

2025-26 Program Booklet

National



<https://www.narfe.org>

Maryland Federation



<https://mdnarfe.org>

Chapter 409 – Frederick, Maryland

Chartered in 1967



<https://narfechapter409.org>

**National Active and Retired
Federal Employees Association**

Organized in 1921

You need NARFE . . .NARFE needs you!



*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.*

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

EC Meeting Date	Luncheon Date	Luncheon Program & Speaker
Sep 4	Sep 9	Aging in Place Speaker: Terri Lemere , M.S., OTR/L, ALCM ®, CAPS representing Healthy Home Living Solutions, LLC
Oct 9	Oct 14	Stroke Awareness Speaker: Kristine Wood , MS, RN, HNBC, Stroke Coordinator, Frederick Health
Nov 6	Nov 11	Federal Employees Health Benefits (FEHB) Program. Speaker: David Hurka – BlueCross/Blue Shield FEP
Dec 4	Dec 9	Christmas in Frederick “back then” Speaker: Clarence “Chip” Jewell representing The Historical Society of Frederick County
Jan 8, 2026	Jan 13, 2026	Artificial Intelligence: How it Works, Brief Overview of its Opportunities and Challenges Speaker: Professor Guillermo Warley
Feb 5	Feb 10	The role of the County Executive and opportunities for volunteering Speaker: County Executive Jessica Fitzwater
Mar 5	Mar 10	Braver Angels , the nation’s largest cross-partisan, volunteer-led movement Speaker: James Carpenter
Apr 9	Thurs, Apr 16	Maryland General Assembly session update Speaker: Delegate Kenneth P. Kerr, EdD (District 3, Frederick County)
May 7	May 12	New officers’ installation, charity donation, memorial service for deceased Chapter members Speaker: Representative of charity donation recipient
Jun 4	Jun 9	BINGO

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.

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NARFE Chapter 409 Officers – 2025-2026

President	Scott Darby
1st Vice Pres. (Membership)	Chuck Caloia
2nd Vice Pres. (Legislation)	David Carmack
Secretary	Ted Hull
Treasurer	Kathy O'Connor
Chaplain	Margaret Clark
Service Officer	Chuck Caloia
Newsletter Editor & Webmaster	Dan Grauman
Immediate Past Pres.	Elinor Abrell
Members-at-Large	J.D. Brooks, 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>Peter Alvestad</i> Vacant
Program⁺	<i>Exec. Committee</i>
PR/Publicity	<i>Vacant</i>
Welfare⁺	<i>Vacant</i>
Rep to MD Fed Alternate#	<i>Scott Darby</i> Kathy Siggins

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Other Committees – 2025-2026

Budget	<i>Kathy O'Connor</i> (PROPOSED) Vacant
Newsletter	<i>Dan Grauman</i> Scott Darby
Website	<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>

***Italics/bold* = Chairperson; + = Per Chapter Bylaws; # = Per NARFE National**

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.

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Maryland United States Senators

The Honorable Angela Alsobrooks (D)
SD-B40E Dirksen Senate Office Building
Washington, D.C. 20510

Website: <https://www.alsobrooks.senate.gov/>
Tel: 202-224-4524

The Honorable Chris Van Hollen (D)
730 Hart Senate Office Building
Washington, D.C. 20510

Website: <https://www.vanhollen.senate.gov>
Tel: 202-224-4654
Hagerstown Office: 301-797-2826

Maryland District 6 Representative

The Honorable April McClain Delaney (D)
1130 Longworth House Office Building
Washington, D.C. 20515

Website: <https://mcclaindelaney.house.gov/>
Tel: 202-225-2721
Frederick Office: 301-926-0300

Maryland District 8 Representative

The Honorable Jamie Raskin (D)
2242 Rayburn House Office Building
Washington, D.C. 20515

Website: <https://raskin.house.gov/>
Tel: 202-225-5341
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.gov>.

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
11 Bladen St.
Annapolis, MD 21401-1991

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

Senator Karen Lewis Young (D), District 3
Room 302

Email: karen.young@senate.maryland.gov
Tel: ext. 3575 or 410-841-3575

Senator William G. Folden (R), District 4
Room 414

Email: william.folden@senate.maryland.gov
Tel: ext. 3704 or 410-841-3704

Maryland House of Delegates

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

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

Kris Fair (D), District 3
Room 306

Email: kris.fair@house.state.md.us
Tel: ext. 3472 or 410-841-3472

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Maryland Legislators (continued)

Maryland House of Delegates (continued)

Kenneth Kerr (D), District 3
Room 209

Email: ken.kerr@house.state.md.us
Tel: ext. 3240 or 410-841-3240

Karen Simpson (D), District 3
Room 221

Email: karen.simpson@house.state.md.us
Tel: ext. 3436 or 410-841-3436

Barrie S. Ciliberti (R), District 4
Room 226

Email: Barrie.Ciliberti@house.state.md.us
Tel: ext. 3080 or 410-841-3080

April Miller (R), District 4
Room 226

Email: april.miller@house.state.md.us
Tel: ext. 3288 or 410-841-3288

4 – Jesse T. Pippy (R), District 4
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:
 - **MD US Senators:** The Honorable full name, Dear Senator Last Name
 - **MD Representatives:** The Honorable full name, Dear Mr./Mrs./Ms. Last Name
 - **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.

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NARFE Chapter 409 Presidents

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. Dredde, 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

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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 engage in efforts to influence public policy. Information about laws that govern these activities can be found in the [NARFE Fact Sheet](#).
- 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.

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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.

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