



Next luncheon / meeting is on Tuesday, April 11 at 11:00 AM

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## President's Message (Elinor Abrell • 301-831-8753)

Just a bit more than three years ago COVID19 exploded and took over the entire world. We learned what we had to do to live with it as well as survive with it. Vaccines were developed, and with time, we have been able to return to a large degree of normal living. It is likely that some variant of COVID will always be present and that an annual vaccination for this will become as common as is the annual flu shot. In light of this, Chapter 409 has dropped what was the mandatory COVID vaccination requirement to attend the luncheon meetings. Of course, masks are always an optional choice.



Jeannine Robinson and  
Elinor Abrell

Last month's program was on frauds and scams, with up-to-date information coming from Ms. Jeannine Robinson from the office of the Attorney General of Maryland, where these may be reported for investigation. It appeared that every person in attendance at the luncheon had, at some time, received some type of approach for a potential scam or fraud, which tells of the prevalence, as well as the need to be informed and alert. If Comcast is your internet provider, and you believe an email to be scam, you can forward that email to [abuse@comcast.net](mailto:abuse@comcast.net). Replace whatever

came on the subject with **phishing email**. Delete the email after forwarding it, and of course, never, ever open a link or an attachment! This approach will work with other internet providers as well. Handouts from Ms. Robinson can be found by clicking [here](#).

Of interest to NARFE are the newly named leaders of committees critically important to NARFE. Chairman of the House Committee of Oversight and Accountability (COA) is **Rep James Comer (R-KY)**, earning a NARFE voting record of 44% in the last Congress and a 30% lifetime NARFE voting record. The ranking member of the COA is **Rep Jamie Raskin (D-MD)**, with a 100% NARFE voting record and an 87% lifetime NARFE voting record. In the Senate, chairman of the Committee on Homeland Security and Governmental Affairs (CHSGA) is **Sen Gary Peters (D-MI)**, rated 100% NARFE voting record in the last Congress and 95% lifetime NARFE voting record. The ranking member of the CHSGA is **Sen Rand Paul (R-KY)**, who has a 0% NARFE voting record and 11% lifetime NARFE voting record. Perhaps this information gives credence to the importance of NARFE to the federal community. Remember also that your contributions to NARFE-PAC go to candidates who are supportive of this community.

Chapter 409 members – are you taking advantage of the NARFE dues withholding program? If not, you should seriously consider doing so, as it reduces the amount of NARFE dues and ensures that you never have to remember to pay your dues. Annual NARFE dues are \$48 and Chapter 409 dues are \$9. Annual dues go down by \$6 to \$42 with dues withholding. So, by signing on to dues withholding from your OPM pension, you will pay **\$51** annually, or **\$4.25** monthly. This is very easily done by completing the NARFE Dues Withholding form, which can be found by clicking [here](#) for **new** members or [here](#) for **current** members. This form will be available at the April meeting.

At the April meeting we will vote on the nominated slate (uncontested) of officers for next year. The program will be an update on the happenings of this session of the MD General Assembly. The speaker, Paul Schwartz, is active in NARFE MD Federation legislation and is a long-time advocate of tax relief for MD senior citizens and an excellent speaker.

## Financial Report (Kathy O'Connor • 301-845-7964)

**Balance available to Chapter 409 as of Feb 18, 2023 . . . . . \$6,116.22**  
 • Income . . . . . \$337.00  
 • Expenses . . . . . \$282.50  
**Balance available to Chapter 409 as of Mar 21, 2023 . . . . . \$6,170.72**

## Legislative Report (David Carmack • 240-578-4965)

Early in March Senators Brown (D-NH) and Collins (R-ME) reintroduced the Senate version of the Social Security Fairness Act (S. 597) that would fully repeal the Windfall Elimination Provision and the Government Pension Offset. A similar bill was introduced earlier in the House. In early March, Rep. Connolly (D-VA) and Senator Kaine (D-VA) reintroduced in their respective chambers the Saving the Civil Service Act (H.R. 1002/S. 399) to prevent the return of Schedule F, which would decimate the tenets of the merit-based Civil Service by politicizing that service. In his budget, President Biden recommended a 5.2% raise for federal employees in 2024.

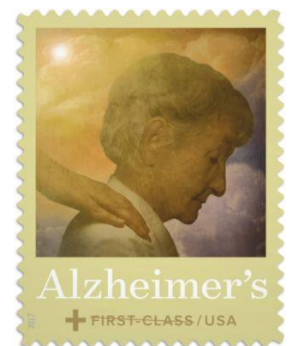
## The NARFE Chapter 409 Nominating Committee

Candidates for the 2023-24 Executive Committee are: President, **Elinor Abrell**; 1<sup>st</sup> VP (Membership), **Scott Darby**; 2<sup>nd</sup> VP (Legislation), **David Carmack**; Corresponding Secretary, **Vicki Yanez**; Recording Secretary, **Joe Fitzgerald**; Treasurer, **Kathy O'Connor**; Chaplain, **Margaret Clark**; Service Officer, **Chuck Caloia**; Newsletter Editor, **Dan Grauman**; Members-at-Large (6), **J.D. Brooks, Margaret Hawker, Pam Ogasawara, Walter Rabbit, Beverly Rynex, Jeanine Young**.

We are still seeking a volunteer to be Assistant Chaplain. If you're thinking about volunteering but have questions about what's involved (hint: not a lot of your time), feel free to contact Nominating Committee Chair, Chuck Caloia, by phone (301-938-2000) or email ([chuck\\_caloia@yahoo.com](mailto:chuck_caloia@yahoo.com)) for more information.

## Alzheimer's Report (Kathy Siggins • 301-829-2462)

On March 19-21, approximately 900 Alzheimer's advocates from across the nation gathered in Washington, DC to attend the Alzheimer's Impact Movement (AIM) Advocacy Forum. The Forum culminates with advocates turning Capitol Hill purple meeting with their Members of Congress on Hill Day. Due to a prior commitment, I was not able to attend what would have been my 21<sup>st</sup> year joining my fellow advocates on this yearly mission. I hope to be there next year to continue the momentum that we have been able to achieve through the years. We have seen Alzheimer's funding at the National Institutes of Health grow from approximately \$325 million in 1997, to \$3.7 billion in 2023. We will continue to fight until we have a cure. Please continue to buy the Alzheimer's Stamp which can be purchased online by clicking [here](#). Thank you!



## Chaplain's Report (Margaret Clark • 240-405-4018)

We keep in touch with the shut-ins who are: Betty Brewer and Mary Miller.

In case of illness or death, please notify me at the phone number above, or by email ([mclark615@verizon.net](mailto:mclark615@verizon.net)). Thank you!

Frederick Chapter 409, Inc. of NARFE  
2471 Five Shillings Road  
Frederick, MD 21701

April 2023

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April 2023 Newsletter

NARFE Chapter No. 409 • Frederick, Maryland

NARFE Chapter 409 luncheons take place at the **Golden Corral Buffet & Grill, 5621 Spectrum Drive • Frederick, MD 21703 •**  
**Phone: 301-662-5922. See 2023 luncheon schedule below • buffet starts at 11:00 AM, program starts at 12:30 PM.**

**If you are not feeling well on the day of the luncheon, please do not attend.**

**SNOW POLICY:** If Frederick County Schools are closed for weather, the luncheon meeting is canceled. If County Schools are delayed but open at meeting time, the luncheon meeting will be held as scheduled.

Date	Speaker	Program
Apr 11	Paul Schwartz, Chairman, State Legislative Committee for the Maryland Federation of NARFE	News from the Maryland General Assembly
May 9	TBA – Recipient of annual Chapter 409 donation	Annual donation, remembering Chapter members who have passed, installation of new NARFE Chapter 409 Officers
Jun 13	<b>BINGO</b>	<b>BINGO</b>

Dues payments and gifts or contributions to NARFE are NOT deductible as charitable contributions for Federal Income Tax purposes.