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PROTECT, PRESERVE, MAINTAIN OUR BENEFITS

Dr. Howard Waterworth, 1st Vice President and Legislative Chair

**T**hese are the words that describe the best that NARFE could do for us during 2012. It is not surprising that salaries/annuities and benefits for us Feds have not improved during the 112<sup>th</sup> Congress in view of the federal budget and Increasing deficit. Perhaps we can be grateful that current active employees haven't been "hit" more than they have. Perhaps some credit can be given to our National Office for their continuing negotiations with Congress on our behalf.

In a recent publication NARFE summarized some of its efforts to shield us from adverse actions by Congress. Listed among NARFE's accomplishments are the following:

- ⇒ Defeated the Step Increase Freeze that would have expanded the two-year pay freeze to include merit-awarded step increases.
- ⇒ Prevented retirement, pay and benefit cuts which now will not reduce employee and annuitant compensation. even though threats are likely to continue.
- ⇒ Protected Retirement Contributions for Current Feds from Increase. Its passage would have increased contributions toward their retirement without enhanced benefit.
- ⇒ Backed the Passage of the New Phased Retirement Option Law that now allows employees to transition to part-time work while collecting a partial annuity.
- ⇒ Maintained FEHBP Integrity. An amendment in the Senate postal reform legislation would have removed postal retirees from the FEHBP and forced them into Medigap plans. This proposal

would have raised premiums on all FEHBP participants.

⇒ Testified Before Congress six times on issues such as the retirement claims backlog, federal compensation, and on behalf of the 30-member Federal-Postal Coalition.

NARFE headquarters staff also has helped by training various state Federation leaders on how to become more effective in dealing with State Governments as they deal with their various deficits and attempts to balance budgets.

NARFE has answered hundreds of personal questions submitted by members from all over the country. Timely and reliable answers to complex questions have become harder to get from many agency personnel offices in view of staff cutbacks, etc. NARFE encourages queries and has experience in dealing with unusual situations. A few are answered in the NARFE Magazine and are periodically published in a compendium. They answer questions most of us haven't even thought of yet, such as: Is it worth it in terms of annuity payout to pay my military deposit before I retire? Or, I'm in the middle of divorce, what do I need to know about how my benefits will be affected? Can I cover my grandchild as an eligible dependent under my FEHBP? I am nearing retirement and am a CSRS-Offset employee. How will this affect my retirement? And finally, should I enroll in Medicare when I become eligible?

It is good to know that NARFE stands ready to help us in whatever situation we find ourselves.

**PAST CHAPTER  
PRESIDENTS****Chapter 1122**

Robert Doyle  
Robert F. Haas  
John Fleming

**Chapter 2146**

Irwin Neveleff  
Marty Eiband



**Total Chapter  
Membership  
February**

**559**

## Chapter Corner

Chapter 1122 welcomes the following members that joined in February:

New Members:

**Regina Cody**

**Stanley Zirkin**

Reinstated Members:

**Beverly Arnette**

**Lillie Clark**

**Michael Collins**

**Lauren Dunn**

**Lawrence Harris**

**Blake Lorenz**

**Marion Sampson**

**Norma Weetman**

**John Wolff**

Prospective Members:

**Lisa Benavides**

**Christoph Gross**

**James Holland**

**Veerendra Mathur**

**Chris Scheer**

New, reinstated, transferred and prospective members your attendance would be greatly appreciated at the monthly meetings. Come hear interesting speakers and meet fellow members.

### IN MEMORIAM

It is with sadness that we extend condolences to the family and friends of:

**Kenneth Hanlin**

**Emory Harman**

**William Hoggard**

**William Johnson**

**Marcia Pinches**

**Arnold Strasser**

Thank you to **Dr. Mark Feldlaufer**, Research Entomologist, USDA, Invasive Insects Biocontrol and Behavior Laboratory on sharing some little known facts in his presentation of "Bed Bug Biology and Control."

**Melinda Scott's** name was omitted in the March newsletter as one of the attendees at the February 5 Maryland Federation meeting in Bowie, MD. We thank her for representing the chapter.

Merger! Merger! **Jana Over**, Treasurer, Newsletter Editor and Membership Chair of Chapter 264, presented a proposal and discussed the merger of Chapter 264 with Chapter 1122. She announced that Ted Jensen, President of the Maryland Federation, was notified and expressed support for whatever the chapter decided. The proposal will be sent to their total membership for final approval. Also In attendance from Chapter 264 were **Erma Pellant** and **Pat Wright-Gaines**. They will attend the April meeting to discuss further details of the pending merger.

We wish all sick and shut-in members a speedy recovery and look to see you at the meetings soon.

To all April Birthday Members  
"HAPPY BIRTHDAY" - from all of us!

### NARFE Legislative Training Report by Barbara Barron

We "sprung our clocks" forward, but Congress and the Federal Budget remain "fallback-wards."

I participated along with 30 other Maryland chapter members, out of 250 nationwide attendees, at the NARFE Legislative Training Conference on March 9-12. It was a very informative session about the Federal workforce.

At an opening session Congresswoman Donna Edwards (D-MD) spoke of "attacks on Federal/civilian employees being very personal to her. She said that benefits and pension cuts are looming, not just in the METRO area, but throughout the country. She referred to the Sequester and how it will affect retirees calling it the Budget Patrol Act, dumb then and now. She stated that the OPM will not stop retiree benefit checks. As for active Feds some furloughs will require a 20% pay cut, one day a month from April to September."

I thanked Congresswoman Edwards for a job well done, on behalf of all of us. Later, I met with her staff member Angie Jean-Marie at the Rayburn Office Building. She has worked with Congresswoman Edwards for about 4 years. She informed me that they have a District office in Suitland, MD and will be opening a future site in Arundel Mills, MD.

At another session former Congressman Tom Davis (D-VA) spoke on various subjects - dysfunctional Republican and Democratic parties in this country; no one wanting to compromise; votes are very polarized; no cooperation in this country; the incredible shrinking middle class and the most important factor of all - leadership.

At a final session Congressman Gerry Connolly (D-VA) cited that - Federal retirees are not affected by the sequestration but, Medicaid will be affected. Medicare/Social Security, at this time, are not completely exempt. One attendee asked whether she would receive a paycheck in April. The response was yes. Congressman Connolly recommended that retirees need to get their act together, be more assertive. Look at respective districts. Be strong advocates on the Federal Budget and U.S. Fiscal Policy challenges. He stated that in the last 24 months there has been a reduction of 163,000 federal employees in the workforce.

I am delighted to have attended the conference as a representative of our chapter. As a first time attendee I found it very enlightening. It also let me know it pays not to get too comfortable and be prepared for life changes that may affect one's lifestyle.

**ALZHEIMER'S REPORT**  
**Creavery Lloyd, Alzheimer's Chair**

An article in Everyday Health, by Staff Writer Annie Hauser stated that Researchers found **Green Tea Could Block Alzheimer's Disease Plaque**. Read below:

"Finding ways to slow the growth of the amyloid peptide, or plaque, in Alzheimer's patients' brains is one of the key challenges facing Alzheimer's research. Now scientists at the University of Michigan say they might have found a new way to stop plaque growth - and slow the progress of the disease - using a specific molecule in green tea. Their laboratory results, which are extremely preliminary, are published in the Proceedings of the National Academy of Science. As for the new research, lead author Mi Hee Lim, Ph.D., notes in the study the long-established power of EGCG and other flavonoids in green tea for fighting brain-damaging free radicals and preventing memory loss. According to a 2012 study published in the Journal of Phytotherapy and Phytopharmacology, there is significant evidence that free radicals play a role in the development of Alzheimer's disease, and that the polyphenols in green tea can help fight these free radicals.



As is true with any new research, before starting any non-prescribed remedy/treatment/regime, one should ALWAYS consult their primary care physician first to ensure there will be no contradictions or adverse reactions."

Please make a tax deductible contribution today to NARFE Alzheimer's Research and mail to:

Creavery Lloyd, ALZ Chair  
 6725 Lamont Drive  
 Lanham, MD 20706

NARFE Chapter 1122 Treasurer's Report for February 2013	
Balance as of 1/31/2013	\$2,580.22
<b>Income:</b>	
Lost Check #1363	83.68
<b>Total Income</b>	<b>83.68</b>
<b>Expenses:</b>	
D. Green (Replacement Check #1363)	83.68
B. Barron (Feb Refreshments)	25.00
H. Waterworth (2/5 Bowie Meeting)	20.00
US Postal Service (Mailing Mar Newsletter)	42.98
<b>Total Expenses</b>	<b>171.66</b>
Balance as of 2/28/2013	\$2,492.24
Submitted: Warren C. Wilcox, Treasurer	

**House Passes Continuing Resolution**

While the threat of a late winter Washington storm closed most of the Executive Branch (and NARFE), in mid March, the House passed a \$984 billion Continuing Resolution (CR), funding government operations for the remainder of fiscal year 2013. The CR, H.R. 933, included a provision freezing federal pay through the end of calendar year 2013. The vote was 267-151. The bill funds the government at the sequester levels, doing nothing to prevent the widespread furloughs throughout most federal agencies that are set to take effect in April. The Senate is likely to consider small changes to the bill; but, in the hope of preventing a government shutdown, it is unlikely to make any major changes.

**Sequestration Threatens Federal Workforce Furloughs, Vital Services**

Joseph A. Beaudoin, president of the National Active and Retired Federal Employees Association (NARFE), released the following statement:

"For nearly two years, the outcome that was once thought to be too poisonous to be possible, now appears to be embraced by politicians who are ignoring the severe impact it will have on the millions of middle-class federal employees subject to this unending cycle of political gamesmanship.

"It is unthinkable that our elected officials would allow vital services provided by America's federal employees to falter. The safety of our food and skies, the protection of our borders, the capacity to respond to citizens with tax questions, the ability to warn us of impending natural disasters and the conservation of our public lands have become the latest casualties of kick-the-can politics.

"In addition to Congress' unwillingness to do its job, there is a growing indifference to the economic impact that furloughs will have on federal employees across this country. These workers - who, on average, have already sacrificed \$49,000 per employee to help alleviate our nation's budget crisis - are facing the prospect of losing 20 percent of their modest income for the remainder of the fiscal year.

"The critical work of millions of dedicated federal workers can no longer be a bargaining chip in the absence of political will. The time for bipartisan leadership is now. We hope an agreement is reached before federal employees in every congressional district are furloughed, resulting in a slash to middle-class household incomes and our national protection."

**Presidential Quote On Taxes**

**"The government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it."**

**Ronald Reagan  
 U.S. President  
 (1981 - 1989)**



**What's Your E-Mail Address?**

**If you are not currently receiving the newsletter monthly by e-mail and you would like to - we probably don't have your correct e-mail address.**

**Please update your e-mail address by notifying Membership Chairperson Elaine Cameron: [elainecameron@aol.com](mailto:elainecameron@aol.com)**



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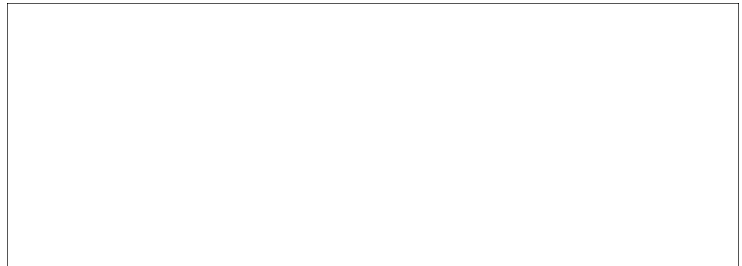
**Chapter 1122 Website**  
[www.mdnarfe.org/chapter1122](http://www.mdnarfe.org/chapter1122)

**MD Federation Website**  
[www.mdnarfe.org](http://www.mdnarfe.org)

**NARFE National Website**  
[www.narfe.org](http://www.narfe.org)



RETURN SERVICE REQUESTED



**Upcoming Events**

- April 10 Chapter Meeting
- April 15 Tax Day
- April 20 Earth Day
- April 29-May 1 Maryland Federation Convention Ocean City, MD

**NARFE National Headquarters**  
**(Direct Line)**  
**1-703-838-7760**

**NARFE Sponsored Line**  
**to Congress**  
**1-866-220-0044**

To contact Maryland Delegates  
and Representatives

Call 301-858-3000  
or visit the NARFE Web Site  
[www.mdnarfe.org](http://www.mdnarfe.org)

To reach the Governor call  
1-800-811-8336  
or visit the Web Site  
[www.gov.state.md.us/mail](http://www.gov.state.md.us/mail)

**CHAPTER 1122 MONTHLY MEETING**

**April 10, 2013 at 1:30 PM**

*Greenbriar Community Center, Terrace Room*  
*7600 Hanover Parkway, Greenbelt, MD 20770*

**Speaker**

**MPO Kelly Lawson**  
**Public Information Officer**  
**Greenbelt Police Department**  
**Greenbelt, Maryland**

*All are  
Welcome*

*Refreshments  
Served*



**Call the office for directions 301-441-1096 Dial 0**

*Executive Board Meeting immediately follows*

Inclement Weather Notice! When Prince George's County Schools are closed or opening late, the NARFE Chapter 1122 meeting will not be held.