

Newsletter

January 2024

(Usually Published monthly September – June)

Vol. 41, No. 5

WHERE AND WHEN

Unless otherwise noted*, our Members Meetings are held on the 4th Tuesdays at 1:00 PM at the Holiday Park Senior Center, 3950 Ferrara Dr., Silver Spring, MD 20906, 240-777-4999; ample free parking; covered parking in rear. Additionally, most meetings are captured on Zoom and recorded. Virtual access instructions can be found on Page 2, in the “What’s the Truth about Herbal Medicines?” article.

UPCOMING MEETINGS/ACTIVITIES (Open to all)

Chapter:

- **Members Meetings:** Jan 23, Feb 27, Mar 26, Apr 23, May 21, Jun 4
- **Newsletter Input Deadlines:** Jan 27, Mar 2, Mar 30, Apr 27, May 25, Jun 8
- **Board Meetings:** Feb 7, Mar 6, Apr 3, May 1

Outside Events:

- MD NARFE Federation Board Mtg., Feb 6 in Bowie, contact PKSyanks@aol.com to register, \$60 fee.
- *Introduction to 5G Technology - Senior Planet Tech Lecture* - Aspen Hill Library (4407 Aspen Hill Rd, Rockville, MD 20853) 240-773-9410 Mon, Jan 22 2:00pm - 3:00pm. 5G. The 5th generation of wireless technology, is quickly expanding. Learn how 5G works & the impact it will have on our lives: from self-driving cars to smart cities, virtual reality, & more!
- *Scrabble Round Robin* - Davis Library (6400 Democracy Blvd, Bethesda, MD 20817) 240-777-0922 Fri, Jan 26 1:00pm - 2:00pm. Join them to play a few rounds of Scrabble. Sponsored by North Bethesda Village. They play Scrabble on the second and fourth Fridays of the month—mark your calendars!

Our Facebook Page: NARFE Chapter 1892, Aspen Hill.

Chapter Website: <https://sites.google.com/view/narfe-chapter-1892/home>

Membership Report

Welcome new member, Barbara Little! We are so glad that you decided to be part of Chapter 1892! We have 1 new prospective member – Elizabeth Jesukiewicz. If you know her, please tell her that we’re the fun chapter and ask her to join us!

President’s Message

I am honored to now share the title of Chapter President with Sarah Richards, unarguably the most effective president NARFE Chapter 1892 has been fortunate enough to call its president. I welcome the opportunity to continue to work with Sarah and the chapter board members to grow the chapter and provide members with the kind of programs that prove to be both interesting and relevant to active and retired federal employees. AND I will continue in my capacity as Federation State Legislation Committee Chair as I continue the fight to make Maryland a more attractive state in which to retire.

Paul Schwartz
Co-President

Important Notice

There has been an uptick in COVID and other respiratory illnesses recently! If you are not feeling well, please use Zoom or the phone to participate in our meetings and events (see Page 2 for these virtual options). When you attend in person, please feel free to help yourself to a mask from our box of masks, next to our sign-in sheet to protect yourself and others.



Chapter 1892 Leadership

Co-President..... Sarah Richards
301-589-7465.....NARFEsrichards@aol.com
Co-Pres/State Leg/MD Fed. SLC Chair.....Paul Schwartz
301-260-1903.....pksyanks@aol.com
Secretary.....Myron Chace
301-330-4713
Treasurer.....Jim Bachmaier
301-642-6742
Membership.....Nina Chace
301-330-4713
USPS Mail Manager.....Merle Biggin
301-814-6047
NARFE PAC.....Bob Kammer
301-847-9820
Newsletter Editor.....Filomena Chau
301-642-6741
Sunshine.....Minnedore Green
240-839-7043
Alzheimer's.....Cathy Hobbs
301-785-6782
Historian/Past President.....Rudy Volin
301-598-2209
Special ProjectsDiane Boehr, Linda Jacks

State Legislation

According to Comptroller Brooke Lierman and the Director of the Bureau of Revenue Estimates, there will be a sharp decline in revenue for FY 2024 and FY 2025. Maryland's post pandemic economic recovery has been slower than much of the rest of the U.S. Since a large percentage of Maryland's approximately \$60 billion in revenue is generated by state income tax, it is unlikely that any bill to reduce state income tax revenue will gain enough traction to get out of either the House Ways & Means Committee or the Senate's Budget & Taxation Committee. One of the main reasons why Maryland's economic recovery is expected to continue to be slow is because total population growth is declining. According to the latest IRS migration data from 2020-2021, Maryland ranks 46 out of the 50 states and DC (45 states have less migration than Maryland). While Maryland continues to see a population decline, states like the Carolinas are seeing continued increases in population, especially among retirees. Are you getting the feeling that we may be going around in circles. We can't get tax relief for retirees because of loss of revenue resulting from population decline, yet the population decline can be tied, to a degree, to the high cost of retiring in Maryland. We will continue to raise this issue, as we have done for the last 6 years, with our legislators in Annapolis. What can you do in 2024? Every one of you: please raise these issues to our legislators.

What's the Truth about Herbal Medicines?

Have you ever thought of using herbal medicines? Growing your own? Are you interested in the History of Medicine? Come hear a fascinating expert in the field of herbal medicine and its history! Find out the best practices and cautions of using herbs for medical needs.

At our next meeting, Dr. Greg Susla presents the history of natural medicines, early medicinal gardens around the world, types of medicinal preparation, the history of Pry House near Frederick, MD and his restoration of the Civil War Medicinal Garden at the Pry House. Dr. Susla's *Flowers to Pharmaceuticals* presentation also discusses considerations needed when growing and making your own herbal medicinal preparations.

Dr. Susla is a Doctor of Pharmacy and worked at the National Institutes of Health in the Intensive Care Unit and is also certified as a Frederick County Master Gardener.

Join us: Tuesday, January 23, starting at 1 PM.

Mark your calendars, tell your friends, ask your questions, and enjoy refreshments! There will be vendor tables with additional information, books, authors who will answer your questions and more.

How to attend this meeting:

In person, join us at the Holiday Park Senior Center, 3950 Ferrara Dr., Silver Spring (Wheaton), MD 20906.

Online, access the meeting via Zoom using a computer (best way), tablet, or smart phone. Just hit the link below.

<https://us06web.zoom.us/j/82848562302?pwd=alI0d3BBMXF5Y1NGRnpwNFZ2S0J4UT09>

Meeting ID: 828 4856 2302

Passcode: 236762

If you prefer, you can participate with audio-only by calling 301-715-8592. You may need to key in the meeting ID and passcode above

Note: Meeting will be recorded and available on website.

Winter Holidays Party

Celebrating the year-end holidays on December 5th, brought together thirty people - members as well as family and friends of NARFE Chapter 1892 - for lunch at Mamma Lucia's Restaurant, Olney, MD. President Sarah Richards called on the following Chapter Board members to introduce themselves and make brief remarks. Paul Schwartz, NARFE Maryland Federation State Legislation Chair; Secretary Myron Chace; Treasurer Jim Bachmaier; Newsletter Editor Filomena Chau; and Alzheimer's Program Representative Cathy Hobbs. Continuing with recognition, Sarah Richards singled out Linda Jacks, Bob Kammer, and guests Stuart Sklamm, Ron Shansby, and Bill Waller. Additionally, Sarah Richards thanked all members who have made special donations to help defray costs for printing and mailing the Chapter Newsletter. Ending the luncheon were lively conversations, queries about holiday plans and travels, and exchanges of wishes for good health and fortune for 2024.



Ron Shansby



Joan and Stu Sklamm



Sarah Richards, Paul Schwartz, and Jim Bachmaier



Cathy Hobbs



Bill Waller, Carol Robinson
Bill Hackett, James Donaghy



Nina Chace



Filomena Chau



See more pictures on Chapter Website. URL on Pg. 1 in box.

Chapter Meetings and Topics

(Topics subject to change)

Jan 23, 2024 - Herbal Medicines

Feb 27, 2024 - Artificial intelligence and the threats/abuses.

March 26, 2024 – 1st Presentation: Wildlife around Montgomery County. 2nd : Seniors owning dogs, benefits and tools to make ownership easier.

April 23, 2024 - Pizza Party. Do you still want to go to the Stained Glass Pub? Another suggestion? Email NARFEsrichards@aol.com to let us know what you prefer.

May 21, 2024 - League of Women Voters. Education, non-partisan state legislation, voter guides, polls, etc.

June 4, 2024 - Picnic at Wheaton Regional Park. A Montgomery County Council member or state legislator may speak.

NARFE
Aspen Hill Chapter 1892
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NEXT MEETING: What's the Truth about Herbal Medicines? - Join us, Tuesday, January 23, at 1 PM - See Page 2.

Free Tax Preparation

The Volunteer Income Tax Assistance (VITA) program provides FREE tax preparation services for low to moderate income Montgomery County residents. In-person and virtual appointments are available for Montgomery County households earning \$60,000 or less. Please check the MontgomeryCountyMD.gov/CASHBACK website for more information or call 240-777-1123.

Federal Income Tax Information
Phone: 800-829-1040 (7 AM to 7PM local time)
Website: irs.gov. Appointments: call 844-545-5640

Maryland Income Tax Information
Website: marylandtaxes.gov.
Phone: 1-800-MDTAXES

Thank You, Members!

Thank you to 56-chapter members who made donations to help offset costs to print and mail the Chapter Newsletter. Ongoing support is needed, as Newsletter costs exceed monthly income. If you have not provided your \$10 donation yet, please make your checks out to "NARFE Chapter 1892" and send them to:

Jim Bachmaier
Treasurer, NARFE Chapter 1892
3514 Everton St.
Silver Spring, MD 20906-4119
Thank you!