

YOU NEED NARFE . . . NARFE NEEDS YOU!

PROGRAM BOOKLET

2025-2026



<https://narfechapter409.org>

CHAPTER 409

Frederick, Maryland

Chartered in 1967

Maryland Federation of Chapters

**National Active and Retired
Federal Employees Association**

Organized in 1921



*I pledge allegiance to the flag of
the United States of America and
to the Republic for which it stands,
one Nation under God, indivisible,
with liberty and justice for all.*

Table of Contents

(Click on any [blue](#) item to go directly to that page)

	Page
Executive Committee Meeting Date, Luncheon Dates, and Programs & Speakers	4
Officers 2025-2026	5
Standing Committees 2025-2026	5
Other Committees 2025-2026	6
Maryland United States Senators	7
Maryland District 6 Representative	7
Maryland District 8 Representative	7
The White House	7
Maryland Legislators	
Maryland Senate	7
Maryland House of Delegates	8
Writing to Your Legislator	8
Presidents of NARFE Chapter 409	9
About NARFE Chapter 409	10
NARFE Mission Statement	10
NARFE Vision Statement	11
Special Note	11

Executive Committee (EC) Meeting & Luncheon Dates and Luncheon Programs & Speakers

EC Meeting Date	Luncheon Date	Luncheon Program & Speaker
Mar 6	Mar 11	Hospice services available to our community. Speaker: Dawn Bolton, Frederick Health Hospice
Apr 3	Apr 10	General Assembly session update. Speaker: MD State Senator William G. Folden, Maryland General Assembly
May 8	May 13	New officers' installation, charity donation, memorial service. Speaker: representative of charity donation recipient
Jun 5	Jun 10	BINGO
Sep 4	Sep 9	TBA
Oct 9	Oct 14	TBA
Nov 6	Nov 11	Federal Employees Health Benefits (FEHB) Program. Speaker: David Hurka – BlueCross/Blue Shield FEP
Dec 4	Dec 9	TBA

Note 1. Luncheon meetings are on the second Tuesday of the month at the Golden Corral Buffet & Grill, 5621 Spectrum Drive, Frederick, MD 21703. Doors open at 11:00 AM, lunch buffet is open until last call at 12:15 PM. Chapter business begins at 12:30 PM followed immediately by the program. If you are not feeling well on the day of the luncheon, please do not attend.

Note 2. Snow Policy: If Frederick County Schools are closed, then the luncheon meeting is canceled. If County Schools are delayed but open at meeting time, the luncheon meeting will be held as scheduled.

Note 3. Your Executive Committee meets monthly on the Thursday before the luncheon, unless otherwise noted. At the current time meetings are held virtually over Zoom. **All members are invited to participate in the meeting** but may speak only with permission. Members who wish to participate must contact Dan Grauman via email at dangrauman@gmail.com no later than one day before the meeting to receive a link to the Zoom meeting.

[Return to Table of Contents](#)

NARFE Chapter 409 Officers – 2025-2026

President	Scott Darby
1st Vice Pres.	Chuck Caloia
2nd Vice Pres.	David Carmack
Corresponding	Vicki Yanez
Recording	Beverly Rynex
Treasurer	Kathy O'Connor
Chaplain	Margaret Clark
Service	Chuck Caloia
Newsletter	Dan Grauman
Editor & Webmaster	
Immediate Past President	Elinor Abrell
Members-at-Large	J.D. Brooks, Margaret Hawker, Susan Janssen, Pam Ogasawara, Ronnie Osterman, Jeanine Young

Standing Committees – 2025-2026

Alzheimer's	<i>Kathy Siggins</i> Jamie Hall
Auditing	<i>Jeanine Young</i> Peggy Brandenburg J.D. Brooks
Legislative-Federal	<i>David Carmack</i> Kathy Siggins
Legislative-Maryland	<i>David Carmack</i> Kathy Siggins
Membership	<i>Chuck Caloia</i> Vacant
NARFE-PAC[#]	<i>Vacant</i>
Nominating⁺	<i>Chuck Caloia</i> Peter Alvestad Mary Lou Blessing
Program⁺	<i>Exec. Committee</i>
PR/Publicity	<i>Vacant</i>
Welfare⁺	<i>Vacant</i>
Rep to MD Fed	<i>Scott Darby</i>
Alternate[#]	Kathy Siggins

Italics/bold = Chairperson; **+** = Per Chapter By-Laws; **#** = Per NARFE National

[Return to Table of Contents](#)

Other Committees – 2025-2026

Budget	<i>Kathy O'Connor</i> (PROPOSED) Vacant
Newsletter	<i>Dan Grauman</i> Scott Darby
Website (NEW)	<i>Dan Grauman</i> Chuck Caloia
Photographer	<i>Vacant</i>
United Seniors MD	<i>Vacant</i>
Charity	<i>Kathy Siggins</i> Peter Alvestad Kathy O'Connor
History/Archivist	<i>Vacant</i>

Note: Much of the work of Chapter 409 is accomplished by committee. Some of our committees have vacancies, meaning that more members are needed for those committees to function effectively. Most committees welcome more members. Don't be bashful. If you wish to work on a particular committee, call the chairperson or anyone else on the Board.

[Return to Table of Contents](#)

Maryland United States Senators

The Honorable Angela Alsobrooks Website: <https://www.alsobrooks.senate.gov/>
SD-B40E Dirksen Senate Office Building Tel: 202-224-4524
Washington, D.C. 20510

The Honorable Chris Van Hollen Website: <https://www.vanhollen.senate.gov>
730 Hart Senate Office Building Tel: 202-224-4654
Washington, D.C. 20510 Hagerstown Office: 301-797-2826

Maryland District 6 Representative

The Honorable April McClain Delaney Website: <https://mcclaindelaney.house.gov/>
1130 Longworth House Office Building Tel: 202-225-2721
Washington, D.C. 20515 Frederick Office: 301-926-0300

Maryland District 8 Representative

The Honorable Jamie Raskin Website: <https://raskin.house.gov/>
2242 Rayburn House Office Building Tel: 202-225-5341
Washington, D.C. 20515 Rockville Office: Tel: 301-354-1000

To reach the office of any member of Congress by telephone, call the Capitol switchboard at 202-224-3121. To learn about any member of Congress, go to the website <https://www.congress.org>.

The White House

To reach the White House by telephone, call 202-456-1414. Email the President at president@whitehouse.gov.

Maryland Legislators

Maryland Senate

James Senate Office Building Tel: 800-492-7122, then extension listed below
11 Bladen St.
Annapolis, MD 21401-1991

Senator Karen Lewis Young, District 3 Email: karen.young@senate.state.md.us
Room 302 Tel: ext. 3575 or 410-841-3575

Senator William G. Folden, District 4 Email: william.folden@senate.state.md.us
Room 414 Tel: ext. 3704 or 410-841-3704

[Return to Table of Contents](#)

Maryland Legislators (continued)

Maryland House of Delegates

Lowe House Office Building
6 Bladen St.,
Annapolis, MD 21401-1991

Tel: 800-492-7122, then extension listed below

3 – Kris Fair
Room 306

Email: kris.fair@house.state.md.us

Tel: ext. 3472 or 410-841-3472

3 – Kenneth Kerr
Room 209

Email: ken.kerr@house.state.md.us

Tel: ext. 3240 or 410-841-3240

3 – Karen Simpson
Room 221

Email: karen.simpson@house.state.md.us

Tel: ext. 3436 or 410-841-3436

4 – Barrie S. Ciliberti
Room 226

Email: Barrie.Ciliberti@house.state.md.us

Tel: ext. 3080 or 410-841-3080

4 – April Miller
Room 226

Email: april.miller@house.state.md.us

Tel: ext. 3288 or 410-841-3288

4 – Jesse T. Pippy
Room 212

Email: jesse.pippy@house.state.md.us

Tel: ext. 3118 or 410-841-3118

The Maryland General Assembly website, <https://mgaleg.maryland.gov/mgawebsite/>, provides information about members, bills, amendments, votes on bills, and more.

Writing to Your Legislator

It is very important that we let our elected officials know our views. The wider our voices are heard, the more impact Chapter 409 will have on important legislation. When you write, remember these key hints:

- Keep to one subject, give facts, and tell the essentials.
- Give your personal views. Tell how the issue affects you and your family.
- Use your own words, stick to the point.
- Don't be afraid to send a handwritten letter.
- Use proper salutations:
 - o **MD US Senators:** The Honorable full name, Dear Senator Last Name
 - o **MD Representatives:** The Honorable full name, Dear Mr./Mrs./Ms. Last Name
 - o **MD Legislator:** Dear Senator or Delegate Last Name
- Members who live outside Maryland's 6th or 8th Congressional Districts can go to <https://mgaleg.maryland.gov/mgawebsite/Members/District> or call the Maryland Archives Help desk at 410-260-6487 for the names of your legislators.

[Return to Table of Contents](#)

Presidents of NARFE Chapter 409

Miriam W. Feely*	1967 – 1968	Eldon I. Nowstrup*	1997 – 1999
H. Robert DeRose*	1968	Joseph N. Shrader*	1999 – 2000
Ralph F. Martz*	1968 – 1970	Gilbert B. Monck*	2000 – 2001
Mary S. Motherway*	1970 – 1972	Henry F. Walter	2001 – 2003
Jurgen G. Piper*	1972 – 1974	Joseph N. Shrader*	2003 – 2004
Oliver H. Keefer*	1974 – 1977	Orley Bourland*	2004 – 2005
Roderic Frederickson*	1977 – 1980	Joseph N. Shrader*	2005 – 2006
Richard A. Killmeier*	1980 – 1983	Orley Bourland*	2006 – 2007
Carl F. Darner*	1983 – 1985	Ted Jensen*	2007 – 2010
Chris R. Tyree*	1985 – 1987	Mary Lou Blessing	2010 – 2013
George E. Dredden, Jr.	1987 – 1989	William Elsen*§	2013 – 2014
Larue Swomley	1989 – 1991	Kathy Siggins§	2013 – 2015
Howard A. Lutz	1991 – 1993	Elinor Abrell	2015 - 2024
Gilbert B. Monck*	1993 – 1995	Scott Darby	2024 -
Ralph F. Knisely	1995 – 1997		

*=Deceased §=Acting and/or Co-President

[Return to Table of Contents](#)

About NARFE Chapter 409

National Active and Retired Federal Employees Association, Chapter 409, Frederick, Maryland, has provided service since 1967 to retired and active federal employees living in Frederick County and the surrounding areas.

Our History

- Chapter 409 was established on December 7, 1967, in order to join with other Federal employees in protecting hard-earned benefits. We met first in members' homes, then, as our membership grew, meetings were moved to a local fire house and then to local service clubs. Currently, meetings are held at the Golden Corral Buffet & Grill, 5621 Spectrum Drive, Frederick, MD 21703. Meetings take place on the second Tuesday of the month. Buffet starts at 11:00 AM, program starts at 12:30 PM. 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.

Our Members

- Donated \$25,400 to local charities that benefit senior citizens.
- Donated over \$20,775 for research on a cure for Alzheimer's disease and another \$19,915 for treatment of those afflicted with the disease in the local area.
- Continuing support of the Maryland Federation of Chapters, NARFE. Two members have served as Federation President, and many have served on Federation committees.
- Volunteer in city, county, and state organizations working to enhance the quality of life for all senior citizens.
- Initiated the national drive to have the Postal Service issue an "Alzheimer's semi-postal stamp" to raise awareness about the disease and to provide research funds to help discover a cure.

Our Bylaws – please click [here](#) to view the Bylaws.

NARFE Serves Our Members

- With assistance and information about retirement, retirement options, and restrictions on benefits.
- With advice upon the death of a Federal employee, annuitant, or survivor.

NARFE Mission Statement

- To support legislation beneficial to current and potential Federal annuitants and to oppose legislation contrary to their interests.
- To promote the general welfare of current and potential Federal annuitants by advising them with respect to their rights under retirement laws and regulations.
- To cooperate with other organizations and associations in furtherance of these general objectives.

[Return to Table of Contents](#)

NARFE Vision Statement

To ensure that

- NARFE is recognized as the association devoted exclusively to serving and protecting the rights and earned benefits of all federal retirees, employees, and survivors.
- Work is done to help preserve those rights and benefits.
- Members receive valuable guidance, timely resources, and powerful advocacy.
- All members are left with the knowledge and understanding that their needs and wants are being taken to the highest levels of government for resolution.

Special Note

Dues payments, contributions, and gifts to NARFE are **NOT** deductible as charitable contributions for Federal income tax purposes.

[Return to Table of Contents](#)