

4E-MAIL #9



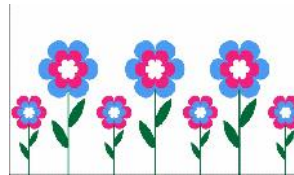
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES



Volume 14, Issue 5

Hagerstown MD

May 2022



From the Desk of the President

Happy Mother's Day

Hagerstown Chapter 306 Membership Meeting, May 13, 2022, at 12:00 pm at Western Sizzlin' Restaurant. Guest speaker is Charlie Angle from Fairbourne Realty speaking about downsizing.

Our Chapter membership meetings are open to members and guests. Please bring a relative, friend or neighbor. We would love to meet them!!!

NARFE National Election. Elections for NARFE National President, National Secretary/Treasurer and Regional Vice Presidents will be held in August 2022. NARFE members are encouraged to visit FEDHub to discuss candidates and bylaws proposals for the 2022 election. To discuss the 2022 candidates for NARFE national and regional elections, and the 2022 bylaws proposals, log in to FEDHub.

Our chapter can really use your support in 2022. This organization depends on volunteers to maintain a presence at the local and state levels and to share relevant legislative and benefit related information with NARFE members. We need your help. Please consider donating a portion of your time in 2022 to support Chapter 306 and its activities. Our Chapter needs a NARFE-PAC Coordinator, Membership Chair and Sunshine Lady. Thank you.

Earlier this month I forwarded a message to our Chapter members with email access regarding "Affairs in Order: Benefits Guidance for Survivors of Federal Annuitants". It is important for a widow/widower or surviving child of a federal annuitant to know what happens once the death is report to the Office of Personnel Management. The White Paper has a lot of useful information. Also available is a booklet titled "Be Prepared for Life's Events – What Your Survivors Should Know". I ordered copies of the White Paper from NARFE for members without computer access. If you would like a copy of the White Paper and booklet, please call me at 301-824-3290.

Patricia Nix, President, NARFE Hagerstown Chapter 306

Treasurer's Report

March 21,2022	Balance	\$2,380.22
	Credits	\$ 172.00
	Expenses	<u>\$ 375.00</u>
April 24,2022	Balance	\$2,177.22

P. Reed, Treasurer Chapter 306

Remember

Vote for Chapter 306 Officer's -- Friday May 13, 2022, at Western Sizzlin -- Noon.
Thanks for your vote to be your Treasurer for another two years.

P. Reed, Treasurer Chapter 306

Secretary's Report for May 2022 Newsletter

In the absence of President Pat Nix, Vice President Ed Reed presided at today's meeting. He welcomed 17 members and our Guest Speaker, Kim Torsiello, and reminded us of other areas to be discussed during our meeting: 50/50 drawing, Alzheimer's Donation Can, Special Raffle Tickets available. Members were thanked for contributing canned goods which will be taken to the Commission on Aging for the Meals on Wheels program. A final reminder: Please Remember Your Waitress!!

Ed asked all to join in the Pledge of Allegiance and Chaplain Randy Burns offered the blessing. A good lunch was then enjoyed by all.

Our Guest Speaker was Kim Torsiello, R.N. from the Washington County Commission on Aging who spoke on Living Well With Diabetes. Some areas she highlighted included (a) serving size vs. portion size; (b) fiber does not raise carb level; (c) WATCH YOUR CARBS! (d) goals; (e) exercise. The first paragraph of Kim's handout, titled Living Well With Diabetes, said: you don't get really good at dealing with diabetes overnight. But over time, you'll figure out how to go from getting it done to taking it in stride. Remember: Being active most days is a pro move for managing diabetes.

OLD BUSINESS

- Our Chapter Leadership team has a few vacancies. We are recruiting for a NARFE/PAC Chair, Membership Chair, and Sunshine Lady.
- NARFE National Election. Elections for NARFE National President, National Secretary/Treasurer and Regional Vice Presidents will be held in August 2022. NARFE members are encouraged to visit [FEDHub](#) to discuss candidates and bylaws proposals for the 2022 election.
- Dr. Gary Roundtree, former MD Federation President and present Region II Vice President, is running for National President. A copy of his Candidate Statement is attached.
- Hagerstown Chapter 306 elections. Our chapter is also holding elections this year. We will be voting for Chapter President, Vice President, Secretary and Treasurer. If you are interested in running for one of these positions, please let me know as soon as possible. Elections will be held at our May Membership meeting and Officers will be sworn in at our June meeting.
- NARFE PAC month. Join me in welcoming NARFE-PAC month by [supporting](#) the PAC today. NARFE-PAC is financed through members' direct, voluntary contributions to a separate fund. It protects your earned pay and benefits by raising and disbursing funds that help elect members of Congress who value the federal community.
- The Washington County Commission on Aging Senior Activity Center opened on March 1, 2022 with a limited schedule. You must be registered for an activity to enter the building and masks are mandatory. You can call Jackie or Michelle at 301-790-0275, ext. 243 or 246 for more information.

REPORTS

Vice President Ed Reed spoke about (a) NARFE/PAC; (b) NARFE National Elections; (c) FED/HUB; (d) Special Raffle. He announced our four current officers have agreed to continue for another two-year term. See Ed's full report in the May newsletter. ## Secretary Barb Ware reminded us that the minutes of the March 11 Membership Meeting appeared in our April newsletter. ## Treasurer Pandi Reed (a) gave us an 'English lesson' based on the word UP; (b) reported a balance of \$2,230.22; (b) shared \$39 had been received for the 50/50 drawing; (c) oversaw the following drawings and announced the winners: Jo Reynolds won the 50/50; Carolyn Barnhart won the Free Lunch; Tom Brudenell won a Special Drawing.

Special Raffle Coordinator Dorothy Smith reminded us that if you purchase \$25 worth of entry forms for the next Raffle (September 2022 to June 2023) AND you bring labels to fill those in plus two extra (for my records) you will get a free entry in this June's Special Raffle drawing. This is Dorothy's appreciation thank you to finish this year's Raffle and get a head start on next September 2022's start-up in a big way!

Alzheimer's Co-Chairperson Charley Ware distributed two handouts: (a) Excessive napping could be a sign of dementia, study finds from the [March 30, 2022](#), Alzheimer's and Dementia E-News and (b) This form of memory loss is common – but most Americans don't know about it from NPR Health News March 18, 2022. Alzheimer's The Longest Day and the WALK to End Alzheimer's fundraisers information will be coming out. Charley announced that \$1.2 million has been raised from the sale of Alzheimer's stamps! NOTE: The Alzheimer's donation can was passed around. \$32 was received from our generous members. ## Newsletter Editor Dot Buhrman was not with us today. It was announced her deadline is NOON on Wednesday, April 27, for the May newsletter! ## Service Officer Tom Brudenell shared Social Security information, specifically telling us to call our local Social Security office first if we have questions!

NOTE: It was announced earlier that our four current Officers have agreed to stay on for another two-year term: President – Pat Nix; Vice President- Legislation – Ed Reed; Secretary – Barb Ware; Treasurer – Pandi Reed. There being no further nominations, Mike Barnhart moved nominations be closed; Charley Ware seconded the motion. Motion carried.

NEW BUSINESS

- Dr. Gary Roundtree, Region II Vice President and Larry Walton, MD Federation 1st Vice President, will be our special guests at our June 10 Membership Meeting. Dr. Gary will swear in Chapter Officers and Larry is our guest speaker.
- NARFE-PAC month has ended but there's still time to show your support by [making a contribution to the PAC today](#). NARFE-PAC is financed through members' direct, voluntary contributions to a separate fund, and I hope you will support the PAC. Thank you to everyone who has contributed to the PAC this month.
- The Senior Activity Center no longer has a mask mandate and beginning Monday, March 28, signs and symptoms screening will no longer be required at the front door. However, it is very important that you record your attendance by swiping your card at the front desk and allowing the volunteer time to record your attendance for each class that you are participating in.

Following closing remarks by Vice President Ed Reed, today's meeting was adjourned.



Mark Your Calendars

- MD Federation Mini Conference/Annual Meeting, May 2-3, 2022, Bowie, MD.
- Hagerstown Chapter 306 Leadership Meeting, May 6, 2022.
- Hagerstown Chapter 306 Membership Meeting, May 13, 2022, at Western Sizzlin' Restaurant. Guest speaker is Charlie Angle, from Fairbourne Realty, speaking about downsizing. Election of Officers will take place.
- Registration is now open for [FEDcon22](#), taking place August 21-23, 2022, in Scottsdale, AZ. FEDcon22 is the premier conference for the federal community. Attendees will engage in leadership development, receive comprehensive federal benefits and financial planning information and make connections with colleagues from across the federal community.

Respectfully submitted, Barbara Ware, Secretary

Legislation Report

This month's article is taken from: MD NARFE Chapters - 1892/Rockville -&- 1466/Calvert County's - April Newsletters ** The writers do an Excellent Job of "Highlighting" - The successful efforts our MD NARFE - State Legislative Committee (SLC) has accomplished in the recent Maryland State Congressional Session in Annapolis, Maryland! ** Congratulations! Your letters to state senators and delegates and Paul Schwartz' (Our MD SLC-Chairman) testimony multiple times on the bills for years, finally moved our legislators to pass a bill that Governor Hogan signed that eliminates state taxes for people on Social Security or non-working folks 65 or older that make less than \$100,000 a year. ** The law will be phased in over several years. ** The historic bipartisan agreement to provide \$1.86 billion in tax relief over five years (FY23-Fy27) for Maryland retirees, small businesses, and low-income families. ** Mr. Swartz noted: "That the NARFE (SLC) has been fighting, yes fighting, for several years to bring tax fairness to Marylanders, especially seniors/retirees". ** Regarding "Senior-Migration" to other tax-friendly states, the SLC has lobbied our state legislators incessantly to raise their awareness of the loss to Maryland if they did not stem the tide of senior migration. ** This is certainly not all that the SLC had hoped for, but it is a significant step in the right direction and provides a foundation on which the SLC can build in future years. It is a victory for NARFE advocacy, and the entire SLC are very proud that their efforts contributed to finally seeing some tax relief for our often-ignored senior population in Maryland. **

V/R-Ed Reed, Vice-President-Legislation

SPECIAL ALZHEIMER'S REPORT

ALZHEIMER'S THE LONGEST DAY FUNDRAISER 2022

THE LONGEST DAY is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

For a Chapter 306 fundraiser this year, I would like to encourage you to start saving up between now and June 20, 2022, for your donation to The Longest Day. Then make your check payable to Alzheimer's Association and put The Longest Day on the memo line. Because of new guidelines, see paragraph below, please send your check to me at 84 North Edgewood Drive, Hagerstown, MD 21740. I will record all The Longest Day contributions on a form provided from the Alzheimer's Association. Hagerstown Chapter 306 will be identified as the contributing NARFE chapter. Your contribution will be tax deductible now.

Thank you for your participation in this very special Hagerstown Chapter 306 Alzheimer's fund raiser!

Charley Ware, Alzheimer's Co-Chair
301-331-2325

NEW PROCEDURES FOR GENERAL CONTRIBUTIONS
TO NARFE-ALZHEIMER'S RESEARCH
THROUGH HAGERSTOWN CHAPTER 306

Checks can now be made payable to NARFE-ALZHEIMER'S RESEARCH, noting on the memo line: NARFE Chapter 306, and sent to Charley Ware, our chapter's Alzheimer's Coordinator. His address is 84 North Edgewood Drive, Hagerstown, MD 21740. He will then record your contribution on a 'Chapter Transmittal Form' which goes to Virginia Bender, the Maryland Federation Alzheimer's Coordinator. These contributions are tax-deductible! Call him at 301-331-2325 if you have any questions.

Special Raffle

Our Special Raffle for the 2021-2022 is quickly coming to a close at the June 2022 meeting. Don't worry, the new entry sheets will be ready for you at our June meeting. At that meeting anyone who purchases \$25. worth of entry forms for the next Raffle (September 2022 to June 2023) AND brings in labels to fill those in + 2 extra for my records will get a free (to them) entry in the June raffle. This is my appreciation thank you to finish this years raffle and get a head start on September's 2022 start-up in a big way. Let's have fun and help our NARFE Chapter 306.

Dorothy C. Smith, Special Raffle Coordinator

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SPECIAL ANNUAL RAFFLE ENTRY

PRINT NAME _____
ADDRESS _____
Phone number (s) ____-____-____ Or ____-____-____

MONTHLY PRIZE \$25.00
Starting September 2022
Through June 2023 (10 months)

Attached is payment of \$_____ for _____ entries

\$5.00 for 1 ENTRY; \$14.00 FOR 3 ENTRIES; \$25.00 FOR 6 ENTRIES

Make payment to: NARFE Chapter 306, 2022-2023 Annual Raffle
Forms may be returned at monthly meetings or by mail to the Coordinator.
Dorothy C Smith 1058 Matthew Ct. Hagerstown MD 21742-3156

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ELECTED OFFICERS

President: Patricia Nix
patricia.l.nix@gmail.com
1-301-824-3290

Vice President: Ed Reed
1-301-739-1641 edr3vigil@yahoo.com

Secretary: Barb Ware
barbware44@myactv.net
1-301-331-2605

Treasurer: Pandi Reed
1-301-739-1641

Committee and Chairpersons

Service Officer: Thomas Brudenell
1-301-432-4815 lynntom@myactv.net

Membership Chair: Vacant

Public Relations Chair: Joyce Chestnut
301-739-4262 j.chest@hotmail.com

NARFE/PAC Rep/Chair: Vacant

Legislation: Ed Reed

Alzheimer's Co-Chairs: Charley & Barb Ware
1-301-331-2325 warehouse8460@gmail.com
1-301-331-2605 barbware44@myactv.net

Chaplin: Randy Burns
1-301-432-7255

Sunshine Lady: Vacant

Newsletter Editor: Dorothy Buhrman
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