



**NATIONAL ACTIVE AND RETIRED FEDERAL  
EMPLOYEES ASSOCIATION  
CHAPTER 893  
SPRINGFIELD, VIRGINIA**

**CHAPTER 893 – SERVING OUR MEMBERS**

**VOLUME 47 - NUMBER 8**

**VFC AREA IX**

**NOVEMBER 2011**

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**CHAPTER 893 NOVEMBER PROGRAM**

**Wednesday, November 9 at 1:30 p.m.  
(Social at 1:00 p.m.)**

**American Legion Post 176  
6520 Amherst Ave., Springfield, VA 22150  
Parking available at the rear of the building**

***Honoring and Empowering our Wounded Warriors***

To honor and care for wounded military veterans is a fundamental responsibility of the federal government and its citizens. The Wounded Warrior Project was established to empower and support those men and women who incurred service connected injuries or illnesses on or after September 11, 2001.

Following that sudden attack on the United States which killed almost 3,000 people, the nation went to war in Afghanistan and Iraq. In those wars, for every U.S. soldier killed, seven have been wounded. Combined, there have been almost 42,000 injured in the two conflicts – nearly 32,000 injured in Operation Iraqi Freedom and almost 10,000 in Operation Enduring Freedom.

Jim Mayer, Warrior Outreach Coordinator, will speak on the “Wounded Warrior Project – Honoring and Empowering Wounded Warriors.” Mayer is a Vietnam War veteran who was wounded by a land mine explosion that left him a bilateral below-the-knee amputee. Beginning in 1974, Mayer worked in the Department of Veterans Affairs. He is now retired from federal service.

A leader in working with wounded soldiers, Mayer works today as a volunteer with injured soldiers at Walter Reed Hospital. He has been honored for his service and work by the US Congress, Secretary of Defense, Secretary of the Army, Veterans Administration, and numerous public and charitable organizations. Please join us to learn more about this timely program.

***Pat Harahan, Program Chair***

◆ **CHAPTER CALENDAR – 2011** ◆

Wed., Nov. 2, Chapter Executive Board Meeting,  
1:30 pm, Richard Byrd Library, Room 1

Wed., Nov. 9, Chapter 893 Monthly Meeting,  
1:30 pm; Registration and Social 1:00 pm

Fri., Nov 18, 10 a.m., Fx Co. Senior Citizens  
Council, Lincolnia Senior Center

Sat., Nov. 19, 10 am – 2 pm, Congressman  
Connolly's 2011 Open Season Health Work-  
shop, 12000 Govt. Center Pkwy, Fairfax

Wed., Dec. 14, Chapter Holiday Party, at  
the Waterford, Springfield



◆ **FX COUNTY SR CITIZENS COUNCIL** ◆

The Fairfax County Senior Citizens Council will meet November 18, 2011 at 10:00 a.m. at the Lincolnia Senior Center, 4710 N. Chamblis St., Alexandria 22312, tel. 703-914-0223. The speaker's subject will be "Volunteer Solutions-Supporting You". For reservations and directions to the Council's Holiday Party on December 2, 2011, call Diane Hill, Chairperson (703) 569-5118.

**Diane Hill**

◆ **THE LUNCH BUNCH** ◆

Prior to our Chapter meeting on November 9, we are planning our lunch bunch get-together at the Blue Pearl. The Blue Pearl is located at 6820 Commerce Street in Springfield. It has good

Chinese and other foods, something for every taste. We hope that many of you will join us there at 11:30 a.m. It is helpful to know how many will attend, so please contact us at 703-768-4460 or via email to [eleanore@cox.net](mailto:eleanore@cox.net) if you plan to join the group. Following lunch, we will then go to the Chapter meeting.

**Eleanor & Al Erickson**

◆ **LITTLE THEATRE OF ALEXANDRIA** ◆

January 12, 2012 - Curtain up at 8 pm. The new year begins with a one act musical comedy, "The 25<sup>th</sup> Annual Putnam County Spelling Bee". During its Broadway run this play was nominated for 6 Tony awards. The nonsense surrounds 6 young people in the throes of puberty overseen by 3 grown-ups who barely managed to escape childhood. In the course of the play they learn that winning isn't everything and losing doesn't mean you're a loser. Gentle warning - there may be some naughty words tossed about. For tickets, contact Barbara Kohl at 703.866.9506 or email [nanab2k@gmail.com](mailto:nanab2k@gmail.com).

Please remember, if you request tickets, you are expected to show up, or notify of your cancellation by the day of the performance.

**Barbara Kohl**

◆ **CHAPTER HOLIDAY LUNCHEON** ◆  
**December 14, 2011. 12 Noon**

Joe Beaudoin, NARFE National President, will be our guest speaker and conduct the installation of chapter officers at our Holiday Luncheon at the Waterford in Springfield (6715 Commerce Street).

The reservation form with menu is included in this newsletter. Be sure to send in your reservation and payment no later than November 30, 2011.

**Beverly Clemesen**

## ◆ PRESIDENT'S MESSAGE ◆

I hope that you will make plans to attend the Holiday Luncheon which will be held at the Waterford at Springfield on December 14. We are very fortunate that NARFE National President Joe Beaudoin has accepted our invitation to speak to our members and guests and to conduct the installation of officers. As you know, there is a lot on the line for Federal employees and retirees as Congress and the "Super Committee" consider \$1.5 trillion in additional cuts in spending. Please attend and hear from the NARFE National President what NARFE is doing and what members can do to help. Additional information about the Holiday Luncheon is found in the following pages.

Another important event is the Open Season Workshop for Federal Employees/Retirees sponsored by Congressman Gerry Connolly on November 19, 2011 from 10:00 AM to 2:00 PM at the Fairfax County Government Center. The address is 12000 Government Center Parkway, Fairfax, VA 22035. The program will include presentations by FEHB experts. Representatives of various health plans and Medicare will be available to discuss their programs with participants. Open Season for FEHB Plan changes ends on December 12, 2011.

My monthly message would not be complete without a sincere appeal to our membership for assistance. Your skills, talents, experience, and a little time are needed to sustain the operations of the chapter. We currently have a number of vacancies that when filled will contribute greatly to the success of the chapter. We are actively recruiting for a Public Relations Chairperson, one At-Large Director and one Area Director to support our retention efforts. We also have a vacancy for Vice President which is critical for the continued leadership of the chapter. If you are interested in any one of these positions or would like additional information, please contact me at [jkadelq@yahoo.com](mailto:jkadelq@yahoo.com) or at 703-313-9387.

**Please Note:** The Board of Directors has agreed to the following change: Starting January 2012, the Chapter meetings will begin promptly at 1:00 pm; the registration/social time will begin at 12:30 pm. This change has come about for the purpose of accommodating members' concerns about late afternoon traffic issues. Reminders will be posted in future issues of the newsletter.

**Jim Delgado**

## ◆ CHAPTER 893 CONTINUES V.A. SUPPORT ◆

The Department of Veterans Affairs reportedly serves more than 100,000 homeless veterans each year. Even as the largest federal provider of direct assistance, that is just a percentage of the number of vets who are homeless at some time during the year. The V.A. surmised they reach **ONLY** 25% each year. Females make up 14-15% of the active-duty force & 14% of veterans. Women are four times more likely to become homeless than their male counterparts. Veterans become homeless and are at risk for homelessness for the same reasons as non-veterans. Mental Health issues (PTSD, mood disorders & substance use) have been deemed among the primary risks for homelessness among veterans. There is not a national database to help track our homeless vet and most available statistics don't include the many that are at risk of becoming homeless. This is a lot of data to digest, and what can we do about it anyway? We can't prevent homelessness, of course, but we can help those who are homeless by providing some basic winter men's clothing needs, continuing a project Chapter 893 members began two years ago. Specific needs are men's thermal underwear (particularly XL), winter gloves, knit caps, sweatpants/sweatshirts (larger sizes), and warm socks. Watch for K-Mart and Wal-Mart 1/2 price sales usually going on now. Please bring your donations to the November Chapter Meeting or to our December Holiday Luncheon.

*"The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional as to how they perceive the veterans of earlier wars were treated and appreciated by their nation" - George Washington*

**Margaret Yowell, Chaplain**

◆ **SPECIAL OPEN SEASON WORKSHOP** ◆

To help federal employees and retirees navigate through the many changes in the 2012 Federal Employees Health Benefits plans, dental and vision insurance programs, and flexible spending accounts, Congressman Gerry Connolly will hold an Open Season Workshop. (Open season runs November 14 to December 12, 2011.) The Workshop location and time:

Saturday, November 19, 2011  
10:00 a.m. to 2:00 p.m.  
Fairfax County Government Center  
12000 Government Center Parkway  
Fairfax, Virginia 22030

Plan to attend. Panelists representing various federal agencies and healthcare, vision, dental and insurance providers will address your questions and concerns.

◆ **MEMBERSHIP** ◆

We are seeking to increase our membership. Our numbers diminish when people move away from the area, pass away, or choose not to renew their membership. This is “normal” attrition. Please spread the word about NARFE. We want to ensure that the NARFE voice is prominent with Congress. Our annual fees are like an “insurance policy.” And it’s a very small price to pay to ensure our benefits are not eliminated or compromised as the Government seeks to cut its budget. And with automatic payroll deduction it’s a very easy way to pay the annual fee. Got questions??? Contact Doris Lama at 703-644-0139 or at [dmlama@yahoo.com](mailto:dmlama@yahoo.com).

**E-mail Addresses**

Our attempt to notify you by email of the availability of the chapter newsletter on our web site was unsuccessful in a number of cases due to incorrect email addresses. If you did not receive notification, please email your email address to Doris Lama at [dmlama@yahoo.com](mailto:dmlama@yahoo.com).

Our condolences to the family and friends of chapter member Marilyn Peacock who passed away in July.

***Doris Lama***

◆ **NOVEMBER OFFICER ELECTIONS** ◆

Chapter elections are held annually in November, and this year work on nominations to fill vacancies was disappointing. Basically, your Nominating Committee found that those who are serving are willing to continue to serve, but we could not find anyone to step up and fill the other vacancies. So here is the list of candidates willing to serve.

For President – Jim Delgado  
For Secretary – Beth Lynch  
For Treasurer – Jim Wagner  
For Area A director – Earl Levy  
For At-Large Director – Beverly Clemens

(Cont. page 5)

That still leaves a list of vacancies in the Chapter's leadership structure which includes:

1. Vice President.
2. Area Director, Area B, replacing Craig Goral, who has resigned pending a move.
3. At-large Director, to fill a term expiring at the end of next year.

Area Directors work within defined ZIP code areas to welcome new members and encourage old ones to maintain their chapter membership. At-large Directors are in the category of "other duties as assigned," and help with special activities within the Chapter, such as social events, representing the Chapter to other organizations, etc.

In addition, there are vacancies among the positions appointed by the President and not elected: Public Relations Chair, Hospitality Co-chair, working with Beverly Clemens, and Volunteer Coordinator are currently open. Please consider volunteering to help the chapter in one of these six positions, and let President Jim Delgado know if you can help. His contact information is on page 1, and in his President's Message on page 3.

***Charles Delaplane***

#### ◆ NATIONAL LEGISLATION ◆

Congress has passed a Continuing Resolution that keeps the government running through November 18. Otherwise there seems to be little progress on appropriations bills – as I write this (October 8) the only area on which appropriations action has been completed in both Houses is Military/Veterans, and even there no conference committee has acted to send a bill along to the President.

Meanwhile, NARFE's current focus seems to be on the cut-backs the Postal Service is proposing, and their implications for benefits for Postal Service employees. Chief among those is to take USPS employees and retirees out of federal retirement and health benefits systems.

Nothing has been reported yet on the work of the Supercommittee, other than Senator Kyl's (R-AZ) strong disagreement with potential defense cutbacks. We're starting to hear voices in the media speculating that the Committee will fail in its charge to propose a way to cut future budgets so as to reduce debt, and that Congress will reverse the law previously enacted during the debt-ceiling increase battle, in order to prevent that law's deep budget cuts from coming into effect. That would leave us where we were about 3 months ago, as campaigns gear up both for Congress and the Presidency. In other words, gridlock will continue.

As to the January COLA, we appear to be headed for a COLA in the range of 3.5 percent, depending on what the final numbers for September turn out to be. By the time you read this, the final number should be out. But if 3.5 percent is in fact the number, you can bet the media will be all over the cost associated with that, and pressure will grow within Congress to cut back on this part of retirement benefits. Problem is, they'll likely be happy to cut federal civilian retirees, but will want to duck on Social Security beneficiaries, and possibly military retirees. It will be interesting how that one plays out.

***Charles Delaplane***

## ◆ ALZHEIMER'S REPORT ◆

I was fortunate to attend the Virginia Federation of Chapters (VFC) Convention in Richmond in April 2011 and hear the presentation on Alzheimer's given by Lauren Fritz, Specialist, Foundation Relations, Alzheimer's Association. And, even though my mother had Alzheimer's, the information that Lauren presented was overwhelming:

- On the Top 10 list of leading causes of death in the US, #1 is Heart Disease and **#6 is Alzheimer's Disease**. It is the only cause of death in that Top 10 that cannot be prevented, cured, OR even slowed.

- Every 69 SECONDS someone in the U.S. develops Alzheimer's Disease. By the year 2050, that will increase to every 33 SECONDS.

- Today there are an estimated 5.4 million Americans living with Alzheimer's Disease. Of those, 5.2M people are age 65 and over; and 200,000 have younger-onset Alzheimer's Disease. Younger-onset Alzheimer's Disease has been found in individuals as young as 30. One in 8 people over 65 are living with the disease and nearly 1/2 of those 85 and over have it as well.

- Two thirds of the people over 65 who have Alzheimer's are women. 60% of Alzheimer's caregivers are women (6.7 million).

NARFE's mission is to "safeguard and improve the earned rights and benefits of America's active and retired federal employees", and NARFE has made it a top priority to raise money for Alzheimer's Disease Research. NARFE is the highest fundraising membership organization supporting the Alzheimer's Association today. As of the April 2011 convention, NARFE had raised \$371,191 for a running total of \$9,136,540. Virginia NARFE (VFC) has raised \$59,498 of that amount with an additional \$3,732.00 raised at the Convention. VFC donations comprised 16% of NARFE's total for FY 2010. The VFC has been #1 in the nation for 10 of 11 years. That is amazing and totally worth bragging about, but we can't stop there. As I stated above, Alzheimer's is the only Top 10 cause of death disease that cannot be prevented, cured, or even slowed. We need to keep fighting for Alzheimer's funding and we must continue our generous donations for research.

Chapter 893 is the largest Chapter in Virginia but for a number of reasons, we are a little behind in our efforts this year. Watch for future fundraising during our Chapter meetings (50/50 drawings, etc.). If you would like to contribute, you may make your checks to **NARFE/Alzheimer's Research** and mail to VFC Chair, Donna Shackelford, 14429 Round Lick Lane, Centreville, VA 20120. Please add "Chapter 893" in the memo line. Thank you for your continued support.

***Margaret Yowell, Chair, Alzheimer's Committee***

**A helpful bit of information to pass along:** If the doors to Legion Post 176 are accidentally locked on our Chapter meeting day (as they were on October 12), you should call their number 703-440-0336 for entry. It's a good idea to add this number to your individual phone book or pad.

**NARFE Chapter 893**

**Holiday Celebration**



Come celebrate the fellowship of the season with your NARFE Chapter 893 friends  
and attend our holiday luncheon at

**Waterford at Springfield;** 6715 Commerce Street; Springfield, VA 22150

December 14, 2011 starting at 12:00 Noon

**Guest Speaker is Joe Beaudoin, NARFE National President**

**Menu includes:** Appetizer dipping station, Romaine Caesar Salad, Turkey with Bread Stuffing, Garlic Smashed Potatoes, Steamed Green Beans and Carrots, Bread and Butter, Pecan, Pumpkin and Apple Pies, Coffee and Hot Tea.

Make your **non-refundable check for \$25.00 per person payable to NARFE, Chapter 893. Payment is due *no later than November 30, 2011.***

Contact person for this event is Beverly Clemens, phone (703) 924-0152.

Mailing address is 6210 Old Valley Ct, Alexandria, VA 22310-1540



NARFE Chapter 893 Holiday Luncheon

December 14, 2011 from 12:00 p.m. to 4:00 p.m.

Name(s): \_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

**If you require a special meal (Circle one) Diabetic; Gluten Free; Vegetarian**

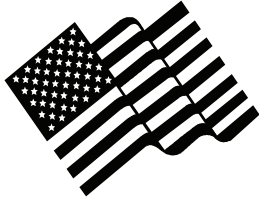


Please make your check payable to NARFE, Chapter 893 for \$25.00 per person



**NARFE Springfield Chapter 893  
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**Chapter 893 Meeting, November 9, 2011  
The American Legion Post 176, Springfield, VA**

## **NOVEMBER CHAPTER MEETING**

### **“HONORING & EMPOWERING OUR WOUNDED WARRIORS”**

**The Wounded Warrior Project was established to empower and support those men and women who incurred service connected injuries or illnesses on or after September 11, 2001. Jim Mayer, himself wounded during Vietnam, is the Warrior Outreach Coordinator and will speak on the Project. Join us to learn more about this timely program.**

**Wednesday, November 9, 2011  
(details on page 1)**

**>>>>>>>>>>**

**ANNUAL HOLIDAY LUNCHEON  
WEDNESDAY, DECEMBER 14, 2011  
Reservations due no later than November 30.  
(reservation details on page 7)**