



NEWS

**Pennsylvania Federation National Active and Retired Federal Employees**

**May 2021 to July 2021**

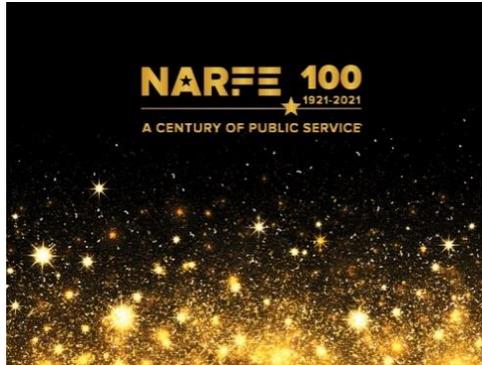
**Newsletter**

**Editor: Joanne Dine**



**President's Notes  
NARFE PA  
President Rich Zuck**

LEGcon21: Some of you have been wondering about LEGcon21-- if it is going to happen and how it might look if it does. Well, I can tell you that as I write this, LEGcon is going to happen, but no one is going anywhere. It is going to be a completely virtual experience, including our visits with our Representatives and Senators. I don't yet know the details or the costs to members and Federations to participate (they should be available on the NARFE website by the time you read this), but Jesse Klement and her Advocacy department will be doing everything within their power to make it a meaningful and worthwhile event. At this time, the LEGcon is set to take place June 21-23, in conjunction with...



**NARFE CENTENNIAL GALA: 'I Think We Made a Good Start': How a Meeting in 1921 Created NARFE** Go to NARFE's Centennial web page to see more NARFE history, including what the very first meeting on February 19, 1921 looked like: <https://new.narfe.org/centennial/>.

NARFE completed 100 years of service to our country's federal workers and even though we won't be able to celebrate in person at a real Gala, HQ is planning a virtual experience to honor the milestone in June, currently set for the 21st. Watch your NARFE Magazine for details as they are announced.

General Membership Meeting: As restrictions continue to loosen, I am entertaining the real possibility of a General Membership Meeting in September. Nothing is set at this time as the Federation's Executive Board has to discuss the details of what we might be able to put together. As soon as we

discern what we can and cannot do and build details around what we can do, we will announce the plan to all.

This year's Legislative Conference, named LEGcon21, will take place June 21-23, 2021, in a completely virtual environment. There will be no travel to DC, no hotel stays, and no in-person visits with our members of Congress.

Follow this link to the most current LEGcon21

information: <https://s7.goeshow.com/narfe/legcon/2021/welcome.cfm>

Chapter leaders and members have seen articles in our NARFE magazine and numerous email messages from HQ announcing and promoting LEGcon21. The cost of member registration is \$150. Participation within individual Congressional Districts (CD) will be coordinated by that CD's District Vice President (DVP).

If your Chapter wishes to have one of its members register for LEGcon21, a Chapter leader should contact your DVP before that member registers. Just as in the past in-person meetings, we will be limited to three NARFE members in the virtual visit with any member of Congress on Lobby Day, June 23. The DVPs and Federation Officers will coordinate with our LEGcon21 team in DC the Lobby Day visits.

Members who have signed on with their DVP before registering will be eligible for reimbursement of the full Registration Fee.

Any Chapter member who registers and pays for LEGcon21 without first consulting with their DVP runs the risk of not being able to participate in Lobby Day and not having the Registration Fee reimbursed by the Federation. They will, however, still be able to join in the first two days of virtual activities, including the workshops meant to prepare members for Lobby Day activities.

Remember to contact your DVP before committing to your or your member's registration

**One last and very important item:** There are a lot of lowlifes trying to scam us out of our hard-earned money. Remember, no one from NARFE is going to give you a sob story and ask for you to buy a gift card for which they will reimburse you. Not me, not Larry Palecek or George Shal, not Bill Krouse or Rich Karakantas, not Ginny Giordano or Bill Staarman, none of us will ever ask you something like this. If you get an email that really looks like it is coming from me or anyone of us in NARFE and it asks that you to send money or buy a gift card for us, IT IS PHONY!! Scammers have sent emails that look like they are from one of the Johnstown NARFE Chapter officers with the intent of having the member buy a gift card for them. I have received more than one email like this--DON'T FALL FOR IT!! If I send you an email that is not responding to something you specifically asked about, I will sign it with an official looking signature:

Rich Zuck, President  
Pennsylvania Federation of NARFE





Dr. Gary Roundtree  
RVP 2

Greetings, My Fellow NARFE Members, I'm Dr. Gary Roundtree Sr., regional vice president for NARFE's region II.

I'm pleased to give you this report of our activities in the past year, and what a year it has been. It was fitting that we positioned ourselves as "the federal benefits experts" with our brand launch in 2019, because never was this expertise needed as it was in 2020, with the coronavirus pandemic. And despite all the challenges we encountered as a result of this pandemic, NARFE leaders, NARFE members, NARFE staff all found ways to keep the organization up and running thanks to technology that allowed us to deliver on our commitment. NARFE continued to provide its valuable guidance, timely resources and powerful advocacy throughout the pandemic, with specialized webinars, magazine articles and other resources that helped us navigate the impact of COVID-19 on our lives.

Those resources are easier to find now. I hope you've had a chance to check out NARFE's new website. New federation and chapter website templates will be available soon, and all will benefit from an integrated search that allows you to find what you need on the site. These sites are also optimized for smart phone, tablets, AND computers, putting all that NARFE know-how at your fingertips wherever you are. Between the website, the magazine, and newsletters coming out of national headquarters, it's easy to keep up with your NARFE member benefits, legislative developments, and common questions about your federal benefits.

When it comes right down to it, NARFE's brand stands upon two robust pillars: The Federal Benefits Institute and NARFE Advocacy.

The Institute is growing. We have discovered that the Institute is well positioned to become the pre-eminent resource regarding federal benefits information. More than questions and answers, it increasingly is the one-stop shop for all things federal benefits for the federal community. Stronger relationships with our experts, who include Tammy Flanagan and Mark Keen, mean more value for your membership. Webinars are offered more frequently on topics that are in high demand.

On the advocacy side, NARFE successfully defeated proposals to cut benefits to federal retirees and prevented the effort to reorganize the Office of Personnel Management in such a way that would have exposed it to political influence. For federal employees, NARFE helped

ensure pay raises in consecutive years, helped secure paid parental leave, and helped pass the Government Employee Fair Treatment Act, which guarantees back pay for furloughed federal employees during shutdown events. NARFE also helped get legislation through related to pandemic relief, including the suspension of required minimum distributions on retirement accounts and emergency funding for the postal service.

And you all answered the call to help us get this legislation through. We are so grateful to all our grassroots advocates for the stories you bring forward on how these issues affect you personally. It makes a real difference in helping convince lawmakers to cosponsor critical legislation that will make a difference in your life. More than 50,000 letters were sent to legislators through our online Legislative Action Center in 2020, and more than 20,000 phone calls were connected via NARFE. This doesn't even take into consideration the number of Zoom meetings you had with your representatives and all the letters you wrote to local news editors. Keep up the great work.

We made it through a NARFE election and then a national election and a transition to a new administration and—here we are, ready to focus on the 117<sup>th</sup> Congress. We will continue to advocate for:

- a federal pay increase in 2021 and beyond
- modifying postal reform proposals to preserve health care choices for postal retirees.
- enacting full COLAs for FERS retirees
- supporting current efforts to reform the WEP.
- ensuring adequate oversight of proposals to reorganize the federal government.
- providing substantive feedback on efforts to modernize the civil service.

I can assure you that NARFE will do everything in its power to move the needle on the many legislative issues that have stagnated for so long. And should federal benefits wind up (as they often do) under the lens of scrutiny for potential cuts, NARFE will be there to protect them.

2021 has so much promise as we continue to bounce back from the pandemic. NARFE will always protect the earned retirement and health benefits of federal employees and retirees, just as it has for 100 years, a notable accomplishment for any organization. And now that the businesses we like to frequent for our meetings are opening again, we have a great opportunity to meet up with friends who might want to join NARFE. Here are just a few other ways you can help introduce someone to NARFE:

- Get a few extra copies of NARFE Magazine from headquarters and hand them out to Feds you know.
- Share a NARFE news item or the NARFE Centennial video on your social media page.
- Forward NARFE Newsline to a friend

- Wear a new NARFE T-shirt, available from Shop NARFE.

I welcome your ideas. After all, the future of NARFE is in our hands.

Remember also, all that we do is made possible by you. Thank you for your membership, for your leadership, and for everything you do that helps NARFE be a better organization.



**1<sup>st</sup> VP Membership**  
**Bill Krouse**

There are still problems with the AMS data base used at NARFE HQ that drive me crazy. One recent problem reported was members not getting renewal notices. There are several possibilities. Yes, at times the member can get the notice and it gets lost in the house. Houses have a tendency to do that. It could be the Post Office is delaying the mail. I have heard of horror stories of Christmas cards arriving in February. I know one letter I sent to a member who lives 8 miles away took 8 days. I also know that at the beginning of the year my chapter newsletter was taking over a week to be delivered from the time it was dropped off at the post office until it was delivered but that is improving as our recent newsletter was bulk mailed at the PO on Tuesday, and I got my copy on Wednesday. And it could also be the AMS system was not sending out timely renewal notices. Bottom line, I would encourage the chapter officers responsible for membership to periodically download the chapter roster and touch base with members whose registration is about to expire and make sure they renew. It doesn't appear that members can see their expiration date in the website profile any more but they can check their mailing label on their magazine. Mine says EXP|AUTODEDUCT (because I have dues withholding). Hopefully, members who pay every year or so would have an actual expiration date.

Another problem I have found is a member drops off the roster but no notification is made in the M112 report. It appears that lately a member will stay on the roster for about 3 months after their registration expires. So, check the M112 report about three months prior to see if you can find any notification. But there are those cases where there was no notification anywhere anytime. To me that is an AMS problem. What to do about this? As in the previous paragraph, keep an eye on Expiration dates and take proactive action.

A third problem, is we still have too many members getting transferred into National Only. Some may be a conscious decision but I have found numerous cases where that wasn't the case. It may be the member did not check the chapter box on the renewal. If the Chapter officers can't find what happened to a member, please contact me and I can tell you whether the member is listed in National Only (If they have a PA address, I don't have visibility of National Only in other states)

Finally, one piece of advice for chapter officers. Periodically print down the roster so if the member drops off the roster, you can go back to an old list and get the contact information.

If you have any questions on membership, please don't hesitate to contact me. [BillKrouse38@gmail.com](mailto:BillKrouse38@gmail.com) or 717-774-4031. If I don't answer the phone, please leave a message and at least say this is a NARFE call so I will call back. I get too many spam calls to answer unknown numbers.

**Bill Krouse**

**DVP 10**

It has been a little quiet on the NARFE Legislative front with the new administration dealing with other issues like COVID-19 and economic problems. What I had been looking forward to was the LEGcon21 (**L**egislative **C**onference **2021**) where we have access to the legislators in person. That isn't going to happen this year because NARFE has announced that LEGcon21 will be virtual. I haven't seen the detail costs of the virtual LEGcon21 but I will be attending and hopefully at least have a virtual meeting with our district representative (or his staff). I don't know what limitations we will have, but if you are interested in attending LEGcon21 to attend the any meeting with the Rep. Perry, let me know.



**Rich Karakantas**

Treasurer

Treasurer's Report

Beginning Balance 01/01/21	46,974.93
Income	<u>12,566.70</u>
Funds Available	59,541.63
Expenses	<u>(312.62)</u>
Ending Balance 03/31/21	59,229.01
 Reserve Account Balance	 59,016.60

Chapter Audits The audit of Chapter Finances should be conducted every year. With Chapters starting to meet in person again, it would be a good time to complete the Chapter Audit. Use Form F-131 as a guide to perform the audit. It requires the work of two unrelated chapter members to conduct the audit. Mail or e-mail me a copy of the completed form. I have received some already.

Form 990-N For most Chapters May 15 is the deadline to file Form 990-N with the IRS. This maintains the tax-exempt status of the Chapter. Again, mail or e-mail me a copy of the confirmation. I have also received some of these from a number of Chapters.

If you have questions or problems call me at 215-699-8399.



**NARFE PAC**  
**Brian Finn**

NARFE-PAC protects NARFE members' pay and benefits by raising and spending money to support members of Congress who support the federal community. PA has been very active in this regard.

The PA Federation was recently (March 2021) notifying that three PA members of congress received disbursements from NARFE PAC. They include Chrissy Houlahan, Matt Cartwright, and Brian Fitzpatrick.

All three have shown support for NARFE issues in Congress.



**2nd VP**  
**Bill Staarman**

The main news from Capitol Hill seems to be more gridlock. The power struggle continues while nothing seems to get done. On the positive side more Americans are getting vaccinated against the pandemic, but many people are ignoring simple recommendations and now we are seeing an uptick in new cases. Eastern and Western Europe are back on fire while many nations have yet to receive a single vaccination. It is still all about Covid-19, stimulus and little else.

In my District, PA 6<sup>th</sup> our Representative Chrissy Houlahan continues to maintain visibility through virtual gatherings, but the subject matter is all about getting vaccinations. And, by the way has anyone noticed that internet and telephonic scamming has become an industry? Recently Representative Houlahan invited Josh Shapiro, Pennsylvania's Attorney General to talk about this worrisome problem and how its effecting the elderly throughout the state.

The pandemic has had a devastating effect on businesses and while NARFE is not a business I fear that it stymies our ability to protect federal workers and recruit new members. When you combine all this with a gridlocked in Congress I fear for our future.

PA Sixth Congressional District  
DVP Report  
William Staarman

I have been staying in touch with my two Chapters, Chester County 377, and Reading 103. Neither are meeting in person because many Pennsylvanians have still not received a vaccination. Chester County continues to issue its Newsletter and met on Zoom in March. They are scheduled to meet again in April by Zoom and have engaged a speaker from Josh Shapiro's office. He is the current PA Attorney General. I got the idea after attending a virtual call with Representative Houlihan. She had Mr. Shapiro speak to the group about sham artists. Shammers have become a real threat to vulnerable groups, especially the elderly. They are clever and are becoming more sophisticated both on the phone and on the internet. I have invited Chapter 103 to listen in.

I hope that everyone in our group has gotten their vaccination. The hunt for a vaccine and the inability to meet in person has had a negative impact on our capability to conduct business. My efforts so far have been to keep my chapters functioning until we can meet again. National membership enrollment now exceeds Chapter 377's, 150/156. Reading 103 members still exceed the National membership, 86/45. Soon, headquarters will have to find a way to blend these two groups together. We cannot continue to do business like this.

Democratic Senator Tom Carper has joined a group of Democratic Senators introducing a bill to make Washington, D.C. the 51<sup>st</sup> State. It is not likely to go anywhere unless the Senate does away with the Filibuster rule as the Republican Senate is not in favor of D.C. Statehood. At present the Whitehouse and Congress is consumed with the pandemic, vaccinations, supplemental relief, infrastructure, and voter's right. It is unlikely that civilian employees will become a target at this time. However, in early March a pay raise bill suddenly appeared in the Senate recommending a 3.2% pay increase for federal workers. Let us hope.



**Immediate Past Pres  
Larry Palecek**

I have been in NARFE for 15 years now, not as many years as many of our members, but they have been active years. In those years you receive tons of emails. When I served as Pennsylvania Federation president, I read most of them, mainly because I had actions to take. From NARFE Headquarters there are all those newsletters, Newsline’s, advocacy actions, ads for webinars, and now advertisements from NARFE sponsors. Receiving them through the pandemic and lock down helped pass the time. Now the weather is getting nice again and my new John Deere is calling me. Time to play in the dirt. But what did I do a few minutes ago? I signed up for NARFE’s Daily News Clip. I was reading the NARFE Newsline and came across this article:

***“Subscribe to NARFE’s Daily News Clips***

*If you're reading this, you already receive NARFE's weekly e-newsletter, NARFE Newsline, but did you know that we offer daily news updates as well?*

*Whether you're a policy wonk or a news junkie, our Daily News Clips will keep you updated on all matters important to federal employees and retirees. You'll find informative articles from various outlets curated just for NARFE members, as well as NARFE media statements, op-eds and more.*

*If you would like to sign up to receive this weekday email, please complete [this form](#) on NARFE's website.”*

I must admit they reeled me in. But how up to date are we with our advocacy efforts and the actions we should be taking to preserve our retirement benefits? Many of our Pennsylvania chapters are not meeting, and those chapters that do meet, have minimal attendance. Receiving information from NARFE is one way to stay up on legislative actions in both the Senate and House, and NARFE will provide the means for you to contact your legislators.

NARFE activities are on the back burner for most of us. The LEGcon21 and Century Gala Celebration will now be virtual. Meetings with legislators will probably be via a Zoom type method, but they will go on. NARFE will soon be announcing how this will all take place.

There are many of our members who do not have the means to receive emails and looked forward to chapter meetings. With meetings suspended for now, communicating with all or members is a must. Keep sending out those chapter newsletters, and if you read a NARFE article you feel should be shared, mail a copy or chat on the telephone with those members without email access.

Remember, we are doing this to preserve our retirement benefits.



**Alzheimer’s Chair  
Dixie Gasper**

**Alzheimer’s Report**

Just a few words of GOOD ADVICE – Keep thinking POSITIVE.

As we go through life there are so many hurdles we need to jump over. Some are higher than others, but you can do it if you keep thinking positive.

Our Pennsylvania NARFE chapter members are making a difference in the future of Alzheimer treatments with their donations. I know the Lebanon chapter just lost several of our dedicated members to Alzheimer's and most likely your chapter did the same.

I have been your Alzheimer's chairperson for the Federation for quite a few years and thinking positive has kept me living. My health history is a long list of so many different types. Recently I had my fourth heart procedure and received a new aortic heart valve. First was back in 1965, 1993, 2011 and 2021. They came a long way in all these years. The same thing is happening with your donations to Alzheimer's research. Research in all these medical fields is so very important.

If you take a closer look at the Alzheimer's Report listed, you will see all the personal donations. Discuss it with your members at the meetings. If they write out a personal check it can be used when filing their taxes. Checks should be made payable to NARFE Alzheimer's Research, and given to your appointed Alzheimer's chairperson for the chapter. Your chairperson will then forward it to Dixie Gasper, 1300 E. Kercher Ave, Lot #80, Myerstown, PA 17067. By doing it in this order, this individual will get credit for the donation, as well as your chapter and the Pennsylvania Federation. When I get all this, it will be forwarded to Alzheimer's in Chicago to be processed. If you have any questions, please contact me.

The yearly NARFE Alzheimer's campaign runs from July 1 to June 30. We keep hoping to hit the \$10,000 each year. Your help is appreciated. This is NARFE's only fundraising outside of PAC.

Dixie Lee Gasper

Alzheimer's Chairperson

AS OF 4/15/2021

PA Fed Alzheimer's Report

<u>District</u>	<u>Cpt #</u>	<u>Chapter Name</u>	<u>\$ Amount</u>	<u>Chapter or Personal</u>
District #2	1301	Oxford Circle	\$75.00	1 Chapter
District #3	664	Philadelphia Center Sq	\$545.00	1 Chapter/9 Personal
District #4	372	Norristown	\$250.00	6 Personal
District #6	377	Chester County	\$72.00	1 Chapter
District #7	1102	Easton Area	\$40.00	1 Chapter
District #9	458	Lebanon Valley	\$684.00	1 Chapter/3 Personal
District #10	373	Carlisle	\$700.00	1 Chapter
	1465	West Shore	\$550.00	1 Chapter/5 Personal
	1816	Mechanicsburg	\$300.00	3 Personal

<b>District #11</b>	<b>301</b>	<b>Lancaster</b>	<b>\$200.00</b>	<b>1 Chapter</b>
	<b>331</b>	<b>York</b>	<b>\$350.00</b>	<b>1 Chapter/4Personal</b>
<b>District #13</b>	<b>1063</b>	<b>Chambersburg</b>	<b>\$1,000.00</b>	<b>1 Chapter</b>
<b>District #15</b>	<b>1130</b>	<b>Johnstown</b>	<b>\$119.00</b>	<b>1 Chapter</b>
<b>District #16</b>	<b>143</b>	<b>Presque Isle</b>	<b>\$650.00</b>	<b>1 Chapter/5 Personal</b>
	<b>657</b>	<b>New Castle</b>	<b>\$425.00</b>	<b>1 Chapter/1 Personal</b>
				<b>1 Direct</b>
<b>District #17</b>	<b>114</b>	<b>Pittsburgh</b>	<b>\$550.00</b>	<b>1 Chapter</b>
<b>TOTAL</b>			<b>\$6,510.00</b>	
	<b>14</b>	<b>Chapter Checks = \$3,695.00</b>		
	<b>21</b>	<b>Personal Donations = 2,815.00</b>		
	<b>16</b>	<b>Chapter's Participated In Donating</b>		



William Krouse  
Webmaster

I am still looking for a replacement as webmaster. All nominations and volunteers gratefully received. It is not difficult work. You do not need any special computer applications; all software is included when you log into the National NARFE website.

I am continuing to accept chapter newsletters to post on the website (I post the latest copy). I will also post any other material that you think would help the members statewide.

One possible word of caution. Spammers are at it again. Many of you have received emails from me, from the Federation President (Rich Zuck), and other NARFE officers asking to send gift Cards. No federation officer will be doing that. If an email looks suspicious, check the actual email address of the sender. Do not reply to the email, just delete it.

It has been suggested to me that a possible source of the stolen emails are the emails that are posted in the newsletters I put on the Federation website. While it is possible that someone can find emails on the website it

is doubtful this is the cause of the spamming. There are members who don't have their email addresses on the website that are getting the spam emails. However, the chapter has the option of deleting the email addresses on the copy sent to the webmaster.

If anyone has any suggestion for content you would like to see on the Federation Website, let me know. No guarantees but if it is possible, we will do it.

I have mentioned this before but it is worth mentioning again. NARFE PA has bought a zoom account that has an unlimited meeting time for chapters to use to hold executive and chapter meetings. I will help you set it up. Zoom is one way that we can "get together" in NARFE. Once our members get used to zoom, they find other uses for it like seeing their family or meeting with other organizations. Recently, I had one NARFE member take me up on helping them set up a meeting with his old college buddies. He got twelve of his old college buddies together on zoom (one was in Africa at the time) and they had a great time reminiscing. Contact me if your chapter is interested. ([billkrouse38@gmail.com](mailto:billkrouse38@gmail.com) or 717-774-4031)

The latest initiative as webmaster is to coordinate the use of the paid PA NARFE Zoom account. The Federation board uses the account to hold their board meetings virtually, and we have opened the use up to chapters to hold executive meetings and/or chapter meetings. Seven chapters have used the account and others are considering its use. Contact me if your chapter is interested.

Please read the following and help if you can:

From Max Chabanik, Max and Judy are long-time members of Chapter 1465

My son Mike's transplanted kidney is failing after almost 20 years, so we are getting the word out in order to seek live donors, since the average wait time for a cadaver kidney is 6 years.

### **Mike's Story**

For the past 19 years, our family has been blessed by the generosity of someone who we never knew. We have watched our son reach a promising adulthood, thanks to the selfless generosity of a family who decided to give the "gift of life."

Mike was born 30 years ago. He is blessed with a pleasant disposition, a curious nature, and an above-average intellect (including testing in the 99th percentile for memory). He was also born with Senior-Loken Syndrome, Autism Spectrum Disorder, Extreme Myopia and Retinitis Pigmentosa, Factor V Leiden, Sensory Integrative Disorder, and Fine and Gross Motor dysfunction, to name a few.

One particularly troublesome effect of Senior-Loken is kidney disease. Mike was 9 years old when his kidneys suddenly failed. Our family started the day by planning to go on a day trip, after a short stop for a "quick X-ray and blood draw." We ended the day in the hospital Pediatric ICU, with Mike hooked

up to a dialysis machine. We left the hospital several days later with Mike having a peritoneal catheter and on home dialysis.

Mike's kidneys had failed, and he needed a donor. Luckily his dad was a match and was cleared to donate his kidney to his son. About 6 months later, Mike and his dad were both in the hospital. The donor kidney lasted just 12 hours before it showed signs of failing, and it had to be removed after just 24 hours. It took 5 months or so to discover the cause of the failed transplant. Mike had undiagnosed Factor V Leiden, which causes the blood to clot too much. Had it been known; simple injections of a blood thinner would have prevented the failure. (We are happy to report as a result ALL kidney transplant recipients are now tested before surgery.)

Once again, Mike needed a donor. We were told the wait for a cadaveric kidney could be 6-9 months. As it turned out, due to his blood type, Mike's wait was closer to 2 years. We were also told to expect the kidney to last about 8 years, 10 at the most. From the beginning Mike understood the preciousness of the gift he was given. He has striven to be a good steward of that gift and to share his talents, through advocacy and volunteer work, to continue the ripples of caring for your fellow man started by that selfless donation. As a result, that kidney is still functioning today, 2 months short of 19 full years.

In the intervening years Mike went on to graduate from high school with Distinguished Honors. His eyesight has worsened, and he is considered legally blind. Finding gainful employment turned out to be much harder than you would think. It took a long time just to find someplace that would allow him to volunteer (thank you AACA Museum and Molly's Place). Finally, in May of 2019 Mike got a job as a Games Clerk at his beloved Hershey Park.

Then came 2020. Covid made it impossible for him to do his job or interact in person with anyone. On top of that, Mike's doctors informed us his kidney function had dropped to a level that made him eligible to be placed on the list for his third transplant. The wait this time would probably be 5-6 years and possibly more. We were assured Mike was a good candidate especially in light of his diligence in taking care of the kidney he had been given.

Doctors also told us a living donor would offer the greatest chance of success. Mike has no siblings. I am too old and not a match. His aunts and uncles are also too old. His cousins are all raising their young families. We find ourselves left with "depending upon the kindness of strangers." The silver lining in the search happening now as opposed to 20 years ago is that you don't have to match Mike to be a donor.

Having lived the experience of living kidney donation through my husband and son, our small family realizes the enormity of the process. We also acknowledge that donating a kidney is too large a request for most people. We simply ask you to pass on our plea to anyone and everyone you can. Social media is probably easiest, but any method would be welcome.

If you would like more information on the process or to speak to someone about donating your kidney you can contact the Kidney Transplant Office of Hershey Medical Center at 717-531-6092.

Additional information can be found by going to this URL, with the username and password specified, in order to find out about the options for transplant, who can be a living donor, the living donor process, possible risks of living donation, and what to consider when thinking about becoming a living donor.

<https://exploretransplant.org/et-eld-education-videos>

Username: PennStateTransplant

PW: Kidney123!

Thank you for any help you can give,

Judy, Max and Mike Chabanik

**Editor  
Joanne Dine**

Thank you for all of the well wishes while I was in the hospital and rehab with Covid-19. We have moved from Argyle Avenue in Glen Rock to 273 Pine Street, Glen Rock PA 17327.

After a three week fight we finally were able to get our old phone number back 717-235-6129.

Please stay well.

Joanne

**Pennsylvania Federation By Congressional Districts (CD)**

Congressional District	Chapters	District Vice President
1	Doylestown (740), Lower Bucks (1287)	Tom Cline
2	Oxford Circle (1301)	
3	Philadelphia Center Square (664)	Ted Hall
4	Norristown (372), Montgomery County (1384)	Marion Pugh
5	Delaware County (404), Media (1940)	Tom Geronikos
6	Reading (103), Chester County (377)	William Staarman
7	Easton Area (1102), Lehigh Valley (1371)	Ruth Cline
8	Scranton (129), Wilkes Barre (342), Pocono (1189), Greater Pittston Area (1723), Pike-Wayne County (2259)	John Shutack
9	Schuylkill (413), Lebanon Valley (458)	
10	Harrisburg (102), Carlisle (373), West Shore (1465), Mechanicsburg (1816)	Bill Krouse
11	Lancaster (301), York (331)	
12	Williamsport (412), Susquehanna Valley (1646)	William McGinley
13	Altoona (328), Chambersburg (1063), Adams Hanover (1797), Somerset (1861), Bedford (2093)	Raymond Hain
14	Allegheny Kiski (1556), Fayco (2002)	
15	Johnstown (1130), McKean County Area (1782), Indiana Area (2124)	Larry Palecek
16	Presque Isle (143), New Castle Area (657)	Richard Zuck (acting)
17/18	Mon Yough (1855)	Jerome Funderwhite

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<b>Richard Zuck</b> 10066 Martin Avenue Lake City, PA 16423-1529 814-774-4129 (H) 814-323-0037 (M) <a href="mailto:rzuck@neo.rr.com">rzuck@neo.rr.com</a>	<b>Bill Krouse</b> 106 Bunker Hill Rd New Cumberland, PA 17070-2533 717-774-4031(H), 717-448-1968 (M) <a href="mailto:Billkrouse38@gmail.com">Billkrouse38@gmail.com</a>	<b>William Staarman</b> 307 Benning Lane Downingtown, PA 19335-1745 610-269-4866 <a href="mailto:wjstaarman@outlook.com">wjstaarman@outlook.com</a>
<b>Secretary</b>	<b>Treasurer</b>	<b>IPP &amp; DVP-15</b>
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<b>DVP-1</b>	<b>DVP-2,9,11,14</b>	<b>DVP-3</b>
<b>Thomas Cline</b> 5180 Rt 212 Riegelsville, PA 18077-9517 484-308-1510 <a href="mailto:Clinet66@yahoo.com">Clinet66@yahoo.com</a>	Vacant	<b>Ted Hall</b> 509 Woodbrook Lane Philadelphia, PA 19119-1041 215-248-1121 <a href="mailto:PhillyFed@gmail.com">PhillyFed@gmail.com</a>
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<b>Marion Pugh</b> 118 Overlook Ave Willow Grove, PA 19090-2724 <a href="mailto:Shippreked@gmail.com">Shippreked@gmail.com</a>	<b>Thomas Geronikos</b> 115 Walter Drive Media, PA 19063-5031 610-291-5039 <a href="mailto:protostsolias@yahoo.com">protostsolias@yahoo.com</a>	<b>William Staarman</b> 307 Benning Lane Downingtown, PA 19335-1745 610-269-4866 <a href="mailto:wjstaarman@outlook.com">wjstaarman@outlook.com</a>
<b>DVP-7</b>	<b>DVP-8</b>	<b>DVP-10 &amp; Webmaster</b>
<b>Ruth Cline</b> 302 Saucon View Drive Bethlehem, PA 18015-5081 484-560-0411 <a href="mailto:Cliner35@yahoo.com">Cliner35@yahoo.com</a>	<b>John Shutack</b> 421 Larchmont Way Mountaintop, PA 18707-2050 570-855-5061 <a href="mailto:jbshutack@gmail.com">jbshutack@gmail.com</a>	<b>Bill Krouse</b> 106 Bunker Hill Rd New Cumberland, PA 17070-2533 717-774-4031(H), 717-448-1968 (M) <a href="mailto:Billkrouse38@gmail.com">Billkrouse38@gmail.com</a>
<b>DVP-12</b>	<b>DVP-13</b>	<b>DVP-16</b>
<b>William McGinley</b> 614 Pisgah Road Shermansdale, PA 17090-8856 717-329-0019 <a href="mailto:wildbillrfd@comcast.net">wildbillrfd@comcast.net</a>	<b>Raymond Hain</b> 10 Circle Drive Carlisle, PA 17015-8895 717-249-3906 <a href="mailto:Hain81914@aol.com">Hain81914@aol.com</a>	<b>Richard Zuck (Acting)</b> 10066 Martin Avenue Lake City, PA 16423-1529 814-774-4129 (H) 814-323-0037 (M) <a href="mailto:rzuck@neo.rr.com">rzuck@neo.rr.com</a>
<b>DVP-17, 18</b>	<b>PUBLIC RELATIONS</b>	<b>Alzheimer's Chair</b>
<b>Jerome Funderwhite</b> 216 Karen Drive Pittsburgh, PA 15209-2414 412-821-8175 <a href="mailto:Jerry2632@aol.com">Jerry2632@aol.com</a>	<b>George Shal</b> 1410 Cortez Road Blue Bell, PA 19422-3670 610-272-0518 <a href="mailto:geoshal@gmail.com">geoshal@gmail.com</a>	<b>Dixie Gasper</b> 1300 East Kercher Avenue, Lot 80 Myerstown, PA 17067-2907 717-866-9237 <a href="mailto:DGasper38@comcast.net">DGasper38@comcast.net</a>
<b>Editor</b>	<b>NARFE-PAC</b>	<b>Region 2 VP</b>
<b>Joanne Dine</b> 273 Pine St Glen Rock, PA 17327 717-235-6129 <a href="mailto:Joanne19651@aol.com">Joanne19651@aol.com</a>	<b>Rich Karakantas</b> 472 Primrose Drive Lansdale, PA 19446-7625 215-699-8399 <a href="mailto:rkirsman@msn.com">rkirsman@msn.com</a>	<b>Dr. Gary Roundtree</b> 2002 Englewood Ave. Gwynn Oak, MD 21207-5201 410-277-8570 (H), 443-929-7045 (M) <a href="mailto:groundtreesr@hotmail.com">groundtreesr@hotmail.com</a>



**NARFE PA Federation**

273 Pine St.  
Glen Rock, PA 17327-8931

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