



NARFE

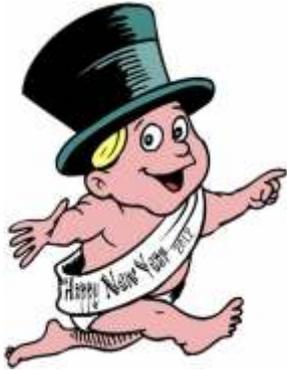
Coastal Sussex Chapter 1690



Volume 6 Issue 1

PO Box 390, Ocean View, DE 19970

January 2015



Orthopedic Surgeon to Discuss Acupuncture at January Luncheon Meeting



A leading Sussex County Orthopedic surgeon will enlighten chapter members about acupuncture when he speaks at our January 8 Luncheon Meeting at 1776 Restaurant in Rehoboth Beach.

The full title of the talk by **Dr. John E. Spieker, MD FACS**, from Orthopaedic Associates of Southern Delaware, is: "Medical Acupuncture: Combining ancient Eastern Traditional Chinese Medicine Techniques with Western Medical Physiology in the Management of Common Musculoskeletal Disorders."

After a nearly 30-year practice in Lewes, and in regional hospitals, principally at Beebe Medical Center, Dr. Spieker has recently turned over some of his clinical responsibilities to younger partners, and has expanded his interest in nonoperative management of orthopedic conditions with his pursuit of training in Medical Acupuncture. He continues to see patients weekly. With select patients, he utilizes Medical Acupuncture techniques "which combine the 2500 + years of traditional Chinese Medicine with western medical knowledge of disease and physiology."

Dr. Spieker began his area practice in 1986 after completion of his orthopedic training at the University Hospital/Robert Wood Johnson Medical School in New Jersey. In his practice here, he and his partners contributed significantly to the development of a nationwide reputation for orthopedic excellence at Beebe Healthcare.

It will be a fascinating discussion, so please plan to attend.

Upcoming Dates

January 1

New Year's Day

January 8

Monthly Chapter
Luncheon Meeting
12 Noon

1776 Restaurant
Midway Shopping Center
Rehoboth Beach

January 19

Martin Luther King Day

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Delaware Federation President Walt Berwick swears in officers and board members for 2015, from left: Kathleen Lagore, Secretary; Linda Berwick, Nominating Committee; John Pitman, Member at Large; Eric West, Member at Large; Vinny Rice, Nominating Committee; and Michael Guerriere, Treasurer.

Three officers are in the second year of a two-year term: Larry Trombello, President; Carol Weber, 1st Vice-President; and Dick Oliver, 2nd Vice-President.

A special "thank you" to Eric West who has agreed to step-in and also serve as Legislative Committee Chair, filling the last vacant committee slot.

President Obama Praises Federal Workers

In December, President Barack Obama addressed a large gathering of Senior Executive Service members in Washington. We thought the following excerpts from his remarks expressing appreciation to federal workers would be of interest to all Chapter members. The full text of the President's remarks can be viewed at:

<http://www.whitehouse.gov/the-press-office/2014/12/09/remarks-president-senior-leaders-federal-workforce>

“Many of you do what you do at extraordinary sacrifice. You could work at a lot of places. You made a decision at some point in your life to serve your country -- your country is stronger because you made that decision. You keep America running -- our airports, our embassies, and our financial system. You take care of our troops and their families.

“And in recent years, it's gotten more challenging for so many of you. You work under tough circumstances, whether it's sequestration, pay freeze, shutdown, and, more importantly, a political climate where folks too often talk down government for cheap applause.

“So my main message is, thank you. But part of my message today also is to recognize that we do have an issue that we've got to address, and that is, Americans don't trust government like we used to. That's why we need you, and that's why we need the best and brightest of coming generations to serve. Those of us who believe in both individual initiative, but also the common good -- we've got to work harder to make sure that government works.

“First, we're creating a new initiative called the White House Leadership Development Program for Future Senior Career Executives. Talented civil servants are going to have a chance to rotate through different agencies on high-priority assignments, and then they'll bring back their new expertise to their home agency. This is a terrific opportunity for folks to create networks across government.

“Second, we want to do more to recruit, develop, and retain exceptional civil servants, so we're creating

a White House Advisory Group on Senior Executive Service Reform. Starting today, all of you are going to have access to a website where we've assembled feedback in a way that's clear and easy to read. It's called UnlockTalent.gov -- it's worth checking out.

“Third, in recognition of those who go above and beyond every day, we're creating an award to recognize outstanding service. When an American needs something from their government -- whether an education grant, or a passport, or help turning a great idea into a small business -- they're interacting with many of you. You make enormous differences in the lives of individual Americans every single day. We are going to honor the people who do this job best.

“Because ultimately, that's what it's about -- making sure our government serves the American people. This is going to continue to be a tough environment. There's not going to be a lot of new money flowing. There are going to continue to be ideological battles. But what I tell my team in the White House every single day, and I want to tell all of you, is that there is no greater opportunity to help more people, to make a bigger difference than to be in the positions that you are privileged to be in right now.

“What an incredible privilege that is. What better way to spend your careers than what you do right now. I want you to wake up every day knowing that the President of the United States appreciates you for making that difference.

“Thank you. God bless you, and God bless America.”

“Mixed Blessings” Singing Group Entertains at Holiday Luncheon



We had a special treat at our December Holiday Luncheon with the performance of a Lewes-based *a cappella* singing group, Mixed Blessings. A group of eleven singers serenaded us with popular songs, from Gershwin to Bernstein, and then asked us to join in with favorite Christmas carols. The volunteer singers perform regularly before groups, such as NARFE and AARP chapters, birthday parties, and the occasional street corner. Their fun and laughter was contagious, and we were “blessed” by their willingness to join our festivities.

The singers are, from left, Nancy Feichtl, Jack Emery, Jan McKenzie, Bob Porta, Sherry Chappelle, Bruce Chappelle, Mary Ann Hoopes, Nancy Fisher, Randy Brewster, Roz Troupin, and group director Roo Brown.

Legislative - *Things I Learned This Year*

Robert Wardwell

It's been a pleasure to be your Legislative Chair. I leave only because I've taken on a significant volunteer role on the Board of another non-profit that past incumbents have described as somewhat overwhelming. I'd like to share a few things I've learned in this job.

I learned how much easier it is for me to advocate for a good cause that helps others than single-mindedly advocating for something that benefits me. Like most of you, I joined and stayed in the Federal Service despite offers to go outside because I wanted to serve the people of our country. That makes it challenging for me to do what a lobbyist usually do: ignore all the other people's needs, and single-mindedly focus on meeting their own group's needs.

From other Legislative Chairs, I learned how hard it can be to even be treated civilly by some elected representatives, much less listened to by those from other States where there are very acrimonious and divided political opinions. It made me very glad I live in Delaware.

NARFE is governed differently than other non-profits for which I worked or served on Boards. I became a big believer in NARFE modernization, particularly with regard to having governance by a Board made up of members but management by a professional CEO.

I also learned how hard it can be to stay positive in my remarks when so much political discourse these days is all about fear, distrust of government and sneering at those with other political opinions. I hope I did better than average, but would like to have done better.

The political landscape for the year ahead seems very uncertain. Bringing order out of political animosity and legislative impasse has been passed on to a new Congress, and only time will tell if leadership will emerge to face our many challenges. I hope you remain politically informed and active in the year ahead.



2015 Officers

| | |
|-----------------------------|----------|
| President | |
| Larry Trombello | 430-7689 |
| 1st Vice President | |
| Carol Weber | 829-8906 |
| 2nd Vice President | |
| Dick Oliver | 539-3771 |
| Secretary | |
| Kathleen Lagore | 537-5484 |
| Treasurer | |
| Michael Guerriere | 249-2616 |
| Federation President | |
| Walt Berwick | 436-4261 |

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| | |
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| Shirl Hudak | sh92581@aol.com |
| <i>2015–2016</i> | |
| John Pitman | 539-5280 |
| Eric West | 537-2968 |

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| Pat Brady-Rice | 215-805-7782 |
| <i>2015–2016</i> | |
| Linda Berwick | 436-4261 |
| Vinny Rice | 215-805-7783 |

Committee Chairs

| | |
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| Alzheimers | |
| Dick Oliver | 539-3771 |
| Chaplain | |
| Theresa Pitman | 539-5280 |
| Legislative | |
| Eric West | 537-2968 |
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| Kathy Trombello | 430-7689 |
| Sunshine | |
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| 50/50 Raffle | |
| Tony Mileo | 947-0776 |

President's Message

Larry Trombello



Most everyone enjoys a good mystery on a cold January night - especially if it is a real life drama. We are coming up on one as we approach the 119th anniversary of the murder of a prominent father and son in what was then New Mexico Territory.

Albert Jennings Fountain was a hardnosed assistant U. S. District Attorney determined to expose a gang of notorious cattle rustlers running rampant in Dona Anna County. In January 1896, Fountain and his eight year old son Henry made a three-day trip from their home in Mesilla to the town of Lincoln. Fountain presented evidence to a Grand Jury that resulted in indictments of 33 men, including deputy sheriff and cattle baron Oliver Milton Lee and several of his ranch hands.

Albert and Henry never made it back home, and a posse of family and townspeople formed a search party. On the southern edge of the White Sands in the vicinity of Chalk Hill, they found the imprint of a man kneeling and two empty cartridges behind a bush, a nearby pool of blood, and tracks of three horses and boot prints. Twelve miles away, the posse came across Fountain's abandoned buckboard and its plundered contents. Missing were all the papers regarding the indictments Fountain had secured in Lincoln. The posse followed the riders' tracks to Oliver Lee's ranch.

Newspaper coverage of Jennings' disappearance and presumed murder was so intense that Governor William Thornton called in Pat Garrett and the Pinkerton National Detective Agency to investigate. However, due to Oliver Lee's prominent position in the territory, and the fact that Lee's attorney Albert Bacon Fall, who was an arch rival of Fountain, wielded much political influence, no immediate legal action was taken.

Finally, in April 1898, Garrett arrested two of Lee's ranch hands, William McNew and William Carr, to appear before a grand jury charged with Albert Fountain's murder, but they were subsequently released on insufficient evidence. Lee and another associate James Gililand went into hiding in the Sacramento Mountains, and didn't surrender until March 1899, a year later. They were quickly brought to trial in May for the murder of Fountain's son Henry. However, with the passage of time, some witnesses had died, others had left the area, others couldn't remember details, and – probably a major problem - those appearing in court felt intimidated by the presence of armed Lee supporters in the courtroom. After a bitter eighteen- day trial, including night sessions, the jury returned in only eight minutes with a verdict of not guilty. No one was ever subsequently tried for the murders.

Who murdered Albert and Henry Fountain and what became of their bodies remains to this day one of New Mexico's greatest mysteries.

2014 Officers And Committee/Activity Chairs



LARRY TROMBELLO – *President* : Larry is beginning his fourth year as President of Chapter 1690. He retired in 2002, with thirty-two years of government service; four with the U.S. Air Force and twenty-eight with the National Park Service. Larry was Chief Ranger at George Washington Birthplace National Monument when he retired. Larry and Kathy live in Milford.



CAROL WEBER – *1st Vice-President; Co-Chair Membership Committee* : Carol worked 35 years for the Social Security Administration in Pennsylvania retiring as District Manager in the Reading office. Carol works as a part-time bartender for caterers, a country club, and local restaurants. She is active with veteran's activities of the VFW Ladies Auxiliary Post 7234. She has organized numerous chapter Alzheimer's fundraising events.



DICK OLIVER – *2nd Vice-President; Chair, Alzheimer's Committee*: Dick retired in 1998 from the NOAA training office, and started his own company, Erin Associates, Inc. to provide training and management skills to federal employees. He previously served the chapter as 1st Vice-President, Nominating Committee member, and as Alzheimer's Committee Chair as a Golf Tournament organizer. He and Margaret live in South Bethany.



KATHLEEN LAGORE – *Secretary*: Kathleen began her federal service in the Juvenile Court system in Washington DC, but spent 28 years in a Philadelphia Social Security District Office. After moving to Ocean View, she has been active in NARFE, serving periods as secretary to both Chapter and Federation presidents. She has served on committees at two NARFE National Conventions. Outside NARFE, she is a volunteer with the Mid-Atlantic Symphony.



MICHAEL GUERRIERE – *Treasurer*: Michael worked at the American Red Cross with military families for 20 years before moving to the federal sector. This included work at Marine Corps Headquarters, and with the Department of Justice in Washington, where among other positions, he was Director of the Public Safety Officer's Benefit Program. After moving to San Diego to be Clinical Director of the Military Prison at Miramar, he moved to Baltimore to be Director of Government Affairs for a healthcare company. A realtor in Rehoboth Beach with Long and Foster, he is active in real estate associations. He is a resident of Lewes.



WALT BERWICK – *State Federation President; Chapter E-Mail Distribution* : Walt retired from the FDIC in 1995, and has been active in local, state and national NARFE activities. He previously served as chapter president and six years as federation president. He has been the State Net Coordinator for Delaware, and is active in sending emails out to NARFE members to alert them to national NARFE activities and legislative issues of importance to NARFE members.



DIANE DALY – *Member at Large* : Diane retired after 40 years of government service with the Inspector General for Tax Administration as Assistant Director, Customer Support. She started in Philadelphia and moved to Millsboro, in August 2011. She enjoys cycling and is active with the Sussex Cyclists a local bicycle group that promotes bicycle safety.



SHIRL HUDAK – *Member at Large* : Shirley worked at GAO in Washington , DC for 19 years before retiring in October 1993. Prior to that she spent 5 years at the Navy Annex in Arlington, Va. and 12 years with the Air Force at the Pentagon. She moved to Delaware in 2003. She has previously served the Chapter on the nominating committee and as Social Committee chair. She is Vice President of the American Legion Ladies Auxiliary, and is active with the VFW and the Elks. She currently lives in Rehoboth Beach with her dog Spike.



JOHN PITMAN – *Member at Large* : After five years as Chapter Treasurer, John in moving over to the Member at Large position. He retired from the CIA in 1977 when he and Theresa moved from Gaithersburg, MD to Delaware. He founded homebuilding and home maintenance businesses in Maryland and DC. He was a NARFE “Member at Large” for three years.



ERIC WEST – *Member at Large; Legislative Chair* : Eric retired in 2004 after service at the Administration on Aging in the Department of Health and Human Services, the Office of Consumer Affairs in the Department of Energy, and headquarters of the U.S. Marine Corps. He attended the Industrial College of the Armed Forces at the National War College. While at DOE, he was active in the National Treasury Employees Union. He is a past president of our NARFE chapter, and his late wife Debby served as Newsletter Editor.



LINDA BERWICK – *Nominating Committee; Social Committee Co-Chair* : Linda worked in the banking and securities industry in Dallas, TX until she and husband Walt, also a chapter member and Delaware Federation President, moved here 18 years ago. For many years, Walt and Linda served as chapter social chairs, and made the arrangements for 1776 Restaurant to host our lunches. She also enjoys reading and golfing.



BARBARA GEIBEL – *Nominating Committee* : Barbara worked at the Defense Supply Center in Philadelphia serving as Administrative Assistant to the Director and Deputy Director of Human Resources, retiring in 2002 after 15 years of federal service. She and her husband Lou moved to this area in 2003. She is involved with her church and the Delaware Manufactured Home Owners Association (DMHOA) and is president of her Home Owners Association.



PAT BRADY-RICE – *Nominating Committee*: Pat served 34 years with DOD in Philadelphia, first at the Naval Air Engineering Center (NAEC), and later at the Industrial Management Office, the Philadelphia Naval Shipyard, and the Defense Supply Center. She is a life-time member of Federally Employed Women (FEW), and past President of their Philadelphia chapter. Pat's husband Vinny is also a NARFE chapter 1690 member.



VINNY RICE – *Nominating Committee*: Vinny worked for the Small Business Administration for 25 years, retiring as Mid-Atlantic Deputy Area Manager. Previously he did R&D at the Philadelphia Naval Shipyard and the Naval Air Development Center in Warminster PA. He received an engineering degree at the U.S. Naval Academy. He moved to Delaware in 2006 and is on the board of the state-wide Delaware Manufactured Home Owners Association. He is married to chapter member Pat Brady-Rice and has two grown children.



THERESA PITMAN – *Chaplain*: Theresa, who is married to Chapter Member at Large John Pitman, became NARFE chapter Chaplain soon after retiring in 2004 from secretarial work at Mariner's Bethel UMC. She is originally from Baltimore.



GREG NEUNER – *NARFE-PAC Chair*: Greg retired from the Department of Veterans Affairs after a 35 year career in health care administration, moving to Delaware in 2004. He volunteers at the VA clinic in Georgetown, and is on the boards of the Friends of the South Coastal Library and the Mid-Atlantic Symphony Orchestra. He and his wife Linda live in Ocean View.



RON & CAROL WEBER – *Membership Committee Co-chairs*: Ron worked 35 years for the Social Security Administration in Pennsylvania as a District Manager in nine locations. Ron works at Bayside Resort Golf Club in Fenwick Island and is a part time handyman/carpenter. He has recently served the chapter as chair of our successful golf tournament Alzheimer's fundraiser. His wife Carol is serving as Chapter 1st Vice-President (see page 5).



DAVID FISKE – *Newsletter Editor; Public Relations Chair*: David retired in 2011 after 16 years in a public affairs position at the FCC in Washington, and previous press office work at the Federal Election Commission and on the staff of U.S. Senator Dick Schweiker from Pennsylvania. He also served as a U.S. Navy officer. He and Mary Ann live in Rehoboth Beach where David engages in freelance writing and editing.



FRAN TOBER – *Service Officer*: Fran served 16 years in the FBI, specializing in white collar crime in the Minneapolis, New Rochelle, and Buffalo offices. He had prior experience as a commercial banker in Ithaca, NY. After retiring in 1985, Fran was a Volunteer Emergency Services Worker in Buffalo. A widower, he has 3 children and 5 grandchildren, and moved to Delaware in 2007 to be near his children



KATHY TROMBELLO – *Social Committee Co-Chair*: Kathy moved to Delaware in 2001 after taking a teaching position at Holy Cross School in Dover. After more than 20 years in the classroom, she stopped teaching in 2010. She works part time at the Milford Public Library. She previously served on the Social Committee for 2 years. She and Chapter President Larry have 2 adult sons and 2 grandchildren



CECE NIEMI – *Sunshine Chair*: Cece retired from the General Accounting Office (currently Government Accountability Office) with over 30 years of service. She works part-time at a physical therapy office, is a children's ski instructor, and is a Sussex County Master Gardener.



TONY MILEO – *50/50 Raffle*: Tony served 30 years as a design technician in the Facility Engineering Division of NASA in Greenbelt, MD. He had previously worked as a civilian draftsman for the U.S. Navy, and served as an operations specialist in the U.S. Air Force, and did stints in private industry.

Social Committee Report

Linda Berwick and Kathy Trombello

We hosted 57 members and guests at our December Christmas luncheon. Thanks to all who brought so many nice gifts for distribution at the nursing homes. It is very much appreciated. Everyone enjoyed the songs and Christmas carols sung by Mixed Blessings from Lewes.



Hope to see you at our first luncheon in the New Year on January 8th. Be sure to get reservations to Linda by Tuesday, January 6. The cost for the lunch will be our regular amount - \$17.00.

Membership Report

Ron & Carol Weber

Chapter 1690 started November 2014 with 447 members. During November we added one transfer, Brenda Jones (Selbyville), and two reinstatements. We lost three members for non-renewal of dues, leaving us with a net membership of 447.



Your NARFE membership provides powerful representation, benefit updates, no-nonsense coverage through your NARFE Magazine, college scholarships, disaster relief grants, travel and car rental deals, credit union membership, and much more in member services.

Our strength is magnified with new members that increase our rolls. We really appreciate all your efforts in this area. Any questions on membership can be sent to us via email to rjw98@mchsi.com, or call 302-829-8906.

LUNCHEON RESERVATION FORM

Mail to: **Linda Berwick, 37818 Cedar Road, Selbyville, DE 19975**
or call **(302) 436-4261**; or email **linda-berwick@comcast.net**

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, January 8, 2014, at 12 Noon at 1776 Restaurant in Midway Mall**, near the theaters. **Price = \$17.00 per person, which includes gratuities.**

Luncheon Selections:

- ___(1) Chicken on top of tomato-vodka cream sauce over penne
- ___(2) Tuna/cheddar melt over English muffin with chips and pickles
- ___(3) Caesar salad with grilled blackened chicken

Dessert: Chocolate 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 would be appreciated by Tuesday night. Walk-ins are welcome, however, all menu choices may no longer be available.

IN MEMORIAM

Continuing the tradition of Chapter 1690, we will conduct a Memorial Service at our luncheon meeting January 8, 2015, to remember present and past chapter members who passed away in 2014. A candle will be lit in memory of each decedent, and a bell will be tolled in their honor.

Family members are welcome to join us, and any family members present will be asked to light the candle at the appropriate time. If a family member is not present, any friend will be encouraged to step forward to do so.

Our Chaplain, Mrs. Theresa Pitman, will conduct the service.

The members to be honored are:

| | | |
|------------------|------------------|--------------------|
| William Allen | James Gilmore | Jerry Peregoy |
| Richard Backora | Gary Jackson | Mark Rosenthal |
| Ronald Brengle | Molly Lyons | Delores Simons |
| Michaelo DiNenna | Francis McTavish | Jacqueline Simpson |
| K.E. Dohner | George Moniz | Norman Smith |
| Fondella Dunmore | William Noll | |



January 2015

LUNCHEON RESERVATION FORM

Top Ten Consumer Tips

Editor's note: It never hurts to be reminded of sensible consumer tips to protect you against consumer fraud— whether it be in person, at a store, during a telephone solicitation, or on the Internet. We think the following summary from an Internet consumer protection site is informative.

1. Say no to high-pressure sales pitches. If the offer is only good today, walk away.
2. Always read contracts carefully before you sign them, and make sure all written documents match what you've been promised. Never sign a document that you don't understand or that has blanks to be filled in later.
3. Be cautious when responding to telemarketers, door-to-door sellers, and email or text pitches. Instead of responding to unsolicited offers, decide when and where you want to go shopping.
4. You never have to make a purchase or pay taxes, fees or other expenses in advance to win a prize. Anyone who demands an upfront fee for a prize is trying to scam you.
5. Never give out your Social Security Number, credit card or bank account number or other personal information to anyone you don't know who contacts you.
6. Be skeptical of upfront fees. If an advance payment is required for transactions, use a credit card when possible. This gives you some protection if your order doesn't arrive or the work isn't completed.
7. Do business with companies you know or that come recommended by those you trust. Check out companies with your local Better Business Bureau before making major purchases.
8. Join the Do Not Call registry to cut down on unwanted telemarketing calls. To sign up, call 1-888-382-1222 from the number you wish to register or visit www.donotcall.gov.
9. Check your credit report regularly. You're entitled to one free credit report per year from each nationwide credit bureau. To access your free credit reports, visit www.annualcreditreport.com or call 1-877-322-8228.
10. And the envelope please for the golden rule of consumer protection:

If an offer sounds too good to be true, it probably is.

Coastal Sussex Chapter 1690
PO Box 390
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January 2015 Newsletter



Eric West, Carol Weber, Ron Weber and Phyllis Walker survey the nearly 70 gifts that Chapter members brought to the December Holiday Luncheon for residents of three nursing facilities in the area. This is the 24th year our Chapter has taken this initiative.

Thanks to our “elves” for delivering the gifts: Phyllis to Atlantic Shores Rehabilitation and Nursing Center in Millsboro; Ron & Carol to Harbor Healthcare and Rehabilitation in Lewes; and Eric to Harrison Senior Living in Georgetown.

And a special “Thank you” to all members who donated these gifts.