learn about the area.

Luther Santiful

Area VII

CHAPTER ACTIVITIES

Winchester Chapter 180 hosted the NARFE National President, Ken Thomas, at its September monthly meeting. He was well received by more

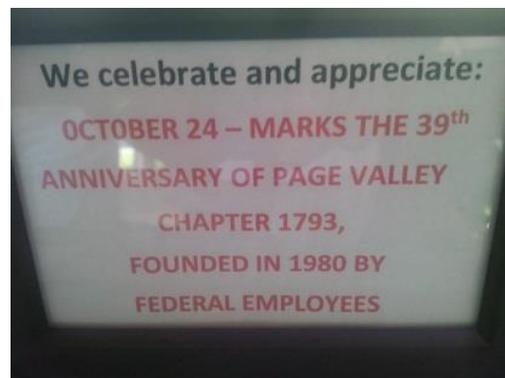
than a hundred members in attendance. Presidents from other Area VII Chapters, Harrisonburg and Shenandoah County, participated.

Page Valley Chapter 1793 held its 39th Anniversary and Alzheimer's Fundraiser during their annual September picnic at Lake Arrowhead. Alzheimer's donations that day amounted to \$1100—quite a



sum for a small chapter. At a time when chapters are closing at an alarming rate, it is gratifying to see a chapter with such longevity and no real concern about closure. A way Page Valley has dealt with easing leadership burdens was to establish co-presidents which seems to be working quite well.

Shenandoah County Chapter 2358 invited representatives from Aetna and Blue Cross-Blue Shield to its October meeting. Although this is not out of the ordinary for most chapters, this chapter invites all known federal employees, NARFE members or not, to attend. Nonmember involvement helps them understand what NARFE is about, increases participation and engages potential members.



MARY HECK
AREA VIII

NEW AREA VIII VP

I attended the Caroline Chapter 2112 summer event at Wilkerson’s Restaurant in Colonial Beach on August 1. VFN Immediate Past President



Ravenell installed me as the new VFN Area VIII Vice president at this event. I have attended several meetings since my appointment effective July 1, 2019: Falls Run Chapter 2343 election

meeting; Region X Conference September in Winston-Salem NC; my first VFN Board meeting in Richmond. in October. Looking forward to visiting more chapters and attending more conferences.

Patricia Jack
AREA IX

NEW AREA IX VP

Since assuming my new position in July, I’ve had the pleasure of visiting all five chapters which comprise Area IX. All are facing the same challenges that other Federation chapters are encountering: declining membership and subsequent loss of funds, low turn-out at meetings, and member reluctance to assume elected or appointed positions. I recently swore-in the Board of Manassas Chapter 356. Alexandria Chapter 232 is in danger of closing after 66 years, 500 plus members, and money in the bank - for lack of leadership. Hopefully, that situation can be reversed.

Despite these headwinds, all Chapters continue to provide interesting and topical program content, spread the word about National and Federation

news and initiatives, encourage advocacy on behalf of National and Federation legislative issues, and support Alzheimer Research. That Virginia is not alone was made clear at the recent Region X Conference in Winston Salem which I and the Presidents of 356 Manassas, 893 Springfield, and 1270 attended. It was a terrific opportunity to share approaches to problems and their solutions with attendees from four other States.

We are lucky to have the Northern Virginia Caucus, comprised of all chapters in Areas IX and X, who meet quarterly to discuss issues and opportunities common to all and/or unique to the Capitol area. Planning is underway for a NARFE recruitment table at Congressman’s Connolly’s Health Fair in late November, staffed by a member from each chapter.

Theodore Pasek
AREA X

Manassas Alzheimer Walk

Fairfax Chapter 737 had an excellent group representation at the Alzheimer’s Walk in Manassas on Saturday, October 19, 2019. They are



hopeful that many others will join them for the walk next October. Yes, it was cold early but warmed up nicely for the two mile walk.

Front: Donna Shackelford, L to R, Ted Pasek, John

Bails, Connie Bails, and Bill Shackelford.

Celebrations!!

Vienna-Oakton Chapter 1116 celebrated its 50th Anniversary.

