



THE 1127 NEWSLETTER

CHAPTER 1127 ROCKVILLE, CHARTERED SEPTEMBER 26, 1969
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES ASSOCIATION

MARCH 2018

SCHEDULE OF ACTIVITIES 2018

- MAR 13 (Tu) Chapter Executive Committee meeting, 10 am-noon
- MAR 27 (Tu) **Chapter luncheon meeting, "Maryland State Legislative Initiatives; Federal Legislation", Bruce Fowler, Ph.D., 11:30 am-1:45 pm**
- APR 10 (Tu) Chapter Executive Committee meeting, 10 am-noon
- APR 24 (Tu) Chapter luncheon meeting, "Clara Barton - An American Life", Kevin Patti, George Washington Parkway National Park
- APR 30-MAY 1 MDFED Board Meeting/Mini-Conference, Bowie Comfort Inn, 8:30 am-4:30 pm
- MAY 8 (Tu) Chapter Executive Committee meeting, 10 am-noon
- MAY 22 (Tu) Chapter luncheon meeting, topic TBD, 11:30 am-1:45 pm

Please note: (1) Except as otherwise noted above, luncheon meetings are held at **Lang Hall, The Village at Rockville, 9701 Veirs Dr. (NOT Veirs Mill Rd.), Rockville, MD 20850.** (2) Executive Committee meetings are held at 2195 Stratton Dr., Rockville, MD 20854.

❄ **Weather Policy:** If Montgomery County public schools are closed or have a two hours or more delayed opening on the day of our luncheon meeting, our meeting will be cancelled.

PRESIDENT'S MESSAGE - Jennifer Ramsey

Our speaker this month is our chapter's State and Federal Legislative chair, Bruce Fowler, Ph.D., who will bring us up-to-date on initiatives in the current Maryland State legislative session and cover federal legislative issues. Bruce wears several hats in NARFE - he's our chapter federal and state legislative chairs, and the MDFED federal legislative committee chair. By the way, March is NARFE-PAC month, during which narfe magazine will include a special cover with an easy-to-return contribution form and a feature article about NARFE-PAC which depends on our non-tax-deductible contributions. The goal is to raise \$1.5 million in contributions in order to disburse \$1 million to candidates and committees, increase sustainers by 50 percent, and send NARFE members to 100 local candidate events.

The federal community will likely face another wave of threats this year including a proposed federal pay freeze, cuts to federal retirement and health benefits, attacks on merit-based civil service principles, and more. Bruce will accept our NARFE-PAC checks and completed forms after his presentation. I encourage you to participate if your circumstances permit, especially as a sustaining member.

We have concerns about the dwindling number

of members who attend our luncheon meetings. Why aren't you coming? No interest in the speakers or topics? Tell us what you would like presented, and include sources for potential speakers. Have problems with the location/facility we use for our meetings? Tell us specifically where you would like to meet. Can't come to a luncheon meeting? Suggest a different format and where we can meet instead of The Village at Rockville. Want to discuss it at our next Executive Committee or membership luncheon meeting? Bring your thoughts and ideas to any meeting (or by email) and help us plan meetings that educate, entertain, challenge us.

So far no one has shown any interest in nominating anyone in our chapter to receive the BC/BS Distinguished Annuitant award. Do we not have a member(s) who has provided exceptional support to our chapter, the community, or to others? They don't need to walk on water! Speak up now in order for us to meet the deadline and schedule the presentation.

According to an item in NARFE NewsWatch issued February 20, President Trump's recently released fiscal year 2019 budget contains hundreds of billions in cuts that target the earned pay and benefits of the federal community in a time of economic prosperity and rising wage growth. NARFE members must contact their legislators if we are to be successful in fighting off these unprecedented cuts. Contact your lawmakers at www.narfe.org/legislation/?fa=takAction to tell them to reject these cuts. The president's budget targets the retirement security of current federal retirees by reducing or eliminating cost-of-living adjustments (COLAs), leaving retirees insufficiently protected from rising inflation and increasing health care premiums. Current and future retirees under the Civil Service Retirement System (CSRS) would see their COLAs reduced by 0.5% each year, while retirees under the Federal Employees Retirement System (FERS) would see their COLAs eliminated altogether.

Don't forget to turn your clocks forward one hour at 2 am on Sunday, March 11, when Daylight Saving Time begins!



"Every now and then a man's mind is stretched by a new idea or sensation, and never shrinks back to its former dimensions." - Oliver Wendell Holmes, Sr., physician and writer

MEMBERSHIP - Jim Zink

This report covers the membership activity processed by NARFE HQ from January 11 to February 10, 2018. Jane Jacobs and Paula Knepper were **reinstated**. Jeremy Cohen, Paul G. Giguere, Martha Nudel, and Mary J. Sexton were dropped for **non-renewal**. Jack E. Cole and Dale F. Schwindaman were sent second notices. If you have received a second notice please call NARFE HQ on 1/800-627-3398 to renew your membership in NARFE and our chapter.

RESERVATION FOR TUESDAY, MARCH 27, 2018

Cost for luncheon is \$25.00 per person. Please make check payable to NARFE Chapter 1127 Rockville Please, NO cash. Enclosed is a check for \$ _____ for _____ reservation(s). Buffet Menu: Garden Salad with Dressing, Baked Tilapia in lemon caper sauce, Chicken Sausage w/ onions, peppers, tomatoes, Fresh Herbed Basmati Rice, Steamed Cauliflower, Chef's choice dessert, Hot/cold beverages. Vegetarian Meal by request.

Name(s) of member and guest(s): _____ Telephone: _____
Email address: _____ (please print clearly)

Mail this form and your check to: Linda Silversmith, 260 New Mark Esplanade, Rockville, MD 20850-2733
Checks must reach her by **Wednesday, MARCH 21**. For more information, call 301/294-0566

EXECUTIVE COMMITTEE MEMBERS

President:
Jennifer Ramsey, 301/816-0445, jgramsey@hotmail.com

Vice President/Membership:
Jim Zink, 301/424-8448, jimzinkosu51@yahoo.com

Treasurer: Henry Mulzac, 301/272-7545, hcm614@icloud.com

Secretary: Nan Donnell, 301/762-9338, nan88@verizon.net

Past Presidents: Donna Moss;
Allen Ford, 301/881-7166, allenford@verizon.net;
Irving Shapiro, 301/881-3682, isschap@verizon.net

Alzheimer Coordinator:
Guy B. Beltz, 301/770-8635, gbbeltz@comcast.net

Federal Legislative and NARFE-PAC Chair:
Bruce Fowler, 240/743-8041, bafowler777@gmail.com

50/50 Coordinators: Jane Pisano, 301/762-2247,
janepisano@comcast.net; Elizabeth Debelius, 301/762-5878

\$50 Raffle, Henry Mulzac, 301/272-7545, hcm614@icloud.com

History Committee: Allen Ford (Chair), 301/881-7166,
allenford@verizon.net; Ruby Lang, 301/762-6178

Luncheon Check-in:
Nan Donnell, 301-762-9338, nan88@verizon.net

Luncheon Reservations:
Linda Silversmith, 301/294-0566, lindas@capaccess.org

Membership: Jim Zink, 301/424-8448, jimzinkosu51@yahoo.com

Newsletter Distribution:
Jim Zink, 301/424-8448, jimzinkosu51@yahoo.com

Newsletter Editor: Leonard Mordfin, lmordfin@gmail.com

Photographer: Allen Ford, 301/881-7166, allenford@verizon.net

Public Relations: Vacant

Service Officer: Vacant

Sunshine: Willimina Lawrence, 301/795-9653

State/Local Legislation and MD-PAC:
Bruce Fowler, 240/743-8041, bafowler777@gmail.com

(Asst) Treasurer:
Jack Waters, 301/977-6444, jack_waters@comcast.net

TREASURER'S REPORT - Henry Mulzac

Balance, January 15, 2018	\$5,788.10
Receipts	<u>1,096.13</u>
Totals to be Accounted	6,884.23
Disbursements	<u>729.23</u>
Balance, February 15, 2018	\$6,155.23

At our January meeting we caught up some deferred drawings. Cynthia Mead won the \$50 raffle for November 2017, Elizabeth Beltz won for December 2017, and Guy Beltz won for January 2018. The 50/50 winners were Nan Donnell (\$13) and Bruce Fowler (\$11), with \$25 going to our chapter treasury. Congratulations to all of our lucky winners!

OPPORTUNITIES FOR LIFELONG LEARNING!

Dedicated to providing intellectually stimulating courses to individuals ages 50+, the Montgomery College Lifelong Learning Institute (LLI) enrolls 1,300 adults per semester in Spring, Fall and Summer terms, at 13 convenient locations. Why are so many adults signing up?

- Students ages 60 and over pay a fraction of the total cost (fees only)—an average of \$8 - \$10 per teaching hour;
- Courses provide college-level instruction with no tests or grades—just the pure joy of learning in the company of others;
- Day and evening classes cover an exciting array of disciplines—Arts & Art History, Literature, History, Politics, World Cultures, Personal Finance, Wellness—with topics focused on senior's needs.;
- Instructors are engaging college professors, practitioners and prominent speakers;
- It's easy to discover the current courses online (summer schedule coming in late April) at "Montgomery College Lifelong Learning Institute."

For more information, contact the Director of the Lifelong Learning Center Natasha Sacks at natasha.sacks@montgomerycollege.edu; 240-567-1828.

ANNUAL \$50 RAFFLE SERIES—Last Chance

Just complete the application form, cut it out and mail it with your check (payable to NARFE Chapter 1127 Rockville) to Henry Mulzac, 507 Jacala Ter, Rockville, MD 20850-7735. Please choose to participate in our chapter's major fundraiser.

Application Form
\$50 MONTHLY RAFFLE DRAWING
 March 2018 – February 2019
 NARFE Chapter 1127 Rockville
 1 ticket - \$10; 3 tickets - \$25; 6 tickets - \$50

Name _____

Address _____

Phone Number _____

Attached is a check for \$ _____ for _____ tickets.

Contributions to purchase raffle tickets are not tax deductible for federal income tax purposes.

EXPERTS LOWER "HIGH" BLOOD PRESSURE NUMBERS – NIH News in Health, 8JAN2018 (edited excerpt)

Perhaps you have not already heard but after studying the results from hundreds of studies, experts recently changed the definition of high blood pressure. NIH-sponsored research played an important role in providing evidence that the definition of high blood pressure should be changed. Formerly, the definition of high blood pressure was 140/90. Now, high blood pressure is defined as 130 or higher for the first number, or 80 or higher for the second number. Blood pressure is measured in two numbers, like 120/80 mm Hg. The first number is the pressure that the heart uses to push blood through your arteries. The second number is the pressure when the heart is at rest between beats. Normal blood pressure for an adult is below 120/80.

*** GUESTS WELCOME ***

NARFE Chapter 1127 Rockville
 11801 Rockville Pike, Unit 309
 North Bethesda, MD 20852-2716

LUNCHEON:
 MAR 27, 2018
 EXEC CMT MEETING:
 APR 10, 2018

National Active and Retired Federal Employees Association

NARFE



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