



# The Key Notes

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

May 2019  
Newsletter

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

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**NARFE Chapter 409 Luncheon**  
**Friday, May 17<sup>th</sup>**  
**Doors open 11:00 a.m.**  
**Peter Alvested**  
**Senior Recreation Council**

## **PRESIDENT'S MESSAGE**

**Elinor Abrell (301-831-8753)**

Sitting atop the *narfe* title on the cover of every narfe magazine are the words Tireless *Advocacy*, *Trusted Advice*. NARFE continually works to secure, preserve, and advocate for the earned pay and benefits of federal employees, retirees, and annuitants, and is the only organization solely dedicated to this purpose. In today's very partisan political climate NARFE maintains a nonpartisan position and strives to reach out to elected officials on both sides of the aisle, not an easy thing to do. It is important for NARFE members to remember that the association is *political* but not *partisan*, a small yet important distinction. A dedicated team of legislative specialists and effective lobbyists work to ensure that the issues and concerns of NARFE are brought to elected officials on both sides, knowing that personal outreach builds relationships with legislators and their staffs. Doing so can help influence decisions as well as provide important access to meetings and briefings, presenting opportunities to provide perspectives on pending legislation. NARFE has built a strong network of grass-roots activists in every state, which adds strength to the messages and fortifies the national outreach. As a NARFE member, it is important to stay alert to relevant Congressional happenings (*narfe* magazine covers this well). Then, stay involved by using your voice to contact your legislator when it matters, thus adding to the strength of the NARFE message. Numbers do have power!

## **LEGISLATIVE**

**David Carmack (240-578-4965)**

As reported earlier in *The Key Notes*, the President is pressing his request, found in his proposed budget for fiscal 2020, to merge the Office of Personnel Management (OPM) and the General Services Administration (GSA). NARFE has serious concerns with this reorganization plan because it places human resource solutions, retirement services, and the administration of health care and insurance programs for the federal community into an organization where such concerns for the federal community are likely to receive insufficient attention and resources.

## **ALZHEIMER'S REPORT**

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



The NARFE delegation at the AIM (Alzheimer's Impact Movement) Advocacy Forum in Washington, DC. Over 1,200 Alzheimer's advocates representing all 50 states and the District of Columbia attended. Right to left are; Chapter 409 member Kathy Siggins, NARFE President Ken Thomas, National Alzheimer's

Chair Olivia Williams, Region IV Alzheimer's Coordinator Diana Iuliano-Chan, and Region II Alzheimer's Chair Lou Katz.

### MEMBERSHIP REPORT

**Dennis Vernon (301-694-8003)**

When Yogi Berra was asked where he wanted to be buried since he grew up in St. Louis but lived in New Jersey, he replied "I don't know - Surprise me". Do we really want to burden the loved ones we leave behind to make that decision, or should we now express our wishes? I think we are all mindful that we are getting long in the tooth and realize that there will be a day when the sun rises but we don't. Of course, we think that we have done the best and all we can for those that we will leave behind. That is to say - leaving a will and perhaps some money in a 401k. Is that all we need to leave behind us? Does someone know what you wish to have done with your remains? Does anyone know what all those keys are for on your key ring? Does someone know where to find a current list of your email accounts, user names **AND** passwords? Do your utility companies have someone else on the account with you to avoid the difficulties of replacing your name with your spouse's - same/same on private owned vehicles. Can someone produce a copy of your Social Security identification card to claim benefits? Perhaps you have taken the painful steps to put together an obituary for yourself so other won't have to try to assemble one later. After all, who knows better than yourself your family names, organizations you belong to and schools you have attended. Better still, you now can write how you wish to be remembered instead of leaving it to some else just saying that you enjoyed watching television - period. Any accomplishments you want to be remembered for - now is the time to include it in your obituary. In case you weren't aware, NARFE has published a self-explanatory booklet titled **Be Prepared for Life's Events - What Your Survivors Should Know** <https://www.narfe.org/pdf/f-100fill.pdf> This document is intended for the NARFE member to complete an assortment of various fill-in the blank questions that are organized to assist the survivor. Another (free) NARFE document of interest is the **Guide to Survivor Benefits** which you can order for downloading at <https://discovernarfe.org/SURVIVORBENEFITSNONMEMBERPAGE>.

By the way, Yogi died in his sleep of natural causes at the age of 90 on September 22, 2015. Oh yeah, he was buried at the Gate of Heaven Cemetery in East Hanover - NEW JERSEY (surprise)

Currently, our chapter has 468 members; down from 482 members in January. NARFE Headquarters have dropped the following personnel from our chapter roster due to non-renewal: Lucian Falconer; Peter Hearn; James Marsh; Marian Pitts; and, John Turner. If you know any of these people, please encourage them to pay their dues and get their membership reinstated.

### APRIL LUNCHEON SPEAKER



At our April luncheon, Dr. Sara Via, Professor and Climate Extension Specialist at the University of Maryland, gave a lively and informative presentation on Climate Change. She said the scientific evidence is now overwhelming that long-term global climate change, largely as the result of human activity, is occurring. Her presentation discussed how greenhouse gases affect climate, how things will get worse without significant action on all our parts, and specific actions that can be taken to lessen the impact of climate change. The good news is that we know what to do and still have time to take action.

**SMART DRIVER CLASS**

**Lynn McKnight**

AARP Frederick Chapter 636 and Frederick Senior Services Division are offering an AARP's Smart Driver Class. It teaches the following:

- New traffic laws and rules of the road
- Refreshed driving skills and knowledge
- Defensive driving techniques
- Proven safety strategies

Locations:

Frederick Senior Center (301-600-3525) May 31

Urbana Senior Center (301-600-7020) May 17

Cost: \$20

This is available to all drivers, AARP members and non-members and may qualify you for an auto insurance discount.

**SECRETARY'S REPORT**

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

The Executive Committee of NARFE Chapter 409 met on Tuesday, April 16 2019, at the American Legion. The minutes for March were approved. The Treasurer's report for March was given and approved. Membership, Newsletter, Service, and Luncheon reports were given. The Chapter needs you! Executive Committee positions still open are Corresponding Secretary, Assistant Chaplain, Newsletter Editor, and Member-at-Large. Newsletter editor is critical...without an editor there will be no newsletter. It is time to start thinking and planning for programs for 2019-2020. If you have heard a good program, please let a member of the Executive Committee.

**TREASURER'S REPORT**

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

BALANCE as of Feb. 28, 2019..... \$3,759.29  
 Receipts for March..... \$1,430.68  
 Expenditures for March..... (\$1,074.25)  
 TOTAL FUNDS available as of 1-31-2019... \$4,115.72

**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, Annis Moran, Jaimie Pugh,  
 Joe Shrader, Donald and Nadia Taylor,  
 and Tom Wiley**

**Please contact Gil Monck (1-717-762-7484) with any information for this section of the newsletter.**

**Date: May 17, 2019**  
**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: Barbeque beef with rolls and Cole slaw**  
**Program: Peter Alvsted  
 Senior Recreation Council  
 Installation of Officers**

We must receive your mail reservation or cancellation no later than Friday **May 10, 2019.**

**MAILING ADDRESS: NARFE Chapter 409,  
 P.O. Box 1716, Frederick, MD 21702**

Luncheon questions, please call:  
 Gale Vernon 301-694-8003

**Reservations for May 17, 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, May 10, 2019 so PLEASE MAIL AS EARLY AS YOU CAN.

<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> Luncheon</i>	<i>Name</i>	<i>Member</i>	<i>Guest</i>	<i>New Member</i>	<i>1<sup>st</sup> 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"/>

Telephone Number: \_\_\_\_\_

Frederick Chapter 409, Inc. Of NARFE  
2458 Five Shilling Rd.  
Frederick, MD 21701  
**ADDRESS SERVICE REQUESTED**

**MAY 2019**

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APRIL 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

- May 14** Chapter 409 Executive Committee Meeting  
10:00 AM at American Legion (Same location as our luncheon)  
All are welcome to come.
- May 17** Chapter 409 Luncheon
- May 5-7** Maryland Federation Biennial Conference, Ocean City