



The Key Notes

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

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2471 Five Shillings Road, Frederick, MD 21701

NARFE Chapter 409 Luncheon
Friday, January 17 • Doors open 11:00 AM

Menu: Fried Chicken with mashed potatoes and gravy, and cole slaw
Program: Frederick Regional Health System – Your Balance, Don't Lose it
Speaker: Yvonne Townsley

<< President's Message >> Elinor Abrell • 301-831-8753

Here we are at the beginning of a new month in a new year in a new decade; does it not feel strange to say *twenty-twenty*? Twenty-twenty is also defined as a state of normal visual acuity, which, sadly, most of us no longer have! Something else that we lose with aging is our sense of balance, which can lead to falls, often with accompanying injuries and broken bones. Our January program is a presentation on balance by Yvonne Townsley, a rehabilitation manager from Frederick Regional Health System (formerly Frederick Memorial Hospital). She will explain the components of balance and how to improve balance while maintaining a healthy lifestyle. We can all benefit from this!

Those who attended the December meeting heard a wonderful presentation on the life of Clara Barton, by Jake Wynn from the National Museum of Civil War Medicine. Clara Barton was a remarkable woman who will always be remembered for what she accomplished in her lifetime. Most Americans know that she was involved with medical care and humanitarian efforts for soldiers during the Civil War, and that she later went on to found the American Red Cross. However, in between these parts of her life, she established the Missing Soldiers Office in Washington, D.C., where she worked to seek information for families who wanted to know about those who went to fight in the war and then went missing. Jake has thoroughly researched her life, and is Director of the Clara Barton Missing Soldiers Office Museum on 7th Street NW in Washington, D.C. Take a moment to check the website, www.clarabartonmuseum.org.



Jake Wynn presenting slide show on the life of Clara Barton



Jake Wynn with Chapter President, Elinor Abrell

NARFE will celebrate its centennial in 2021. This past year NARFE embarked on a rebranding initiative, with a new logo, a new tagline of "Federal benefits experts," and new strategic plans. This is a work in progress intended to launch NARFE into its next 100 years as the go-to resource for the federal community. Since its founding in 1921, NARFE's mission has always been to advance and protect the earned pay

and benefits of American civil servants. To this end NARFE maintains a team of professional lobbyists, who work tirelessly for the benefit of the Federal community.

The next Maryland Federation Board Meeting will take place in Bowie, MD, on February 7, 2020. Guest speakers are Major General Omar Jones IV who commands the U.S. Army Military District of Washington and the Joint Forces Headquarters National Capitol Region, and Congressman David Trone (D-MD, 6th District). Please let Elinor know if you are interested in attending to represent Chapter 409.

<< Legislative Report >> David Carmack • 240-578-4965

The President has signed the National Defense Authorization Act, which provides funding for the Federal government for fiscal year 2020. The National Defense Authorization Act contains the following provisions:

First, the Act provides an average 3.1 % Federal employee pay raise for the calendar year 2020 (a 2.6 % increase across the board and a 0.5 % average increase to locality rates). (This provision is applicable for Federal employees, not Federal retirees, who received a 1.6 % raise in their annuities for 2020 along with recipients of Social Security.)

Second, the parental-leave provision provides 12 weeks of paid leave to mothers and fathers of newborns, of newly adopted children and of new foster children. This replaces the 12 weeks of unpaid parental leave under the 1993 Family and Medical Leave Act. Federal employees will be eligible for the paid parental leave beginning in October 2020, if they have been a Federal employee for at least one year. The Federal employees are required to return to work for at least 12 weeks after they take this leave, a requirement that may be waived. The 1993 Act still allows Federal employees 12 weeks of unpaid leave for caring for an ill family member.

Third, the Act continues the provision, first enacted in 2010, to allow Federal departments and agencies to rehire Federal retirees without an offset to their Federal annuities. This provision has mitigated the loss of Federal employees while filling critical gaps and training the next generation of Federal managers.

Fourth, the Act blocks the restructuring of the Office of Personnel Management (OPM) and forbids the transfer of OPM's responsibilities elsewhere in the Federal Government.

The provisions are successes for NARFE and the Federal community.

<< Secretary's Report >> Margaret Hawker • 301-874-8409

The Executive Committee of NARFE Chapter 409 met on Tuesday, December 17, 2019. The minutes for November were approved. Legislative, Alzheimer's, Membership, Newsletter, and Luncheon reports were given. Margaret Clark has volunteered to be the Chapter's Assistant Chaplain. The VITA program is gearing up to begin preparing taxes.

Chapter 409 Officers for 2019-2020**President • Elinor Abrell • 301-831-8753****1st VP, Membership • Dennis Vernon • 301-694-8003****2nd 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

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 Rabbit • 301-798-3362

Kathy Siggins • 301-829-2462

<< *Alzheimer's Report* >>**Kathy Siggins • 301-829-2462****Press Release from US Senator Chris Van Hollen (D-MD),
December 18, 2019>**

Today, U.S. Senator Chris Van Hollen announced the inclusion of his language to protect the Alzheimer's Semipostal Stamp within the final FY 2020 appropriations package, which will be voted on this week. The stamp raises funds for Alzheimer's research and has been in circulation since 2017, but despite its success, the USPS stopped selling it in November. In an effort to extend the sale of the stamp, Senator Van Hollen introduced an amendment within the Appropriations Committee directing USPS to continue to sell the stamp as long as copies remain. The Senator's amendment passed the Committee and – at his urging – has been included in the year-end funding agreement. On the House side, a similar provision was authored and included by the late Congressman Elijah Cummings. The appropriations package has already passed the House of Representatives and is expected to be voted on in the Senate tomorrow before proceeding to the President's desk. Senator Van Hollen has long been a proponent of the Alzheimer's stamp, an issue originally brought to his attention by Frederick County-resident and advocate Kathy Siggins and fellow advocate Lynda Everman.

"Alzheimer's has impacted countless families in Maryland and across our country. That's why I've fought to increase investment in critical research on this disease," said Senator Van Hollen. "Thanks to the work of Kathy and many other advocates, the Alzheimer's semi-postal stamp has already raised significant funds towards these efforts, and I'm pleased that we were able to protect the stamp in the year-end funding agreement. Whether it's sending holiday packages or mailing a letter to a friend, every dollar we put towards research can help make a difference. I will keep fighting to maintain the stamp's availability for years to come."

Maryland advocate Kathy Siggins said, "Lynda Everman and I are extremely grateful to Senator Chris Van Hollen and congressional leaders for their tireless efforts to keep the Alzheimer's semipostal stamp available for purchase so that all Americans can continue to contribute directly to Alzheimer's research at NIH simply by buying this powerful little stamp. Thank you!"

The USPS cut-off date for selling the Alzheimer's semipostal stamp was November 30, 2019. Per USPS protocol, after that date, the remaining stamps are inventoried and then destroyed. Senators Markey, Capito, Van Hollen, and Collins sent a letter to the USPS on November 7, 2019 urging them not to destroy the remaining stamps until Congress has a chance to clarify its intentions for the stamp in the FY2020 appropriations legislation. In response to the Senators' letter, USPS is currently preserving the inventory. Senator Van Hollen has been a proponent of the Alzheimer's semipostal stamp since 2005 through his support of legislation calling on the USPS to issue this stamp and by joining his colleagues to introduce legislation to keep the Alzheimer's semipostal stamp available for an additional six years.

Press Release from US Senator Edward J. Markey (D-MA)

Washington (December 20, 2019) – Senator Edward J. Markey (D-Mass.), along with Senators Susan Collins (R-Maine), Shelley Moore Capito (R-W.V.), and Chris Van Hollen (D-Md.) applauded the inclusion of language in final the Fiscal Year 2020 spending package that directs the United States Postal Service (USPS) to continue selling the Alzheimer's semipostal fundraising stamp. In November, Senator Markey led 13 of his Senate colleagues and 30 members of the House calling on the Postmaster General to continue selling these stamps instead of destroying them. Approximately 5.8 million Americans live with Alzheimer's disease, and Alzheimer's and other dementias are anticipated to cost \$290 billion in 2019 alone.

"The Alzheimer's semipostal research stamp has played an important role in raising awareness and funding for Alzheimer's research," said Senator Markey. "Sending a letter with the Alzheimer's stamp is sending hope to all the families praying for a cure. I'm pleased that the USPS will continue to offer the Alzheimer's semipostal research stamp and raise funds to help combat this devastating disease to the history books."

"Every 65 seconds, someone in the U.S. develops Alzheimer's disease. By 2050, this rate will double to every 33 seconds unless we take action," said Senator Collins. "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."

"As a member of the Appropriations Committee, I was happy to work with my colleagues to ensure this important language was included in the recently passed F2020 spending package," Senator Capito said. "Not only will this stamp continue a source of funding for critically important Alzheimer's research, but it will also help honor the memory and courage of those who have battled this heartbreaking disease."

"Alzheimer's has impacted countless families in Maryland and across our country. That's why I've fought to increase investment in critical research on this disease," said Senator Van Hollen. "Thanks to the work of Marylander Kathy Siggins and many other advocates, the Alzheimer's semi-postal stamp has already raised significant funds towards these efforts, and I'm pleased that we were able to protect the stamp in the year-end funding agreement. Whether it's sending holiday packages or

mailing a letter to a friend, every dollar we put towards research can help make a difference. I will keep fighting to maintain the stamp's availability for years to come."

In June, Senators Markey, Collins, Capito, and Van Hollen (D-Md.) reintroduced legislation to authorize the current USPS Alzheimer's research stamp for an additional six years, providing more time to raise additional Alzheimer's research funds for the National Institutes of Health.

<< **Membership Report** >>

Dennis Vernon • 301-694-8003

Can you believe how fast time flies by? It is that time once again to do an inventory of our Chapter membership. According to NARFE Headquarters records, this past year we added 6 new members to our rooster; lost 12 individuals, who did not renew their membership; added one member who transferred in from another NARFE Chapter; and lost 3 members who transferred out to another Chapter (presumably, they relocated to a warmer climate). For the sake of argument, let us not include into our math equation the 9 members who passed away in 2019, OK? So as of 12/15/19, **our Chapter had a total of 449 members** not including the 264 additional national members that live in our Chapter area which would then raise the number to 713 NARFE members (both Chapter and national), who live in our chapter area. In case you were wondering, yes, it would be nice if we could extend an invitation to those 264 national NARFE members, who live in the area to attend our chapter meeting but we will try (again) to get their names and addresses from NARFE Headquarters - a year 2020 resolution.

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. Hope you all have a healthy and happy New Year. (Live long and prosperous)

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

Jerie O'Connor • 301-845-7964

There is no Treasurer's Report for this month.



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

Members

Vernon A. Bandel – November 2, 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

<< **January Luncheon** >>

Date: January 17, 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: Fried Chicken with mashed potatoes and gravy, and cole slaw

Program: Frederick Regional Health System – Your Balance, Don't Lose It

Speaker: Yvonne Townsley

We must receive your mail reservation or cancellation no later than **Friday, January 10, 2020**. Send to:

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

Questions? Please call Carolyn Francis • 301-831-6285

Reservations for January 17, 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, January 10, 2020**, 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"/>
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Telephone Number: _____

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

January 2020

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January 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 3rd 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

1/14/20	1/17/20	Frederick Memorial Hospital – Your Balance, Don’t Lose It: Yvonne Townsley
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