



NARFE

Coastal Sussex Chapter 1690



Volume 9 Issue 1

PO Box 390, Ocean View, DE 19970

January 2018

Diabetes Educator to Speak at January 11 Chapter Meeting



Upcoming Dates

January 1
New Year's Day

January 3
Executive Board
1 – 2:30 pm
Meeting Room B
South Coastal Library
Bethany Beach

January 11
Monthly Chapter
Luncheon Meeting
12 Noon
1776 Restaurant
Midway Shopping
Center
Rehoboth Beach

January 15
Martin Luther King
Day

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A Certified Diabetes Educator with the Beebe Hospital Diabetes Management group, **Tina Trout**, will speak at the Chapter luncheon meeting, Thursday, January 11. She will talk to members generally about making healthy food choices, and specifically about preventing and/or managing diabetes.

Tina is the coordinator for Beebe's Diabetes Self-Management Education Program, which has been recognized by the American Diabetes Association since 2000. She became a Certified Diabetes Educator in 1984 and has been a passionate leader within the diabetes community ever since. Since 2001, Tina has represented Beebe on the Delaware Diabetes Coalition, a statewide organization dedicated to diabetes outreach.

Diabetes is a chronic disease that affects approximately 70,000 Delawareans. It is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Since 1998, Beebe Healthcare's Diabetes Management team has provided outpatient diabetes education for the community. This comprehensive program received national recognition by the American Diabetes Association for providing education that meets the national standard for diabetes self-management education programs.

For more information on Beebe Diabetes Management go to the website: <https://www.beebehealthcare.org/diabetes-management>.

This speaker is another in our periodic series of inviting health professionals to discuss medical issues that can be relevant to ourselves, or to members of our families, and we believe you will find her remarks interesting.

Chapter Officers for 2018 Sworn-in

At our December luncheon, chapter officers for 2018 were sworn in. Pictured are (l-r): **Bob Clark**, Member-at-Large, 2018-19; **Carol Weber**, 1st Vice-President, 2018-19; **Larry Trombello**, First Vice-President, 2018-19; **Jo Ann Teiken**, Treasurer, 2018; **Dick Oliver**, Member-at-Large, 2018-19; and **Martha Justice**, Secretary, 2018.



Our new chapter president, **Carl Boucher**, was out of town (see his President's Report on page 4) and will be sworn-in at the January meeting.

Many thanks are due to retiring officers for their dedicated service to our chapter: **Eric West**, 2nd Vice-President; and **Kathleen Lagore**, Secretary.

December Holiday Luncheon Meeting



Cathy Gorman Entertains

A highlight of our December holiday luncheon was the appearance of popular local singer and entertainer Cathy Gorman.

With a diverse repertoire of popular Christmas songs, Elvis renditions, and country classics, Cathy opened our luncheon with familiar songs in a festive spirit, including encouraging our members to “sing along.” She also led our traditional meeting opening of “God Bless America.”

It was a fun and entertaining performance.

Holiday Generosity

Chapter members, (l-r) **Martha Justice, Carol Weber, Chubby Joseph, Caddie Joseph, and John Pitman** survey the more than 50 gifts that chapter members brought to the December Holiday Luncheon to be delivered to residents of three local nursing facilities in the area; *Atlantic Shores Rehabilitation and Nursing Center* in Millsboro; *Harbor Healthcare and Rehabilitation* in Lewes; and *Harrison Senior Living* in Georgetown. This is the 27th year our Chapter has taken this initiative. *A special “Thank you” to all members who donated these gifts.*



Thank you 1776 Restaurant Staff

At our December luncheon, Carol Weber brought 1776 Restaurant owner Tom Holmes forward to thank him, and his staff, for the wonderful lunches and service they provided at our monthly luncheon meetings during the past year.

If you have not been a regular attendee of these monthly informative and social gatherings, with excellent luncheons, please consider joining us in 2018.



IN MEMORIAM

Continuing the tradition of Chapter 1690, we will conduct a Memorial Service at our luncheon meeting January 11, 2018, to remember present and past chapter members who passed away in 2017. 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 R. Anderson
Rudolf H. Buerger
Joseph F. Cain
Ralph A. Cooley
Frances H. Davis

Nancy J. Hobbes
James C. Horn
Stephanie Jean McCormick
Edward A. Peterson
Lewis M. Purnell

Harold Ringel
Francis Tober
Albert Trueblood
Vivian L. Wilson



Alzheimer's Postage Stamp

Did you know that when you mail letters, you can also make a donation for Alzheimer's research?

In December, the U.S. Postal Service released a special First-Class "forever" Alzheimer's stamp. It will cost 60 cents, instead of the current First-Class Mail price of 47 cents, and the revenue difference will be donated to the National Institutes of Health, which spearheads research into Alzheimer's disease. It will also expand awareness of the disease, which is now the sixth-leading cause of death for American adults.

Designed by California stamp artist Matt Mahurin, the Alzheimer's stamp, shows someone placing a hand on the shoulder of an elderly woman, with a suggestion of sunlight behind her, and clouds in front of and below her, and hints at the hope and companionship that caregivers, researchers and an aware public can bring.

This is not the first time this picture has appeared on a stamp. It first appeared on a 2008 42-cent "Alzheimer's Awareness Stamp," but that version did not include the U.S. Postal Service "semipostal" fund-raising feature. In the 2008 stamp, the woman is facing left, while the new stamp shows her facing right to help differentiate between the two stamps.

U.S. Postmaster General Megan Brennan said, "The Postal Service is proud to issue this stamp to help raise public awareness of Alzheimer's. Proceeds from its sale will help support urgently needed medical research into this incredibly debilitating disease."

The new Alzheimer's stamp is the first "semipostal" stamp issued under the authority of the U.S. Semipostal Authorization Act, enacted in 2000, which grants the Postal Service discretionary authority to issue and sell semipostal fundraising stamps to advance such causes as it considers to be "in the national public interest and appropriate."

2018 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

Members-at-Large

2017-2018	
Linda Berwick	436-4261
John Pitman	539-5280
2018-2019	
Bob Clark	829-8767
Dick Oliver	539-3771

Nominating Committee

2017-2018	
Vinny Rice	215-805-7783
2018-2019	
Pat Brady-Rice	215-805-7782
Maria Ryan	miryan1@msn.com

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
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Kathy & Larry Trombello	430-7689
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Cece Niemi	suomien@mchsi.com
50/50 Raffle	
Vinny Rice	215-805-7783

President's Report**Carl Bouchard**

To Chapter members, thank you for putting your trust in me to lead this fine organization. I regret that an important prior commitment required me to miss the annual Christmas party but I am looking forward to seeing all of you at the January meeting.

Many of you know that Janet and I have been involved for many years with Wreaths Across America, an organization, originally begun and supported by the Maine State Society of Washington, that for over two decades has been making, donating, and delivering wreaths to be placed at Christmas time on veterans' graves at Arlington National Cemetery.

On December 14th, we went to the Camden Fire Hall where the official wreath-bearing convoy, including trailers with the wreaths, veterans organizations representatives, New England local law enforcement officials, Gold Star parents, and many others, stopped on its way from Maine to Arlington Cemetery for a brief local ceremony and lunch in honor of our veterans. Janet and I were accompanied by my grandsons who for many years have helped place the wreaths at Arlington. This year over 1.5 million wreaths were shipped out from the small Maine town where this tradition began to all veterans' cemeteries in the US and to many foreign veterans cemeteries.

At the Chapter luncheon, I understand the entertainment provided by Cathy Gorman was outstanding, and that the response and spirit of giving for the nursing homes was generous. Thank you. I also trust that you all had happy holidays during the Christmas season with friends and families.

Remember that at our next meeting on January 11, 2018, we will be holding our annual Memorial Service where we honor those who have passed during the past year.

In the year ahead, the Executive Board desires your input. We are always searching for speakers, and if you have any ideas, please pass them on to any member of the Board. Also, if you feel so called, we are always looking for new leaders and participants for our committees. We welcome your volunteerism and hope you can identify yourself to us and share in the work and activities of Chapter 1690.

With that, I would like to wish each and every one of you a blessed, happy and prosperous New Year.

Chapter Newsletter Address List Change?

If you want to change the address we send your chapter newsletter to, send an email to NARFENEWS@gmail.com, or send a letter or card to NARFE Newsletter, PO Box 390, Oceanview, De, 19970

Social Committee Report

Kathy & Larry Trombello

We had a great turnout of 46 members and guests for our Christmas luncheon. We heard the beautiful voice of Cathy Gorman entertaining us, and chapter members were very generous in providing many Christmas gifts for area nursing home residents. The gifts were delivered by our NARFE elves after the meeting. Thanks to all who brought or delivered gifts. They are much appreciated!



Our first meeting for the New Year will be Thursday January 11th. Please be sure all reservations are received by 5:00P.M. Tuesday Jan. 9th. **NO RESERVATIONS FOR THE SPECIAL MENU SELECTIONS CAN BE ACCEPTED AFTER 5:00 P.M.**

Walk-ins at the Thursday luncheon who miss the reservation deadline are more than welcome, and will just order from the 1776 Luncheon menu.

A wonderful New Year to all in 2018!!

Sunshine Report

Cece Neimi

In December, Get Well cards were sent to Eric West and Carol Weber.



LUNCHEON RESERVATION FORM

Mail to: **Larry Trombello, 6480 Cedar Neck Road, Milford, DE 19963**
or call **(302) 430-7689**; or email **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, January 11, 2018 at 12 Noon at 1776 Restaurant in Midway Mall**, near the theaters. **Price = \$17.00 per person, which includes gratuities.**

Luncheon Selections:

- ___(1) Open face roast beef with mashed potatoes and vegetable
- ___(2) Egg salad BLT on Kaiser roll with chips and pickles
- ___(3) Grilled salmon Caesar salad

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 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.

Membership Report

Ron Weber

Once again, during a three-month period in the fall, a misleading NARFE renewal letter that did not specifically list options to renew chapter membership resulted in our chapter having 23 members listed as “transfer-outs, when in fact only two of them actually had moved to a new location. All of the remaining 21 said that was a mistake, and we are in the process of getting the paperwork corrected to list them as members of Chapter 1690.

On a more positive note, due to our Chapter’s persistence in raising this problem, National NARFE has now revised the renewal letter to specifically refer to chapter renewal, making renewal clearer and much less confusing. This should alleviate the need to constantly contact members erroneously listed as “transfer-outs and having to have them reinstated to the Chapter.

Membership statistics follow, but they will be improved in the next report when the erroneous transfers-out are corrected.

Please continue to engage retired Federal Employees with NARFE’s message and recruitment and encourage them to join Chapter 1690.

	Aug.	Sep.	Oct.	Nov.
<u>Members 1st of Month</u>	373	371	361	350
<u>Additions</u>				
New Members	0	0	0	1
Reinstatements	2	2	2	1
Transfer-Ins	0	2	0	0
<u>Deletions</u>				
Transfer-Outs	0	6	3	14
Passed Away	1	2	1	1
Non-Renewal	3	6	9	4
<u>Members End of Month</u>	371	361	350	333



January 2018

LUNCHEON RESERVATION FORM

NARFE Legislative Report

At the end of the year, as Congress struggled on the omnibus tax bill and worked to pass a bipartisan spending agreement to keep the government funded – and open – NARFE leaders issued a future warning.

NARFE president Richard G. Thissen issued a statement that said, “We’re deeply troubled by the report that the White House will be seeking a government-wide pay freeze in the fiscal year 2019 budget that will be taken up in 2018.”

He said, “This pay freeze proposal, along with proposed cuts to federal retirement benefits, aims to undermine the value this country places on public service by targeting the income security of those who carry it out.” Thissen continued, “Whether caring for our veterans, responding to disasters or just ensuring the day-to-day operation of democratic government, the work these individuals do is vital to our country, and it should be rewarded, not devalued. As the fiscal year 2019 budget process unfolds, we urge Congress to authorize the modest pay raise federal workers deserve.

Thissen said, “With all the uncertainty surrounding government spending, NARFE members should be proactive and contact legislators to tell them not to use federal benefits as an offset for raising sequestration budget caps. If we are to be successful, lawmakers must hear from you.”

OPM Releases 2017 Federal Employee Viewpoint Survey Results

The US Office of Personnel Management (OPM) has released the results of its 2017 government-wide 2017 Federal Employee Viewpoint Survey (FEVS) reporting improvements in employees’ opinions of their workplace.

OPM reported that across the core FEVS items, nearly 100 percent remained the same or increased from last year, with the largest increases found in supervisory relationships, management communication among work units, and organizational satisfaction. OPM said that the highest positively rated topics included willingness to exert extra effort to get the job done, looking for ways to do a job better, and a belief that their work is important.

Survey responses also showed aspects of Federal workplaces that could be improved including better addressing insufficient resources, improved recruitment for the right skills, better recognition of employee performance, and the need to better generate commitment and motivation in the workforce.

OPM Acting Director Kathy McGettigan said the Survey results are important for agencies “to analyze this data, take note of trends and changes overall, use this knowledge to develop and implement action plans for agency improvement, and support and strengthen a culture of employee and organizational performance.”

The 2017 survey grouped survey items into eight topic areas: Personal Work Experiences, Work Unit, Agency, Supervisor, Leadership, Satisfaction, Work/Life Programs, and Demographics.

This year, 486,105 employees responded to the survey out of the 1,068,151 to whom it was sent, for a response rate of 45.5%. Survey participants represent 80 agencies, from Departments to large and small/Independent Agencies, across the Federal Government.

For further information, you can link to the [OPM Director's Blog](#) to get more insight on the 2017 FEVS government-wide results and to access the full survey.

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!*

Coastal Sussex Chapter 1690
PO Box 390
Ocean View, DE 19970
www.narfed.org

January 2018 Newsletter



Thanks to Carol Weber

At the December meeting, 1st Vice-President Larry Trombello, on behalf of the Executive Board, presented out-going President Carol Weber with a gift of appreciation for her service to Chapter 1690 – a natural bamboo wine presentation box, with a bottle of wine.

The inscription on the box reads as follows:

“In grateful appreciation and thanks to Carol Weber for her dedicated services and contributions as President of NARFE Coastal Sussex Chapter 1690.”