



**Next luncheon / meeting is on Tuesday, February 14 at 11:00 AM**

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**President’s Message** (Elinor Abrell • 301-831-8753)

I am pleased and proud to announce that Chapter 409 now has a working website! Newsletter Editor Dan Grauman took on this project, first researching various website operational options and then selecting the domain he felt best met what the Chapter wanted in a website. Dan’s introduction to the website is below the table of upcoming events. Dan resigned the office of 1<sup>st</sup> Vice President (Membership) in order to be able to devote time to both of his responsibilities. The Executive Committee met to discuss this vacancy and named Scott Darby as acting 1<sup>st</sup> Vice President for the remainder of the term of office. Thank you, Dan, for serving in this office. Thank you, Scott, for stepping up when needed.



The January luncheon featured a very interesting and entertaining presentation about Frederick County firefighters history by Chip Jewell, past President of the Frederick County Fire & Rescue Museum. Pictured with Chip is Elinor Abrell,

February is the month that starts the process of electing officers and members of the Executive Committee for the next year. Chapter By-Laws state that a Nominating Committee of “three (3) members shall prepare and present a slate of candidates for elective office at the February meeting”. The Nominating Committee welcomes any and all suggestions for possible candidates. Finding persons willing to consider an office or board position has become a daunting task. Most of the members of the current Executive Committee have held their offices for a number of years, and some are stepping back this year. NARFE is much, much more than a social “lunch bunch” having monthly meetings. NARFE is a service organization **AND** your voice on Capitol Hill, whose mission we should know well. NARFE, at national, state, and local chapter levels, must have member participation and support in order to remain strong and viable. Our chapter is composed almost entirely of retired folks, some of whom surely have a little time that could be given to ensure that we can continue. Sadly, some NARFE chapters have either dissolved or combined with another chapter due to declining membership or failure of member support. We cannot let this happen to 409!

There is a little poem that says, in part, *if **Everybody** thinks that **Somebody** will do the job that almost **Anybody** can do, then **Nobody** steps up....and the job never gets done.*

**Financial Report** (Kathy O’Connor • 301-845-7964)

<b>Balance available to Chapter 409 as of Dec 18, 2022 . . . .</b>	<b>\$6,165.86</b>
• Income . . . . .	\$309.34
• Expenses . . . . .	\$465.50
<b>Balance available to Chapter 409 as of Jan 18, 2023 . . . .</b>	<b>\$6,009.70</b>

**Legislative Report** (David Carmack • 240-578-4965)

You should follow the news on lifting the Federal Government’s debt limit and encourage your Senators and Representative to vote to lift the debt ceiling. If the debt ceiling is not lifted, the Federal Government will be unable to pay the amounts that it owes, e.g., pensions, Social Security, Medicare, Medicaid, and defense just to mention a few. Lifting the debt ceiling does not incur new spending, but only enables the Federal Government to pay what previous Congresses have already enacted. Two bills that failed to pass in the last

Congress have been reintroduced in this Congress: The Social Security Fairness Act, H.R. 82, and The Chance to Compete Act, H.R. 159. The first bill would repeal the Windfall Elimination Provision and the Government Pension Offset. These reduce the Social Security benefits for Civil Service Retirement System (CSRS) annuitants receiving a CSRS pension. The second bill would improve cross-agency hiring by allowing agencies to share assessments about prospective employees with other agencies and would focus on the applicant’s relevant experience and skills rather than on self-rating and degrees. NARFE Maryland is continuing to seek the Maryland legislature to decouple the Maryland state income tax deduction from the Federal standard deduction.

**Alzheimer’s Report** (Kathy Siggins • 301-829-2462)

In December both chambers in Congress worked hard to finalize the FY2023 budget through the passage of the Consolidated Appropriations Act of 2023. With the strong support of Alzheimer’s advocates, the bipartisan Congressional leaders were able to prioritize Alzheimer’s and other dementia in the package. The National Institutes of Health (NIH) received an increase of an additional \$2.5 billion bringing their total budget for FY2023 to \$47.5 billion. Congress also included an increase of \$226 million bringing the total to over \$3.7 million for Alzheimer’s and dementia research funding at the NIH, and \$33 million to continue implementation of Building Our Largest Dementia Infrastructure (BOLD) for Alzheimer’s Act at the Centers for Disease Control and Prevention (CDC). This is a huge win for the Alzheimer’s cause!

On January 22, 2023, the U.S. Postal Service (USPS) raised the price of First-Class postage to **63 cents**. Although the price of an Alzheimer’s Semipostal stamp remains at **75 cents**, the additional 3 cents per stamp will be deducted from the Alzheimer’s cause. The price for a sheet of 20 Alzheimer’s stamps remains at \$15. Please continue to buy and use the Alzheimer’s Stamp.

**Chaplain’s Report** (Margaret Clark • 240-405-4018)

We keep in touch with the shut-ins who are: Betty Brewer; Nannie Jones; Kathy Kussel; and Mary Miller.

In case of illness or death, please notify me at the phone number above, or by email at [mclark615@verizon.net](mailto:mclark615@verizon.net). Thank you!

**Service Officer’s Report** (Chuck Caloia • 301-938-2000)

**Nominations Committee Progress Report.** The Nominations Committee is still looking for 3 members to round out its 2023-24 slate of candidates for our Executive Committee.

To date, the candidates are: President - Elinor Abrell; 1<sup>st</sup> VP (Membership) – Scott Darby; 2<sup>nd</sup> VP (Legislation) – David Carmack; Corresponding Secretary – Vicki Yanez; Recording Secretary – VACANT; Treasurer – Kathy O’Connor; Chaplain – Margaret Clark; Assistant Chaplain – VACANT; Service Officer – Chuck Caloia; Newsletter Editor – Dan Grauman; 6 Members-at-Large positions – J.D. Brooks, Margaret Hawker, Pam Ogasawara, Walter Rabbitt, Jeanine Young, and 1 VACANT.

The functioning of Chapter 409 requires only a little time and effort on the part of a few volunteers, who together form our Executive Committee. That committee usually meets over Zoom on the Thursday before the chapter’s monthly meeting. If you’d like to volunteer to fill a vacancy, recommend someone else, or request more information, please contact Chuck Caloia - [Chuck\\_Caloia@yahoo.com](mailto:Chuck_Caloia@yahoo.com); Mary Lou Blessing – [ml.blessing@comcast.net](mailto:ml.blessing@comcast.net); or Peter Alvestad – [alvestad@aol.com](mailto:alvestad@aol.com).

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February 2023

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February 2023 Newsletter

NARFE Chapter No. 409 • Frederick, Maryland

NARFE Chapter 409 luncheons take place at the **Golden Corral Buffet & Grill, 5621 Spectrum Drive • Frederick, MD 21703 • Phone: 301-662-5922. See 2023 luncheon schedule below • buffet starts at 11:00 AM, program starts at 12:30 PM. If you have not been fully vaccinated, or if you are not feeling well on the day of the luncheon, please do not attend.**

**SNOW POLICY:** If Frederick County Schools are closed for weather, the luncheon meeting is canceled. If County Schools are delayed but open at meeting time, the luncheon meeting will be held as scheduled.

Date	Speaker	Presentation Title
Feb 14	<a href="#">Courtney Posch</a> , <a href="#">Graceful Transitions</a>	Downsizing and decluttering
Mar 14	Jeannine Robinson, <a href="#">Consumer Protection Division of the Office of Attorney General of MD</a>	The latest scams and frauds
Apr 11	TBA	News from the Maryland General Assembly
May 9	TBA – Recipient of annual Chapter 409 donation	Annual donation, remembering Chapter members who have passed, installation of new NARFE Chapter 409 Officers
Jun 13	<b>BINGO</b>	<b>BINGO</b>

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

**Editor's Note** (Dan Grauman • 301-806-5999)

**We have a new website!**

NARFE Chapter 409 is now online at [www.chapter409.com](http://www.chapter409.com). You can find out about our Chapter, learn the names of officers, and view/download newsletters going all the way back to 2012. There's also a "Contact" link, where you can send messages, ask questions, make recommendations, etc. Please visit the website – we value your feedback!