



# The Key Notes

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

March 2016  
Newsletter

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## CO-PRESIDENTS' MESSAGE Kathy Siggins (301-829-2462)

The nomination process has begun for Chapter 409's 2016-2017 program and the following positions are in need of being filled. President or Co-President, 1<sup>st</sup> Vice President Membership and 2<sup>nd</sup> Vice President Legislation. This chapter will not survive unless we get new and current members to volunteer and help fill these vacancies. The best way to learn about these positions is to attend the 2016 Region II Training Symposium in York, PA which will be held on April 4-5, 2016. There will be some reimbursement so please consider attending. Our guest speaker on March 18, is Dr. Larry Romane who spent 35 years as an Emergency Room doctor, now volunteers at a free clinic and teaches the "Medically Curious" course at the Institute for Learning in Retirement at FCC. He will provide current medical information that is entertaining and understandable. See you in March and please remember to bring a friend or prospective member.

## LEGISLATIVE REPORT Kathy Siggins (301-829-2462)

### State- Contacting the Governor and Legislators to support Governor Hogan's Proposed Increased Tax Exemption for seniors

Governor Hogan has proposed a budget for this coming year that includes an increase in the income tax exemption for taxpayers and their dependents age 65 and above from \$1000 to \$5000 phased in over a 4 year period. This increased exemption is being proposed in 2 bills being presented to the General Assembly, Senate Bill 387 and House Bill 455. The NARFE Maryland Federation supports this proposal. It will be of benefit to not only NARFE retirees but to many others in our state's growing senior population. It will also benefit our state's economy. The increased

consumerism created by this tax reduction will meaningfully reduce some of the state's loss in tax revenue created by the tax exemption increase.

It is important to NARFE that our members let our legislators and the Governor's administration know of our support of this proposal. We urge you to contact them with your support for these bills. NARFE's Maryland State Legislative Committee has a website with information and tools that can be used to assist NARFE members to reach out to their legislators in Annapolis. The site with that information is [www.MDNARFE.org](http://www.MDNARFE.org). On the right side of that page click on Legislative – State Page. Clicking on the underlined "sample" items will make them available to you; they can be used directly or as a basis for your particular message.

The e-mail address for Governor Hogan is [governor.mail@maryland.gov](mailto:governor.mail@maryland.gov). The phone number for the governor's office is 1-800-811-8336 for those without computer access.

To get information about your senators or legislators, search the web for [www.mgaleg.maryland.gov](http://www.mgaleg.maryland.gov) and click on Legislators in the blue tabs at the top of the page. This gives you a list of every senator and legislator with access to information about each of them. If you click on the name of the individual you want to contact it will give you his/her address, phone number and current assignment. Instead of pressing the individual's name, pressing the contact's box in his/her name row gives you an alternative means to submit a 1500 "character" word message to your representative (warning – sometimes "contact" doesn't work – but e-mail and snail mail addresses as well as phone numbers are available). The Maryland General Assembly switchboard number, 1-800-492-7122, X-5400, for those who don't have computers

### Federal - Windfall Elimination Provision (WEP)

H.R. 711 – Equal Treatment of Public Servants Act of 2015, would not repeal the WEP but reduce the

penalty by a certain percentage on an individual's Social Security benefits for those turning 62 prior to 2017. For individuals turning 62 after 2017, the formula used to determine an individual's WEP penalty would be replaced with a fairer formula. Although NARFE supports total repeal, they feel that this legislation will pass.



Members of NARFE met with Congressman John Delaney in Urbana in late January to explain NARFE's legislative agenda for 2016. From Left to right are Kathy Siggins, Co-President of Frederick's NARFE chapter #409, Joan Meyer, who retired after 34 years with the Social Security Administration based at the World Trade Center in New York, with her granddaughter Layla Abramowitz, and Congressman John Delaney.

#### **ALZHEIMER'S REPORT**

**Kathy Siggins (301-829-2462)**

The NARFE Pilot Team established last year to monitor funds raised by NARFE members in the Walk to End Alzheimer's proved to be very successful. NARFE will launch an official National Team this year and will be promoting the National Team in the next NARFE Alz E-blast as well as in the NARFE magazine.

#### **SECRETARY'S REPORT**

**Margaret Hawker (301-874-8409)**

The board meeting was cancelled due to weather.

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

#### Members

**Mr. Franklin E. Smith**, age 85, died January 30, 2016. He worked for the Post Office for 36 years. His widow is **Nancy Lee (Webber) Smith** of Frederick.

#### Chapter 409 members and relatives sick and or shut-ins needing our prayers and concerns:

Ruth and Bill Davis, Joyce Gregoire, Donald R. Hunt, Beryl Jackson, Ted Jensen, Richard McKnight, Mary B. Miller, Anne Niemiec, Irene Owens, Dorothy Piper, Jaimie Pugh, Ann Simon, Donald and Nadia Taylor, Sisty Vincent, Doris Walter  
**Gil Monck (1-717-762-7484)**

**Please contact Gil with any information for this section of the newsletter**

#### **HEALTHY EATING BEGINS LOCALLY**



During our February meeting members heard about the importance of freshness in food. Ms. Julie Castillo professor and author of Eat Local for Less spoke about meals which pack more nutritional value per bite. She explained how eating healthier can also mean better flavor with more nutrients. From Left to right are Kathy Siggins, Co-President of Chapter 409, Ms. Julie Castillo, and Ms. Elinor Abrell, Co-President of Chapter 409.

**MEMBERSHIP REPORT**

**Walt Rabbit (301-865-5255)**

Well, in January we had four (4) people who departed and three (3) who joined. The net is -1. On a more positive note let's welcome our new member Norman Cornelius and welcome back William Allen and Janice McLoon. If you know Betty Gilliss please talk to her about rejoining NARFE. She was dropped last month. It was reported that Dolores Thompson passed away. If you have any ideas on how to increase our membership please tell a board member (see pages 2 thru 3 in the Program Booklet) or bring it to the floor at the next luncheon.

**TREASURER'S REPORT**

**Jerie O'Connor (301-845-7964)**

The board meeting was cancelled due to weather and there is no report until the treasurer's report is presented to the board.

**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](mailto: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.

**ATTENDING THE BOARD MEETINGS**

The Executive Committee meetings are open to all members and all are welcomed and encouraged to attend, but in inclement weather, please call a

board member to see if the meeting has been cancelled. Our health and safety takes precedent over meetings.

**NEW LUNCHEON ADDRESS AND EARLY DATE**

Please note the new mailing address for the luncheon.

Also, this is an early date for the luncheon; please don't forget to get your reservation in as early as possible. The address is:

**NARFE CHAPTER #409  
P. O. Box 1642 Frederick, MD 21702**

**SNOW POLICY:** If Frederick County Schools are closed for weather, then the luncheon meeting is canceled and **checks will be shredded**. A **new reservation**, with check, 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:** March 18, 2016  
**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:** Meatless Lasagna  
**Program:** Dr. Larry Romane  
Your Health (and Others)  
We must receive your mail reservation or cancellation no later than Friday **March 11, 2016**. Call **Susan Janssen** at **301-695-1785** with any questions.  
**MAILING ADDRESS: NARFE CHAPTER #409  
P. O. Box 1642 Frederick, MD 21702**

**Reservations for March 18, 2016 luncheon meeting:** Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$13.00** per person. Mail both to **NARFE CHAPTER #409, P.O. Box 1642, Frederick, MD 21702**

We need to reserve the number of meals by Friday, March 11, 2016 so PLEASE MAIL AS EARLY AS YOU CAN.

Name	Member	Guest	New Member	1 <sup>st</sup> Luncheon	Name	Member	Guest	New Member	1 <sup>st</sup> 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**

MARCH 2016

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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 Walt Rabbitt at 301-865-5255 for membership information.

MARCH 2016 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 2016-2017**  
**2016**

**March 15**

**Chapter 409 Executive Committee Meeting**  
**9:30 AM at American Legion (Same location as our luncheon)**  
**All are welcome to come.**

**March 18**

**Chapter 409 Luncheon**

**April 4 & 5**

**Region 11 Training, York, PA**

**May 2 & 3**

**Mini- Convention, Bowie, MD**