



The Key Notes

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

October 2016
Newsletter

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

Editor: Scott Darby 14 S. Pendleton Ct.
Frederick, MD 21703 301-662-7123 (sdarby1601@gmail.com)

NARFE 409 LUNCHEON MEETING

Friday, Oct 14 Doors open at 11:00 a.m.

**Program will be our own County Executive
Jan Gardner giving a presentation on Frederick
County, a look at its past, present, and future**

**PLEASE NOTE: The October meeting is on the
2nd Friday, October 14th, not the usual 3rd Friday.
Be sure to get your luncheon reservation in by the
early deadline date of October 7!**

NATIONAL CONVENTION REPORT

Kathy Siggins (301-829-2462)

JD Brooks and Kathy Siggins recently joined some 900 other delegates, members and guest at the 34th Biennial National Convention of NARFE held in Reno, NV, August 28 – September 1. NARFE represents the interest of five million federal employees, retirees, spouses and survivors. A highlight of the convention was the re-election by acclamation of the National Officers, President Richard G. Thissen and National Secretary/Treasurer Jon Dowie, who will guide NARFE over the next two years. This will be their second, and final, two-year term. In addition, 10 regional vice presidents from around the country were elected. The Convention delegates also voted to adopt NARFE's Legislative Agenda which will be a guideline for the NARFE Legislative Department over the course of the 115th Congressional Session. And, delegates affirmed a new goal of \$13 million for Alzheimer's research by 2018. Please mark your calendar to join us in Jacksonville, FL, in 2018, and in Phoenix, AZ in 2020, for the next NARFE National Convention and beyond.

LEGISLATIVE REPORT

Kathy Siggins (301-829-2462)

The Resolution Committee approved 16 of the 48 resolutions to move forward for a vote at the

convention. There were three resolutions that the National Executive Board (NEB) submitted as priority: Providing for Optional Chapter Membership, Authorizing the NEB to Adjust National Dues within specific Limits, and going to One Member, One Vote. Only two of the 16 resolutions were adopted, Optional Chapter Membership and One Member, One Vote. Please check your *narfe* magazine for more details.

The Legislative Program, reflecting the six additional recommended resolutions by the Legislative Committee was adopted. New language was added involving the Thrift Savings Plan (TSP) and the Medicare Part B "hold harmless" provision. Specifically, NARFE supports legislation that would allow TSP participants more flexible withdrawal options from their TSP accounts. NARFE also supports applying the effect of the hold harmless provision to all Medicare beneficiaries permanently. A breakdown of the legislative priorities for the 115th Congress will be made available in the January 2017 edition of *narfe* magazine.

ALZHEIMER'S REPORT

Kathy Siggins (301-829-2462)

The Alzheimer's Committee approved funding for four new research projects prior to the start of the convention. Since 1985, NARFE members have donated more than \$11.9 million to advance Alzheimer's research and to date, have funded through grants, 71 research projects. Alzheimer's research is NARFE's charity of choice. Harry Johns, President and CEO of the Alzheimer's Association thanked NARFE's leaders and members for their support of research. "When the history is written about the success we ultimately have in treating and even preventing Alzheimer's disease, NARFE will have been a significant part of that change" he said. He also thanked NARFE for their new partnership in creating a NARFE National Walk to End Alzheimer's Team. Unlike our national goal, monies raised

through the 600 walks will help local Alzheimer's chapters to provide care and support to families in local communities.

SPEAKER FOR SEPTEMBER'S MEETING



Mr. Jake Wynn, Program Coordinator for the National Museum of Civil War Medicine keeps Chapter 409 members spellbound with tales of medical developments before and during the Civil War. He spoke on the beginning of modern military medicine, the three museums they run: National Museum of Civil War Medicine in Frederick, Pry House Field Hospital Museum at Antietam National Battlefield, and the Clara Barton Missing Soldiers Office Museum in Washington, D.C. and part of Frederick's involvement in the Civil War. Shown at the NARFE Monthly Meeting, September 16, 2016.

MEMBERSHIP REPORT

Dennis Vernon (301-694-8003)

Remember – If you have Federal Long Term Care Insurance Plan, you have a very important decision to make by the end of September on your continued enrollment. Our chapter has a new member – please introduce yourself to Alice Hajjar of Frederick and make her feel welcome. We would also like to welcome Barbara Schmidt of Thurmont who has transferred her membership to our chapter. Since we have the welcome mat out, let us greet Virginia Moser of Mt. Airy as her membership has been reinstated. Welcome aboard all. Our chapter is one of the largest in Maryland with 662 members on last count. Sorry to

say, our chapter membership number may be going down as there are eleven (11) members who have received their second notice that their dues have not been paid. It is now more critical than ever before to maintain your NARFE membership in order to keep informed of any proposed changes to your benefits and informed congressional leadership of any concerns you may have.

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

Members

Mr. Michael Ronald LaMorte, of Hoschton, GA, (previously of Walkersville) died September 4, 2016. (No other info as of 9/12/2016)

RELATIVES OF 409 MEMBERS

Nico James Elwood Harris, age 16 months, died August 23, 2016. He was the grandson of 409 member J. Ray Frank of New Market.

Eric W. Fisher, age 40, died September 1, 2016. He was the grandson of 409 member Jessie M. Fisher.

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

Bill Davis, Joyce Gregoire, Donald R. Hunt, Beryl Jackson, Richard McKnight, Mary B. Miller, Gilbert Monck, 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

SECRETARY'S REPORT

Margaret Hawker (301-874-8409)

The Executive Committee of NARFE Chapter 409 met on September 13, 2016, at the American Legion. The minutes were approved. Treasurer's reports for July and August were approved subject to audit. Legislative, Newsletter, Alzheimer, Luncheon, Public Relations, and Service Officer reports were given. The treasurer, Jerie O'Connor, presented the draft budget for 2016-2017. It was discussed and approved for presentation to the Chapter members. Ruth Davis has

asked to be taken off both the Audit Committee and the Budget Committee. Jerie thanked her for her service.

PRESENTATION FOR THE CAREGIVERS OF THOSE LIVING WITH DEMENTIA

Teepa Snow, a world leading advocate and educator for anyone living with dementia, will present two very informative topics for caregivers. The presentation will take place at Homewood at Frederick on October 11th, 2016.

Times:

10am Confrontational vs Supportive Communication

2:30pm Making Moments of Joy

Location:

Homewood at Frederick

7407 Willow Rd. – Multi-Purpose Room

Frederick, MD 21702

RSVP for 10 am or 2:30 pm to 301-644-5600 or

vlkeriakos@hmwd.org

TREASURER’S REPORT

Jerie O’Connor (301-845-7964)

BALANCE as of 6-30-2016.....\$5,132.16
 Receipts for July..... \$304.00
 Expenditures for July (\$775.00)
 TOTAL FUNDS available as of 7-31-2016... \$4,661.16

BALANCE as of 7-31-2016.....\$ 4,661.16
 Receipts for August..... \$314.66
 Expenditures for August (\$300.00)
 TOTAL FUNDS available as of 8-31-2016.... \$4,675.82

YOU NEED NARFE.....NARFE NEEDS YOU!

Sometimes we forget why it is so important for us Federal retirees and current employees to maintain a membership and actively participate in this organization. Voices united do have power, and

NARFE advocates for us to legislative bodies on both national and state levels. With your NARFE membership you have access to accurate information and tools to help find answers to retirement/employment issues you may encounter. Retirement annuities, health and life insurance, and other benefits are often subject to change, and NARFE provides you with timely information so that you can understand how these changes affect you and what actions you may need to take. Know that you can always count on narfe magazine and the website NARFE.org to help you stay aware, informed, and active.

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, Dennis Vernon, by telephone at 301-694-8003 or email knight21702@yahoo.com . 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.

Date: October 14, 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: Meat Loaf
Program: Jan Gardner
 Frederick County Executive
 We must receive your mail reservation or cancellation no later than Friday **October 7, 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 October 14, 2016 luncheon meeting: Please complete this form and send it with a check payable to NARFE Chapter 409 in the amount of **\$14.00** 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, October 7, 2016 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"/>

Telephone Number: _____

Frederick Chapter 409, Inc. Of NARFE
12280 Rosswood Dr.
Monrovia, MD 21770-9400
ADDRESS SERVICE REQUESTED

OCTOBER 2016

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Frederick, MD
Permit No. 81



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 301-694-5255 for membership information.

OCTOBER 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

- October 11** Chapter 409 Executive Committee Meeting
9:30 AM at American Legion (Same location as our luncheon)
All are welcome to come.
- October 16** Chapter 409 Luncheon
- October 28** Federation Training Day, Bowie, MD