



The Key Notes

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

June 2015
Newsletter

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CO-PRESIDENTS' MESSAGE

Elinor Abrell (301-831-8753)
Kathy Siggins (301-829-2462)

Join us for Bingo and fried chicken at our June luncheon as we prepare to adjourn for our summer break. There are no luncheons or newsletters during the months of July and August. Elinor Abrell and I will be sharing the position of President (as Co-Presidents) and welcome Lynn McKnight as our new Corresponding Secretary, and as Members-at-Large, Linda Adams, Peter Alvestad and Susan Janssen. Tom Wiley who has stepped down as a Member-at-Large, has agreed to continue as a member of our Legislative Committee. Thank you Tom for your continued service to our chapter. Elinor and I would like to wish everyone a safe and wonderful summer, and look forward to seeing everyone back in September.

LEGISLATIVE REPORT

Vicki Norris & Kathy Siggins

Kathy Siggins, Vicki Norris from Chapter 409 and Thomas Brudenell from the Hagerstown Chapter accepted an invitation from Congressman John Delaney to have a meeting with him at the Washington County Free Library in Hagerstown on Wednesday, May 6, 2015 at 1:30 PM.

A letter, signed by the Acting Presidents on behalf of NARFE Chapters 306 and 409, was hand delivered to Congressman Delaney. It states our concerns about Members of Congress expressing a desire to include reconciliation instructions in the conference agreement which impacts mandatory spending such as civil service retirement contributions and/or retirees' health care premiums. Our main request was that Mr. Delaney vote "NO" on any joint budget resolutions that include cuts to federal employees' and/or retirees' pay or benefits. A copy of NARFE's Protect America's Heartbeat containing the stats for Maryland's Federal Family was also attached. Mr.

Delaney was very receptive to our concerns and stated that nearly 1/3 of the 305,909 federal community in Maryland are his constituents, and that he would continue to vote in their favor. We thanked him and left feeling positive about his support.



Photo from left to right: Thomas Brudenell, Acting President Chapter 306, Hagerstown, Vicki Norris, Chapter 409, Congressman John Delaney and Kathy Siggins, Acting President Chapter 409.



Mr. JD Brooks, Ms. Kathy Siggins, and Ms. Sheila Nichols, Members of Frederick's NARFE Chapter 409 at the Maryland Federation of NARFE Chapters State Convention in Ocean City, Maryland.



Pictured at the convention are (left to right): Ms. Betty Jensen, Ms. Kathy Siggins, and Ms. Georgia Wells, Members of Frederick's NARFE Chapter 409.

**DOMESTIC VIOLENCE AND ABUSE KNOW
NO AGE LIMIT**

**Heartly House Serves Frederick County Residents
Chuck Caloia Service Officer 301-938-2000**

Two experiences this month brought to my attention the problems of domestic violence, sexual assault, and child abuse that exist right here in Frederick County, as they do in virtually every community.

First, I read a recent article in the Frederick News Post about the abuse of a senior citizen who was suffering from dementia. The abuser, one of the caregivers entrusted with this senior's well-being, was caught on camera hitting the man. She was tried, found guilty, and has been sentenced to jail time.

Second, I attended a presentation that introduced me to Heartly House, Inc., a not-for-profit organization here in Frederick. The speaker was Meaghan Tarquinio, an Outreach Crisis Worker and SAFE Advocate with Heartly House.

I learned that, for over 30 years, Heartly House has been providing comprehensive services to Frederick County residents impacted by domestic violence, sexual assault, or child abuse. Thousands of county residents have been or will be affected by these problems at some point in their lives. The Heartly House mission is to end these problems and provide victims with safety, shelter, and supportive services.

Heartly House operates a 24-hour, 7-days-per-week hotline, as well as an emergency shelter for victims of domestic violence who are in immediate danger. Its trained staff provides counseling, legal, and medical advocacy services for victims of sexual assault, abuser

intervention groups, transitional housing, and community outreach and professional education.

Heartly House services are voluntary. The clients make the decision regarding whether to access its services. The staff assist not only direct victims, but also secondary victims such as family members and significant others.

While all Heartly House services are confidential, the law requires the reporting of child abuse and threats of suicide or homicide.

For more information about Heartly House services, phone 301-662-8800 or visit their website, <http://www.heartlyhouse.org>. To reach the 24-Hour Crisis Hotline, dial 301-662-8800. The TTY line (301-662-1565) provides interpreters when needed.

To learn how you can help support this valuable community resource through tax deductible charitable contributions, donation of your old cell phone, or collection of "wish list" items, go to <http://www.heartlyhouse.org/supportus.htm>.

**WON'T YOU HELP US RAISE FUNDS TO KEEP
OUR CHAPTER ALIVE?**

Chuck Caloia Service Officer 301-938-2000

One of the surveys reported on in last month's newsletter asked members for ideas for improving the chapter's finances. Members' responses included a host of interesting ideas, many falling into one of two general categories: hosting fundraising events, and selling merchandise to raise funds.

Suggested fundraising events included bingo, dinners, dances, raffles, yard sales, bake sales, and trips.

Merchandise suggested for sale included not only NARFE and/or Chapter 409-related items like lapel pins, hats, T-shirts, and pencils, but also "non-branded" items such as American/Maryland flags, used books, other used items, and holiday items.

To move forward, our chapter now needs a few members to step up and volunteer to evaluate these ideas, decide on the most promising ones, and plan for and carry them out (or at least coordinate their accomplishment).

Won't you please help the chapter by serving on either of two new fundraising teams, the "Events Team" or the "Sales Team"?

To get the ball rolling, we'd like to have at least three members on each team. Serving on one of these teams ought to be an enjoyable social activity, working together with old friends or taking this opportunity to meet new ones. By listing tasks and dividing them up,

the work of each team won't require a great deal of time or effort on the part of any one person. One of the chapter officers will be designated to assist each team as needed to facilitate its work and accomplish its goals.

If you'd like to volunteer, please contact me or one of the other chapter officers. Please give or send us a note with your name, phone number, email address (if any), and whether you're volunteering for the "Events Team" or the "Sales Team."

If everyone in the chapter takes a "Let George do it" attitude, our chapter soon may cease to exist. But if a few of us work together, we can halt the financial decline that threatens its future. Won't you join us and help make a difference?

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Executive Committee of NARFE Chapter 409 met on May 12 at the American Legion. The minutes and the treasurer's report were approved. Newsletter, Membership, Chaplain, and Service reports were given. The results of the Chapter survey were discussed.

TREASURER'S REPORT

Jerie O'Connor (301-845-7964)

BALANCE as of March 31, 2015..... \$5,287.67
 Receipts for April \$1,315.56
 Expenditures for April (\$1,141.78)
 TOTAL FUNDS available as of 4-30-2015.... \$5,461.45

NOTICE: If your address, telephone number, email address changes, or to receive the **E-version** of the newsletter and booklet please remember to notify me, Walt Rabbit, by telephone (301-865-5255) or email (wrabb@comcast.net). This will assure you will continue to receive our chapter newsletter and the NARFE Magazine and we will be able to contact you if necessary.

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

Members

Vesta Mattie, died May 2, 2015, at 105 years old, she worked at Ft Detrick.

Relatives of 409 Members

John Webb, died April 27, 2015 at age 49, he was the son of 409 member **Karen Webb**.

Irvin Levi Kinsey, died April 30, 2015 at age 68, he was the brother of 409 member **Peggy Sander**.

Chapter 409 members and relatives sick and or shut-ins needing our prayers and concerns:
 Peg Borland, Cindy Castellucci, Joyce Gregoire, Loren Linholm, Anne Niemiec, Irene Owens, Dorothy Piper, Ann Simon, Donald and Nadia Taylor, Sisty Vincent, Tom Wiley
Gil Monck (1-717-762-7484)
Please contact Gil with any information for this section of the newsletter.

Date: June 19, 2015

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

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

Menu: Fried chicken

Program: Bingo

We must receive your mail reservation or cancellation no later than Friday June 12, 2015.
 Call **Kathy Kusel 1-202-264-0892** with any questions.
MAILING ADDRESS: 4006 Carriage Hill Dr., Frederick, MD 21704

Reservations for June 19, 2015 luncheon meeting: Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$12.00** per person. Mail both to **NARFE CHAPTER #409, 4006 Carriage Hill Dr., Frederick, MD 21704**
 We need to reserve the number of meals by Friday, June 12, 2015 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
 12280 Rosswood Dr.
 Monrovia, MD 21770-9400
ADDRESS SERVICE REQUESTED

JUNE 2015

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JUNE 2015 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

CHAPTER 409 OFFICERS
May 2015 – May 2016

<i>Co-President</i>	Elinor Abrell	301-831-8753	<i>Assistant Service Officer</i>	Betty Lind	301-898-7419
<i>Co-President</i>	Kathy Siggins	301-829-2462	<i>Chaplain</i>	Vacant	
<i>Immed Past President</i>	Mary Lou Blessing	301-473-5662	<i>Assistant Chaplain</i>	Kathy Kusel	202-264-0892
<i>1st VP-Membership</i>	Vacant		<i>Newsletter Editor</i>	Scott Darby	301-662-7123
<i>2nd VP-Legislative</i>	Kathy Siggins	301-829-2462	<i>Exec Comm At-Large</i>	Linda Adams	301-253-4740
<i>Recording Secretary</i>	Margaret Hawker	301-874-8409	<i>Exec Comm At-Large</i>	Peter Alvestad	301-371-4165
<i>Corresponding Sec'y</i>	Lynn McKnight	301-663-8690	<i>Exec Comm At-Large</i>	Ruth Davis	301-874-1997
<i>Treasurer</i>	Jerie O'Connor	301-845-7964	<i>Exec Comm At-Large</i>	Susan Jannsen	301-620-0505
<i>Luncheon Coordinator</i>	Kathy Kusel	1-202-264-0892	<i>Exec Comm At-Large</i>	Walter Rabbitt	301-865-5255
<i>Service Officer</i>	Chuck Caloia	301-938-2000	<i>Exec Comm At-Large</i>	Joseph Shrader	301-845-7184