



**NATIONAL ACTIVE AND RETIRED FEDERAL
EMPLOYEES ASSOCIATION**
FAIRFAX CHAPTER 737
<https://vanarfe.org/Chapter-737/>
December 2025



Serving Current and Retired Federal Civilian Employees, Spouses and Survivor Annuitants

President Charles "Mike" Fleming 703-631-5869 charles.fleming@bhox.com	Vice President Ted Pasek 703-322-9322 tedpasek@verizon.net	Secretary Jim Mays 703-978-0317 mays.jl@verizon.net	Treasurer/ Membership Chair Donna Shackelford 703-830-6590 kamiahan@aol.com	Chaplain Karen Hauck 703-501-1058 k-sign@juno.com	Co-Program Chair Ted Pasek 703-322-9322 tedpasek@verizon.net
Service Officers John & Constance Bails 571-220-2860 jbails@aol.com	Legislation Program Thomas Hart 703-573-4730 thart7@cox.net	Newsletter Editor Jim Mays 703-978-0317 mays.jl@verizon.net	Co-Program Chair Sharon Lenius 703-801-2551 leniusa@gmail.com	Alzheimer's Program Maurita Washington maurita_austin_washing ton@hotmail.com	Public Relations Ruby Harney 703-425-7404 rrharney2@cox.net

The chapter membership normally meets on the first Tuesday of the month, September through May, with the annual chapter picnic on the first Tuesday in June. Come to the meetings for informative speakers and charitable activities. At the meetings we collect books for exchanging, books for donating for sale for Alzheimer's research, food for local food banks and other charitable activities. The next meeting is:

WHEN: Dec 2

PROGRAM: Holiday Celebration with Brian Franke, Singer/Songwriter. We will sing carols and play holiday song bingo. We will be collecting Toys for Tots donations at the December meeting. Toys should be new and unwrapped. Ted will drop them off at a local donation site. Cash donations can be made at [Home - Toys for Tots](#) .

WHERE: The American Legion Post 177, 3939 Oak St in Fairfax City

TIME: 11:30 am-1 pm

COST: \$20.00

CONTACT: If you plan to attend email Ted Pasek at tedpasek@verizon.net so we can plan for the meal.

January 6: TBD Watch January Newsletter for info. Send Ted Pasek suggestions for program ideas.
Fourth Wednesday of each month: VFN Training at vanarfe.org .

PRESIDENT'S CORNER

Dear Members of Chapter 737:

At the November program meeting on 4 November, an election was held for chapter officers. The elected officers for 2026 are:

President	Mike Fleming
Vice-President	Ted Pasek
Secretary	Vacant-volunteer needed
Treasurer	Steven Kim

They will take office at the 6 January chapter meeting. As you can see, the chapter needs a member to serve as secretary. Please inform me of your interest to volunteer for chapter secretary. Brian Franke will lead a sing-along and other activities at the 2 December chapter meeting. For those who cannot attend the membership meeting in person, you may use Zoom to see the presentation:

<https://us02web.zoom.us/j/86586465017?pwd=2PFXUUPhTGQs5SMTZopY0OKjHqgZua.1>

Sincerely yours,

Charles "Mike" Fleming – Chapter President

NOVEMBER CHAPTER MEETING

Care First was presented by Carol Housaman. She briefed chapter members on upcoming 2026 changes to Federal Health Insurance benefits and costs and Blue Cross/Blue Shield. The average age of the FEHB pool for BC/BS is 47. While the government is closed FEHB show will continue to pay benefits. Twenty-eight people attended and 3 more on Zoom for 31 participants. We haven't had this many, we recall, since Congressman Connolly spoke in March of 2023. We know it is the health benefits topic, but it would sure be great to have more people join the meeting in person. It is more fun and enjoyable for all.

Eighty-two pounds of food were collected at our November meeting and donated to "Food for Others" to help the less fortunate in Fairfax County. Please don't forget to bring food donations at the December meeting. There are many families in desperate situations now. If you receive the latest, FY 2025 Annual Report from Food for Others

you will see under Food Donors, Organizations: National Active and Retired Federal Employees Association, listed among 1,000 to 9,999 lbs on page 15.

TREASURE AND MEMBERSHIP REPORTS

As of Oct 28.

Finances

Oct 1, 2025	\$8,088.41
Income	\$1,169.52
Expenses	\$494.02
Oct 31, 2025	\$8,763.91

Membership

Chapter members 271
National Only members 349
Total Members 620

Alzheimer's Research

Year to Date: \$670.29

Donna Shackelford - Treasurer and Membership

LEGISLATIVE REPORT

LEGISLATIVE NEWS

(As of November 12, 2025)

NATIONAL LEGISLATIVE NEWS -The longest government shutdown in U.S. history is ending, as the House voted Wednesday night, November 12, to reopen federal agencies after 43 days.

The bill was sent to President Donald Trump him to sign it into law within hours.

The Wednesday November 12 session marked the first time in 54 days the House had been in session. Speaker Mike Johnson (R-Louisiana) had kept the chamber out of session since Sept. 19 in an attempt to pressure the Senate to agree to a GOP funding extension, which Senate Democrats repeatedly rejected for weeks. Lawmakers voted 222 to 209 to reopen the government.

The plan approved on November 12 was first brokered over the preceding weekend between Senate Republicans, seven Senate Democrats and one independent. It passed the upper chamber Monday night, November 10.

We need to get this government open as soon as possible, and I'm going to give back the remainder of my time so we can do that," Johnson said on the House floor just before the vote began. "The American people demand it and deserve it, my friends. Let's get this done."

The deal will fund the government through Jan. 30, pass three appropriation bills, reverse more than 4,000 federal layoffs the Trump administration attempted to implement earlier in the shutdown and prevent future layoffs through the end of January. It will appropriate funding for the Supplemental Nutrition Assistance Program, also known as SNAP or food stamps, through September 2026.

The measure will also bring an end to mounting flight delays that have snarled airports across the country as Transportation Security Administration agents worked without pay; reopen offices serving farm loans and other federal benefits; reopen national parks; and ensure that families relying on food aid receive the expected support.

It will provide back-pay to 650,000 federal workers who have been furloughed since Oct. 1 and an additional 600,000 who have been forced to continue working without pay.

The measure also includes a provision that would allow at least eight GOP senators to sue the government over attempts to subpoena their records as part of an investigation into the Jan. 6, 2021, attack on the Capitol. House Republicans grumbled about that inclusion but opted not to strip it out, causing headaches for Johnson, who had announced he would fast-track legislation to strip it from the law.

The bill passed the House with the support of almost all of the chamber's Republicans and a handful of moderate Democrats.

Most House Democrats are irate that the measure won't extend the Affordable Care Act subsidies that Democrats have been pushing to protect before they expire at the end of the year. Since Oct. 1, most Democrats refused to pass a

funding bill until Republican leaders negotiated on health care. Republicans insisted that they would not negotiate until the government was reopened. **(The Washington Post)**

VIRGINIA LEGISLATIVE NEWS - The primary Virginia legislative news revolves around the results of the November 4, 2025, statewide elections, which have significantly reshaped Virginia's political landscape.

Democrats swept all three statewide offices (Governor, Lieutenant Governor and Attorney General) and expanded their majority in the House of Delegates. Abigail Spanberger (D) won the gubernatorial race and will take office on January 17, 2026.

Democrats secured a 64-36 majority in the House of Delegates, in addition to their existing majority in the State Senate (which was not up for election this year). This gives the Democratic party full control of the executive and legislative branches for the first time since 2019.

2026 Session Outlook: With a Democratic trifecta, progressive bills previously vetoed by outgoing Governor Glenn Youngkin (R) are expected to be reintroduced and are likely to pass. The 2026 legislative session is scheduled to convene on January 14, 2026, with pre-filing for bills beginning November 17.

Redistricting Efforts: Democratic lawmakers recently held a special session to advance a proposed constitutional amendment that would allow the state to redraw its congressional maps mid-decade if other states do so.

New Laws in Effect (as of July 1, 2025): Laws from the previous 2025 session have taken effect, including:
Mandatory seat belts for all vehicle passengers.
A "bell-to-bell" cell phone ban for students in public schools.
A ban on styrofoam for large food vendors, which will extend to all vendors in July 2026.
Stricter penalties for street racing and a new penalty for actions leading to pedestrian serious injury or death.
(Google AI Mode)

Tom Hart – Legislative Affairs

OPEN SEASON TIPS FOR FEDERAL EMPLOYEES & RETIREES (2025) MARK YOUR CALENDAR!

Open Season runs **November 10 – December 8, 2025**. This is the time to make important decisions about your health, dental, and vision benefits for 2026.

What to Watch For:

- 1. Evaluate Your Needs:**
Consider any upcoming medical, dental, or vision treatments. Check if your current plan covers these and how premiums and coverage change for 2026.
- 2. Plan Changes:**
Review your plan's brochure for benefit updates, cost changes, or coverage terminations. Be aware of service area changes that may affect you.
- 3. Cost vs. Coverage:**
Premiums are projected to rise by 12.3% on average for FEHB. Be sure to balance cost with the benefits you'll need (e.g., higher premiums might mean better coverage).
- 4. Flexible Spending Accounts (FSA):**
If you plan on using out-of-pocket expenses, consider FSAFEDS. Note: You **must re-enroll** each year, as FSA elections don't carry over.
- 5. Retirees & Medicare:**
Retirees should review how their FEHB plan integrates with Medicare. Some plans offer additional benefits for Medicare-eligible members.
- 6. Global & Special Situations:**
If you live abroad or have a non-standard situation, ensure your plan's network and coverage applies where you live or travel.

Key Reminder: If you don't make any changes, your current plan generally continues into 2026, but coverage and costs may change. Take the time to compare your options and make changes by December 8. This is your opportunity to ensure you have the best coverage for your needs in 2026. Useful website: opm.gov/healthcare-insurance/open-season

John & Constance Bails; Co-Service Officers

Return Service Requested
NARFE - Fairfax Chapter 737
5340 GAINSBOROUGH DR.
FAIRFAX, VA 22032-2741



Postal Service (Time Value) Please Deliver by **Nov 22, 2025**

NEWSLETTER

The Fairfax Chapter 737 newsletter is published September through June to provide information on the Chapter membership meetings in those months.

Physical newsletters are returning as undelivered and digital newsletters are bouncing back because of incorrect or obsolete addresses. Members should log on to their NARFE account and go to the membership database and update their records. It is important to get the national magazine, other NARFE benefits information and chapter newsletters. Go to <https://www.narfe.org/> to ensure your data is current so you get your full range of information on federal benefits.

Articles for the next issue of the NARFE Fairfax Chapter 737 newsletter are due to the editor by e-mail at Mays.JL@verizon.net by **Dec 15**.

James Mays – Newsletter Editor