



The Key Notes

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

February 2019
Newsletter

Co-President Elinor Abrell 301-831-8753 abrellem@comcast.net

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NARFE Chapter 409 Luncheon
Friday, February 15th Doors open 11:00 a.m.
History of Ft. Detrick and how it benefits
the local community
Lanessa Hill - Fort Detrick Public Affairs

PRESIDENT'S MESSAGE **Elinor Abrell (301-831-8753)**

The 116th Congress, still in the early weeks of the session, is deadlocked over border security funding. This has resulted in a government shutdown, now the longest in history, which is disruptive to both essential services for the American public and the financial security of federal employees. While retirees are not directly impacted by this shutdown, they may have family members or know others who are feeling the real economic costs of this deadlock. The NARFE message to Congress is that it is time to put aside partisanship, end the political gamesmanship, and reach a consensus to end this shutdown that will allow the Feds to get back to work.

The Executive Committee has named a Nominating Committee, chaired by Mary Lou Blessing that is charged with the task of preparing a slate of officers for next year. Our By-Laws state that a slate is to be announced in February, additional nominations may be made by the membership at the March meeting, and voting occurs at the April meeting. The Nominating Committee would welcome any and all suggestions for possible candidates. How about considering yourself as a potential nominee and step up to give back a bit of your time to keep this organization going. It's so easy just to sit back and let the proverbial "somebody else" do the job, and, yes, you can step into the shoes of that "somebody!"

Chapter 409 is honored to have as our guests next month Dr. Gary Roundtree and Dr. Sudha Haley, President and 1st Vice President, respectively, of the Maryland Federation of NARFE. They are committed to visiting every chapter in the MD Federation, and have been

doing so for the past year, calling this a "Spotlight Tour." They are dedicated to promoting the mission of NARFE and want to gain insights as to what is happening on the local levels. NARFE members could not have better advocates than these two dynamic individuals.

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

Alzheimer's Report - As of the end of December, 5.4 million Alzheimer's stamps have been sold to raise \$771,000 for Alzheimer's research at NIH: : <https://about.usps.com/corporate-social-responsibility/semipostals.htm>

Effective January 27, the cost of first class postage will increase from .50 to .55; the cost of the Alzheimer's semipostal stamp will remain at .65. Please keep purchasing and promoting the stamp which is available at most post offices, online at https://store.usps.com/store/product/buy-stamps/alzheimers-S_564204 and by toll-free phone order at 1-800 STAMP-24. Thank you!

Government Shutdown - The offices of Representative David Trone, District 6, and Senator Ben Cardin are interested in speaking to individuals affected by the government shutdown. If you are willing to share your story with our elected officials regardless of which district you live in, please contact Kathy Siggins, siggimax@mindspring.com for assistance.

LEGISLATIVE **David Carmack (240-578-4965)**

As this report is being written, there is still a partial shutdown of the federal government. NARFE has partnered with the Federal Employee Education and Assistance Funds to offer grants of \$100 to help active federal employee NARFE members who are not receiving a paycheck during the current federal

government shutdown as a result of being furloughed or working in excepted status. To apply for this grant, please go to the NARFE website.

Legislation has been introduced in the House of Representatives to include an average 1.9 percent pay increase for federal employees for 2019, thus reversing the pay freeze currently put into effect by the President.

The Government Employees Fair Treatment Bill (S. 24) to guarantee payment retroactively to both excepted and furloughed federal employees as soon as possible after the shutdown has ended has been passed by the House and Senate. The President is in agreement with this bill.

A bill has been introduced in the Senate to protect federal employees, who are going without pay due to politically-driven shutdowns, by prohibiting landlords and creditors from taking action (such as foreclosure or repossession of property and loss of insurance due to late premium payments) against such employees affected by the shutdown and empowers those employees to sue those who violate the law. This bill also covers federal contractors and their employees equally affected by politically-driven shutdowns. Senator Ronald Young has introduced in the Maryland Senate a bill that would expand the type of retirement plans that are excluded from Maryland income tax and raises over a five-year period the maximum income level of the deduction to \$75,000. But this exclusion is not applicable if the total income from all qualified retirement plans exceeds \$100,000.

MEMBERSHIP REPORT

Dennis Vernon (301-694-8003)

You may be interested to know that OUR chapter membership (as of January 7, 2019) was listed as 482 chapter dues paid members according to NARFE Headquarters. Very impressive!! Please welcome Linda Beavers who just transferred into OUR chapter from another NARFE chapter. We have a prospective member - Anne Spivey - let us see if we can give her a big Hello at our next luncheon. Sadly, HQ has dropped the following members from our chapter roster for non-renewal: Damita Green. and John McCurdy. If you happen to be friends with any of these folks, perhaps you can remind them to contact NARFE HQ at 1-800-456-8410 to make arrangements for dues payment - \$40 national and \$9 for chapter dues. Hope you all have a healthy and happy new year.

NARFE MEMBERS LEARN DOWNSIZING TIPS, FMH VOLUNTEER OPPORTUNITIES



Donna Eichelberger, owner of Graceful Transitions, LLC, (top photo) was the featured speaker at the January luncheon of the Frederick Chapter, National Active & Retired Federal Employees (NARFE) Association. Donna discussed strategies and tips for downsizing and decluttering, including many suggestions on what to do with possessions we no longer want or need. Members also learned from two

volunteers with the Frederick Memorial Hospital Auxiliary & Volunteer Services, Pat Dickenson and Susan Chapman (lower photo), about the wide range of volunteer opportunities with FMH, such as crocheting hats for newborns, working in the gift shop, and assisting patients and their families. Volunteering may involve only a few hours a month, with flexible scheduling.

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Executive Committee of NARFE Chapter 409 met on Tuesday, January 15, 2019, at the American Legion. The minutes were approved. The Treasurer's report was given and approved. Membership, Legislative, Alzheimer's, Newsletter, Service, and Luncheon reports were given. A Nominating Committee is being formed. Please consider running for office if asked.

TREASURER'S REPORT

Jerie O'Connor (301-845-7964)

BALANCE as of Oct. 31, 2018..... \$3,870.23
 Receipts for November..... \$1,770.34
 Expenditures for November..... (\$1768.15)
TOTAL FUNDS available as of 11-30-2018... \$3,872.42

BALANCE as of Nov, 30, 2018..... \$3,872.42
 Receipts for December..... \$1,190.00
 Expenditures for December..... (\$1,329.38)
TOTAL FUNDS available as of 12-31-2018.... \$3,733.04

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.

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

Members

Wanda Critchley, age 93, died 12-12-2018. She was preceded in death by her first husband, **Emlyn Burkhart**, and second husband, **William Critchley**.

Relatives of 409 Members

Patty Bennett, age 88, died November 28, 2018. She was the wife of member **Gene Bennett**. They were married over 68 years.

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

Ruth Davis, Betty Dean, Howard Lutz, Ann Niemiec, Jaimie Pugh, Ann Simon, Joe Shrader, Donald and Nadia Taylor

Please contact Gil Monck (1-717-762-7484) with any information for this section of the newsletter.

Date: Feb. 15, 2018
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: Roast beef w/ mashed potatoes and salad
Program: Fort Detrick Public Affairs
 Nominating Committee Report
 We must receive your mail reservation or cancellation no later than Friday **Feb. 8, 2018**.
MAILING ADDRESS: NARFE Chapter 409, P.O. Box 1716, Frederick, MD 21702
 Luncheon questions, please call:
 Gale Vernon 301-694-8003

Reservations for Feb. 15, 2019 luncheon meeting: Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$16.00** per person. Mail both to **NARFE CHAPTER 409, P.O. Box 1716, Frederick, MD 21702**

We need to reserve the number of meals by Friday, Feb. 8, 2019 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
2458 Five Shilling Rd.
Frederick, MD 21701
ADDRESS SERVICE REQUESTED

FEBRUARY 2019

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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 Dennis Vernon at 301-694-8003 for membership information.

FEBRUARY 2019 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 2019

- Feb. 12** Chapter 409 Executive Committee Meeting
10:00 AM at American Legion (Same location as our luncheon)
All are welcome to come.
- Feb. 15** Chapter 409 Luncheon
- March 10-13** National Legislative Training Conference-LEGcon 19
- May 5-7** Maryland Federation Biennial Conference, Ocean City