

**National Active and Retired Federal Employees  
Association**

November 2016



**Virginia Federation of Chapters Newsletter**

**President**  
Kathy R. Arpa  
mkarpa@hotmail  
.com

**1st Vice  
President**  
Leslie Ravenell  
Nell8211@gmail.

**2nd Vice  
President**  
Pat Taylor  
mspat1942@aol.

**Secretary**  
Betty Warren  
Blwarren12@veri  
zon.net

**Treasurer**  
Raphael Wong  
wongr@ieee.org

**Past President**  
Richard  
Giangerelli  
narfe1241@gmail

**FEDERATION PRESIDENT'S MESSAGE**



Fall is a busy time in the Virginia Federation of NARFE. In this edition of the 2016 Fall VFC Notes you will read about the activities of the Federation in the geographic areas and learn more about the work of the program chairs. You will see a report on the 2016 National Convention and hear about the 2017 VFC Convention.

Open Season for Federal Employees Health Benefits Program (FEHBP) is around the corner. It begins November 14 and ends December 12<sup>th</sup>. The new rates are in the November NARFE magazine. Many chapters had representatives from the local Blue Cross and Blue Shield Offices featured at the fall meetings. In addition, there will be numerous health fairs throughout Virginia with our members working closely with

the health providers in sharing information about NARFE.

The 2017 Virginia State Legislative Plan has been finalized and chapters should be receiving a copy in the near future. The Plan includes seven issues and represents current issues that are considered very essential by the NARFE members in Virginia because they significantly affect the quality of life of our members and most of the citizens of the Commonwealth. You will find a copy on our website at [www.vanarfe.org](http://www.vanarfe.org) I mailed a copy of the Plan to members of the Virginia General Assembly.

It seems like we have been waiting for Election Day forever. I guess it is because this election campaign has been like nothing we have ever seen. Virginia has been in the National news. In Virginia, several candidates have supported NARFE. Our NARFE-PAC contributions help us give the money to the candidates who do support NARFE.

Finally, in a few weeks, many of our Chapters go through their nominating and election process. At the same time we are in the process of closing chapters that are not able to find officers. Some Chapters will have a difficult time finding officers and chairs to fill all of the essential Chapter positions. Last year we held four training sessions throughout Virginia so hopefully some of these attendees will step up

## NARFE Virginia Federation of Chapters - Newsletter

to serve as officers. The VFC Elected Board Members are available to visit your chapters to install your officers.

The membership recruitment drive began September 1. NARFE recruiters will, again, receive \$10 for each new member, current or retired, who joins during the drive. Applications must be postmarked and calls or website joins must be received by the December 31 deadline. With the elimination of the E-NARFE Chapter 2363, members who do not want to stay in a chapter will become National members. In Virginia, they will be part of the Virginia Division. The new membership applications will ask members to "Join NARFE". They will not be asked about joining a chapter. This will require our membership chairs/committee to work extra hard in recruiting new chapter members.

We are making progress on revamping our website. We hope to benefit from the expertise of some of our computer savvy members and add some zest to our homepage.

Bill Martin and his nominating committee are seeking candidates for the VFC Board who will be elected at the 2017 VFC Convention in Williamsburg, Virginia next April. If you are interested in serving on the Executive Committee, you can submit your name and a short resume to Bill at [bill@retiredusps.net](mailto:bill@retiredusps.net). Remember, if you do not submit your name to the Nominating Committee, or miss the deadline, you can still be nominated from the floor at the 2017 VFC Convention. Contact Bill for more information.

Speaking of the VFC Convention, in a few weeks you will begin receiving Bulletin No. 1 with information about our 63rd VFC Convention, which will be held at the Doubletree by Hilton in Williamsburg, Virginia from April 2-5, 2017. Areas I, II and IV have been working hard to make this convention at this new venue a success. More information about the Convention is included in the 1<sup>st</sup> Vice President's report.



The National Legislation Training Conference is coming up March 12-15, 2017. This year it will be held at the Adams Mark Hotel in Alexandria. This is

a much more convenient location than the previous one in Crystal City. The November NARFE magazine provides information on the \$175 registration fee, which includes three buffet breakfasts, two lunches, one buffet dinner, a closing reception and transportation on March 15 to and from Capitol Hill for congressional meetings. The registration deadline is February 10, 2017. Virginia has always had a large delegation at the Conference and we expect most of our Congressional Districts Liaisons (CDLs) to join us. There will be some changes in our CDLs after the November election.

I met with Delegate Mark Keam and Congressman Gerry Connolly at local events in Fairfax.

In the October and November NARFE magazines there were reports on the 2016 National Convention which was held in Reno, NV. I would like to share with you Convention happenings from a Virginia perspective.

### Report on the NARFE National Convention



**Grand Sierra Hotel – Reno, Nevada**

The National Convention was held at the Grand Sierra Hotel in Reno, NV from Sunday, August 28 to Thursday, September 1, 2016. Nearly 900 people attended the event including the following 42 members from the Virginia Federation: Chapter 5 (Julia Hobbs and Betty Mitchell), Chapter 90 (Maureen Nolet), Chapter 232 (Patricia Jack and Robert Miller), Chapter 489 (Rosemary Janson=Wong and Raphael Wong, Chapter 595 (Leslie and Richard Ravenell), Chapter 682 (Patricia Taylor), Chapter 685 (Jeanne Garrison and Marilyn Riddle), Chapter 737 (Dr. Constance and John Bails, Donna and Bill Shackelford), Chapter 893 (Joseph Bush), Chapter 974 (Priscilla and Alex Adkins, Betty and Donald Warren), Chapter 1116 (Kathy and Mark Arpa), Chapter 1241 (Dick and Mary Ann Giangerelli, Wilma Grant, Patricia Wolfe), Chapter 1270 (Tammy Flanagan, Linda Force, Gaston Gianni, Pierce Johnson, Barbara and Bill Lidell, Jim Little, and Darwin Ransom), Chapter 1665 (Marilyn Mautz), Chapter 1727 (Sarah and Sam Harris), Chapter 1823 (B.J. Thomas McMillan), Chapter 2065 (Bill Martin), and Chapter 2358 Paula and Steve Dansker).



***Virginia Federation Delegates at Region X Caucus Meeting – August 30, 2016***

The Virginia Federation had 100% representation at the convention, either by on-site delegates or via proxy. However, that was not the case for all the federations within Region X. The Federation was well-represented on various Convention Committees. Committee

members began arriving on Thursday, August 25<sup>th</sup> to fulfill their committee responsibilities. Those serving on committees were: Dick Giangerelli, Resolutions Committee; Pierce Johnson, Legislation; Gaston Gianni, By-Laws; Betty Warren, Ballot and Tellers; Connie Bails, secretary; John Bails, Sgt. of Arms; and Kathy Arpa, Membership Committee.



***Sam & Sarah Harris, VFC 2nd VP Pat Taylor and VFC Secretary Betty Warren at Caucus Meeting***

The Virginia Federation received the Award for raising the most in total dollars in contributions of \$63,233.98 to Alzheimer's in the past year. The Certificate was presented by Merv Stuckey, NARFE National Alzheimer's Chair to Kathy Arpa, VFC President, and Donna Shackelford, VFC Alzheimer's Committee Chair.



***Region X Federation Presidents and RVP Bill Shackelford at NEB and Federation President's Meeting – August 27, 2016.***

At the Region X Caucus Meeting, members from Kentucky, North Carolina, Tennessee, Virginia and West Virginia and the E-NARFE Members met with Region X Vice President Bill Shackelford. Each Federation gave a report and Bill was re-elected Region X Vice President at the meeting.

Tammy Flanagan, a NARFE member from Chapter 1270 (Woodbridge), gave an excellent presentation on keeping benefits up to date, including the importance of retirees keeping their address up to date.

Various exhibitors, including many of our Affinity Partners, were quite busy and the NARFE General Store was overwhelmed with members purchasing NARFE merchandise and ordering name badges. A booth was set up with material about the next 2018 National Convention which will be at the Hyatt Regency Jacksonville Riverfront Hotel in Jacksonville, FL from August 26-30, 2018.

Top NARFE recruiters were recognized by Bridget Boel, NARFE's Marketing Director for their recruitment efforts during the period of July 1, 2014 to June 30, 2016. President Richard Thissen presented Betty Mitchell of Chapter 5 (Virginia Beach) with a silver award for recruitment of 63 members and Dr. Constance Bails of Chapter 737 (Fairfax) a silver award for recruitment of 29 members. (They have both recruited many more members since that time.)

Virginia submitted four resolutions which were adopted by the delegates. Delegates voted to direct the NEB to revise the existing mission statement to be consistent with the Association's articles of incorporation. The Resolutions Committee recommended adopting resolution 16-46, which proposed changing the mission statement to specifically address "current federal employees, retired federal employees and their spousal survivor

annuitants" and to strike out the word "retirement" when referring to laws and regulations. The existing mission statement refers only to "current and potential federal annuitants" and references "retirement laws and regulations." Before adopting the resolution, the Convention amended it, striking its language and substituting the directive to the NEB. The other resolutions were: 16-43, to allow federation congressional and senatorial liaisons to contact all NARFE members residing in their jurisdictions using the NARFE email system; 16-44, to issue a new NARFE ID number when a membership is transferred from a deceased member to his or her spouse; and 16-45, to provide expanded access to the NARFE email system to federation area/district officers or directors. (This has been done!)

There was time for some fun during the Convention. Tuesday evening was California and Nevada Night and it featured a band called "Route 66" playing country music. The crowd enjoyed the music and several members learned some new line dances. At the banquet on Thursday night the same band played 40s, 50s and 60s music. The dance floor was full!

The host committee did an excellent job in planning what turned out to be a historic Convention.

The Convention officially ended after the installation of new officers by Past President Margaret Baptiste.

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I hope you and your family have a wonderful, safe holiday season. Happy New Year!

***Kathy Arpa, VFC President***

## FIRST VICE PRESIDENT'S MESSAGE



This is my first article for the VFC Notes as the 1st Vice President. It is now my pleasure to work closely with our ten Area Vice Presidents and to give them whatever support and guidance they want or need. You will see their individual reports later in his newsletter. And you will also see that some of our areas continue to be strong and a few have challenges that they are working very hard on.

As for me, here is what I have been up to. In July the VFC Board met and we were getting ready for the NARFE National Convention. All 55 chapters needed proxies and we were only at 70% complete. I worked diligently with our area vice presidents and the Federation President to get the remaining 30%. Some were done electronically and some were done with paper copies. But the main thing is that we got it done! One thing that helped was that 3 days before the final deadline, NARFE President Dick Thissen authorized Federation Presidents to appoint proxies.

In August I was pleased to attend the annual political picnic for Lousia Chapter 2065. The Democratic candidate for the 7th Congressional District attended and gave a presentation. The Republican candidate was invited and had promised to send a staff member but that did not happen. Then it was off to the NARFE National Convention in Reno, Nevada. It was an historic meeting and I know by now you have heard or read some of the results. But there is much more to come as NARFE implements "one member, one vote" and "optional chapter membership". So stay tuned!!

Two days after my return from Reno I attended the Area VIII Area Meeting and gave a presentation on chapter programs. I asked each of the attendees to talk about their favorite chapter program and some amazing ideas came forward. If you are interested either I or Moe Nolet, Area VIII VP, can send you the list.

On September 26, 2016 the first major meeting of the 2017 VFC Convention Committee was held at the convention site in Williamsburg, the Double Tree by Hilton Williamsburg. Twenty-two potential committee members were in attendance. As VFC 1st Vice President I serve as the 2017 VFC Convention Coordinator. This year we have three areas hosting: Area I, Area II, and Area IV. So we also have three convention co-chairs: Area I, Jeanne Garrison, Area II, Alex Adkins, and Area IV, Ray Orland. So the three co-chairs have been working behind the scenes since May and when we came together in September we were able to fill all of the Committee Chair positions. Just in case you hadn't heard, the 2017 VFC Convention will be held April 2-5, 2017 at the Double Tree by Hilton in Williamsburg. Can you believe it? The last time our convention was held in Williamsburg was 1992!! And the hotel rate is \$79.00 per night!! In a few weeks, Convention Bulletin #1 will be published and you will receive a lot of convention information but you can start right now to think about who you will contact for supporter ads, commercial ads, etc. Keep a lookout for Convention Bulletin #1.

***Leslie Ravenell, VFC 1st VP & 2016 VFC Convention Coordinator***

## SECOND VICE PRESIDENT'S MESSAGE



Since the VFC Convention in April, there has been a lot to learn and a lot of work to be accomplished.

The July Board was my first as a member of the Executive Board. It was also my first meeting with the Program Chairs – Alzheimer's, Membership, National Legislation, Public Relations, Service, and State Legislation. Webmaster Stan Palen sat in on our meeting since there was to be a discussion regarding the need for some updated software. Two Program Chairs – Membership B. J. McMullen and National Legislation Steve Ledford – were absent due to previous travel plans. In her absence, I presented a report for B.J., to Stan for proposed changes to the site and additional membership sites or blogs. We had a discussion regarding additional Public Relations materials (i.e., mugs) and Photoshop software for the Webmaster. It was agreed these requests would be presented at the Board meeting for discussion and consideration.

In August I attended the National Convention in Reno. This was an interesting convention with each day being packed with presentations, discussions, voting, and networking. Rather than covering primary topics I would recommend that every member read the October and November issues of the NARFE Magazine.

I also attended several organizational meetings for the 2017 VFC Convention to be held in Williamsburg in April. Areas I, II, and IV will be hosting the convention so members from those

three areas are being encouraged to step up to serve on the committee. VFC 1st VP Leslie Ravenell is serving as Convention Coordinator, and plans are moving along quickly. Please be prepared to join the 2017 Convention Committee in achieving the goals being set for funding, staffing, etc. Help is always needed.

In September, State Legislation Chair Maggie Keator and I attended Senator Mark Warner's "Almost Annual Pig Pickin'" at his summer home in Rappahannock. There were hundreds of folks from across the state in attendance and lots of information to be obtained and shared. Since the City of Newport News was moved from the 2nd Congressional District to the 3rd Congressional District several months ago, there is a concerted effort to establish strong ties with Congressional Bobby Scott. Maggie and I have attended some of his events in our area. Here's hoping we will remain in this congressional district for more than a few months this time!

This time of year many chapters will be hosting health fairs at meetings and/or at local agencies. I hope to attend some of these events to meet more VFC members, interact with health insurance providers, and hand out membership materials. Also, as year-end holiday events are planned, I will appreciate invitations to attend so that I may meet more members personally, and they will get to know me as their "newest" VFC 2nd VP.

***Pat Taylor, VFC 2nd Vice President***

## EXECUTIVE COMMITTEE REPORTS

### SECRETARY'S REPORT

The October Board Meeting was held at the Doubletree by Hilton in Richmond, Virginia from October 16-18, 2016. Members discussed Optional Chapter Membership, One member and One Vote, and the elimination of the E-NARFE Chapter. The agenda also included a Recruitment Membership Forum, discussion of the 2017 VFC State Legislative Plan, changes from the Configuration Advisory Board, update on the VFC website and the National Legislative Conference in March 2017.

The 2017 VFC Convention will be held on April 2-5, 2017 at the Doubletree by Hilton, 50 Kingsmill Road, Williamsburg, VA. Bulletin No. 1 should be out in early November 2016. See page 20 for other Important Dates.

**Betty Warren, VFC Secretary**

### TREASURER'S REPORT

The 1st QTR expenditure to date is 12.3% of the approved FY16 budget. The total contribution collected for the VFC State Political Fund ending in 3rd QTR CY 2015 is \$495.00, with \$170.00 in this quarter. Also, three checks of \$500 each were sent from the State Political Fund to the following candidates – Senate candidate John S. Edwards, Delegate candidate Kaye Kory, and Senate candidate Scott Surovell.

#### **1st QTR FY16 TREASURER REPORT SYNOPSIS ENDING September 30, 2016**

Approved Budget \$121,670  
Income \$14,482  
Expenditure \$14,946  
Required from Savings \$464

**Raphael Wong, VFC Treasurer**

## STANDING COMMITTEE REPORTS

### NATIONAL LEGISLATION REPORT

National Legislation is at the heart of the NARFE organization. In our National Headquarters in Washington, DC, we have a legislative director and legislative specialists who constantly research bills and laws that may affect active and/or retired federal employees. In the Virginia Federation of Chapters (VFC), we have another level of assistance – Congressional District Liaisons (CDLs). The CDLs are NARFE members who are assigned to their respective Congressional District and who volunteer their time and efforts to work directly with members of Congress within their home district. These CDLs are asked to volunteer tremendous amounts of time in support of not only NARFE members but also other active and retired federal employees. They are the life line between chapters and their respective Congressmen, and they aid in building an even stronger defense and better offense against bad bills and laws affecting federal employees. CDLs are tasked with communicating with chapter members, with meeting with members of Congress, often assisting and leading the way, and they perform their responsibilities and duties with little or no thanks. They meet periodically and organize a discussion of our NARFE issues with their fellow CDLs, and help bring NARFE members together in a single, unified voice.

After the election on November 8th, there will changes in all levels of our government – and the new and returning members of Congress need to be contacted as soon as possible to discuss NARFE issues. There are many topics to be discussed, but one of the most pressing ones at present is the huge increase in premiums for Long Term Care coverage which many active and retired employees have been paying into for years. Only one health care provider bid on the LTC policy coverage and their stance is that

the costs have been much higher than anticipated and the higher premiums are justified. NARFE has stepped up to discuss this problem with OPM and with members of Congress. It is imperative that NARFE members confront their respective Congressman about this problem and request their support in finding a fairer way to calculate premiums so that both active and retired members are not being pushed to the point of having to drop their coverage due to the cost!

Please contact your Congressional District Liaison and/or your chapter president to get contact information, determine how to best let your voice be heard, and remember that there is strength in numbers – unified we can get the attention of our respective members of Congress!! Remember that National Legislation is at the heart of the NARFE organization.

**Compiled By Pat Taylor, VFC 2nd Vice President**

### STATE LEGISLATION REPORT

I think everyone is counting down until Tuesday, November 8, 2016 and will be glad when our airwaves and email accounts turn to other interests than federal elections. Our active members will continue to serve our nation and its people, whatever the outcome. That has been the genius of our nation's constitutional, peaceful transition of power and as Ben Franklin said, "A republic, if you can keep it."

The Virginia Ballot: There will be five Presidential candidates on the Virginia Ballot, all 11 House of Representatives positions and four State Special Elections: State Senate District 1 – T. Monty Mason (D), Thomas R. Holston (R), and John B. Bloom (I); State Senate District 5 – Lionell Spruill, Sr. (D), no opponent; House of Delegates District 77 – C.E. "Cliff" Hayes, Jr. (D), no opponent; House of Delegates District 93 – Michael P. Mullin (D) and Heather L. Cordasco (R). The House District 93 is considered by some as the "Governor McAuliffe veto seat" because if the Republican wins that seat, there will not be enough Democrats in the House of Delegates

to sustain a governor's veto (requires 34 of 100 members).

There will be two State Constitutional Amendments on the ballot: Right to Work Constitutional Amendment and Tax Relief Constitutional Amendment. You can go to the Virginia State Board of Elections website [www.elections.virginia.gov](http://www.elections.virginia.gov) or to the League of Women Voters website [www.lwv-va.org](http://www.lwv-va.org) for more information.

State Legislative Plan: The 2017 VFC State Legislative Plan is now available on the VFC website [www.vanarfe.org](http://www.vanarfe.org). This year we will focus on seven issues. Each Area Vice President has copies for distribution to each chapter. The fall is a great time to contact your General Assembly members to ask for support and/or bill sponsorship.

Our state legislative focus empowers NARFE-Virginia members to have a real impact on many quality of life issues controlled by our state legislature. Given our members experience in national government, we remain concerned about fair and efficient governance at all levels and we seek to protect the rights, safety and assets of Virginians. We also know that many federal legislators come from state legislatures and governorships. In Virginia, our two Senators are former governors, and only three of our 11 current Congressmen have not had local or General Assembly service. When we cultivate good working relationships at the state level, we find our national officials welcoming us when we need to discuss federal employees and annuitants' benefits and rights. Let's save the date for a NARFE-Virginia General Assembly Day – Wednesday, February 1, 2017. More information will soon be posted on the website. Contact Margaret Keator, State Legislative Program Chair, for assistance and more information: [maggiekeator@gmail.com](mailto:maggiekeator@gmail.com) or (757-812-0127).

**Margaret Keator, VFC State Legislation Chair**

## MEMBERSHIP REPORT

### Membership Trends

While overall membership continues to decline slightly (-2.6% or -4.4% without the VA National Division members), the recruitment efforts of many Chapters and members are paying off. The efforts of two of our members were recognized at the NARFE National Convention in Reno: Betty Mitchell, Chapter 5, for recruiting 63 members in the past two years, and Connie Bails, Chapter 737, for recruiting 29. Both received the NARFE Silver Recruitment Award.

For the months of July or August, eight Chapters either held steady in membership or actually showed a net gain: 28 Petersburg; 1697 Brentwood; 1837 Wilderness Trail; 2112 Caroline; 2343 Falls Run; 1159 Annandale; 1727 Tuckahoe; 110 Lynchburg. Another five Chapters showed a decline of less than 1% for the year-to-date.

Again for the months of July and August, Areas VI and VIII had the lowest decline in members (-.9% and -2%). In addition, Area VI had the highest Prospect Conversion Ratio (56%) for both months, and Area VIII had the highest Reinstatement Rate (48%) for both months – which may explain why both areas had the lowest declines in total members. For the VFC overall, the Prospect Conversion Ratio was 36% and the Reinstatement Rate was 35%. Both of these statistics continue to increase - so please, everyone, keep up the good work.

In other good news, compared to a year ago at this time, new members are up by 30%; second notices are down by 14%; non-renewals are down by 22%; and deaths are down by 45%.

Recruit a member! The special membership drive is still on. NARFE recruiters will receive \$10 for each new member, current or retired, who joins during the drive. Applications must be postmarked by the December 31 deadline.

### Other Membership Activities

The re-designed Membership area of the [www.vanarfe.org](http://www.vanarfe.org) website is finally “live”. Please go to [www.vanarfe.org](http://www.vanarfe.org) and click on the Membership link on the left hand side to see the re-designed pages. They include a Blog - which I will use to distribute information and documents (such as the Membership statistics for July and August) to Chapter Membership Chairs. Membership Chairs will also be able to share ideas and questions. You do not need to register or obtain a password to participate. Let me know what you think of the “new” Membership area.

This year, I hope to visit several Areas and Chapters to conduct Membership Training sessions focusing on:

- role-playing to teach Chapter members how to bring up NARFE with potential members.
- interpreting statistics.
- make resources available from HQ and me.
- set up and use Skype to bring in speakers remotely from Federal agencies and thereby broaden your program topics to keep and attract members.
- use other social media (Pinterest, Facebook, etc.) to market your Chapter and communicate better with members.

PLEASE let me know of any low cost meeting places in your area suitable for a Training session. Other plans include:

- Creating Custom Recruitment Profiles for individual Chapters – showing the number of active and retired members in your Chapter and the pool of potential members – in your area; possible ideas for Gain and Retain based on your situation; and how to identify the newer members and whether those not renewing are long term or newer members.
- Arranging discussions or chats via Skype with individual or several Membership chairs.
- Creating a Pinterest bulletin board with Membership information from other NARFE Federations.

**B.J. Thomas McMillan, VFC Membership Chair**

## SERVICE REPORT

**Updated OPM Retirement Services Online** is available at:

<https://www.serviceline.opm.gov>.

You can use these services to:

- Change your Federal and State Income Tax Withholding
- Change your Mailing Address
- Change your Password
- Establish an Allotment to an Organization
- Request Duplicate Annuity Booklet
- Set up a Checking or Savings Allotment
- Sign up for Direct Deposit of your Payment
- Update your Email Address/Opt-in to Receive Information Electronically
- View/Print Annuity Statement/Verification of Income
- View/Print 1099-R Tax Forms
- View/Print Retirement Services Reference Card (ID Card)
- View/Print a Year-to-Date Summary of Payments [New]
- View/Print Verification of Life Insurance (FEGLI)
- View the Status of your Case while in Interim Pay

Services Online cannot be used to make any changes to your Federal dental or Federal vision insurance (FEDVIP) coverage. Please contact BENEFEDS or call 1-877-888-3337 for any changes and/or comments related to your FEDVIP coverage.

**John & Dr. Constance T. Bails, VFC Co-Service Officers**

## PUBLIC RELATIONS REPORT

The busy season is upon us, fall clean up, holidays, and yes Federal open season and health fairs. I hope your chapters are on the lookout for opportunities to interact with your communities and active and retired federal employees in your areas. These are the best places to sell NARFE and attract new members. While much has happened since the last issue of VFC Notes, I will spare you the recap!

However, in this issue of the VFC Notes, I want to focus on Matching Funds and some new guidance that has come from National. Matching funds are a good way that National and the VFC help Chapters stretch their funds as they participate in events to help raise awareness of NARFE and attract new members. If you have a membership recruiting event that costs money to participate in and operate a NARFE recruiting table, National will cover 50% of the costs and the VFC will cover 25%. The Chapter will have to cover the remaining 25% of the costs. The process for applying for matching funds is addressed on the VFC web site at [www.vanarfe.org](http://www.vanarfe.org) under the Public Relations section.

New Requirements: Since National funds for Matching Funds are limited, they are taking a closer look at projects in an effort to ensure a good return for their membership investment. In the past, most of our matching funds requests have been submitted after events were over. However, NARFE guidance does state that the proposal and estimated costs should be submitted for approval BEFORE the event occurs. This requires that the Chapter make a good estimate of costs as it prepares its request for approval. The request is processed the same as in the past--from the Chapter to the VFC PR Chair and then to the VFC President for approval and submission to National for final approval. In addition, Chapters need to figure out how they can use NARFE's M-2 Form to get the names of potential members. Some Chapters have asked potential members to fill out the M-2 form and then use the form in a drawing for a one year NARFE membership. These costs can be included in the Matching funds request. The completed forms must be sent to NARFE Headquarters for future follow up. The more forms filled out, the greater the success of the event! Finally, the Chapter is responsible for preparing an after action report which discusses the results of the event (number of people visited, contacted, new members signed up, number of M-2 Forms filled out, etc., lessons learned, and the final

accounting on how the funds were spent (with receipts). Including pictures is always a good idea.

New Process Change: When the Chapter has its final report prepared they need to send it DIRECTLY to National at this email address (jbryant@narfe.org) with a copy going to the VFCPR Chair gastongianni@aol.com. Remember to send the completed M-2 Forms. If possible, reports should be sent electronically and M-2 forms can be mail separately to Headquarters.

As Chapters begin to consider a matching funds request, I would recommend that they contact me either by phone 703-508-4339 or email gastongianni@aol.com to coordinate and get advice on the request. Remember the VFC PR Chair is here to help!!

Closing Quote: "The three great essentials to achieving anything worthwhile are; first, hard work; second, stick-to-it-iveness; and third, Common sense." Thomas Edison

***Gaston Gianni, VFC Public Relations Chair***

### ALZHEIMER'S REPORT

#### **National Recognition for Donations to Alzheimer's Research**

Congratulations Virginia! You have done it again—your Federation contributed the most money to Alzheimer's Research for the last fiscal year. At the National Convention in Reno, your president Kathy Arpa and I were honored to receive a Certificate for Outstanding Achievement for the \$63,233.98 as presented by Merv Stuckey, chairman of the NARFE-Alzheimer's National Committee. This research money will substantially benefit the goal of finding an effective treatment and prevention of the disease by 2025 as stated at that presentation by Harry Johns, president and chief executive officer of the Alzheimer's Association. Keep up the great work!

As your Regional Coordinator, I am also a member of the NARFE-Alzheimer's National

Committee and we meet every year, as we did at Reno this year. Nationally, we had collected more than \$470,000 for research during the time period of July 1, 2015 through June 30, 2016, and we were able to award grants to three researchers to assist in their projects. This brings the total grants sponsored by NARFE to 70 since 1988, when we awarded only \$75,000 and the accrual did not warrant award again until 1991.

For this past fiscal year, we allocated \$240,000 to Dr. Gary Landreth of Case Western Reserve University, who is exploring the relationship of TREM2 cells to the occurrence of Alzheimer's disease. Mice having fewer of the cells in their brains had fewer amyloid plaques. Until recently, it was believed that the TREM2 cells would fortify the immune cells in the brain, but the latest research suggests that they may be instrumental in the creation of inflammation in the brain cells.

The Committee advanced \$99,056 to Dr. Badri Vardarajan, who is investigating unique genetic factors that may protect people at high risk for developing Alzheimer's disease. A particular protein gene is APOE, and people who inherit one copy of a version of it tend to have an increased risk of the disease, and people who inherit two copies do not get the disease. The project will give new insight into factors influencing the occurrence of the disease and could lead to ways to prevent or at least delay the disease.

The third researcher who was awarded \$91,577 is Dr. Fei Liu. He is studying an apparent connection between people with Down syndrome and early onset Alzheimer's disease. It seems a protein called Dyrkl A regulates a cellular process by adding chemical tags to other proteins to control their activity. People with Down syndrome have high levels of the protein. The team wants to know if inhibiting Dyrkl A can prevent the buildup of beta-amyloid and tau in the brain. This could possibly lead to

additional targets for drug treatments to prevent or slow the disease process.

An additional amount of money (\$40,000) was awarded to the Women's Alzheimer's Research Initiative (WARI) as funding. It was not a grant, but this sum will be used to investigate why more women than men are afflicted with the disease. It is also a known fact that more caregivers are women, and the initiative is attempting to better understand ways to lighten the burden and render assistance to these angels of mercy.

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Now, on a more local level, please be sure to give your Chapter Alzheimer's Chair your tax deductible contribution. Remember, if you write a check to your own Chapter, IRS will not allow it as a charitable donation, but when you write the check to **NARFE, Alzheimer's Research, it is deductible**. Your Chair or Treasurer will forward those checks to me as the VFC Chair. I make records of the giver and the amount, and then I forward to the Chicago Office of the Alzheimer's Association on a monthly basis.

**Donna Shackelford, VFC Alzheimer's Coordinator & Region X Alzheimer's Coordinator**



## AREA VICE PRESIDENT REPORTS

*Jeanne Garrison*  
**AREA I**

As the new Area Vice-President I have been visiting chapters and getting to know the members. It has also been an opportunity to promote the 2017 VFC convention and recruit participants for various convention committees. Although some chapters had fewer meetings during the summer I have been able to visit all four chapters in the area. I attended the National convention in Reno in August and a convention planning meeting in September. More recently I have been working with the convention committee chair persons to help them get started on their tasks.

Chapter 685 in Williamsburg had a breakfast meeting at one of the local retirement communities. Members had the opportunity to sign up for a local Alzheimer's walk that took place in October. Chapter President, Marilyn Riddle also attended the National convention as the chapter's voting delegate. The Gloucester chapter 1757 did not meet until September and as their proxy for the National convention, I was able to report on the voting results and other things that took place at the convention. Peninsula chapter 682 had a summer social lunch at The Chesapeake, a local retirement community. The Chesapeake donated \$15 of the \$25 lunch price to Alzheimer's Research. Chapter 1823 in Northern Neck had a picnic in September which was attended by Congressman Rob Wittman and his opponent Matt Rowe. Both candidates spoke and answered questions from the members. The chapter also raffled off a quilt made by a chapter member, which raised over \$350 for Alzheimer's Research.

Area I was well represented at the National convention with delegates from three chapters attending. Chapters are doing well at getting publicity for NARFE in the local news media. There have been articles and photographs in local papers in Gloucester and the Northern Neck area as well as in the electronic version of the Gazette in Williamsburg.

### *Alex Adkins*

#### **AREA II**

Six members of Area Chapters attended the NARFE National Convention in Reno, Nevada. Those who have attended previous National Conventions were impressed by the 2016 convention. It was well organized and had excellent speakers.

Unfortunately, we returned home at the same time that a tropical storm arrived. Julie Hobbs and Betty Mitchell were stranded overnight at Reagan National Airport in D.C. Alex and PJ took a Southern route for their flight home and arrived on time.

The first tropical storm was followed by more rain and then another tropical storm over the Columbus Day weekend. Attendance at chapter meetings during this period much lower than normally expected because of flooded roads and power outages. While we have volunteers for some of our 2017 VFC Convention tasks, we are behind in recruiting volunteers to work on the 2017 VFC Convention.

### *Jack McMurchy*

#### **AREA III**

Five of the six area chapters do not meet in July or August. The sixth, Midlothian, is the only chapter meeting during these months. As area VP, I attended and participated in the July VFC meeting and spent time afterwards ensuring all chapters had proxies for the national convention in August.

Midlothian Chapter 2265 held their annual open house in July and recruited 5 new members. Membership remains steady due to membership replacement. Ms. Eileen Biddle, democratic candidate for the 7th District House of Representatives spoke in August. Her opponent, Congressman Brat, was also invited but was unable to attend. The annual picnic was held during September. MS. Kathy Bass of Blue Cross, Blue Shield will speak in October

and officers for 2017 will be elected. After the November business meeting, there will be a soup and sandwich luncheon with proceeds donated to Alzheimer's research. New officers will be installed at the December Meeting.

Carolyn Wilson, Chapter 1472, Colonial Heights, reported the chapter will close at the end of 2016 due to poor attendance and lack of members willing to become officers or work on committees. Petersburg, Chapter 28, agreed to take any members willing to join their chapter and also invited the chapter members to attend the Petersburg October meeting to hear Ms. Bass discuss Blue Cross Blue Shield changes for 2017. At the August meeting, Ms. Anna Ferriday, a cardiac nurse, described heart attack and stroke symptoms. The November meeting will feature a speaker on Buffalo Soldiers. Also officers for 2017 will be elected. The officers will be installed at the December Christmas luncheon.

Richmond, Chapter 60 President Judy Brantner reported most officers will stay for another year, but the chapter is searching for a new place to hold meetings. A Blue Cross Blue Shield speaker is scheduled for October.

Imperial Plaza, Chapter 1510, President Edward noted membership dropped to 39 due to recent deaths, but attendance is high considering the low total number of members. The chapter is working well with the new Plaza owners. A Blue Cross Blue Shield speaker is scheduled in October.

Discussions have been ongoing both during both September and October meetings according to Tuckahoe, Chapter 1727 President Tom Reid, on the recent long term care premium increases by a private insurance company and also health insurance. All current officers agreed to serve again and will be installed at the December meeting. Members Sam Harris, former VFC treasurer, and Sarah Harris, former chapter president, who are now

living in South Carolina, attended the national convention as Tuckahoe chapter delegates.

### *Raymond Orland*

#### **AREA IV**

In July, I attended my first federation board meeting since becoming Area 1V Vice President. This was a good learning experience.

None of the chapters in my area met in July and August. All my chapters resumed meetings in September with exception of the Portsmouth chapter. With the loss of members and lack of attendance at meetings, many NARFE chapters want to merge. In September, Portsmouth Chapter 63 President and Secretary requested to merge with the Brentwood Chapter 1697. In order to merge, Chapter 63 will have to close.

Five members from Area 1V attended a convention planning meeting in Williamsburg. Due to redistricting and the upcoming elections, Area 1V's Congressional District Leader, Dillard Horton, will wait until after the elections to re-establish contacts.

Brentwood Chapter 1697, President June Staton: At the October meeting, Blue Cross Blue Shield (BC/BS) representatives, Mrs. Linda Fletcher and Ms. Ethel Highsmith, delivered a presentation on: the 2017 Benefit changes, 2017 Medicare changes relative to BC/BS Service Benefit Plan, and changes to the plan's health rates. Following the presentation, there was a question and answer period. Mrs. Fletcher announced that she would be retiring in January 2017.

Upcoming meetings will include representatives from Government Health and Employees Health Plans, the Red Cross, Police Department, Fire Department, and Chesapeake Parks and Recreation. Our Chapter Newsletters were posted on the VFC NARFE website for September and October.

Churchland Chapter 1293, President Bobby Whittington: The guest speaker at the September meeting was a Portsmouth Deputy Sheriff who explained their department's Project Lifesaver Program. That program provides electronic monitoring devices which can be installed on family members who suffer from Alzheimer's or other memory problems. Those devices can be monitored if those members 'wander' away from home or other facilities by the sheriff's office, local police and fire department personnel. Six new members joined our chapter.

At our October meeting, a certified dermatologist spoke to our group, providing valuable information about protection of our skin from possible cancer. She showed slides of victims and various cancer lesions and explained the differences between deadly and non-deadly cells. November meeting: Linda Fletcher, BC/BS Representative, will be our Guest Speaker.

The 'Singing Beaz' vocal group from the Beazley's Senior Citizen Center, Portsmouth, will entertain our chapter at our December meeting and Christmas party.

Suffolk Chapter 1743, President Ray Orland: The speaker at our September meeting was from Pariser Dermatology. She spoke on the prevention and detection of all types of skin cancers. We had 21 people attending the meeting. The turnout was amazing due to the rainy weather conditions that day. Over 12 inches of rain fell during this period.

Dillard Horton, Edgar Owens, and I attended a convention planning meeting in Williamsburg. Our chapter's efforts at the Peanut Fest were cut short by Hurricane Mathew. The Fest was canceled on Friday night. We were still able to get over fifty solid contacts.

At our October meeting, we had the Linda Fletcher of BC/BS. As always she was excellent.

This was her last time at our chapter since she is retiring. She will be missed.

### **Debra Laughon**

#### **AREA V**

No report.

### **Mark Fisher**

#### **AREA VI**

All three chapters will have their officers for the next year. I will be installing officers at Chapter 1134 in November and at Chapter 1837 in December. At this time since I am returning as Treasurer of Chapter 111. I hope to have Charles Fallis, Past President of the VFC, to install us at our December meeting.

Both chapters 111 and 1837 continue to reach out to the new members from the transferring chapters to attend their meeting; as of yet they have not attended any meetings. President Ware talked with a member from Martinsville and she hopes that a carpool can be arranged for this member to attend her chapter.

Chapter 1134's Board is brainstorming ideas to continue their growth in light of the resolution approved at the NARFE National Convention to make chapter membership optional. Chapter 111 Vice President Boatman is continuing her visits to various postal conventions and meetings to promote NARFE. She is also working with two active employees at the VA hospital to set up a recruitment table at the hospital.

### **Paula Dansker**

#### **Area VII**

I attended the Staunton chapter's monthly meeting and gave a report on the NARFE 2016 National Convention. I also attended the Page Valley annual picnic. I went to the 2016 NARFE National Convention in Reno, NV and carried proxies for 3 Area VII chapters.

A major issue in our area is that the Staunton chapter voted to close their chapter. Area VII Chapters had the following speakers and entertainers:

Shenandoah County: Kathy Bass, Blue Cross & Blue Shield; Cheryl Strickland from Home Instead Senior Care,

Staunton: Ms. Abena Foreman-Trice, Communications Director at the Blue Ridge Area Food Bank.

Winchester: LuAnn Bennett, candidate for 10th Congressional District addressed the membership.

Charlottesville: Sally Mank, Virginia Senior Medicare Patrol.

Page Valley: Steve Dansker, President of Shenandoah County chapter, addressed the membership regarding the decisions made at the 2016 NARFE National Convention in Reno, NV. The Annual Chapter 1793 picnic and Alzheimer's Fundraiser at Luray's Lake Arrowhead Park were special events at the chapter.

### **Maureen Nolet**

#### **AREA VIII**

I conducted our first Area VII chapter meeting which turned out to be very successful. Members in attendance want to have this meeting at least once a year. Some of the members said they learned more at this meeting than in all the years they have been an officer and a member. We had guest speakers and had time for networking. I also had the opportunity to attend several chapter meetings during this reporting period. All of the chapters are in the midst of electing or have elected officers for the New Year. A couple of chapters were very close to requesting to be closed but they are up and running and will not be closed. Most of the chapters do not have meetings in July and August.

I attended my first National Convention in Reno, NV. I would recommend that all members attend this convention at least once. It is very informative and educational. It provides you

with knowledge as to how the National Headquarters operates and you meet members from all over.

Fredericksburg Chapter 90: At their summer event sold all left over slices of pizza for \$1.00 a slice and donated the proceeds to Alzheimer's Research. Their annual fundraising of soup in a jar started up in September.

Colonial Beach Chapter 595: Even though there are no meetings in July and August some of the members did get together. A picnic was held at a member's home and was well attended. In lieu of the annual Boat Trip the members went to Rice's Hotel and Huglett's Tavern in Heathsville. Members enjoyed this trip and saw several craftsmen (i.e., blacksmith, furniture maker, etc.) and of course the gift shop with artist made products. They continue to have interesting speakers. They plan to have a Harvest Supper to raise money for Alzheimer's in November.

Fauquier Chapter 1549: The chapter sponsored a booth at the Fauquier Fair Grounds to recruit members and inform federal employees about NARFE and the chapter. Their picnic had a good attendance and had members who do not regularly attend the chapter meetings show up. This chapter has started the Distinguished Members Program. This program awards members who have been with NARFE for 20 years or more. They have followed procedures and forwarded the list to National. National sent 33 certificates and pins for these members. A letter was sent to all inviting them to the October chapter meeting to receive these items.

### *Jim Little*

#### **AREA IX**

Area IX continues to have a strong membership with a total of 3,689 members as of October 1, 2016. This number includes 19 new recruits, including 6 for Springfield, 5 for Annandale, 4 for Alexandria, 2 for Woodbridge, and 1 for Annandale.

Area IX continues to deal with the closing of Chapter 401 – Falls Church, whose membership currently stands at 343. Although all of the paperwork has been submitted by Area IX to complete the chapter's closing, only a nominal number of members have actually been transferred by National NARFE. Area IX and other leaders are very concerned why the Chapter's closing is being delayed.

Area IX continues to be the highest fundraiser for Alzheimer's for the VFC, having raised \$14,317.14 for the Federation through September. This represents nearly 39 percent for all of the Alzheimer's funds raised for the VFC, which raised a total of \$36,733.39! Alexandria Chapter raised \$1,550, Manassas raised \$591.13, Springfield raised \$4,390.00, Annandale raised 2,343.00, and Woodbridge raised \$5,148.01.

Area IX was still very active during the summer, even though several chapters took a hiatus from formal meetings. All Area IX chapters were represented either in person or by proxy at the 36th Bi-Annual NARFE Convention. A total of 11 members were in attendance, including Tammy Flanagan who was a featured speaker. During the summer Woodbridge Chapter participated in the Annual July 4th Dale City parade and won the Best Organizational Float Award; sponsored its annual Take Me Out to the Ball Game night out with the Potomac Nationals; held its annual picnic. Major local political representatives attended, including Congressman Rob Wittman and a staffer of Congressman Gerry Connolly; and held two major Alzheimer's fundraisers (Restaurant Week and Document Shredding). Annandale Chapter continued its Adopt-A-Road litter pickup in support of the community; began its 4th Annual Food Drive for the Annandale Christian Community for Action; and featured a travel specialist at its September meeting focusing on ocean and river cruising geared towards seniors; and reached nearly 71 percent of its 2016 Alzheimer's fundraising goal. Alexandria Chapter met with Charles Hernick, Republican candidate for the 8th Congressional

District, to brief him on the issues important to Federal employees and retirees; sponsored a visit by Gayle Nelson of Care First who presented a Distinguished Annuitant Award to Linda Johnson, the Chapter's photographer extraordinaire; and has scheduled an 8th Congressional District Candidate Forum between Charles Hernick and Mike Lucier, Legislative Assistant and Surrogate for Congressman Don Beyer. Springfield Chapter participated in the Senior Citizens Council of Fairfax's fall Breakfast Meeting, and featured the film, "The Way," concerning the pilgrimage of El Camino de Santiago (Camino Frances) at its September meeting; and at its October meeting, Donald M. Shaw, Co-chair of the Mid-Atlantic chapter of the America's pilgrims on the Camino, will share his profound experiences during four Camino pilgrimages. In addition, a review of the NARFE National Convention and voting results will be provided to members.

Area IX is participating in the Wittman and Connolly Health Fairs scheduled for November 14 in Prince William County and December 3 in Fairfax County, respectively. All chapters are also planning for their annual holiday parties, and Wilma Grant and Jim Little visited The Fairfax Senior Community to evaluate their offer to host a joint Holiday Party for Northern Virginia Caucus chapters. After that meeting, it was decided to revisit their offer at a later date. All chapters are also scheduling timely and informative speakers covering various topics including computer forensics, cyber security, changes in the FEHBP in 2017, and updates on the NARFE legislative agenda. Several chapters are planning to participate in local Walks to End Alzheimer's.

### **Wilma Grant**

#### **AREA X**

The following are reports from Chapter Presidents in Area X:

007 Arlington, President William Thompson: Chapter elections to be held at our November meeting; installation of officers in December.

We are already working to recruit individuals for these currently vacant and soon-to-be-vacant positions: 2nd Vice President and Membership Chair; Service Officer; Newsletter Editor; Alzheimer's Chair, Sunshine Chair, and Historian. Our September newsletter asked our members to give due consideration to volunteering for these positions, to date, no response received. Chapter 7's only meeting for this quarter was in September, after the July-August recess. Author Veronica Li spoke on the interrelationships between aging parents and their adult children. She was one of our best speakers for the 2016 year to date.

1241 Dulles, President Patricia Wolfe: Dulles Chapter recessed in July and August. We will hold officer elections November 2016; installation of the officers will take place December 12th. We hope to fill committee chair positions by January 2017. Critical Vacancies include: Hospitality Chair for Lunch Reservations, Membership Chair, Program and Committee Chair. Our June speaker was Michelle Leith, Community Outreach Coordinator, and Northern VA Office of Attorney General Mark Herring.

OAG speakers are available for all VA areas. Contact Info: [www.oag.state.va.us](http://www.oag.state.va.us); 804-786-2017. OAG Scheduler was Rachel Lawless at [rlawless@oag.state.va.us](mailto:rlawless@oag.state.va.us). Congressman Gerry Connolly (D-11th) was our Sept. 26th luncheon speaker. LuAnn Bennett (R-10th), invited but unavailable on this date. Rep. Barbara Comstock (R-10th) was invited to speak on Oct. 23rd but was also unavailable.

Four Dulles members attended National Convention. I provided a report to chapter board members and published it in the September newsletter. Several members expressed concern over the impact on chapters regarding optional membership bylaws change. Dulles Chapter has a wealth of individuals with distinguished careers and community involvement, whom we feature whenever possible. Former DEA Agent/Supervisor, Randy Sayles, is now in demand as speaker: see

Fairfax Chapter's September newsletter. Public Relations Chair, Jean White, who was featured in September, is also President of the American Women's News Club.

737 Fairfax, President Ralph Thompson: Fairfax Chapter took a summer recess in July and August. We held a superb meeting on September 13th, with the largest turnout of the past several years, 45 members and guests were present. Randy Sayles (Dulles Chapter 1241 member) recounted his harrowing experience regarding the 1979 attack on US Embassy in Islamabad, Pakistan – just 3 weeks after the taking of American hostages at our US Embassy in Tehran, Iran.

Meetings for remainder of 2016 are: Alzheimer's Program in Oct.; the VA Task Force One Team – Fairfax County's elite Domestic & International Disaster Fire/Rescue Response Team in November; and a December Christmas Program. Four members attended NARFE National Convention in Reno, NV, August 28 – September 1, 2016. Chapter Lead Delegate was Dr. Constance Bails, co-service officer. Connie returned with a "Silver Award" for her recruitment efforts over the past year. By all accounts, the National event was a great success, with many positive outcomes. A new slate of officers will lead Chapter 737 starting in Jan. 2017. I anticipate Ted Pasek will lead us as president, unless another individual contests for the position. I leave our chapter leadership position with my two life's guiding principles: (1) Treat others as you would like to be treated and (2) DUTY, HONOR, and COUNTRY maintain our American way of life!

1665 VA Metro, President Judy Willis: No officer changes since last report. Our officers remain: President: Judy Willis; Secretary and Newsletter Editor: Burt Bostwick; Legislative Chairman and Public Relations: Bill Armstrong; 1st Vice President and Membership Chair: Mary K. Parker; Treasurer: Pat Conaway; Alzheimer's Chair: George Gunning (\$1,606 raised for 2016); Service Officer: Vacant; NARFE PAC Chair:

Marilyn Mautz; Sunshine Chair: Suzanne McMenamin; and Program Chair: Vacant.

Our September program speaker was Jennifer Weber, Arlington County +55 Specialists, who spoke on "Hidden Gems". Connie & John Bails will speak in October; speaker for November is undecided. Most likely we will host a holiday party in December. No politicians are scheduled to visit. Our chapter is transitioning to an email newsletter to save on mailing expenses. There will still be a postcard mailing for those without email addresses.

1116 Vienna/Oakton, President Ralph Dantine: Our chapter recessed during July and August. Two members attended National Convention. Five members attended Fairfax County Senior Citizens' Breakfast in September and were encouraged to share information about our organization. Kathy Arpa provided NARFE information to several attendees, invited a guest to attend chapter meeting following week; then called to follow up. He attended our September meeting and joined same day. Meeting speaker was Tammy Chang on The Essence of Acupuncture. This is a traditional medicine practiced in China and other Asian countries for thousands of years. Alex Robbins, representative from Congress Jerry Connolly's office, discussed current issues including the tremendous LTC premium increases affecting NARFE members. Current officers expected to keep chapter active in 2017. We will have a new secretary.

### Stan Palen, Webmaster

A NARFE chapter newsletter is one of the most effective means of keeping chapter members informed. An editor should be appointed to publish a periodic chapter newsletter. It is particularly important to members who are unable to attend meetings regularly, but want to maintain an interest in chapter activities. The newsletter can be distributed by U.S. Postal Service mail service, email (such as the NARFE Email System) or both.

Many chapters have eliminated their newsletter and chosen to do an electronic newsletter which is much more efficient than a printed newsletter because of the significant savings in time, printing and mailing costs. This requires someone to maintain an up-to-date listing of all chapter members with email addresses on file or download them from NARFE.org. Another option is the VFC website [www.vanarfe.org](http://www.vanarfe.org) Newsletters should be emailed to Stan Palen or Sid Sachs [[stan@vanarfe.org](mailto:stan@vanarfe.org)] or [[chapterwebmaster@vanarfe.org](mailto:chapterwebmaster@vanarfe.org)]. One of them will add the newsletter to the Virginia Federation's website.

Posting a newsletter on the VFC website means that members can access it from anywhere. That means they can keep up on what is happening in their chapter, upcoming programs, fundraisers, activities in another chapter in their area, etc. when they are traveling or even on vacation. All current newsletters that have been submitted within 30 days can be viewed on the [vanarfe.org](http://vanarfe.org) site on the left hand side. Take a look at other chapter newsletters.

Some areas have chosen to do a quarterly area newsletter. This is an excellent opportunity for the chapters to keep up with what is happening within their local area. Each chapter submits articles to the Area Newsletter Editor who consolidates the articles and prepares the Area Newsletter and submits it to Stan for posting. Each chapter has a web page. Please review your chapter's web page to see if it needs updating. Your latest version can be viewed at [www.vanarfe.org/Chapternumber/Chapternumber.htm](http://www.vanarfe.org/Chapternumber/Chapternumber.htm). The VFC would like to have more robust chapter web pages.

Updates should be emailed to either of the webmasters. We have almost unlimited web space and can add pictures of chapter activities, upcoming events along with narratives of current and future events or most anything of interest to your members. In most cases all you

need to do is get the information together and send it to me. One of us will take care of formatting it and putting it up on your chapter web page. My preference is to get information in a word document for text and have the pictures separate. You can have the pictures in the word document so I know about where you want them. It is easier for me to handle them in web page language that way. I will put them together for you.

Did you know that the VFC web page changes at least weekly? Chapter newsletters are posted very shortly after either of the two VFC webmasters receives them. Program Chairs submit changes as conditions change. The Alzheimer's page has five new short videos. The first one gives a very understandable explanation of how the disease progresses. Others are things you might need to know if you are involved in supporting a person with Alzheimer's. Below the videos are active feeds from the Alzheimer's research arena. Near the bottom of the links on the left of the main page is a link to our 1and1 webhost. If you or anyone else uses that link to sign up for a web page, the VFC gets a small credit to reduce our costs. The prices are very reasonable and include the cost of your domain. The VFC webmasters are Sid Sach [chapterwebmaster@vanarfe.org](mailto:chapterwebmaster@vanarfe.org) and Stan Palen [stan@vanarfe.org](mailto:stan@vanarfe.org).



2017 VFC Convention  
April 2-5, 2017

Doubletree by Hilton  
50 Kingsmill Road,  
Williamsburg, VA



## Important Dates

### December 2016

December 23: Deadline for submission of proposed VFC Bylaw Amendments to VFC Constitution & Bylaws Committee for consideration at the 2017 VFC Convention. Send to Helen Willis, Chair of the Bylaws Committee at [kbwillis@verizon.net](mailto:kbwillis@verizon.net)

### January 2017

January 1: Deadline for Chapters to file F-7 Report with NARFE HQ

January 8-10: Winter VFC Board Meeting – new location: Doubletree by Hilton, 50 Kingsmill Road, Williamsburg, VA 23185

January 9: Nominating Committee Report to VFC President and VFC Board

January 17: Deadline for submission of Resolutions to VFC Secretary for consideration at the 2017 VFC Convention – Send to Betty Warren at [blwarren12@verizon.net](mailto:blwarren12@verizon.net)

January 21: Deadline for VFC Secretary to present Annual Summary of Chapter Membership and listing of authorized votes for the VFC Convention

January 27: Deadline for VFC Treasurer to send out invoices to Chapters for VFC Chapter dues

January 27: Deadline for VFC Constitution & Bylaws Committee to submit recommendations on submitted comments and recommended revisions to Proposed VFC Bylaws Amendments to VFC President

### February 2017

February 10: Deadline for submission of nominations for Leadership Award to 2nd Vice President, Patricia Taylor at [m spat1942@aol.com](mailto:m spat1942@aol.com)

February 16: Deadline for VFC President to send out “Call to Convention”

### March 2017

March 12-15: NARFE Legislation Training Conference, Hilton Mark Center, Alexandria, VA

### April 2017

April 2-5: 63rd VFC Convention in Williamsburg, VA

VFC website: [www.vanarfe.org](http://www.vanarfe.org)