



NARFE

Coastal Sussex Chapter 1690



Volume 10 Issue 2

PO Box 390, Ocean View, DE 19970

February 2019



Upcoming Dates

February 6
Executive Board
1 – 2:30 pm
Meeting Room B
South Coastal Library
Bethany Beach

February 14
Monthly Chapter
Luncheon Meeting
12 Noon
1776 Restaurant
Midway

Shopping Center
Rehoboth Beach

February 12
Lincoln's Birthday

February 14
Valentine's Day

February 18
President's Day
Observed

February 22
Washington's Birthday

Delaware 50+ Administrator to Speak at February Luncheon

Have you been thinking of engaging in local volunteer activities but haven't been sure where or how? Well, the next chapter luncheon on Thursday, February 14 is the place for you.

We will have a special luncheon speaker: **Ann Gorrin** is the Volunteer Services Administrator of Volunteer Delaware 50+ in Sussex County. Volunteer Delaware 50+ is part of the State Office of Volunteerism, Division of State Service Centers and Department of Health and Social Services.

Ann and her staff, with the assistance of an active Advisory Council, evaluate the needs for training and volunteer recruitment for approximately 100 non-profit agencies, which are community partners of Volunteer Delaware 50+. Seen as a "clearing house" for volunteers, Volunteer Delaware 50+ finds volunteers the right position based on their needs.

Their targets include schools, museums, hospitals, state agencies, reading programs, and food pantries, just to name a few. The organization has a particularly strong impact on agencies that struggle with limited budgets.

Its Mission Statement is "to improve the quality of life for Delaware's citizens by promoting health and well-being, fostering self-sufficiency, and protecting vulnerable populations."

Prior to joining this office, Ann spent many years as the Sussex County Coordinator for Read Aloud Delaware. Raised in Vermont, Ann holds a Bachelor's degree in Social Work from the University of Vermont.

This will be an interesting presentation and we hope to have a good attendance.

Countdown

The countdown is underway – only 4 months remaining – to organize the Delaware NARFE Federation Biennial Conference to be held June 5 in Dover, DE. As we have mentioned before in this space, this year it is Chapter 1690's turn to organize and run the event.

Please consider donating some time and energy to help our officers plan and prepare for a successful conference. We need chapter members to help with advance preparation of registration packets, staffing various tables on the day of the conference, and other similar types of activities.

Contact either **Carl Bouchard**, **Larry Trombello**, or **Carol Weber** to let us know what kind of skills and time you have to help out.

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Bethany Beach Nature Center Focus of January Meeting



We had two special guests at our January luncheon meeting.

One was our speaker **Nancy Lucy**, director of the Bethany Beach Nature Center and Conservation Area, tucked into 26 areas at 807 Garfield Parkway just west of Route 1.

The other was a special guest Nancy brought with her: **Oscar** - a baby Diamondback Terrapin, which is an indigenous Delaware reptile which she said are “a big part of inland bay marshes” and are under consideration as a “species of concern” by the U.S. Fish and Wildlife Service. The center works on public education of ways to prevent terrapins from entering crab pots without hindering blue crab entry. She said Oscar will be released into the marshes in May.

A major mission of the Center is “protection and conservation of wetlands,” and she said wetlands are crucial for protection of the state’s eco-system. She said, “Delaware over time has lost one-third of its wetland areas through development.” The Center works closely on wetland issues with the Center for Inland Bays.

She encouraged us to visit the Nature Center, particularly with our children and grandchildren, and walk the Baldwin Trail, a one-eighth of a mile, handicap accessible boardwalk over the wetlands, explore a native plant garden, check out their rain garden, and join the bird watching community that regularly come to check out the nearly 90 species of birds that have been seen in the area, including Bald Eagles.

She handed out brochures on how anyone can create rain gardens, which are designed to collect runoff from “impervious surfaces” that rain water cannot penetrate, such as driveways, sidewalks or parking lots.

The Center is housed in Addy Cottage, one of Bethany Beach’s earliest cottages, that was built around 1903 on the ocean, and in 2001 moved by the land trust that owned it to its current site and dedicated as a town natural resource.

She said that inside the Center, they “provide hands-on fun for kids of all ages” with numerous informative interactive exhibits. She said “It’s exciting to see the environmental literacy of our kids today. The know so much, and better yet, they are getting their parents and grandparents involved in protecting the environment and our habitat.”

The Center is open all year, 10-3 Wednesday to Friday (including Tuesdays in the summer), and Saturdays 10-12, but the trail is open daily from dawn to dusk.

For more information go to:
townofbethanybeach.com/397/Nature-Center



Addy Cottage

President's Column

Carl Bouchard



We started off the New Year with 35 members present at our January luncheon listening to Nancy Lucy of the Bethany Beach Nature Center. She enlightened us about a natural resource that is in our back yard. How many other local gems are there that we don't know about? Unless one works in one of these areas, or visits them, we are often ignorant of the value of wetlands and wildlife.

Bats in the Belfry! Last summer, I discovered I had bats living in my attic. Now, I know that bats provide a valuable balance of nature by consuming their weight in bugs every day. However, I do not care for them living under my roof and leaving their guava on my attic floor. In Delaware, they are a protected species, so you cannot harm them. You can catch them and then release them but they will come right back in.

So what to do? You have to block their entrance so they cannot get back in and that has to be done when they are out. They are nocturnal and they supposedly migrate south come November. We could not verify their entrance point, but after having exterminators, critter controllers, and others visit us, I settled on a roofer who pointed out that my ridge vents were not the correct style and not installed properly. Thus the bats would come in the end caps and find their way in. We even found a mouse carcass stuck in one end cap. It probably had climbed up on the brick or was dropped off by one of the many turkey buzzards roosting on my ridge vents.

I hope we have solved the bat problem after replacing the ridge vents and that we can rest assured bats will not be flying around the attic and escaping into the house. Oh, and the roofer said he would come back if we see any more signs of bats and look for other entrance points. Job guaranteed!

2019 Federation Meeting: We are gearing up for the 2019 Federation meeting and your planning committee is hard at work. We will be asking for many more volunteers on the day of the event. We do ask for your help in selling table spaces and also to sell ads for the program book.

Advocacy: Unfortunately, the Federal Government is still shut down as of this writing in mid-January. It is already the longest shut-down in history. Congress must find a way to eliminate these shut-downs. They benefit no one, provide hardships for both federal employees and the general public, and cost money. Usually the Congress makes all pay retroactive. However, there is still one case winding its way through the courts from 2013 that was finally approved for payment for about 5000 employees. But, guess what? OPM is closed and payment has not yet been received. Stay tuned.

Note: If you have any questions about your benefits because of the government shutdown, you can email the NARFE Federal Benefits Institute at fedbenefits@narfe.org or call 1-800-456-8410 and select Option 2.

2019 Officers

| | |
|----------------------------------|----------|
| President | |
| Carl Bouchard | 424-4425 |
| 1st Vice President | |
| Larry Trombello | 430-7689 |
| 2nd Vice President | |
| Carol Weber | 829-8906 |
| Secretary | |
| Martha Justice | 664-1231 |
| Treasurer | |
| Jo Ann Teiken | 616-2017 |
| Federation Vice President | |
| Larry Trombello | 430-7689 |
| Federation Treasurer | |
| Jim Blakeslee | 227-5306 |

Members-at-Large

| | |
|------------------|--------------|
| 2018–2019 | |
| Bob Clark | 829-8767 |
| Dick Oliver | 539-3771 |
| 2019–2020 | |
| Pat Brady-Rice | 215-805-7782 |
| Kathleen Lagore | |

Nominating Committee

| | |
|------------------|--------------|
| 2018–2019 | |
| Pat Brady-Rice | 215-805-7782 |
| Maria Ryan | 302-537-1117 |
| 2019–2020 | |
| Vinnie Rice | 215-805-7783 |

Committee Chairs

| | |
|------------------------------------|-------------------------------------|
| Alzheimers | |
| Claude Benner | 684-1641 |
| Chaplain | |
| Theresa Pitman | 539-5280 |
| Legislative | |
| Membership | |
| Ron & Carol Weber | 829-8906 |
| NARFE-PAC | |
| Greg Neuner | 539-1013 |
| Newsletter | |
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| Public Relations | |
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| Service Officer | |
| Mike Buso | 703-861-9180 |
| Social Chair | |
| Kathy & Larry Trombello | 430-7689 |
| Sunshine | |
| Cece Niemi | suomien@mchsi.com |
| 50/50 Raffle | |
| Vinny Rice | 215-805-7783 |

Memorial Service at January Chapter Meeting

At our January Luncheon Meeting, we held our annual In Memoriam service where we remembered Chapter 1690 members who passed away during the previous year. As our Chaplain Theresa Pitman read each name, a bell was rung in their honor by Carl Bouchard, following which a candle was lit in their honor.

The members being remembered were as follows:

Barbara Y. Allen

Francis Xavier Celeste

Richard G. Cleaveland

Beryl R. Dejarnette

Mary Jane Emrick

Joseph A. Faulkner

Mary Jeanette Jacobs

Richard J. Mibelcic

Gail E. Nolting

Ernest R. Porter

Noble Simpson

William M. Vogel

William Wood



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 Committee Report

Carol & Ron Weber

Thirty-five members and guests enjoyed our January 10th luncheon. Our guest speaker was **Nancy Lucy**, the director of the Bethany Beach Nature Center. Nancy shared with us all of the activities that take place at the Nature Center and the history of the Addy Cottage, which houses the Center. Lucy also spoke about the native plants and our State Reptile, the Diamondback Terrapin, and even brought a Terrapin for us to view. We all thoroughly enjoyed having Lucy as our guest speaker. Nancy encouraged us all to visit the Nature Center and go out on their short boardwalk hiking trail, the Baldwin Nature Trail.



Our next luncheon will be Thursday, February 14th -Valentine's Day. Our guest speaker will be **Ann Gorrin**, Administrator of the Delaware State Office of Volunteerism. Ann will explain the Volunteer Delaware 50+ Program. It should be very informative and a great opportunity for those who want to get involved in their community through volunteering.

Ron and I will be in warmer locations in February, so we will not be the ones taking luncheon reservations. **Kathy and Larry Trombello** will be your point of contact. Please follow the instructions listed below and be sure to get your reservation to them by Tuesday, February 12th.

Enjoy your lunch and guest speaker. See you in March.

NARFE February Calendar Features Larry Trombello Photo

Check out your NARFE calendar! This month's February photo was taken by our own Larry Trombello, who won a place in the NARFE 2019 calendar photo contest. Larry submitted a photo of Square Tower House, one of many cliff dwellings within the Mesa Verde National Park in southwestern Colorado. Enjoy it all month!

LUNCHEON RESERVATION FORM

Make your Reservation and luncheon selection with: **Larry Trombello**

6480 Cedar Neck Rd, Milford DE, 19963 (302) 430-7689 or narfelunch@outlook.com.

Please note, I will respond to each email reservation. If you don't receive an email response from me, please contact me again.

Please make reservations for _____ Member(s) _____ Guest(s) for
Thursday, February 14, 2019 at Noon at 1776 Restaurant in Midway Mall, near the theaters.
Price = \$17.00 per person, which includes gratuities.

Luncheon Selections:

- _____ (1) Stuffed Peppers, mashed potatoes and vegetable
 _____ (2) Fried Flounder Sandwich with chips and pickles
 _____ (3) Chicken Caesar Salad

Desert: Carrot Cake

My check in the amount of \$_____ made payable to "NARFE Chapter 1690" is enclosed.

NOTICE: PERSONS MAKING RESERVATIONS, BUT NOT ATTENDING MUST PAY FOR MEAL(S)

Member(s) Names: _____ **Please Print** Guest(s) Names: _____ **Please Print**

Reservations must be made by 5:00 pm on the Tuesday before the luncheon. Walk-ins are welcome and can order lunch from the regular 1776 Restaurant menu.

Alzheimer's Committee

Claude Benner

We have often written about the work of the Alzheimer's Association in researching the causes of this debilitating disease. The NARFE national organization and our local chapter have made significant contributions to support their research.

In addition to the work of this organization, there is another major organization that is also performing significant work in this area – the Alzheimer's Disease Research Center that is operated by the Mayo Clinic. It is jointly based at the Mayo Clinic campuses in Jacksonville, Florida, and Rochester, Minnesota. The Center studies the entire spectrum of aging - from normal aging, to mild cognitive impairment, to dementia – in cooperation with the Mayo Clinic study of aging. This study of aging began in 2004 and has recruited more than 3,000 people. The researchers hope to be able to develop predictive records that will help differentiate and better understand people who are aging well from those who experience cognitive disorders.



The clinical side of the Center's Alzheimer's research focuses on investigating the very earliest phases of cognitive impairment that may ultimately develop into Alzheimer's disease. Mayo Clinic neurologists examine patients, take careful family histories, administer memory tests and use imaging, such as magnetic resonance imaging, to examine various regions of the brain. Researchers have also learned about facts that can predict whose symptoms will progress to Alzheimer's disease at a more rapid rate. Older participants with record of aging who volunteer for research projects help researchers understand changes found in brains of people with dementia-related disorders.

The Mayo Clinic Alzheimer's Disease Research Center is one of 29 Alzheimer's disease centers in the U.S. funded by the National Institute on Aging. It is heartening to know that so much significant research is being conducted in addition to the important work of the Alzheimer's Association



February 2019

LUNCHEON RESERVATION FORM

Commentary on the Government Shutdown

Editor's note: We thought two articles written during the government shutdown in January would be of interest to chapter members. Excerpts follow:

Washington Post Editorial: Surprise – We Need the Federal Government

Everybody hates the Internal Revenue Service, right? Well, yes and no. Americans love to gripe about the agency that collects their income taxes each year, but they also depend on it to do the job fairly and efficiently — especially the part that involves sending out refunds. And so, for all its rhetoric about the burden of federal taxes, the Trump administration has creatively interpreted a legal exception to the ongoing partial shutdown so as to order 40,000 IRS workers back to their offices in preparation for tax season. However, these workers' own paychecks will arrive only when this shutdown ends, whenever that might be.

There's a lesson here: We need government!

For example: IRS people who make sure tax refunds go out; Agriculture Department employees who process loans; 8,000 men and women from the Coast Guard who have become the first military branch ever asked to serve without pay, due to the quirk that they are part of the unfunded Department of Homeland Security; State Department Diplomats who were recalled; National Park Service personnel who are maintaining key public assets; and of course hard-pressed airport screeners of the Transportation Security Administration; and many others.

These much-maligned public workers perform tasks that the people, through their elected representatives, have deemed necessary to the common good. Some in Trump World may see the current furlough of more than 300,000 workers as an opportunity to prove a point about the alleged superfluosity of much of the federal government. Yet the selective reinstatement of the IRS workers and all the others tends to prove the opposite point.

The experience of being told to work without pay, for almost a month so far, is demoralizing and can only cause many of these key security personnel to reconsider their commitments to government service. Others will be deterred from joining in the first place. Yes, employees will get back pay. But how does the federal government get back its reputation as a stable and, indeed, rational employer? The message of contempt it sends to federal workers, and the negative impact it may have on recruitment, could take years to reverse.

Federal Times: Federal workers take on odd jobs to make ends meet

With paychecks drying up because of the partial government shutdown, one federal worker rented out a room on Airbnb. Others are driving for Uber, relying on word-of-mouth and social networks to find handyman work, and looking for traditional temp gigs to help pay the bills.”

Two factors are different with this shutdown. First, the hundreds of thousands of out-of-work government employees have more options than in past shutdowns given the rise of the so-called “gig economy” that has made an entire workforce out of people doing home vacation rentals and driving for companies like Uber, Lyft and Postmates. Second, the shutdown is occurring against the backdrop of a strong economy that has millions of open jobs.

However, the downside is that the gig economy - with unpredictable, part-time, and hourly work - doesn't pay all that well – something the furloughed government workers are finding out. One furloughed fed lamented that “It's embarrassing to ask for money to pay bills, or ask to borrow money to, you know, eat.”



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February 2019 Newsletter

Statement by NARFE National President Ken Thomas

The following statement was issued by NARFE National President Ken Thomas during the government shutdown. We thought it would be of interest to all chapter members.

It is past time for Congress and the president to put aside political jabs and reopen shuttered government agencies. With each passing day, the shutdown disrupts both services provided for the American public and the financial security of federal employees.

A short-term continuing resolution would reopen the Department of Homeland Security, allowing time for additional negotiations over border security. A six-bill appropriations package would reopen the remaining unfunded departments and agencies.

It would also provide a 1.9 percent average pay increase for the entire federal workforce. This modest pay increase will help prevent federal pay from falling further behind pay for comparable private-sector jobs, and acknowledge the contribution of America's hardworking federal employees.

I urge the House and Senate to swiftly pass both bills, and the president to sign them.

Both the shutdown and the pay freeze impose real economic costs on federal employees and our country. Both undermine the effectiveness of the work our government does – from ensuring the national defense and homeland security to safeguarding taxpayer dollars from fraud – by damaging its ability to recruit and retain a highly qualified and talented workforce.

I urge Congress to end both.