



The Key Notes

National Active and Retired
Federal Employees Association
Chapter No. 409 Frederick, Maryland

February 2016
Newsletter

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CO-PRESIDENTS' MESSAGE Kathy Siggins (301-829-2462)

February is the time when our nominating committee begins to look for individuals to take over positions and duties of board members who wish to step down after several years of dedicated service to our chapter. Please consider taking a more active role by volunteering to help our chapter survive. Without our voices Congress will continue to cut away at our earned benefits. The *narfe magazine* is a great source of information and January's issue gives you detail information on NARFE's victories in 2015, and a summary of legislation to follow closely in 2016. The magazine is also the best recruiting tool available to our members so please pass it on to a friend or prospective member when finished. Please join us on February 19th as we welcome our speaker, Professor Julie Castillo, author of, "*Eat Local for Less: The Ultimate Guide to Opting Out of Our Broke Industrial Food System.*" This is a perfect time to learn how to transition to locally grown foods for a healthier lifestyle and be ready for spring. The cost of the book is \$15 and will be available for those interested in purchasing. Autographs are free! Also, since winter is finally here, please be sure to check our snow policy if the weather is questionable. Happy Valentine's everyone!

Data Breach Update – The \$1.1 Trillion Spending Package has extended the ID protection to no less than 10 years and must include at least \$5 million in ID theft insurance for each victim. Government officials announced in December 2015 that all notification letters have been sent.

LEGISLATIVE REPORT Kathy Siggins (301-829-2462)

State Legislation

The Maryland General Assembly is now in session and NARFE's 2016 Maryland State Legislative Program

will key in on two specific initiatives. 1. Begin a four year phased-in state income tax exemption for all seniors starting with Federal and military pensions, then other government pensions, and finally all senior pensions. 2. To annualize the one-time tax credit of \$500 as an incentive for new and returning purchasers of Long Term Care insurance.

United Seniors of Maryland (USM) will hold their 39th Annual Legislative Forum on Wednesday, February 3, 2016, from 8 a.m. – 1:30 p.m. in Annapolis, MD. For information and registration visit: www.UNITEDSENIORSMD.COM Cost is \$15

ALZHEIMER'S REPORT Kathy Siggins (301-829-2462)



Ms. Elinor Abrell, Co-President of Chapter 409, Ms. Tammy Payton Development Assistant for the Alzheimer's Association, and Ms. Kathy Siggins, Co-President of Chapter 409. Shown at the NARFE Monthly Meeting, Dec 18, 2015.

In the largest ever increase in federal Alzheimer's research funding, the FY- 2016 budget brings the total funding for Alzheimer's research at the National Institutes of Health (NIH) to nearly **\$1 billion** per year.

This historic increase came about through the efforts of our dedicated advocates from across the nation working together towards a world without Alzheimer's.

The Alzheimer's Association will hold a State Advocacy Day on Tuesday, February 9, 2016, from 10 a.m. - 2 p.m. in Annapolis, MD. Advocates will be briefed on state issues related to Alzheimer's disease and how to advocate that day in meetings with legislators and their staff. For information or registration, please contact Cathy Hanson at 301-696-0315 or Ilene Rosenthal at irosenthal@alz.org

CHAPTER YARD SALE PLANNING TO BEGIN
Service Officer Chuck Caloia (301-938-2000)

Kudos to the six chapter members who answered the call for volunteers to plan and organize a yard sale this year. A portion of the proceeds from the yard sale will benefit the chapter's finances.

The chapter's executive committee selected the yard sale idea from among the fundraising ideas previously generated by chapter members. At our January luncheon meeting, the executive committee asked for volunteers to work on the yard sale.

Now that these volunteers have stepped up to help our chapter, planning for the yard sale will be off to a good start.

*We are saddened to report the following
 Chapter 409 related deaths.*

Members

Due to computer issues, this section is not available this month. We will combine it with the March issue.

Chapter 409 members and relatives sick and or shut-ins needing our prayers and concerns:

Ruth Davis, Joyce Gregoire, Donald R. Hunt,
 Beryl Jackson, Ted Jensen, Mary B. Miller,
 Anne Niemiec, Irene Owens, Dorothy Piper, Jaimie
 Pugh, Ann Simon, Donald and Nadia Taylor,
 Sisty Vincent,

Gil Monck (1-717-762-7484)

Please contact Gil with any information for this section of the newsletter

MEMBERSHIP REPORT

Walt Rabbit (301-865-5255)

Would you welcome a new 409 member, Tim Wheelles of Monrovia, when you see him? Also, Mary Doyle who transferred from another chapter. Joseph Mangiafico and Rebecca Stout have reinstated their membership - welcome back. Last month we added four (4) members but, three (3) people dropped their membership and we had one (1) death. Thus, the net result is no change in the number of members. If you see Edith Barnhill, William Desmond or John Whitworth ask them to consider rejoining NARFE 409.

**DEPARTMENT OF AGING SPEAKER AT
 JAUNUARY LUNCHEON**



During our January meeting Ms. Eleanor Jenkins of Frederick County Department of Aging spoke about Medicare and the many forms of assistance, including transportation and housing, available to Frederick County seniors through her office. Pictured left to right are: former President of NARFE chapter 409 Mr. Joseph Shrader, Ms. Eleanor Jenkins, and Ms. Elinor Abrell, Co-President of NARFE chapter 409.

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Executive Committee of NARFE Chapter 409 met on January 12 at the American Legion. The minutes were approved. Legislative, Newsletter, Alzheimer, Luncheon, Public Relations, and Service Officer

reports were given. The Committee will be asking the Chapter membership for help with planning a yard sale and other fundraising activities. The Nominating Committee will be asking for Chapter members willing to be nominated to run for Chapter offices. Please consider saying OK when asked.

JOYFUL HOLIDAY PROGRAM



The Monacacy Elementary School chorus led by their Chorus singing holiday songs to Chapter 409 members during our Monthly meeting in December.

TREASURER’S REPORT

Jerie O’Connor (301-845-7964)

There will a combined Treasurer’s report next month, due to the report not being presented at the board meeting.

NOTICE: If your address, telephone number, email address changes, or to receive the E-version of the newsletter and booklet please remember to notify me, Walt Rabbit, by telephone (301-865-5255) or email (wrabb@comcast.net). This will assure you will continue to receive our chapter newsletter and the NARFE Magazine and we will be able to contact you if necessary.

NEW LUNCHEON ADDRESS AND EARLY DATE

Please note the new mailing address for the luncheon. Also, this is an early date for the luncheon; please don’t forget to get your reservation in as early as possible. The address is:

NARFE CHAPTER #409
P. O. Box 1642 Frederick, MD 21702

SNOW POLICY: If Frederick County Schools are closed for weather, then the luncheon meeting is canceled and **checks will be shredded**. A **new reservation** will be required at your next luncheon. If County Schools are delayed but open at meeting time the luncheon meeting will be held as scheduled.

Due to a schedule mix-up; we missed our fried chicken. In keeping with the Lenten calendar we will have chicken alfredo this month and the meatless lasagna next month.

We are sorry for the mistake.

Date: **February 19, 2016**

Location: American Legion, 1450 Taney Ave.,
 Frederick, MD 21702

Time: Doors will open at 11 AM. Lunch served at 12 noon. Program starts promptly at 1 PM.

Menu: Chicken Alfredo
 w/ chicken on the side

Program: Julie Castillo
 Food for Longevity

We must receive your mail reservation or cancellation no later than Friday **Feb. 12, 2016**.

Call **Susan Janssen 301-695-1785** with any questions.

MAILING ADDRESS: NARFE CHAPTER #409

P. O. Box 1642 Frederick, MD 21702

Reservations for Feb. 19, 2016 luncheon meeting: Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$13.00** per person. Mail both to **NARFE CHAPTER #409, P.O. Box 1642, Frederick, MD 21702**

We need to reserve the number of meals by Friday, Feb. 12, 2016 so PLEASE MAIL AS EARLY AS YOU CAN.

<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1st Luncheon</i>	<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1st Luncheon</i>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Telephone Number: _____

Frederick Chapter 409, Inc. Of NARFE
12280 Rosswood Dr.
Monrovia, MD 21770-9400
ADDRESS SERVICE REQUESTED

FEBRUARY 2016

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Some of you will find a (P) following your name on the mailing label. This means you are a "prospective" member.
Please consider joining NARFE by contacting Walt Rabbitt at 301-865-5255 for membership information.

FEBRUARY 2016 NEWSLETTER

Chapter 409 NARFE

Dues payments and gifts or contributions to NARFE are NOT deductible as charitable contributions for Federal Income Tax purposes.

Visit us at our website: <https://sites.google.com/site/narfe409/>
Linda Adams-Webmaster 301-253-4740

CALENDAR 2016-2017
2016

February 16

Chapter 409 Executive Committee Meeting
9:30 AM at American Legion (Same location as our luncheon)
All are welcome to come.

February 19
April 4 & 5
May 2 & 3

Chapter 409 Luncheon
Region 11 Training, York, PA
Mini- Convention, Bowie, MD