



# The Key Notes

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

**President:** Elinor Abrell • 301-831-8753 • [abrellem@comcast.net](mailto:abrellem@comcast.net)

**Editor:** Dan Grauman • 301-806-5999 • [dangrauman@gmail.com](mailto:dangrauman@gmail.com)  
2471 Five Shillings Road, Frederick, MD 21701

**NARFE Chapter 409 Luncheon**  
**Friday, February 21 • Doors open 11:00 AM**

**Menu:** Roast beef with mashed potatoes & gravy, salad,  
and dessert (Chef's choice)

**Program:** Frederick County Recycling Program

**Speaker:** Rebecca Culler

### << *President's Message* >>

**Elinor Abrell • 301-831-8753**

You are regularly using your Frederick County blue recycling bin, right? Have you ever wondered or found yourself confused about what may or may not be recyclable? Have you ever thought to yourself, "Well, this is plastic, and that makes it OK to go in the bin." The answer here is maybe yes, maybe no. We have with us for our February meeting the director of the county recycling program, who can tell us everything we need to know about recycling and what we can do to be proper recyclers.

During the next few months you will be hearing more and more about the census count of 2020. When it's time to respond, most households will receive an invitation in the mail, with the option of responding by either mail, phone, or online. There will be six demographic questions to answer, with the data collected for statistical purposes only. Why is this so important? Census data impacts us all in many ways: determining representation in Congress, as well as defining local legislative districts; it is the basis for allocation of Federal funds for the next decade for the state, county, and communities, for programs such as first responders, supportive services for the elderly, libraries, public health, school construction, and highway and transportation projects. Every year the Federal government allocates more than \$675 billion to fund such programs. Every person needs to be counted! From the last census, Frederick County received funding of \$1,800 per person counted, about \$18,000 over the ten year period. It is estimated that the loss to the state for persons not counted was about \$26.6 billion. Completing your census form ensures that Marylanders receive the support needed to live, work, play, and grow. Responding is critically important, easy, and safe. Your responses are used only to produce statistics and cannot be used against you in any way by any government or law enforcement agency.

Tax season is approaching and many of us are in the process of gathering the 1099's and all other documents needed for preparing our returns. Chapter 409 sponsors a Volunteer Income Tax Assistance (VITA) group that does both Federal and Maryland tax returns for seniors and low/moderate income persons, at no cost. Certain restrictions may affect eligibility for

this service, the main one being an income cap of \$70,000. If the VITA group can help you with your taxes, call for an appointment. The VITA sites are Frederick Department of Aging on Taney Avenue (301-600-1605), and for residents of northern Frederick County, the Thurmont Library and the Seton Center in Emmitsburg (410-218-5227).

### << *Legislative Report* >>

**David Carmack • 240-578-4965**

In the last THE KEY NOTES, I called your attention to the new law allowing Federal employees paid parental leave of 12 weeks for births, adoptions and foster placements on or after October 1, 2020. The new law amended Title 5 of the United States Code (USC), which has the standard set of Civil Service laws covering personnel policies, including leave. Most, but not all, Federal employees are covered under Title 5. For example, employees of the Federal Aviation Administration come under Title 49, USC, and are not covered. Many medical personnel of the Department of Veterans Affairs fall under Title 38, USC, and may not be covered. The Transportation Security Administration (TSA) operates mainly outside of Title 5. Thus, the TSA screeners are covered by the new law, but other TSA employees are not covered. Employees of financial regulatory agencies that operate under the Financial Institutions Reform Recovery and Enforcement Act are also not covered. This is not a complete list of all Federal employees not covered. The attempt to amend the new law to cover all Federal employees failed.

In the last THE KEY REPORT, I stated that the National Defense Authorization Act stopped the President's Office of Personnel Management (OPM) reorganization plan. That Act merely postponed that reorganization plan from advancing at least until 180 days after a year-long study by the National Academy of Public Administration of looking at the challenges facing OPM and recommending solutions.

NARFE is still encouraging its members to contact their representatives to replace the annual cost-of-living adjustment (COLA) used in determining Social Security and Federal retirement payments from the current Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) with the Consumer Price Index for the Elderly (CPI-E). This change would ensure more accurate annual COLAs for seniors. The Fair COLA for Seniors Act, H.R. 1553, which has been introduced in the House of Representatives, does this.

**<< Secretary's Report >>**

**Margaret Hawker • 301-874-8409**

The Executive Committee of NARFE Chapter 409 met on Tuesday, January 14, 2020. The minutes for December were approved. Treasurer, Legislative, Alzheimer's, Newsletter, Chaplain, and Luncheon reports were given. The Chapter brochure will be updated and reprinted as needed.

**Chapter 409 Officers for 2019-2020**

**President • Elinor Abrell • 301-831-8753**

**1<sup>st</sup> VP, Membership • Dennis Vernon • 301-694-8003**

**2<sup>nd</sup> VP, Legislative • David Carmack • 240-578-4965**

**Corresponding Secretary • Vicki Yanez • 301-662-7018**

**Recording Secretary • Margaret Hawker • 301-874-8409**

**Treasurer • Jerie O'Connor • 301-845-7964**

**Luncheon Reservations • Gale Vernon • 301-694-8003**

**Luncheon Reservations • Carolyn Francis • 301-831-6285**

**Chaplain • Earle Browning • 301-831-5355**

**Assistant Chaplain • Margaret Clark • 301-834-7519**

**Service Officer • Chuck Caloia • 301-938-2000**

**Immediate Past President • Kathy Siggins • 301-829-2462**

**Newsletter Editor • Dan Grauman • 301-806-5999**

**Members-at-Large**

Linda Adams • 301-253-4740

Gene Bennett • 301-351-7396

Scott Darby • 301-662-7123

Pam Ogasawara • 301-874-2249

Walter Rabbitt • 301-798-3362

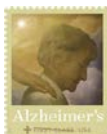
Kathy Siggins • 301-829-2462

**<< Alzheimer's Report >>**

**Kathy Siggins • 301-829-2462**

NARFE's National Walk teams raised nearly \$75,000 in 2019 for the Walk to End Alzheimer's. This impressive total will be credited to NARFE's national goal, to raise \$14 million by the end of 2020. Registration for the 2020 Walk to End Alzheimer's is now open.

The Alzheimer's Semipostal Stamp which expired on November 30, 2019, is currently pending reinstatement by the U.S. Postal Service (USPS). Senator Chris Van Hollen along with his colleagues, Senators Edward J. Markey (D-MA) Susan Collins (R-ME) and Shelley Moore Capito (R-WV), successfully included language in the final Fiscal Year 2020 spending package that directs the USPS to continue selling the Alzheimer's semipostal fundraising stamp. Senator Collins said, "As a founder of the Alzheimer's Task Force in the Senate and a senior member of the Appropriations Committee, I recently helped secure a \$350 million increase for Alzheimer's research, bringing the total to \$2.8 billion. By allowing Americans to continue to purchase Alzheimer's research stamps, our legislation will build on this funding to support the NIH's efforts to combat this devastating disease."



**<< Membership Report >>**

**Dennis Vernon • 301-694-8003**

Please feel at liberty to pick up new NARFE membership applications from me at the membership table located somewhere in the luncheon room (not sure where I'll be as they continue to move me around). Anyway, the new NARFE membership application has the new logo and still has a space for you to enter your name as sponsoring the newbie. A January check of NARFE Headquarters database for our chapter membership numbers showed that we now have a total membership of 708 (444 chapter members plus 264 National members [who live in our chapter area]). We are down 5 chapter members since last check and we all need to recruit new members.

If you wish to help the chapter reduce its operating expense and/or expeditiously receive the chapter Newsletter by email, our Luncheon Coordinator/s will have a sign-up sheet at the entry room table where you pick up your name tags. We already have had a number of people who have elected to receive the Newsletter by email instead of hard copy resulting in the chapter saving a lot of money. Alternatively, you can contact our Newsletter Editor (Dan Grauman) at 301-806-5999 or [dangrauman@gmail.com](mailto:dangrauman@gmail.com). (Note: please let us know if you would like to serve as a Luncheon Coordinator and share the work with two wonderful ladies).

Please remember to contact NARFE Headquarters at 1-800-456-8410 to make arrangements for change of address or dues payment - \$40 national and \$9 for chapter dues.

**<< Treasurer's Report >>**

**Jerie O'Connor • 301-845-7964**

Balance as of October 31, 2019 .....	\$3,654.58
November receipts .....	\$1,545.00
November expenses .....	\$1,469.34

Balance as of November 30, 2019 .....	\$3,730.24
December receipts .....	\$1,420.00
December expenses .....	\$1,415.44

**Total funds available as of December 31, 2019.... \$3,734.80**

**We are saddened to report the following**

**Chapter 409-related deaths**

**Members**

Ruth Chipley – December 28, 2019

**Relatives of Chapter 409 Members**

None reported

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

Ruth Davis, Betty Dean, Ted Jensen, Howard Lutz,  
Ann Niemiec, Jaimie Pugh, Donald & Nadia Taylor,  
Gale Vernon, Tom Wiley

Please contact Chaplain Earle Browning  
with any information for this section of the newsletter  
301-831-5355 or [earlebrowning@gmail.com](mailto:earlebrowning@gmail.com)

<< *Editor's Note* >>

**Dan Grauman • 301-806-5999**

**PLEASE CONSIDER SWITCHING FROM HARD COPY TO EMAIL VERSION OF THE NEWSLETTER!**

Each member who chooses to switch saves our Chapter approximately **\$7.50 annually**. If you would like to help our Chapter save money, as well as save a tree, and if you would like to receive your newsletter in "living color", please consider switching. Just send me an email at [dangrauman@gmail.com](mailto:dangrauman@gmail.com), and it will be done! Thank you for your consideration.

<< *February Luncheon* >>

**Date:** February 21, 2020

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

**Time:** Doors will open at **11:00 AM**  
Lunch is served at **12 noon**  
Program starts promptly at **1:00 PM**

**Menu:** Roast beef with mashed potatoes & gravy, salad, and dessert (Chef's choice)

**Program:** Frederick Recycling Program

**Speaker:** Rebecca Culler

We must receive your mail reservation or cancellation no later than **Friday, February 14, 2020**. Send to:

NARFE Chapter 409  
P.O. Box 1716  
Frederick, MD 21702

**Questions?** Please call Gale Vernon • 301-694-8003

<< *January Luncheon* >>

**Chuck Caloia • 301-938-2000**

Yvonne Townsley, Home Health Rehabilitation Manager with Frederick Health, spoke on the importance of maintaining our balance as we age. She explained how several of our senses contribute to our "sense of balance" and described measures we can take to reduce our risk of falling. With volunteers from the audience (J.D. Brooks seen in the photo below), she demonstrated several exercises that can help us retain our ability to balance.



Below are photos of some of the chapter members and guests who turned out for the fellowship, meal, and presentation.



**Reservations for February 21, 2020 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 this form & check to **NARFE CHAPTER 409, P.O. Box 1716, Frederick, MD 21702**  
We need to reserve the number of meals by **Friday, February 14, 2020**, so **PLEASE MAIL AS EARLY AS YOU CAN!**

<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> Luncheon</i>	<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> 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"/>
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Telephone Number: \_\_\_\_\_

Frederick Chapter 409, Inc. of NARFE  
2458 Five Shillings Road  
Frederick, MD 21701

February 2020

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ORGANIZATION  
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ADDRESS SERVICE REQUESTED



February 2020 Newsletter

NARFE Chapter No. 409 • Frederick, Maryland

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

### 2020 CALENDAR

Luncheons take place on the 3<sup>rd</sup> Friday of the month with the exception of October. Doors open at 11:00 AM. Executive Committee meetings take place on Tuesday of the same week as the Luncheons. Meetings start at 10:00 AM. Everyone is invited to the Executive Committee meetings! Luncheons & Executive Committee meetings take place at the Francis Scott Key Post No. 11 American Legion, 1450 Taney Ave., Frederick, MD 21702.

Exec Comm Luncheon  
Mtg Date Date

Luncheon Program Title & Speaker

2/18/20	2/21/20	Frederick County Recycling Program: Rebecca Culler
3/17/20	3/20/20	University of MD Extension Service – Creating a Pollinator Habitat: David Campbell
4/14/20	4/17/20	Frederick County Government Senior Services Division: Kathy Schey
5/12/20	5/15/20	Frederick County Division of Fire & Rescue Services – A Walk Through History: Chip Jewell
6/16/20	6/19/20	Bingo