



**National Active and Retired  
Federal Employees Association**

**2015 REGION X CONFERENCE**

Wyndham Virginia Beach Oceanfront

Virginia Beach, Virginia

September 28 – October 2, 2015

"MOVING FORWARD TOGETHER"

Legislation / Marketing / Membership / Strategic Planning

**PLEASE NOTE - - CONFERENCE COMMENCES ON TUESDAY, SEPTEMBER 29 @ 8:30 AM**

**MONDAY SEPTEMBER 28, 2015**

Travel Day for 2015 Region X Conference Attendees and Guests

3:30 PM – 6:00 PM                      Registration

**TUESDAY SEPTEMBER 29, 2015**

7:00 AM – 8:30 AM                      Registration  
Breakfast - - - On Your Own

8:30 AM – 9:00 AM                      Meeting Called To Order (RVP)  
Welcome and Introduction of Attendees  
   William "Bill" Shackelford  
   Region X Vice President  
Opening Invocation  
   West Virginia Federation

9:00 AM – 9:45 AM                      National Anthem / Pledge of Allegiance  
Presentation by Guy Manchester  
United States Army – Retired

9:45 AM – 10:00 AM                      Break

- Assorted Donuts
- Freshly Brewed Coffee
- Decaf
- Hot Tea



## National Active and Retired Federal Employees Association

10:00 AM – 12:00 PM

Marketing Update

Bridget Boel

NARFE Director of Marketing

Membership / Fundraising

Monica Williams

NARFE Deputy Director for Membership Marketing

Market Research

Bridget Boel

NARFE Director of Marketing

New Business Development

Jennifer Bialek

NARFE Deputy Director for New Business Development

12:00 PM – 1:30 PM

Group Lunch

Cost Included In Conference Registration Fee

### **BEACH BARBECUE COOKOUT**

- Potato Salad
- Fresh Fruit Salad
- Grilled Beef Hamburgers
- Grilled Beef Hot Dogs
- Pulled Chicken Barbecue
- Baked Beans
- Potato Chips
- Lettuce, Tomato, Pickles, Onions, Barbecue Sauce
- Fresh Baked Cookies and Brownies
- Iced tea

1:30 PM – 5:00 PM

Alzheimer's – Caring for the Caregiver

"Facts about Dementia and How Dementia Affects the Caregiver"

Dr. William Mansbach

CEO – Mansbach Health Tools LLC

Jodi Lyons

CEO – Senior-Sherpa



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## National Active and Retired Federal Employees Association

3:00 PM – 3:15 PM

Break

- Freshly Brewed Coffee
- Decaf
- Hot Tea
- Assorted Soft Drinks

6:00 PM – 7:30 PM

“Meet and Greet” Mixer

Bountiful Hor d’oeuvres

Sponsored By NARFE Premier Federal Credit Union and  
United Healthcare Vision



# UnitedHealthcare Vision®

- Fresh Fruit Display
- Artisan Cheese Board
- Grilled Vegetables with Roasted Red Pepper Pesto
- Vegetable Lumpia (Spring Roll)
- Beef Meatballs with Marinara
- Chicken Wings
- Cash Bar

**IF OFFERINGS AT “MEET AND GREET” MIXER DO NOT SATISFY  
DINNER ON YOUR OWN**

**WEDNESDAY - SEPTEMBER 30, 2015**

7:00 AM – 8:30 AM

Breakfast

Sponsored By LegalShield



### *THE FRENCH - Plated Breakfast*

- Juice, Coffee and Bread Basket on each Table
- Thick French Toast
- Scrambled Eggs
- Breakfast Potatoes

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## National Active and Retired Federal Employees Association

8:30 AM – 8:45 AM

Meeting Called To Order (RVP)  
Opening Invocation  
Kentucky Federation  
Pledge of Allegiance  
Tennessee Federation

8:45 AM – 9:45 AM

Protecting Against Identity Theft  
Jeanette Boulware  
NARFE Affinity Partner Representative  
Legal Shield

9:45 AM – 10:00 AM

Break

- Assorted Donuts
- Freshly Brewed Coffee
- Decaf
- Hot Tea

10:00 AM – 12:00 PM

National Legislation / Grassroots Advocacy Update  
Sarah Weissmann  
NARFE Grassroots Advocacy Manager

12:00 PM – 1:30 PM

Group Lunch  
Cost Included In Conference Registration Fee

### **DELI**

- Roast Beef
- Smoked Turkey Breast
- Virginia Ham
- Salami
- Tuna Salad

- Swiss / Cheddar
- Lettuce / Tomato / Pickles
- Pasta Salad
- Assorted Breads

1:30 PM – 2:30 PM

State Legislation and Advocacy Update  
Chris Farrell  
NARFE Senior Analyst – Office of National President

2:30 PM – 2:45 PM

Break

- Freshly Brewed Coffee
- Decaf
- Hot Tea
- Assorted Soft Drinks



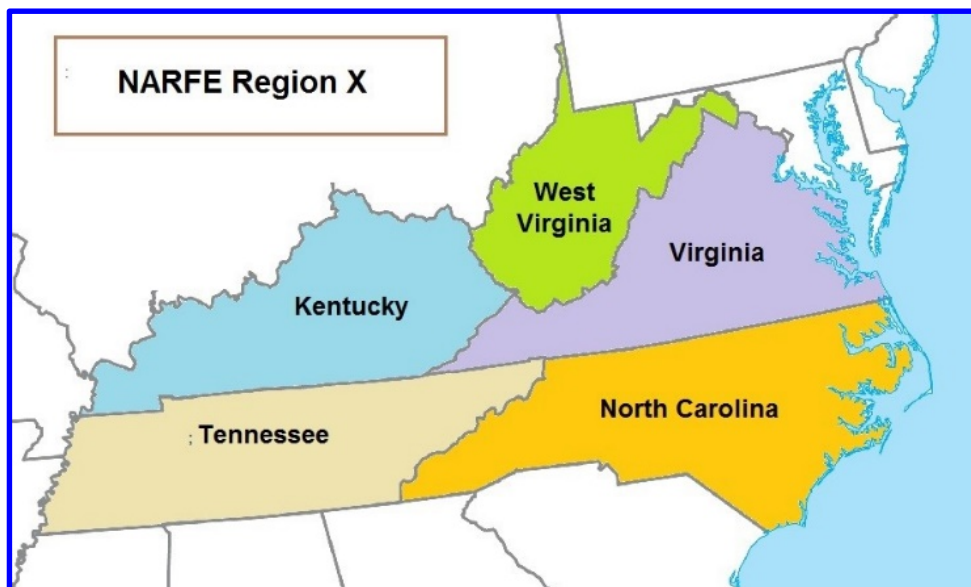
## **National Active and Retired Federal Employees Association**

2:45 PM - 4:00 PM

Discussion of Federations President Meeting  
Reno, Nevada – July 6 - 10, 2015  
Facilitators – RVP and Federation Presidents

6:00 PM

Dinner - - - On Your Own



**"MOVING FORWARD TOGETHER"**



## National Active and Retired Federal Employees Association

**THURSDAY - OCTOBER 1**

### **STRATEGIC PLANNING DAY**

- 7:00 AM – 8:30 AM Breakfast - - - On Your Own
- 8:30 AM – 9:00 AM Meeting Called To Order (RVP)  
Opening Invocation (North Carolina Federation)  
Pledge of Allegiance (Virginia Federation)
- 9:00 AM – 9:45 AM Federal Benefits Update  
David Snell  
NARFE Director of Federal Benefits Services  
(Go-To-Meeting Presentation)
- 9:45 AM – 10:00 AM Break
- Assorted Donuts
  - Freshly Brewed Coffee
  - Decaf
  - Hot Tea
- 10:00 AM – 11:30 AM Strategic Planning Update  
Gaston Gianni  
Region X Strategic Planning Representative  
Jon Dowie  
National Secretary / Treasurer
- 11:30 AM – 1:00 PM Group Lunch  
Cost Included In Conference Registration Fee

### **BAKED POTATO BAR**

- Idaho Potatoes
- House Made Turkey Chili
- Cheddar Jack Cheese
- Garden Salad
- Assorted Desserts
- Iced Tea



**National Active and Retired  
Federal Employees Association**

1:00 PM – 3:00 PM Strategic Planning Update continues

3:00 PM – 3:15 PM

Break

- Freshly Brewed Coffee
- Decaf
- Hot Tea
- Assorted Soft Drinks

3:15 PM – 5:00 PM

Strategic Planning Update continues

6:00 PM

Dinner - - - On Your Own

**FRIDAY - OCTOBER 2**

Travel Day for 2015 Region X Conference Attendees and Guests

**"HAVE A SAFE TRIP HOME"**

**DID YOU COMPLETE YOUR  
CONFERENCE EVALUATION  
FORM???**