

*National Active and Retired Federal Employees Association*  
Western Montgomery County Chapter 258 - Chartered November 10, 1953  
*The largest NARFE Chapter in the country!*

November/December 2019

## Our Next Chapter Meeting – And Upcoming Events

**Our Friday, November 8th Chapter meeting** will be at the Mykonos Grill, 121 Congressional Lane, Rockville, MD; members who wish to come for lunch may arrive at 11:30 a.m., with the meal being served at 12:00 noon. The cost is \$25.00 per person, payable either in cash, or checks made out to "Mykonos Grill" (please, no credit cards). Those who do not wish to come for lunch may arrive at 1:00 p.m. **Our speakers will be Jennifer Malavé, Account Manager, CareFirst Blue Cross Blue Shield, who will talk about health insurance changes for the 2020 calendar year. We will also have Ms. Susan Allgood, AETNA representative.**

\*\*\* **PLEASE NOTE:** If Montgomery County Public Schools either have a delayed opening or are closed due to inclement weather on the day of either our **Chapter Board meeting OR our Chapter membership meeting**, that meeting will be cancelled.\*\*\*

**Chapter Executive Board meeting Monday, November 4th,** Ledo's Pizza, 10300 Westlake Drive, Bethesda, MD, 10:00 a.m.

**The November chapter meeting will be on Friday, November 8th,** at the Mykonos Grill, 121 Congressional Lane, Rockville, MD. Among our speakers will be Ms. Jennifer Malavé, Account Manager, Carefirst Blue Cross Blue Shield, and Ms. Susan Allgood, AETNA representative, who will present information on the annual FEHBP health care "Open Season."

**FEHBP "Open Season"** this year will run from Monday, November 11th through Monday, December 9th, 2019.

**Cong. Jamie Raskin will again have the usual two FEHBP Forums in November.** The daytime forum will be on Tuesday, November 12th, from 9:00 a.m. to 11:00 a.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton, MD 20906, and the evening forum will be on Thursday, November 21st at the Executive Office Building, 101 Monroe St., Rockville, MD 20850, from 7:00 p.m. to 9:00 p.m.

**Chapter 258 is planning a Holiday Party** on Friday, December 13th, at Alfio's La Trattoria, 4515 Willard Avenue, Chevy Chase 20815 (free valet parking). The cost will be \$ 30.00 per person (which includes tax and tip); The Clarke Maylone Band will provide entertainment. (See registration form in this newsletter; registration is necessary to allow us to inform the restaurant of the exact number of attendees and their choices of entrees).

**Chapter Executive Board meeting Monday, January 6th,** Ledo's Pizza, 10300 Westlake Drive, Bethesda, MD, 10:00 a.m

**Our Friday, January 10th Chapter meeting** will be at the Mykonos Grill 121 Congressional Lane, Rockville, MD

**NARFE MD Federation 2020 Mini Conference, May,** Comfort Inn, Bowie, MD.

**PLEASE !! If you have a "winter" address, have a change of your local address or your E-mail address, or haven't provided us with your E-mail address – please advise the NARFE Headquarters Member Records at 1-800-456-8410. Thanks !**

## CO-PRESIDENTS' CORNER

*Lois Ann Beaver, Co-President*

At the previous Chapter 258 Meeting on October 11, 2019, the subject **"Stroke, What can we do about it?"** was addressed by **Mary Rucker, MS RN, SCRNP, (Stroke-certified Registered Nurse) CNRN, (Certified Neuroscience Registered Nurse),** Stroke Program Manager of the NIH Stroke Center at Suburban Hospital. She provided considerable insight about avoiding, detecting and responding to strokes. **BE FAST** when you spot symptoms of a stroke: **B**alance loss/**E**yes vision change/**F**ace uneven smile/**A**rm weak/**S**peech slurred/**T**ime to call 911 in order to skip delay.

**The Friday, November 8, 2019 Chapter 258 Meeting,** will be at Mykonos Grill at 11:30 a.m. Federal Employee Health Benefits Open Season for the 2020 Plans takes place from November 11th to December 9th. Information on the new plans, advice and updates will be provided by Jennifer Malavé, CareFirst Blue Cross Blue Shield, and Kelly Piton, AETNA.

**On Friday, December 13th, 11:30 a.m. the Chapter 258 Holiday Party** will be at Alfio's La Trattoria, 4515 Willard Ave., Chevy Chase, MD, (Free Valet Parking and 2 blocks from the Friendship Heights Metro). Find and submit the reservation form in this newsletter and join friends at a delightful meal accompanied by entertainment provided by Clarke Maylone's Band. Don't delay.

**NARFE Membership Recruitment –** It is in your interest to recruit federal colleagues to join NARFE. Strengthening membership increases activities and impact. **AND** during the current recruitment drive that ends on December 31, 2019, when you include your membership number on the new member's application form, you will be awarded \$10 from NARFE and the Maryland Federation will match the \$10 Recruiters Award.

**The Fall 2019 Newsletter from the NARFE Maryland Federation was distributed by President Dr. Gary Roundtree, Sr.** and is available for you to read. Please go to [www.mdnarfe.org](http://www.mdnarfe.org) to read the newsletter. Once you get to the homepage, at the top click on The MD Federation; under that click on Federation Newsletters and then on the 2019 Fall MD Federation Newsletter. The actual link is: [www.mdnarfe.org/fall-2019\\_newsletter\\_narfemd\\_final\\_paf/](http://www.mdnarfe.org/fall-2019_newsletter_narfemd_final_paf/) President Gary hopes you will take the opportunity to read and

(Continues pg. 2)

enjoy this newsletter and photos.

The Fall 2019 Newsletter included the following 2019 Calendar of Events:

- Oct. 29 Budget Call Letter to be Sent Out
- Oct. 31 Training Day, Bowie Comfort Inn
- Nov. 23 Prepare Preliminary Budget; publish in Winter Newsletter
- Nov. 24 Deadline for Winter Newsletter Articles

Articles for the Winter Federation Newsletter should be submitted to the NARFE/Maryland Newsletter Editor, Pat Farmer, (buttonspaf@aol.com) with a copy to President Gary Roundtree (groundtree@hotmail.com) before Sunday, November 24. Questions may be addressed to Dr. Gary by email or by phone 410-227-8570 h/443-929-7045c or to Pat by email or phone, 301-776-4645.

**2020 NARFE Election – Balloting Key Dates:**

- December 13, 2019 Candidate Statements
- January 1, 2020 Proposed Bylaws Resolutions

(See page 42, October 2019 narfe magazine)

**For members making a permanent move**, please provide your new address to NARFE, either at 606 N. Washington Street, Alexandria, VA 22314, call Member Records at (1-800-456-8410), or login to the NARFE website (www.narfe.org). On the left side of the page under What You Can Do Online click on Update My Record to access this section; you will need a password.

**TREASURER'S REPORT**

*Larry Lange, Treasurer*

**Chapter 258, Funds Summary, October 8, 2019**

Checking Account balance, 9/10/19	\$ 14,153.87
Receipts, 9/10/19 - 10/8/19	\$ 0
Expenses, 9/10/19 - 10/8/19	\$ 1,249.78
Checking Account balance, 10/8/19	\$ 12,904.09
Working Capital/Total Chapter assets	\$ 12,904.09

(Please note: The zero receipts figure in this report was due to the National NARFE office's continuing work on posting members' dues received to the National NARFE database -- the estimated members' dues for September, \$494.56, were posted to our Chapter checking account the day after our October 8th Board meeting).

**MESSAGE FROM CO-PRESIDENT DICK STROMBOTNE**

*DickS.narfe@comcast.net*

Save on Dues Withholding. When you receive a notice about renewing your NARFE membership, you can save by enrolling in Dues Withholding. You save \$6 annually. You also save by not having to take the time to deal with the annual renewal activity in the future. It is easy. Just fill out the DW application in NARFE magazine and send it in.

Chapter's proposal to revise the NARFE Legislative Program. This proposal for NARFE to support legislation to increase Social Security benefits was sent to HQ last February. I sent inquiring emails to National Officers asking what was going on about two months ago and got no response until last week. It was along the line of: "This is really complicated and we have not figured out how to deal with it." When I learn more I will let you know. What gives this some urgency is that the House of Representatives may vote shortly to approve Rep. Larson's proposal to improve Social Security benefits.

**SOME FACTS ABOUT GUN VIOLENCE IN THE UNITED STATES**

Nearly 40,000 Americans died from gun violence in 2018. There have been over 350 mass shootings in the U.S. in the past year – nearly one per day – and gun violence in all its forms collectively takes the lives of over 100 people per day.

**TENTATIVE SCHEDULE FOR SPEAKERS FOR FUTURE NARFE CHAPTER 258 MEMBERSHIP MEETINGS**

Our Chapter Co-President, Lois Beaver, has contacted individuals to be speakers for our Chapter membership meetings through the spring of 2020. Although she has gotten commitments from these persons, understandably there may be some changes as we move into the New Year.

**2019**

**December 13th** - Chapter 258 Holiday Party. Please return the reservation coupon (above) for our party to our Chapter Treasurer, Larry Lange, as soon as possible, but no later than December 2, 2019.

**2020**

**January 10th** - Update on Federal and State income taxes by Marilyn Scheiner, CPA

**February 14th** - Bettering our Business Climate - Andrew Friedson, District 1, Montgomery County Council member

**March 13th** - NARFE update, by National NARFE Executive Director Barbara Sido

**April 10th** - Therapeutic Effect of Music – Marsha Goodman-Wood, Cognitive Neuroscientist

(Continues pg. 3)

**May 8th** - Our Chapter's annual MD State Legislative Forum (legislators to be invited will be decided in February).

As usual, in the winter months, if there is inclement weather on the date of our Chapter meeting, and Montgomery County schools are either cancelled or delayed, our Chapter meeting will be cancelled.

**Pictures taken by former Chapter 258 President  
Charlie Garfinkel**



(L to R): The speaker at our October 11th Chapter meeting, Dr. Mary Rucker, is presented a copy of Chapter 258 member Judy Welles' book, "Cabin John," by Chapter 258 Co-President Lois Beaver



Dr. Mary Rucker was the speaker at our October 11th Chapter 258 meeting

**DECEMBER 13TH HOLIDAY PARTY RESERVATION**

Alfio's La Trattoria, 4515 Willard Avenue, Chevy Chase,  
MD 20815 • 11:30 a.m. – 2:00 p.m.

Name(s): \_\_\_\_\_

Number of Diners x \$30.00 = \$ \_\_\_\_\_  
(this includes tax & tip)

Please make a choice of **ONE** of the following entrees for each person:

- Veal Piccata
- Veal Parmigiana
- Chicken Francese
- Broiled Flounder
- Eggplant Parmigiana

Coffee and dessert are included; a cash bar will be available; and Alfio's has free valet parking.

Please mail this Reservation Coupon with a check for the total amount (made out to NARFE Chapter 258) by **December 2, 2019.**

Mail to: **Mr. Larry Lange, 11210 White Barn Court  
Gaithersburg, MD 20879-3146**



Western Montgomery County Chapter 258  
National Active and Retired Federal Employees  
310 High Gables Drive, Apt. 205  
Gaithersburg, MD 20878

NON-PROFIT  
US POSTAGE  
PAID  
SUBURBAN, MD  
PERMIT #5715

**THIS IS YOUR CHAPTER 258 NEWSLETTER  
PLEASE READ !! ☺**

**The speakers for our November 8th Chapter meeting will be Ms. Jennifer Malavé, Account Manager, CareFirst Blue Cross Blue Shield, and Ms. Susan Allgood, AETNA representative, who will talk about health insurance changes for the 2020 calendar year.**

## Chapter Officers

### Co-Presidents

**Dr. Richard Strombotne** 240-632-9881  
DickS.narfe@comcast.net

**Lois Beaver** 240-447-2054

### 1st Vice President

**Allan Kam** 301-469-0352  
akam@htsassociates.com

### 2nd Vice President

**Constance Price** 301-657-2625

### Secretary

**Marty Strombotne** 240-632-9881  
martystrom@comcast.net

### Treasurer

**Larry Lange** 301-972-6775  
llange3751@aol.com

### Service Officer

**Helen Berkson** 301-881-1168

## Committee Chairs

### Public Relations

**Suzanne Ackerman** 301-588-6206  
suzword@gmail.com

### Newsletter

**Larry Lange** 301-972-6775  
llange3751@aol.com

### Federal Legislation

VACANT

### State Legislation

**Dave Roseman** 240-401-6628  
dave.roseman@comcast.net

### Programs

**Lois Beaver** 240-447-2054

### Allan Kam

301-469-0352  
akam@htsassociates.com

### Awards

VACANT

## Membership VACANT

### Alzheimer's

**George Perez**  
George.E.Perez@gmail.com

## Congressional Delegation

Senator Chris Van Hollen, Jr.  
202-2245-4654

Senator Benjamin L. Cardin  
202-224-4524

Representative Jamie Raskin (MD-8)  
202-225-5341

Representative David Trone (MD-6)  
202-225-2721

Gov. Hogan's e-mail is [governor.mail@maryland.gov](mailto:governor.mail@maryland.gov). Your legislators may be reached at [www.mgaleg.maryland.gov](http://www.mgaleg.maryland.gov); they may also be reached using the General Assembly's number. 1(800) 492-7122

## United Seniors of Maryland

**Dave Roseman** 240-401-6628  
dave.roseman@comcast.net