



NARFE BUZZ

National Active and Retired Federal Employees Association

Western Montgomery County Chapter 258 - Chartered November 10, 1953

The largest NARFE Chapter in the country!

March/April 2024

Our Next Chapter Meeting – And Upcoming Events

PLEASE NOTE: ALL ATTENDEES AT CHAPTER 258 MEMBERSHIP MEETINGS WILL BE REQUIRED TO SHOW PROOF OF FULL VACCINATION AGAINST COVID-19. PLEASE BRING WITH YOU EITHER YOUR CDC VACCINATION CARD, OR HAVE A PICTURE OF YOUR VACCINATION CARD ON YOUR SMARTPHONE. THANK YOU.

The March 8th Chapter meeting will be at Alfio's La Trattoria Restaurant, 4515 Willard Ave., Chevy Chase, MD. Members who wish to come for lunch may arrive at 11:30 a.m. with the meal served at noon. The price is \$30.00 per person, payable either in cash or check made out to NARFE Chapter 258 (please, no credit cards). Those who do not wish to come for lunch may arrive at 1:00 p.m. There is free valet parking; Alfio's is located two blocks from the Friendship Heights Metro station.

The speaker will be Dr. John Jowers, an expert at Launch Physical Therapy and Fitness Coaching, who will present "Ten Ways to Stay Heart Healthy."

Future Chapter meetings will be:

April 12th: Lois Ann Beaver, Chapter 258 President and former FDA employee, will provide an update on Fentanyl along with previously unrevealed information on opioids.

May 10: The meeting will be our Maryland State Legislative Forum.

Please be advised that speakers and their topics may be subject to change.

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 very much!

Reminder: The Monday before each Chapter 258 meeting, please check your PC's spam folder to see if my reminder E-mail about our Chapter meeting may have been placed in that folder.

PRESIDENT'S CORNER

Lois Ann Beaver, President

An interesting report, "2023-2024 Respiratory Virus Season is likely Past Peak but Far from Over" was posted February 16, 2024 on the CDC.gov website in the CDC Respiratory Virus update section. It includes advice on avoidance of illness and methods of treatment. Caring for ourselves and our families continues to be important.

When we consider the role the federal government plays in caring for us, including supporting health, it becomes unimaginable that politicians delay reaching agreement on federal funding. My profound hope is that this problem is resolved before you receive this newsletter.

Of course, a portion of the funds we pay as taxes should help in supporting federal and state government work. At our last Chapter meeting we were given new information and helpful guidance and updates about State and Federal Income Tax by expert CPA Marilyn Scheiner. Having experience as a Professor, she is accustomed to providing training and answering questions. Participating in that meeting was time well spent.

Staying healthy contributes to staying happy. Realizing the importance of this fact causes us to stay on top of information needed for us to maintain better health. With that in mind, be sure to attend the March 8th Chapter 258 meeting, when Dr. John Jowers, of Launch Physical Therapy and Fitness Coaching, will give advice on maintaining heart health. Hope to see you there.

And you are invited to our April 12th meeting where you might be surprised when I reveal unknown information about a subject I studied for decades as a curious Chemist working in international affairs, publishing in journals, making presentations, and cooperating with federal agencies working to control opioids such as fentanyl. Advice on avoiding, preparing for, and dealing with opioid emergencies will also be provided.

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You can find information about our next meetings in this BUZZ.

TREASURER'S REPORT

Larry Lange, Chapter 258 Treasurer

My last Treasurer's Report appeared in the January/February 2024 issue of **The BUZZ**. This report will be a synopsis of our Chapter's funds from December 12, 2023 to February 15, 2024:

Chapter 258, Funds Summary, February 15, 2024

Checking account balance, 12/12/2023	\$ 9,315.71
Receipts, 12/12/2023 - 2/15/2024	\$ 1,546.42
Expenses, 12/12/2023 - 2/15/2024	\$ 1,622.06
Checking account balance, 2/15/2024	\$ 9,240.07

Working Capital/Total Chapter assets	\$ 9,240.07
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The *receipts* for this period were the direct deposit into our Chapter's checking account by National NARFE of the November, 2023 members' dues (\$215.52), the direct deposit in our Checking account of the December, 2023 members' dues (\$303.78), and the direct deposit in our Checking account of the January, 2024 members' dues (\$217.12); the payment by attendees of their meals at Alfio's for our January 12, 2024 Chapter meeting (\$390.00), and the payment by attendees of their meals at Alfio's for our February 9, 2024 meeting (\$420.00), for a total of \$1,546.42.

The *expenses* for this period were the printing and mailing of the Jan/Feb 2024 BUZZ (\$525.16), postage for mailing the Jan/Feb 2024 BUZZ (\$86.90), the bill for attendees' meals at Alfio's for our January 12, 2024 Chapter membership meeting lunches (\$450.00), the bill for attendees' meals at Alfio's for our February 9, 2024 Chapter membership meeting lunches (\$480.00), and the bill for our Chapter's annual portion of the Bulk Mail Permit #5715 (\$80.00), for a total of \$1,622.06.

NARFE'S MARYLAND FEDERATION OF CHAPTERS HAD ITS FIRST MEETING OF THE NEW YEAR ON FEBRUARY 6TH

The meeting was held at the Bowie, MD Comfort Inn. Committee Chairmen gave their reports, and Paul Schwartz was installed as the President of Aspen Hill Chapter 1892 (he previously had been co-President with Sarah Richards). The speaker was Donna Edwards, President of the AFL - CIO of

MD/DC (not to be confused with Donna Edwards, who was the U.S. representative for Maryland's 4th Congressional District from 2008 to 2017).

ONE OF THE SPEAKERS AT OUR JANUARY 12TH CHAPTER MEETING WAS BOB DOYLE, WHO SPOKE ON THE MARYLAND FEDERATION'S PAC

Bob is the MD NARFE PAC Treasurer and Coordinator. He explained the MD NARFE PAC ("Political Action Committee") was started in 2008 to enable some NARFE members to attend fund raising events for candidates and "to provide financial assistance to candidates and members of the MD General Assembly who are committed to uphold and actively support the MD Federation's state legislative goals." This PAC is financed solely by contributions from MD NARFE members; no membership dues or other non-dues revenue of the MD Federation fund the MDNARFE-PAC. These contributions are not tax-deductible for Federal or State tax purposes. Members may make checks payable to: MDNARFE-PAC; the checks are to be mailed to Mr. Robert Doyle, Treasurer MDNARFE-PAC, 4226 Carvel Lane, Edgewater, MD 21037. For further information, Bob's E-mail address is: bdoyle47@verizon.net. Our second speaker at this Chapter meeting was Paul Schwartz, who is NARFE's Maryland Federation's State Legislative Committee Chair. Paul spoke on the Federation's State Legislative program for this year.

OUR FEBRUARY 9TH CHAPTER MEETING WAS, FOR THE FIRST TIME, AVAILABLE ON ZOOM

Larry Lange, Chapter 258 Newsletter Editor

Through NARFE's Maryland Federation of Chapters, our meetings are now available on Zoom. We are considering whether to have future Chapter 258 meetings available on Zoom.

NATIONAL NARFE'S PRESIDENT WILLIAM SHACKELFORD'S ARTICLE IN THE FEBRUARY 20TH NARFE NEWSLINE

In his article Mr. Shakelford stated that "Most members know that NARFE chapters have struggled to remain viable historically. One primary reason has been, and continues to be, the loss of members due to membership non-renewal. Leaders age out and are unwilling or incapable of continuing. This problem is compounded by the unwillingness of other members to assume a leadership role in the chapter." He additionally stated that "During the 2020 election period,

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Bylaw Amendment B-2009 was approved by NARFE membership, allowing federation mergers.” At the NEB (National Executive Board) meeting in December 2023, the federation merger and closure procedures were reviewed and approved, and a handbook was developed. Region VII Vice President Sharon Reese was approved to continue merging the Arizona and New Mexico federations, which will remain a part of Region VII. Mr. Shackelford ended this article by stating that “[t]he success of this federation merger will truly demonstrate that the future of NARFE is in our hands.”

Pictures of our February Chapter meeting were taken by Judy Mazza



At Chap. 258's Feb. meeting (Front row) Larry Lange, Chap. Treasurer (Back row) Allan Kam, Chap. 258 1st V.P., and Lois Ann Beaver, Chap. 258 President



Chap. 258 President Lois Ann Beaver gave our Feb. meeting speaker, Marilyn Scheiner, CPA, a gift for her being our speaker



NARFE Chap. 258 Pres. Lois Ann Beaver presenting Bob Doyle a gift for his speaking at Chap. 258's Jan. 12th membership meeting



NARFE Chap. 258 Pres. Lois Ann Beaver presenting Paul Schwartz a gift for his speaking at Chap. 258's Jan. 12th membership meeting

Western Montgomery County Chapter 258
National Active and Retired Federal Employees
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THIS IS YOUR CHAPTER 258 NEWSLETTER
PLEASE READ !! ☺

The speaker for our March 8, 2024 meeting will be Dr. John Jowers of Launch Physical Therapy and Fitness Coaching, who will advise us on "Ten Ways to Stay Heart Healthy."

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