

COASTAL SUSSEX CHAPTER 1690

County Councilman Doug Hudson to Speak at April 11 Chapter Luncheon

First-term 4th District Sussex County Councilman **Doug Hudson** will be the honored speaker at our Thursday, April 11 luncheon meeting. He represents southeastern Sussex County.

Winning the seat in 2018 vacated by the retirement of long-time Councilman George Cole, Mr. Hudson had earlier that year defeated George Parish to win the Republican Primary. Previously he had served two years as a member of the Sussex County Planning & Zoning Commission.

Mr. Hudson served as a Delaware State Police trooper, retiring after a 27-year career. A lifelong resident of Sussex County, he grew up in Bethany Beach and has been actively involved in the Bethany Beach Volunteer Fire Company all his life, including becoming Chief in 1986.

Mr. Hudson will speak to important issues affecting all of us in Sussex County, and will be taking questions from chapter members. Make your reservation now.

Registration Opens for June 5 Federation Conference

The registration period has now opened for members to sign up to attend the one-day Delaware NARFE Federation Conference on Wednesday, June 5, at the Maple Dale Country Club in Dover. Our chapter 1690 is the host for this year's federation gathering.

In addition to Chapter members who will be helping out at the event, we hope many members will be interested in attending as conferees. The registration form is reprinted on page 7.

By attending, you will: hear from new NARFE national President, Ken Thomas; gain valuable insight on issues affecting federal retirees from NARFE advocacy Vice-President Jessica Klement; meet other government officials who are expected to stop by the conference to say hello; visit vendor tables offering important services to NARFE members; and talk to NARFE members from around the state. The fee is only \$30, which includes attendance at all sessions, a continental breakfast in the morning, and a full lunch.

If you are interested in carpooling with other Chapter members to get to the Conference, please let Larry Trombello know when you register, or contact Carol Weber at 302-829-8906 or caw09@mchsi.com and we will help make arrangements.

We hope you will join us to help make this Federation event a big success.

The Administration's Fiscal Year 2020 Budget Proposal contains numerous proposals (see below) that hit hard at federal employee and retiree benefits. The Washington Post summarized them as follows: "Federal employees would pay more toward their retirement benefits from salaries that generally would be frozen."

However, every commentator refers to these proposals as "dead on arrival." They point out that many of these ideas were contained in previous Administration budget proposals – and not enacted - when the Republicans controlled both the Senate and the House, and the Democratic-controlled House will not take them up this time, either.

NARFE President Ken Thomas stated, "The drastic cuts proposed in the president's budget only would further undermine the strength of our civil service," and he said, "The proposed cuts show further hostility to a federal community still recovering from the damages caused by a record 35-day government shutdown."

NARFE's legislative team is already hard at work to make sure these proposals do not gain any traction. Thomas said, "NARFE will not rest until these proposals aimed at undermining the federal workforce and breaking commitments to Feds are soundly defeated."

At our chapter's March luncheon meeting, NARFE-PAC Committee chair Greg Neuner addressed the urgency of making sure NARFE is able to play a significant role in Washington developments. His report follows on page 3 of this newsletter.

NARFE summarized the various proposals, which it said if enacted could result in a total of more than \$177.1 billion in cuts to earned federal benefits, as follows:

- Changing the period to compute federal pensions for new retirees to the average of the highest-five years of salary instead of the highest-three.
- Eliminating cost-of-living adjustments (COLAs) for current and future Federal Employees Retirement System (FERS) retirees.
- Reducing COLAs for Civil Service Retirement System (CSRS) retirees by 0.5 percent each year from what the COLA would have been otherwise.
- Increasing FERS employee contributions to their annuities by 1 percent each year for the next six years, without any corresponding benefit increase.
- Eliminating the earned and fully funded FERS Annuity Supplement for new retirees. (This benefit, provided to FERS employees who retire before they are eligible to collect Social Security, would hit those with a mandatory retirement age – such as federal law enforcement officers and air traffic controllers – the hardest.)
- Reducing working and retirement-age benefits for federal workers disabled through their service.
- Reducing the rate of return on the Thrift Savings Plan's Government Securities Investment (G) Fund.

Physical Therapy Tips at March Luncheon Meeting

“Keep moving.”

That was the advice that physical therapy guru Bob Cairo gave members as a way to help prevent various back injuries and problems. Cairo, the clinical director of Tidewater Physical Therapy Rehabilitation Associates, in Ocean View, was our speaker at the March chapter luncheon meeting.

He described different degrees and conditions of back issues, from facet joint osteoarthritis to the more severe degenerative disc disease, using a skeleton model to make his points. He said “Regardless of your condition, regular exercise is critical.”

He said that back pain is common after the age of 40 “because of normal wear and tear on the body.” But he also said other factors could increase the likelihood of back problems. He said people who are overweight will have issues “because the bones and muscle can’t handle the extra weight.”

He also said that smoking is a serious factor “because smoking robs cells of oxygen, which means the cells will become overworked and eventually break-down.” Asked whether yoga was a good exercise for seniors, Cairo said, “If done properly, yoga can be a good exercise,” but he cautioned, “Be careful to do it with people in your same general condition. Don’t do extreme positions, and be aware of the danger of over-work.”

He warned, “Seniors who sit a lot are at risk for their joints getting tight. That’s why it’s important to move around, get exercise, and improve mobility.” He closed with a quote from the National Institute of Aging: “In many ways, exercise is the best prescription we have for healthy and successful aging.”

Chapter 1690 Supports NARFE-PAC

Greg Neuner

At the chapter luncheon on March 14th, NARFE-PAC coordinator Greg Neuner told members it’s now more important than ever to support the NARFE Political Action Committee. He said the president’s latest budget contains major cuts in benefits for employees and retirees. We need as many friends as possible in Congress to oppose these proposals.

That’s the job that NARFE-PAC does for us, helping our supporters win their elections. Members responded at the luncheon with contributions totaling \$481. That is a great start for the new two-year cycle. Thank you to all who participated. Those who still want to contribute can do so at any monthly membership meeting, or by using the contribution form in NARFE Magazine.

Luncheon: Well, *Pi* day (3.14.....) brought us 70 degree weather, and physical therapy guru Bob Cairo, who told all those present for our monthly luncheon about back pain and how it is tied to our hamstrings. Pain in the back and pain in the hamstrings equate to a pain in the butt! All are painful and keep us from doing what we used to be able to do.

That is especially important since it is almost spring, I think, and Punxsutawney Phil was right for once. My bird feeders have been largely abandoned and different birds are showing up. My roses are leafing out and early flowers are blooming. That also means its cherry blossom time in the District of Columbia when the trees are expected to be at peak bloom on April 3, plus or minus a few days. Peak occurs when 70% of the blooms are open when they are at their deepest pink.

Cherry Blossom Festival: I will be spending the week of April 6 through 13 photographing the Cherry Blossom Princesses as they tour several venues in the DC area and perform public service tasks. I have been doing this for nearly 20 years for the National Conference of State Societies. Each year I say it will be my last, but as long as my back holds out, (and if I follow Bob Cairo's advice) I'll be there again toting 3 or 4 cameras and posting between 6,000 and 10,000 pictures on the website. You can watch my progress during the week at <https://2019cbpp.shutterfly.com/>.

Federation Conference: Planning for the 2019 Federation Conference June 5, which our chapter is organizing this year, is nearing completion. The next step is to confirm the ad sales and speakers and hope they let us know well ahead of time. We still need local sales, and volunteers to help out on the day of the event. And we hope many Chapter 1690 members will attend to show a big chapter turnout for our event.

Advocacy: The lists of items affecting federal workers and retirees that are included in the President's budget are covered earlier in this newsletter. We will try to keep you apprised of changes to these, but please keep vigilant and subscribe to the NARFE website (NARFE.ORG) to be sure you get the latest actions requested by HQ.

NARFE RENEWAL REMINDER – WRITE IN CHAPTER 1690

Whenever you renew your NARFE membership during the year, please remember to indicate clearly that you are a member of, and want to renew your membership in, Coastal Sussex Chapter 1690.

Help us keep our local membership strong!

Social Report

Carol & Ron Weber

Forty-two members and guests attended our luncheon on a warm sunny day in March. What a great turn out for our guest speaker **Bob Cairo**, the clinical director at Tidewater Physical Therapy in Ocean View, DE.

Bob gave a very informative and well-received talk on back problems and their causes. Bob said most individuals over the age of forty will experience back problems due to the natural progression of aging. The best way to ease the problems of aging is to keep your weight in the normal range and get 120-150 minutes of exercise per week. Ron and I both have been patients of Bob's, me many more times than Ron, due to hip replacements and a spinal fusion. If any of you need a visit to the physical therapist, as a result of surgery, injury, or just mobility issues, consider a referral to Tidewater in Ocean View. I think you will be happy with the results.

We are looking forward to next month when our guest speaker will be Sussex County Councilman **Doug Hudson**, from District 4. I am sure Doug will have a lot of interesting and helpful information to share with us.

The date of the luncheon is Thursday, April 11th. Be sure to have your reservation in by Tuesday, April 9th at 5:00 pm. Also try to arrive at the luncheon by 11:45, so as not to delay getting the orders to the kitchen.

Let's continue to grow our attendance at the luncheons. Hope to see you on April 11th.

Sunshine Report

Cece Niemi

A get-well card was sent to Dottie McGovern March 16th.

Thursday, April 11, Chapter Luncheon Meeting

12 Noon, 1776 Restaurant, in Midway Mall (by theaters), Route 1, Rehoboth Beach.

Luncheon Selections:

- _____ (1) Baked Flounder in white wine, lemon butter sauce, with rice and vegetable
 - _____ (2) Cup of lobster bisque and 1/2 chicken salad sandwich
 - _____ (3) Chicken Caesar Salad
- Dessert: Brownie with whip

Reservation Information:

Cost \$17 (which includes gratuities)
Make your reservation and luncheon selection with **Carol Weber**:
30923 Sea Breeze Lane, Ocean View, DE, 19970
Call 302-829-8906; or email caw09@mchsi.com

(Reservations must be made by 5:00 pm on Tuesday, April 9. Walk-ins are welcome and can order lunch from the regular 1776 Restaurant menu.)

As members know, our chapter, and national NARFE, contribute significant amounts of time and money to further Alzheimer's Research.

We thought the following excerpts from the Alzheimer's Association Fiscal Year 2018 Annual Report describing some of their research efforts would be of interest to Chapter members.

- The Association made its largest-ever research investment in FY18 by granting more than \$30 million to 131 scientific investigations, bringing the Association's current commitment to over \$160 million in more than 450 projects in 25 countries.
- Research investments included awards to 112 projects funded through the International Research Grant Program.
- The Association surpassed its initial four-year \$100 million goal for the "Step Up the Pace: Accelerating Alzheimer's Research" initiative.
- Since 1982, the Association has invested over \$435 million in more than 2,900 scientific investigations.
- The Association's annual Alzheimer's Association International Conference regularly attracts leading researchers in the field. AAIC 2017 in London brought together a record 5,600-plus attendees representing 68 countries.
- The Association supports the four-year Imaging Dementia-Evidence for Amyloid Scanning (IDEAS) Study, which reached its enrollment goal of more than 18,000 Medicare beneficiaries aged 65 or older with mild cognitive impairment (MCI) or atypical dementia.
- The Association launched its first-ever clinical trial, the U.S. Study to Protect Brain Health through Lifestyle Intervention to Reduce Risk (U.S. POINTER), a \$35 million, two-year clinical trial to evaluate whether lifestyle interventions can protect cognitive function in adults age 60-79 who are at increased risk.
- A separate project, Part the Cloud, awarded eight grants totaling over \$6.8 million (in addition to 20 previous grants) to fund promising early-phase clinical studies.
- The Association and Alzheimer's Drug Discovery Foundation (ADDF) jointly made a \$1.85 million grant to fund a new combination therapy clinical trial for Alzheimer's disease to be conducted by Amylyx Pharmaceuticals.
- The Association partnered with the Global Brain Health Institute to award more than \$440,000 to 17 research projects in eight countries.

Delaware Federation Conference June 5, 2019 Registration

Registration – Maple Dale Country Club*	8:30-9:30 AM
Continental Breakfast (Turnberry Room)	8:30-9:15 AM
Plenary Session (St Andrews Room)	9:30-12:30 PM
Luncheon (St Andrews Room)	12:45-1:45 PM
Plenary Session (St Andrews Room)	2:00-4:00 PM

*Maple Dale Country Club, 180 Maple Dale Circle, Dover, DE 19904

Featured Guest Speakers

- Ken Thomas, National President, NARFE
- Jessica Klement, Staff Vice President for Advocacy, NARFE
- Kathy Adams, National Field Vice President, Region II, NARFE

Invited to Speak

U. S. Senator Tom Carper

Send completed registration form with \$30.00 per registrant payable to NARFE Chapter 1690 to **Larry Trombello, 6480 Cedar Neck Rd., Milford, DE 19963**. Registration forms must be received by May 24, 2019.
Please indicate if you are a National Member.

REGISTRATION FORM:

Registrant's Name _____ Chapter No. _____
National No. _____
Address _____ Telephone No. _____
Email _____

Luncheon Entrée Choice (Pick One)

Chicken Cordon Bleu Grilled Salmon Pasta Primavera w/Alfredo

Optional: Please add my/our name(s) _____ to the Program Booklet as a Patron (\$5.00 per couple or \$2.50 per person).

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