



# April 2024 Newsletter The Key Notes



National Active and Retired Federal Employees Association (NARFE)  
Chapter No. 409 • Frederick, Maryland • <https://narfechapter409.org/>

<< Next luncheon / meeting is on **WEDNESDAY**, April 10 at 11:00 AM >>

**President:** Elinor Abrell • 301-831-8753 • [abrellem@comcast.net](mailto:abrellem@comcast.net)

**Editor:** Dan Grauman • 301-806-5999 • [dangrauman@gmail.com](mailto:dangrauman@gmail.com)

**\* IMPORTANT:** This month's meeting will take place on **Wednesday**. Please see details in the note below the table of upcoming events.

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

Welcome Spring! Recent temperatures appear to belie the calendar with this. With the arrival of April, we can hope for a month of pleasant weather before the arrival of heat and humidity! We are honored to have State Senator **Karen Lewis Young** at our April luncheon to update us on happenings of the very recently completed session of the Maryland General Assembly.

The Chapter 409 year is winding down. Members will vote on the slate of officers for the coming year at the April luncheon. Thanks to Chuck Caloia and the Nominating Committee for their time and effort in putting together this slate.

It has become increasingly difficult to find people willing to step up and give a bit of time to keep the Chapter functioning. This is not a problem unique to our chapter, but perhaps reflects the times in which we live. A huge thank you goes to each person who accepted a position to serve on next year's Executive Committee.

A major milestone for Chapter 409 is the update of the very out-of-date Chapter By-Laws, a task nearing completion. Joe Fitzgerald chaired this committee consisting of Elinor Abrell, Peter Alvestad, Mary Lou Blessing, David Carmack, and Beverly Rynex. The committee met numerous times over several months, by Zoom and in person, along with multiple emails back and forth. No easy task this! The final version is due to have Executive Committee approval and then go to NARFE Headquarters for review and, hopefully, acceptance. Then the membership will vote on the revision.

Looking ahead, May is the month we install the new officers, remember Chapter members who died during the past year, and make our annual charitable contribution. We have always directed this contribution to local organizations whose services benefit seniors. If you have a suggestion for such an organization, contact Kathy Siggins at 301-829-2462. Funds from the 50-50 raffle we do each month go to support this contribution; last year's recipient was SOAR, *Supporting Older Adults Through Resources*.

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

**Balance available to Chapter 409 as of Feb 20, 2024 . . . . . \$5,653.47**  
• Income . . . . . \$585.00  
• Expenses . . . . . \$223.38  
**Balance available to Chapter 409 as of Mar 20, 2024 . . . . . \$6,015.09**

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

As I write this report, it appears that the Federal Government will be completely funded for its Fiscal Year 2024, which ends on September 30, 2024. A bill has been introduced in the House to provide lifetime identity theft protection for federal employees and retirees whose identifiable information was compromised by the 2015 Office of Personnel Management data breach. Currently that protection extends through the end of the Federal Government's Fiscal Year 2026, which ends on September 30, 2026.



Moss Rudley, Supt. of the Historic Preservation Training Center of the National Park Service, pictured with Chapter 409 President Elinor Abrell, gave a very interesting presentation about the many tasks performed at national parks and other historic sites around the country.

## Membership Report (Scott Darby • 301-662-7123)

We currently have 300 members, and the number keeps dropping. I sent out three letters recently to members who let their membership lapse. I do check the Frederick News Post obituary pages before sending any letters. We actually had four lapsed members, but I found one in the obituaries. She passed away in February of 2023.

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

**Maureen Kallstom**, 83, died on February 28, 2023. **Laetitia Yeandle** died (date unknown).

The Funeral Mass for Kathy Kusel Patrick, who died in December 2023, will take place on Friday, April 12 at 11:00 AM at St. Ignatius of Loyola Catholic Church in Ijamsville, MD. The Mass will be followed by a reception in the Fellowship Hall. Kathy was the former Luncheon Coordinator and Assistant Chaplain for Chapter 409.

We keep in touch with Chapter 409 shut ins. 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!

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

The most expensive disease that our nation faces is Alzheimer's Disease and other dementias. More than 6 million Americans are living with Alzheimer's with the cost of care to our nation of \$345 billion in Fiscal Year 2023. Women have been disproportionately impacted by Alzheimer's disease as two thirds of the 6 million affected are women, and 63% of the 11 million Americans providing unpaid care for family members with dementia are women. "1 in 8 Marylanders aged 65 and older are estimated to have Alzheimer's or dementia, ranking first place for the nation's highest projected dementia prevalence for this age group." I need to work faster! I will be attending the Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington, DC on April 7-9, culminating with visits to Capitol Hill with our Members of Congress. I've learned the hard way that "the toughest Hill to climb, is Capitol Hill". Wish me luck!

## Nominating Committee Report

(Chuck Caloia • 301-938-2000)

The Nominating Committee is pleased to present its 2024-25 slate of candidates for the Chapter's Executive Committee, which will be voted on at the Chapter's April meeting. The candidates are: President – **Scott Darby**; 1<sup>st</sup> Vice President (Membership) – **Chuck Caloia**; 2<sup>nd</sup> Vice President (Legislation) – **David Carmack**; Corresponding Secretary – **Vicki Yanez**; Recording Secretary – **Beverly Rynex**; Treasurer – **Kathy O'Connor**; Chaplain – **Margaret Clark**; Service Officer – **Chuck Caloia**; Newsletter Editor & Webmaster – **Dan Grauman**; six Members-at-Large – **J.D. Brooks**, **Margaret Hawker**, **Susan Janssen**, **Pam Ogasawara**, **Ronnie Osterman**, and **Jeanine Young**.

The Nominating Committee consisted of the following Chapter members: Chuck Caloia, Chair ([chuck\\_caloia@yahoo.com](mailto:chuck_caloia@yahoo.com)); Gerry Blessing ([g.blessing@ieee.org](mailto:g.blessing@ieee.org)); and Pam Ogasawara ([pamogasawara@gmail.com](mailto:pamogasawara@gmail.com)). We wish to thank all those Chapter members who volunteered to serve in a position or otherwise participated in the nominating process this year. If you'd like more information, please contact any of us.

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

April 2024

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

CHANGE SERVICE REQUESTED

ADDRESS LABEL

April 2024 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 the 2024 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.**

Date	Speaker(s)	Program
<b>Apr 10*</b>	Maryland State Senator, <a href="#">Karen Lewis Young</a>	<a href="#">Maryland General Assembly</a> update
May 14	Representative of charity donation recipient	New officers' installation, memorial service, charity donation
Jun 11	<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.

**\* IMPORTANT:** The April meeting will occur on **Wednesday, April 10**. While our luncheons normally take place on the 2<sup>nd</sup> Tuesday of the month, we are changing the day for that month only, to accommodate the schedule of our speaker, Maryland State Senator, **Karen Lewis Young**. Please mark your calendar for this important presentation!