



# VIRGINIA FEDERATION OF NARFE (VFN) 2026 Annual Meeting and Conference

***“Your Voice, Your Future, Our Mission”***

**Sunday, April 12, 2026**

Registration: 3:00 p.m.- 5:00 p.m.      Pre-Function Area  
 Silent Auction: 3:00 am – 5:00 pm      Blue Ridge Room

**Monday, April 13, 2026**

Registration: 8:00 a.m.- 12:00 p.m.      Pre-Function Area  
 Registration: 2:00 p.m.- 4:00 p.m.      Pre-Function Area  
 Silent Auction: 8:00 am – 4:30 pm      Blue Ridge Room  
 Exhibits: 8:00 am – 4:00 pm      Pre-Function Area  
 TruHearing: 8:00 am – 4:00 pm      Allegheny A

**8:30 a.m.**      Coffee, Meet, Greet & Get Ready      **Shenandoah Ballroom**

## AGENDA

### Monday, April 13, 2026

<p><b>9:00 a.m. – 9:30 a.m.</b>      <b>Annual Conference</b></p> <p>Presiding Officer          Moment of Reflection          Call for the Colors          Presentation of Colors          National Anthem          Pledge of Allegiance to the Flag of the              United States of America          Welcome to the Conference          Introduction of Past VFN Presidents              and National Officers          Conference Registration Report          Presentation of Annual Meeting              Standing Rules          Presentation of Conference Program          Recognize 1<sup>st</sup> Time Registrants</p>	<p>Shenandoah Ballroom          Deborah Fisk, VFN President          Leslie Ravenell, VFN Past President          Larry McIlwee, VFN Service Officer          JMU Army ROTC Color Guard          Larry McIlwee, VFN Service Officer</p> <p>Jim Little, VFN Treasurer          Deborah Fisk, VFN President</p> <p>Doris McAdams, VFN 1<sup>st</sup> Vice President          Linda Shook, Chapter 0180</p> <p>Larry McIlwee, VFN Service Officer          Kathy Arpa, Conference Chair          Kathy Arpa, VFN Membership Chair</p>
<p><b>9:30 a.m. – 11:00 a.m.</b></p> <p>Alzheimer’s          Support and Hope Mark My Journey          with Alzheimer’s</p>	<p>Lissa Greenlee</p> <p>David Stephens</p>

## RECESS

### 11:00 a.m. – 12:45 p.m. **The Virginia Federation Annual Membership Meeting**

Roll Call of Officers	Karen Cheatwood, VFN Secretary
President's Report	Deborah Fisk, VFN President
Treasurer's Report	Jim Little, VFN Treasurer
Bylaws Report	Leslie Ravenell, VFN Past President/Bylaws Chair
1 <sup>st</sup> Vice President	Doris McAdams
2 <sup>nd</sup> Vice President	Patricia Wolfe
Region X Vice President	Robert Allen

### 12:45 p.m. **Adjourn Annual Membership Meeting**

12:45 p.m. – 1:00 p.m.

**Announcements**

1:00 p.m. – 2:00 p.m.

**Lunch – Shenandoah Ballroom**

## **RECONVENE – Annual Conference – Shenandoah Ballroom**

2:00 p.m. - 2:45 p.m.

NARFE Region X Vice President      Robert Allen

2:45 p.m. - 3:30 p.m.

NARFE Staff Vice President Advocacy      John Hatton

3:30 p.m. - 3:45 p.m.

**Break and Visit Exhibits & Auction**

3:50 p.m. – 4:35 p.m.

Workshop Membership	Nora MacDonald	Allegheny B & C
Workshop Leadership	Mary Leftridge Byrd	Appalachian A & B
Workshop Planning		Appalachian C

4:40 p.m. – 5:25 p.m.

Workshop Membership	Nora MacDonald	Allegheny B & C
Workshop Leadership	Mary Leftridge Byrd	Appalachian A & B
Workshop Planning		Appalachian C

5:30 p.m. – 6:00 p.m.

Area I, II, & IV	Riddle/Warren/Taylor	Appalachian C
Area III & VII	Graunke/Greene	Appalachian A & B
Area IX & X	Campbell/Pasek	Allegheny B & C

7:00 p.m. – 8:00 p.m.

**Welcome Reception**

Shenandoah Ballroom

8:00 p.m. – 9:30 p.m.

**“Mingle & Karaoke”**

Shenandoah Ballroom

*Monday Evening*  
**VFN RECEPTION**

**APRIL 13, 2026 | 7:00 PM - 8:00 PM**

**FOLLOWED BY:**

**MINGLE &  
KARAOKE!**



★ **FUN** ★ **DRINKS** ★ **MUSIC** ★

**Tuesday, April 14, 2026**

Registration: 8:00 a.m.- 12:00 p.m.

Registration: 2:00 p.m.- 4:00 p.m.

Silent Auction: 8:00 am – 4:30 pm

Exhibits: 8:00 am – 5:00 pm

TruHearing: 8:00 am – 4:00 pm

Pre-Function Area

Pre-Function Area

Blue Ridge Room

Pre-Function Area

Allegheny A

**Tuesday, April 14, 2026**

**9:00 a.m. – 9:15 a.m.**

Presiding Officer  
Conference Registration Report  
Memorial Service

**Shenandoah Ballroom**

Deborah Fisk, VFN President  
Linda Shook, Chapter 0180  
Leslie Ravenell, VFN Past President

**9:15 a.m. – 9:45 a.m.**

**9:45 a.m. – 10:40 a.m.**

Special Remarks

William Shackelford, NARFE President

**10:45 a.m. – 11:30 a.m.**

“Avoiding Everyday Scams”

Shawn Smith, Senior Medicare Patrol

**11:30 a.m. – 11:45 a.m.**

**Break and Visit with Exhibits & Auction**

**11:45 a.m. – 12:45 p.m.**

“Challenges, Successes, and  
Shared Solutions”

Chapter Roundtable

**12:55 p.m. – 1:00 p.m.**

**Announcements**

**1:00 p.m. – 2:00 p.m.**

**Lunch, Shenandoah Ballroom**

**2:00 p.m. – 3:00 p.m.**

“9/11: 25 Years Later”

James R. "Ros" Poplar, USN –Retired

**3:00 p.m. – 4:00 p.m.**

“Managing Stress with Exercise  
And Nutrition”

Doug Hudgins, BSN, RN (FEP)

**4:00 p.m. – 4:30 p.m.**

Vendor Appreciation

Cynthia Graunke, VFN Comm. Chair

**An Evening of Recognition & Fellowship**

**5:30 p.m. – 6:00 p.m.**

Social - Cash Bar

**6:00 p.m. – 6:15 p.m.**

General Seating

**6:20 p.m. – 6:40 p.m.**

Introduction Special Guests

**7:00 p.m. – 8:00 p.m.**

Blessing & Dinner

**8:00 p.m. – 8:20 p.m.**

Special Presentations

**8:30 p.m. – 10:00 p.m.**

TBD



**YOUR VOICE, YOUR FUTURE, OUR MISSION**

---

★ ★ ★ ★ ★

# VFN BANQUET

**AN EVENING OF AWARDS & ENTERTAINMENT**

- ★ Special Awards
- ★ 2025 VFN Management Award
- ★ Recognition by the President
- ★ Introduction of Special Guests
- ★ *Delicious Dinner & Entertainment To Be Determined*

---

★ ★ ★

**TUESDAY, APRIL 14, 2026 • 5:30 PM - UNTIL CONCLUSION**

**HOTEL MADISON & SHENANDOAH VALLEY CONFERENCE CENTER**



## Wednesday, April 15, 2026

9:00 a.m. – 9:30 a.m.

Presiding Officer  
Conference Registration Report  
Alzheimer’s Awards/Drawings  
Special Recognitions

### Shenandoah Ballroom

Deborah Fisk, VFN President  
Linda Shook, Chapter 0180  
Donna Shackelford, Alzheimer’s Chair  
Deborah Fisk, VFN President

9:30 a.m. – 10:00 a.m.

Webpage & FEDHub

Deborah Fisk, VFN President

10:00 a.m. – 11:00 a.m.

“Women Airline Pilots  
50-Year Changes”

Mary Bush Shipko

11:00 a.m. – 11:15 a.m.

**Break**

11:15 a.m. – 12:30 p.m.

“AI is Here. What Happens  
to Us?”

Lindsey Mastis

12:30 p.m. – 1:00 p.m.

Conference Report  
Closing Remarks  
Drawing for Registration Award  
Announcements  
Closing Reflection  
Adjournment Sine Die

Doris McAdams, VFN 1<sup>st</sup> VP  
Deborah Fisk VFN President  
Patricia Wolfe  
Larry McIlwee, VFN Service Officer

**VFN Post Board ZOOM Meeting – Wednesday, April 22, 2026 @ 2:00 p.m.**

As we conclude, please remember to check out the last page of your Program Book and complete the conference evaluation. You may

turn in the printed form today or complete an online version using your feedback, this will help shape future conferences and ensure we continue meeting the needs of our members.



Thank you for being part of this conference and for your dedication to NARFE. We hope you return to your chapters inspired, energized, and filled with new ideas to strengthen membership, advocacy, and service in your communities.

***Safe travels, and we look forward to seeing you again soon.***

**“Your Voice, Your Future, Our Mission”**

**250 Years of Voices. One Shared Mission**