



The Key Notes

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

January 2019
Newsletter

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

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NARFE Chapter 409 Luncheon

Friday, January 18th Doors open 11:00 a.m.

**STUFF~Got too much in your house and your life?
Program speaker Donna Eichelberger from
Graceful Transitions will talk to us about
downsizing, organizing, and clutter reduction.
We can all use a little guidance with this!**

PRESIDENT'S MESSAGE

Elinor Abrell (301-831-8753)

NARFE, the magazine. Have you looked through it, read it from cover to cover? In doing so, you will find it to be an excellent source of information for active as well as retired federal employees. Under the present editor and staff, significant magazine improvements in recent years deliver excellence in providing information vital for us to keep abreast of what is happening on Capitol Hill. The "*NARFE BILL TRACKER*" section is a great means to follow the latest legislative actions in Congress as well as which prospective bills and resolutions are pertinent to NARFE members, pointing out who sponsored these actions and what the particular bill would do. There are always well researched articles on subjects that are timely and relevant to current government policies and procedures, covering a wide range of interest in the federal community. The "Q & A" retiree section is always a good source for information on health and retirement benefits. Remember also that each magazine contains a membership application, easy to tear out and give to a prospective recruit.

Jeff Pon, director of Office of Personnel Management (OPM), abruptly resigned from this position in October, amid initiatives to significantly transform the civil service and reorganize OPM, as spearheaded by the Trump administration. Initiatives included transferring functions of OPM to General Services Administration, and legislative proposals introduced by Pon that would have severely impacted federal pay and benefits, had

they moved forward. Pon had visions of streamlining civil service for future generations. Appointed as OPM's acting director is Margaret Weichert, who comes from the Office of Management and Budget (OMB) where she worked on the proposals to alter the civil service. Here is another site for the watchful eye of NARFE.

ALZHEIMER'S REPORT

Kathy Siggins (301-829-2462)

The Alzheimer's Disease Research Semi postal Stamp is a fundraising stamp issued by the US Postal Service to raise public awareness and critical dollars for dementia research at the National Institutes of Health. As of the end of November, 5.1 million Alzheimer's stamps have been sold to raise \$726,000 for NIH funded research. These figures are reflected on the USPS website: <https://about.usps.com/corporate-social-responsibility/semipostals.htm>. The stamps are available for purchase at most post offices, online at The Postal Store (https://store.usps.com/store/product/buy-stamps/alzheimers-S_564204) and by toll-free phone order at 1-800 STAMP-24. Please visit your local post office and ask to buy the Alzheimer's stamp. Thank you for buying it, using it, and please continue to promote its sale.

LEGISLATIVE

David Carmack (240-578-4965)

The President's administrative Task Force on the U. S. Postal System has released its report. Among its many recommendations are (1) eliminating postal employees' right to collective bargaining over compensation and (2) increasing the employees' contribution for the pension part of FERS without any increase in benefits. The Task Force did not recommend requiring postal retirees to elect Medicare Part B.

Congress has extended a continuing resolution through December 21, 2018, to keep open those departments that have not been funded for Fiscal 2019. There is the possibility of a partial government shutdown if the President and Congress cannot agree to fund those departments.

If Congress fails to pass a federal pay raise before January, the president's proposed pay freeze for federal employees will go into effect. As you may recall, the Senate had passed its version of H.R. 6167 to allow for a 1.9 percent raise. That legislation is still being considered by the Conference Committee.

[Register today](#) to secure your spot at **LEGcon19**, NARFE's Legislative Training Conference. You'll learn how best to engage with legislators and staff, develop best practices for communicating your concerns, and participate in a NARFE day on Capitol Hill. Join hundreds of fellow NARFE members for this three-day training conference, March 10 – 13, 2019, at the Alexandria Mark Center Hilton in Alexandria, VA. LEGcon19 is open to all NARFE members interested in learning how to advocate for NARFE's legislative priorities and protect members of the federal community from having their earned pay and benefits cut. You'll leave Washington, DC, proud to be a member of the federal community, energized by expert-led training on advocacy best practices and ready for your role as a trained and seasoned advocate.

The \$199 early-bird registration fee will be available through December 15. After registering for LEGcon19, don't forget to book your hotel room at the NARFE rate of \$175 per night. For more information on the hotel, [click here](#).

Additional information about the conference is available on the LEGcon19 [website](#). If you have any questions, please contact the advocacy department at advocacy@narfe.org. We look forward to seeing you at the conference!

MEMBERSHIP REPORT

Dennis Vernon (301-694-8003)

Got a letter from the North Pole. Says they are giving me Notice that they have completed my annual performance review. As a result, I'm being placed on the Naughty List (as usual) but have now attained Platinum status and, therefore, should expect more than

the usual amount of coal. Guess I better hang a heavy duty sock over the mantel this year. - Newsletter:

Please welcome Linda Beavers, Patricia Goodrich, and, Annis Moran who all transferred in from another NARFE chapter. We have three (3) prospective members and they are: Janice Crogan, Wil Ribot, and, Annie Spivey. Please be helpful if you spot them at our luncheon. NARFE Headquarters advised that the following members have been dropped for non-renewal: Damita Green, John McCurdy, Jack Niemiec, and, Constance Wagner. Hope you all got what you asked for from Santa.

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Executive Committee of NARFE Chapter 409 met on Tuesday, December 18 at the American Legion. The minutes were approved. The Treasurer's report was given and approved. Legislative, Newsletter, Service, and Luncheon reports were given. Peace and happiness in 2019.

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

Members

None Reported

Relatives of 409 Members

None Reported

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.**

TREASURER'S REPORT

Jerie O'Connor (301-845-7964)

No report. We went to press before the board meeting due to the holidays.

SERVICE OFFICER REPORT
Chuck Caloia (1-301-938-2000)

The Chapter 409 service officer is Chuck Caloia and can be contacted at 301-938-2000.

Keep Your Benefits Information Up-To-Date!

Have you kept OPM informed about changes in your life that may affect your federal benefits? It's your responsibility to do so.

Examples of such "life events" are change of address; marriage; divorce; reemployment; death of an employee, annuitant, or spouse; appointment of a guardian or representative payee; or change in designation of beneficiaries.

Benefits information for federal employees and retirees is available on OPM's website, www.opm.gov. Retirees may contact OPM by emailing retire@opm.gov or by calling 1-888-767-6738. (Hearing impaired callers may use the Federal Relay Service by dialing 1-800-877-8339.)

At NARFE headquarters, experts are available to answer questions and to assist in helping with a variety of benefit matters. Call NARFE at 1-800-456-8410, Option 2.

Assistance is also available from the Chapter 409 Service Officer, Chuck Caloia, at 1-301-938-2000.

Questions About Federal Benefits?

As a member of NARFE Chapter 409 – or as a family member or survivor of a chapter member – if you'd like information or assistance concerning federal benefits and programs, the chapter's service officer and assistant service officer are available to help you. We can assist you in contacting the Office of Personnel Management (OPM) concerning civil service annuities, survivor benefits, health insurance, life insurance, and income tax withholding from annuities. We also can help you with information on other important programs, such as Medicare, Social Security, and veteran's benefits.

HELP WANTED
Scott Darby (301-662-7123)

This is my last year as the editor of the newsletter. If anyone would like to volunteer for this position, please let any board member or me know. It takes about 4-6 hours a month, including the monthly board meeting. If you can cut and paste you can do this.

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.

Date: **Jan, 18, 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: Fried Chicken w/mashed potatoes & gravy
Program: Donna Eichelberger from Graceful Transitions
 We must receive your mail reservation or cancellation no later than Friday **Jan. 11, 2018**.
MAILING ADDRESS: NARFE Chapter 409, P.O. Box 1716, Frederick, MD 21702
 Luncheon questions, please call:
 Gale Vernon 301-694-8003

Reservations for Jan. 18, 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, Jan.11, 2019 so PLEASE MAIL AS EARLY AS YOU CAN.

Name	Member	Guest	New Member	1 st Luncheon	Name	Member	Guest	New Member	1 st Luncheon
	<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

JANUARY 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.

JANUARY 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

- Jan. 15** **Chapter 409 Executive Committee Meeting**
 10:00 AM at American Legion (Same location as our luncheon)
 All are welcome to come.
- Jan. 18** **Chapter 409 Luncheon**