



ANNANDALE October 2025

# CHAPTER NEWS

## National Active and Retired Federal Employees Association Chapter 1159 (Annandale)

P.O. Box 1463, Annandale, VA 22003

Serving Current, Former & Retired Federal Employees. Their Spouses & Survivor Annuitants

Like us on Facebook at NARFE-Annandale 1159

***Until Further Notice:*** NEW TIME & NEW PLACE

We meet at **John Calvin Presbyterian Church**

**6531 Columbia Pike, Annandale, Virginia**

**Next Meeting: Wednesday, November 5, 2025 at 9:30 A.M.**

**Join us, either in-person or via Zoom, for our next meeting, which will start at 9:30A.M. on Wednesday, November 5<sup>th</sup>, when Jennifer Malave, from CareFirst BlueCross/BlueShield, will discuss changes to the Federal Employees Health Benefit Program in 2025 and the new Postal Service Health Benefits Program.**

### **PREZ SEZ**

– *Kim Rendelson, Chapter President*

About a month ago I went into a tailspin when the supervisor's office notified me that construction would start on the Mason District Government Center - at that point in two weeks. Yikes! I started looking for a new meeting place, some of which were too expensive, unavailable, unavailable to non-secular groups, not available Wednesday mornings, and so on. Fortunately, construction didn't start when anticipated or we might have met in my living room. While in Ocean City two weeks ago, my car wanted to stop at any church it saw! It had a mind of its own and I had to remember – we're not home!

We then learned we were losing services of two long time, wonderful, dedicated valued Board members. Doug Jones has health issues and can't continue as Newsletter editor, Membership Chair, or as Zoom-master. He's done so much for our chapter for so many years; we send him messages of thanks, hope, and healing. We're also losing our Alzheimer's Chair – Phil Gilliland – who's held this role for many, many years also. In addition, Phil, with Jack Bagnulo, jumped in many years ago to sell luncheon raffle tickets, which I've been grateful for, leaving me free to deal with other issues. I made Phil promise that he would continue to attend luncheons (though he's excused from selling raffle tickets {if he so chooses}).

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I must admit, I've dreaded losing Board members – they truly are the glue keeping this chapter going. And with the prospect of these losses, I wasn't sure we could keep the chapter going — I sadly realized how much I'd miss everyone if that happened. We have such a great chapter full of wonderful personalities. Well...a couple of these wonderful personalities have stepped up to take on these responsibilities. Ed Reniker, our Secretary, is going to try doing the Newsletter, in addition to secretarial duties. Mort Glassberg will take a stab at being the Membership Committee and will assist with Zoom meetings as much as he is able. Mary Ellen Flynn volunteered to be Alzheimer's Chair. Pat Jack will fill in as our Greeter. I'm in awe of their willingness to give their time, for sharing their skills with the chapter, and I can't thank them enough for jumping in to save the day.

So, we will continue on an even keel for a while longer and my car and I can stop veering into church parking lots or other potential meeting places. You've no idea how many churches there are in this area!

Reminders: Come ready to discuss and vote on revised Bylaws at the November meeting. **DON'T FORGET** – we will meet in a **new space at a new time** – 9:00 am for snacks and visiting and the meeting will start at 9:30. See you then!

**NOTE** -- NARFE is updating its website system so use our Facebook page at *NARFE-Annandale 1159* for up-to-date information on the Chapter.

**Inclement Weather Policy** --When Fairfax County Public Schools (FCPS) are closed or “virtual only” because of inclement weather on the day of a scheduled chapter meeting, the chapter meeting (both in-person and on Zoom) for that month is canceled. If the FCPS open only 2 hours late on that day, the in-person and the Zoom meeting will be held.

### **October Program Report**

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*Ed Reniker, Secretary*

Dr. Laura Kahn, our speaker, is a native of California, holds degrees in nursing, medicine, public health, and public policy. She is the Co-Founder of the One Health Initiative, <https://onehealthinitiative.com/> which is a global movement promoting the health of all species by increasing communication and collaboration between human, animal, plant, environmental, and ecosystem health professionals. Dr. Kahn is the author of several books. The information she was sharing is in the public domain. Her work brings together the full scope of interactions between human, animal, plant, environmental/ecosystem health domains. Her approach to health issues is multi-disciplinarian. She noted that studies in intra-animal diseases, microbiology, and other disciplines will improve our understanding. Viruses are not considered to be alive and therefore cannot be treated by antibiotics and cannot be killed. Viruses can be minimized

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by warning the body through introducing a mild case or impacting their reproductive or transmission paths. The common cold is a rhinovirus with almost 100 identified strains. Dr. Kahn gave an excellent history of viral discovery and research that covered animal and human infections. Failure to connect with the veterinarian community has resulted in missed opportunities. The distinctions between the earlier variants and the pandemic SARS-CoV-19 strain display new, serious, and long-lasting symptoms. This is the only variant that has affected smell and taste, has produced unusual rashes, and has resulted in “Long COVID” symptoms such as migraine, lung disease, autoimmune disease, chronic kidney disease, heart disease and mood disorders. There is a lack of evidence from laboratory records, but the absence of animal transfer data leads to the conjecture that this could be a laboratory developed strain. This is impossible to prove or disprove. She believes that science needs the equivalent of a Hippocratic Oath for biomedical research to prevent experimentation that could enhance viral infection or increase symptoms. COVID will remain a pathogen from now on. Dr. Kahn recommends vaccination as a wise choice and she carries a mask to use when in public transportation or crowded spaces. She suggested individuals act to modify their risk with sensible preventive measures. COVID-19 vaccination records are online and can be downloaded or printed at <https://vase.vdh.virginia.gov/vdhapps/f?p=545:1> .

**Chapter Elections** – At our November meeting we will hold our election for the Chapter’s Executive Board for 2026. The following individuals will be nominated by the Nominating Committee: **Kim Rendelson**, President; **John Bankson**, 1<sup>st</sup> Vice President; **Jack Bagnulo**, Treasurer; and **Ed Reniker**, Secretary. All of the nominees currently serve in these positions. Nominations are welcome and will be accepted from the floor.

**Alzheimer’s Report** – The latest donation amount, through early October, is **\$3234**. Our chapter has nearly met its goal of \$4,000 this year for donations to the **NARFE Alzheimer’s Research Fund**. And, we still have 2 ½ months in 2025. The Washington Post Science and Technology edition has recently had two notable articles about Alzheimer’s Disease (AD). Research efforts have come to the fore and the media is becoming aware of AD. If you know a relative, a neighbor, a friend, an acquaintance, or other person in your circle, who seems to have a hard time keeping track of their keys, books, etc., carefully ask them about talking with their family doctor. If you want to help in finding a cure for Alzheimer’s, you can send a donation by mail to: **Treasurer, NARFE Chapter 1159, P.O. Box 1463, Annandale, VA, 22003**. Please make checks payable to *NARFE Alzheimer’s Research Fund* and include *Chapter 1159* on the memo line.  
*Phil Gilliland, Alzheimer’s Chair*

**IN MEMORIAM: Chapter 1159 regrets to announce the death of Margaret Breinholt.**

Margaret served as chapter Secretary for three years (2014-2016).

Our condolences to her family and friends.

**A Few Details for Our November 5th Meeting** – At **9:30** a.m. on Wednesday, Nov. 5<sup>th</sup>, we will meet at the **John Calvin Presbyterian Church**. It's healthcare insurance open season again. BC/BS representative Jennifer Malave will return to outline what's available for 2025 in the FEHB and PSHB programs: recap familiar choices, highlight new benefits, identify any new rules and procedures, and emphasize the value in reviewing one's selections every year. Jennifer has been dedicated to servicing federal employees and has shared valuable information that has helped members with annual choices. In-person attendance is encouraged, but you may to attend on Zoom.

**ACCA Food Drive**

**Sharon Sellers, Chair**

On Oct 3<sup>rd</sup> we collected an amazing **1,322 pounds of food and \$565.00 in cash** and we are still going strong! The final collection in this series is scheduled for Friday, November 7, 2025, between 10:00am and 1:00p.m. Donations from your home pantry can be brought to the next NARFE Meeting, November 5, 2025. You can also drop off your donations on the 7th at the curb by the Giant Foods Annandale where the police van awaits. Items in short supply are any non-perishables such as soup, canned fruit, spaghetti sauce, peanut butter, jelly, laundry soap, and personal care items. No donation is too small and is truly appreciated. Thank you to all of our partners, Giant Foods Annandale, Fairfax County Mason District Police, NARFE Chapter 1159 and ACCA Food Pantry volunteers who support us with enthusiasm and donations too. And, most importantly, thank you to our NARFE members. We couldn't do this without your generosity and support of those less fortunate neighbors in our area. See you soon.



**Holiday Luncheon, Wednesday, December 3rd at The Italian Café**

Everyone, please plan to join us for our Holiday Luncheon on December 3rd and commit early by sending your payment as soon as possible to our treasurer. See the reservation form below. Hope to see you there! **And something we tried last time, bring a friend** – do you know a retired Federal employee that isn't a NARFE Member? To encourage membership growth,

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think about inviting a friend to attend our holiday luncheon; it might be a positive way to introduce them to our chapter and to NARFE.

The luncheon will be held at **The Italian Café, 7161 Lee Hwy, Falls Church.** Parking is located in front, on the side, or in the large parking lot in the back. Social time will begin at 11:30 a.m. with lunch starting at noon. There are five entrees to choose from: (1) Flounder Françoise w/Pasta and mixed vegetables, (2) Eggplant Parmesan w/Tomato Sauce, (3) Chicken Piccata w/Pasta and Mixed Vegetables, (4) Lasagna w/ Meat & Tomato Sauce, or (5) Canzoni (Chicken (C), Beef (B) or Vegetarian (V)). All come with a house salad, bread, and your choice of one dessert – (1) Cannoli or (2) Tiramisu, soda, coffee and tea. There will be a cash bar for other beverages. A charge of \$36 per person will cover the meal, taxes, & gratuity. **Your selection will be on your name tent; your choices cannot be changed.** We need to let the restaurant know your selections on **November 20<sup>th</sup>**. Please complete the form below and mail it in along with your check as directed. *Please mail reservations as soon as possible; they must be received by November 20, 2025.* A raffle for special items will be held for the benefit of Alzheimer’s research.

-----clip and mail form below-----

**ANNANDALE NARFE December 3rd LUNCHEON RESERVATION FORM**

Entree (circle one selection\*) Dessert (circle 1 or 2)  
(\*for No. 5 Calzoni, also Circle C, B or V)

	<b>Entrée Choice</b>	<b>Dessert Choice</b>
Attendee _____	1 2 3 4 <b>5 C B V</b>	1 2 None
Attendee _____	1 2 3 4 <b>5 C B V</b>	1 2 None
Attendee _____	1 2 3 4 <b>5 C B V</b>	1 2 None

Please make checks payable to **NARFE Chapter 1159** and mail with this form to the Treasurer.

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## December 3rd LUNCHEON RAFFLE

We are continuing the tradition of raffles that benefit Alzheimer's Research. Many great items have been donated so we will have several sacks available. You need not attend the luncheon; winners will have their baskets delivered to their homes. So, take a chance – or many chances – and buy lots of tickets. The cost of raffle tickets will remain at the bargain price of \$1.00 each or 6 tickets for \$5.00. **We will start selling tickets November 1st.** **Kim Rendelson** will mail as many raffle tickets back to you as you would like. Just complete the Raffle Ticket Form (below) and mail it to Kim at her address with your check to *NARFE Alzheimer's Research*, please include *Chapter 1159* on the memo line.

**NOTE:** Due date for receipt of raffle tickets orders by mail is **November 20th**. For those ticket orders received after that date, you will receive an email with a picture of your tickets. And don't worry about losing them or the email, Kim tracks the numbers so no matter what, if you can't find your tickets or your email, all is not lost! She will know winner identities. **Tickets will also be sold at the Luncheon.**

-----*clip and mail form below*-----

### December 3rd, 2025 NARFE Holiday Luncheon Raffle Ticket Form

**Raffle Tickets: \$1 each or six for \$5.00**

I would like to purchase \_\_\_\_\_ Raffle Tickets. My check is enclosed for \$\_\_\_\_\_ made out to *NARFE Alzheimer's Research Fund*, including *Chapter 1159* on the memo line and **received no later than November 20th**.

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Phone No. (for basket delivery purposes): \_\_\_\_\_

Please complete this form and enclose your check made out to *NARFE Alzheimer's Research Fund* (include *Chapter 1159* on the memo line) and mail to the President.

**Donation Only:** If skipping the raffle but wanting to donate, there is no need to fill out this form; just mail your check in. All checks will be hand delivered to the NARFE 1159 Treasurer.

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**LEGISLATION REPORT**

– *Mary Ann Munley, Legislation Chair*



**Federal Budget:** Since Congress had not completed the Federal Appropriations before the start of FY 2026, a Continuing Resolution (CR) to provide temporary funding to keep the government open was passed by the House Majority, but the House Bill has failed to achieve the 60 votes needed to pass in the Senate. At issue and of concern is the fate of Affordable Care Act Tax Credits no longer available and reduced Medicaid funding – both having been eliminated or reduced by the “One Big Beautiful Bill” passed last summer through a “Reconciliation” process – which did not require widespread bi-partisan support. The Federal Government is now in a shutdown – and it could be a lengthy standoff. Despite numerous votes in the Senate, the end result hasn’t changed. While Federal employees and members of the military will not receive paychecks during the shutdown (whether they are working essential functions or furloughed) they should receive the missing pay once Congress resolves either temporarily or through CR the outstanding funding issue. Please note, Congress will receive their paychecks!

In January 2019, then President Trump signed the “Government Employee Fair Treatment Act of 2019” (after a grueling 35-day federal government shutdown) guaranteeing back pay to federal employees then and into the future once any shutdown ends. Now in 2025, the Administration is claiming that the 2019 Act doesn’t really mean everyone should get the back pay. (Please be aware that both of our Virginia Senators Kaine and Warner were co-sponsors on that Senate Bill.)

Additionally, the Administration has announced Reduction in Force (RIF) Actions for furloughed employees, in an attempt to pressure a resolution to the funding standoff. So far, the majority has not decided to put forth a good faith proposal to resolve the ACA Tax credits – and time is of the essence – the ACA Open Season is soon upon those folks, and many do not know what Health Plan they can afford, if they can even afford a plan. Even if the Senate resolves the temporary funding issue through a CR, the 12 outstanding Appropriations would still need to be resolved – or would they? For 2025, the Government had a series of CRs which concluded on September 30. All I can say is “Hug your local Fed” whether they be a relative, friend, or neighbor. It has been a very rough year for all of them.

**HB 4440:** Protect Federal Employee Rights to Personnel Files Act. This new piece of legislation would simply require Federal Agencies or OPM to make Official Personnel Files available to employees prior to separating from the federal government or within stated time frames after separation. It is a basic right of an employee to know what information about them is contained in their personnel files and also know and

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understand the information used to compute their retirement annuities. This could prevent disputes later. NARFE supports this legislation.



**Virginia: Don't forget to vote** in the critical **State Elections** on **Tuesday, November 4**. Statewide elections are being held for the offices of Governor, Lt. Governor, Attorney General, and all House Delegates are on the ballot. Choose wisely. If not already, you should receive a Rebate Tax check from Virginia's Department of Taxation of up to \$200 which reduced your 2024 Virginia State Taxes if you paid your State taxes timely. This is a result of excess 2024 Virginia tax revenue. Our NARFE Virginia Federation (VFN) is finalizing the 2026 State Legislation Plan, and 3 items will pertain to State Taxation: Permanently increasing the State's Standard Deduction (which is set to sunset after 2025); Eliminating or correcting the Age 65+ Deduction; and Allowing a deduction from CSRS annuities for the amount equivalent to Social Security embedded within the annuity. Stay tuned.

**Congressman Walkinshaw's Open Season Workshop** – Saturday, November 1<sup>st</sup> from 10AM – 1PM at the Fairfax County Government Center; 12000 Government Center Parkway Fairfax, VA 22035. This is an opportunity to gain insight into a good number of Federal health care providers; which is especially important this year with significant cost increases to premiums for a number of plans as well as the Medicare premiums.

**NARFE Fall Membership Drive** – Don't forget, through December 31, 2025, current members can earn \$10 as well as other prizes for each new NARFE member they recruit (the recruiter's ID number must be provided on the NARFE application or on the online application form when the new member joins – you can find your membership ID on the mailing label for your *NARFE Magazine*, or contact **Mort Glassberg** or **Ed Reniker** for your ID number). See your October *NARFE Magazine* for more details.

**FEHBP and PSHB Open Seasons** – **FEHBP and PSHB Open Season is November 10<sup>th</sup> through December 8<sup>th</sup>** this year. This opportunity to gain or change health care insurance under the Federal program will run from November 10 through December 8, 2025. There will be an **Open Season Workshop** – held at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035 from **10:00 – 1:00pm on Nov. 1st**. NARFE will have a table set-up at the Program to recruit members. Volunteers contact **Kim Rendelson**.

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**Blue Cross Award** – Jennifer Malave, representative from Blue Cross Blue Shield (BCBS), presented an award to Sharon Sellers. This award to Federal annuitants recognizes individuals providing outstanding service to the chapter and community. Sharon met the criteria in all three categories. Her tireless efforts as a superb Hospitality Chair to the chapter, her work with the Food Drives, coordinating our efforts with the Fairfax County Police Mason Station and Giant Foods to collect food for the ACCA Food Pantry, her weekly work with the ACCA as a team captain, her clever assembly of raffle items that result in contributions to Alzheimer’s research, and helping a member to their medical treatments. The chapter expressed their true appreciation with a round of applause!



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