



NARFE

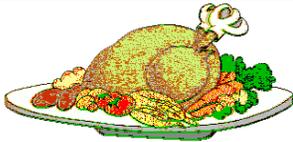
Coastal Sussex Chapter 1690



Volume 9 Issue 9

PO Box 390, Ocean View, DE 19970

November 2018



BC/BS Highmark Representative at November 8 Luncheon

Upcoming Dates

November 4

Daylight Savings
Ends

November 6

Election Day

November 8

Monthly Chapter
Luncheon Meeting
12 Noon
1776 Restaurant
Rehoboth Beach

November 11(12)

Veterans Day (Obs)

November 22

Thanksgiving Day

Highmark Blue Cross Blue Shield Delaware Senior Client Service Manager **Mary Ann Gagliardino** will be the featured speaker at our November 8 luncheon meeting, and will discuss the BC/BS plan under the FEHB program for retired federal employees with Medicare. She will bring us up to date on benefit changes for 2019, and will be available to answer questions.

Ms. Gagliardino has worked for Highmark Blue Cross Blue Shield for the past 30 years, primarily in the large group client management department, and has been involved in the federal employee program for the past 16 years. Her responsibilities include coordination of new plan implementation and resolution of service issues.

This is the fifth year a Highmark expert has joined us, and it is always one of our most well-attended and interesting meetings. She will provide a lot of useful information, so bring your questions and concerns – and your note pads.

The OPM 2018 Federal Benefits Open Season this year for making changes to your federal health plan will be Monday, November 12 through Monday, December 10.

Chapter 1690 Officer Nominations

At the October luncheon meeting, our chapter Nominating Committee presented a slate of nominations for officers for 2019. Voting for these positions will take place at the November luncheon meeting, and elected officers will be sworn in at the December luncheon meeting. The slate is as follows:

- Member-at-Large 2019-20: Pat Brady-Rice
- Member-at-Large 2019-20: Kathleen Lagore
- Secretary 2019: Martha Justice (re-election)
- Treasurer 2019: Jo Ann Teiken (re-election)

Members will have an opportunity at the meeting to make any additional nominations they would like.

Note: The officers serving as President, 1st Vice-President, and 2nd Vice-President are completing their first year of two-year terms, and thus these positions are not up for election in 2019. The positions of Secretary and Treasurer are each for 1-year terms.

In This Issue:

November Meeting	pg 1
Chapter Nominations	pg 1
Alzheimer's Walk	pg 2
Alzheimer's Fundraising	pg 2
Speaker Suggestions	pg 2
Chapter Renewal	pg 2
Del. Senate Candidates	pg 3
President's Report	pg 4
Social Committee	pg 5
Christmas Packages	pg 5
Lunch Reservation Form	pg 5
Sunshine Report	pg 6
Medicare Reimbursement	pg 6
Federation Officers	pg 6
"Sammie" Awards	pg 7
Alzheimer's Walk	pg 8

Chapter 1690 Volunteers at “Walk To End Alzheimer’s”



On Saturday, September 29, members of Chapter 1690 assisted in the Rehoboth Beach Walk to End Alzheimer's. **David Fiske, Maria Ryan, Larry Trombello, Carol Weber, and Ron Weber** were at the water station to hand out water to walk participants – with water bowls for dogs - at a midway point on the Rehoboth boardwalk. This year more than 600 people of all ages - and many pet dogs - participated in the walk.

This Alzheimer's Association-sponsored event is one of three walks conducted around the state to raise money to support Alzheimer's Research, and also to support the operations of the organization in our area. Chapter 1690 has provided volunteers for this Rehoboth event since 2002.

Contributions to Alzheimer's Research

In addition to participating in special Chapter 1690 fundraising initiatives for Alzheimer's Research, Chapter members can make contributions on their own to Alzheimer's Research at any time.

Checks should be made payable to “NARFE-Alzheimer's Research”, and the words “NARFE Chapter 1690” should be written on the check. Checks should be mailed to Alzheimer's Association, 225 N. Michigan Ave., 17th Floor, Chicago, IL 60601-7633.

Luncheon Speakers

Carol Weber

As we begin to plan for speakers for our 2019 luncheons, we would like your input and suggestions. Most times, the number of members present is a result of member interest in the subject of the speaker.

Please take a few minutes to answer two questions, and email your responses to Carol Weber at caw09@mchsi.com; or call her at [302-829-8906](tel:302-829-8906).

- 1) Did you enjoy the subject matter of the speakers this past year; and
- 2) Do you have any suggestions for speakers for next year.

I will do my best to obtain speakers in the areas of interest expressed by the members. Thanks for your input and I hope to hear from you.

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!

State Senate District 6 Candidates Attend Chapter Luncheon



Senator Ernie Lopez

Two candidates for Delaware State Senate District 6 in the November 6, 2018, general election – **Republican incumbent Ernie Lopez** and **Democrat challenger Dave Baker**, former Sussex County Administrator – spoke at the October chapter luncheon meeting and discussed their respective candidacies.



Dave Baker

Senator Ernie Lopez pointed to his record in providing capital funding for school expansion, cosponsoring legislation prohibiting offshore drilling along Delaware’s coast to protect the environment, and enhancing primary health care. He said he has a “record of bipartisanship”, and said “I always work across the aisles at all levels of government to get things done.”

Dave Baker cited his record as Sussex County Administrator and Finance Director. He said he would fight the imbalance in State resources for road improvement projects in Sussex County, would improve state and county wastewater infrastructure and protect our drinking water, and work to preserve open space and agriculture lands. “I have a history of getting things done,” Baker said.

A number of questions from NARFE members focused on overcrowding of major roads, and transportation issues resulting from development. Senator Lopez said that “We need to do a better job aligning planning and development,” and said he would push for more “interconnectivity between DelDot and the County.” Baker said it was important for there to be “more collaboration with the county.” Both candidates supported requiring developers to pay for road infrastructure needed for the developments.

The 6th State Senatorial District serves the Milton, Lewes, Harbeson, Rehoboth Beach, and Dewey Beach areas. For more information about the biographies and positions of the two candidates, their campaign websites are as follows:

Sen. Ernie Lopez: <https://www.lopezforde.com/about/>

Dave Baker: <https://www.votedavebaker.com/>



Democrat State Senate Candidate Dave Baker (right) talks with chapter president Carl Bouchard before luncheon.



Republican State Senator Ernie Lopez greets NARFE members at their table before the luncheon starts.

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	302-537-1117

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	
<i>Editor-</i> David Fiske	604-0504
	davidfiske17@gmail.com
<i>Email Dist.-</i> Patricia Brady	215-805-7782
	narfenews@gmail.com
<i>Publisher-</i> Kristine Johnson	227-6874
	Minuteman Press
Public Relations	
David Fiske	604-0504
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

President's Report

Carl Bouchard



Chapter Meeting: We had a lively discussion at our October meeting with State Senator Ernie Lopez and his challenger Dave Baker. We will know the results on November 6. Everyone needs to vote!

Holidays and History: It is hard to believe that the holiday season is upon us. We started off in October with Columbus Day, which is also the Canadian Thanksgiving. Next, as my grandson always reminds me, is Halloween, followed by Election Day, Veterans Day, and shortly thereafter by our Thanksgiving, and then Christmas. Each of these days in a way represents this Nation's history. It is important that we pause and reflect on each of these days and that we discuss with our children, grandchildren, and great-grandchildren the importance and significance of each of these days.

History is no longer being taught in school like it was when we attended. I saw a recent national poll where students, when asked who Dwight Eisenhower was, overwhelmingly answered he was a Revolutionary War General! Now I know I am not that old.

NARFE Elections: We have a new National President, **Ken Thomas**, who won the runoff ballot that utilized the new preferential voting procedures. What a long drawn-out process that election was!

And speaking of elections, there are opportunities to serve your own chapter with two vacancies for Directors at Large for the coming year. The Federation also will be looking for new officers come 2019. Please consider serving in any of these positions. (*See article on page 6.*)

Federation Biannual Meeting: We are gearing up for the 2019 Federation biannual meeting next June, which our chapter is hosting. Many volunteers will be needed for us to successfully hold this event. So please step up and respond when we call on you. Areas needing help are in program development, obtaining speakers, sponsor gathering, gift gathering, bag stuffing, registration, raffle, and other miscellaneous items.

Advocacy: Congress is out campaigning and is essentially in recess until the midterm elections. The possibility of a government shutdown has been kicked down the road to December 7th. The proposal for a 1.9 percent federal pay increase is looking good in Congress, but this will have to be finally agreed upon in the post-midterm session in December. In other good news, it looks like we are in line for a nearly 3 percent COLA increase on January 1st. FEHB increases will average only 1.2 percent, with the highest increase being about 1.5 percent. The new dental-plan rates have also been revealed, although with a slightly higher increase. Remember - FEHB Open Season starts in November.

Social Committee Report

Carol & Ron Weber

Fifty- three members and guests attended our October 11th luncheon. Our guest speakers were 6th State Senatorial District candidates Republican Senator Ernie Lopez and Democrat challenger Dave Baker. Both Senator Lopez and Mr. Baker spoke with knowledge and passion about many of the challenges we are facing with the ever-growing population in Sussex County. Both exhibited a desire to do their best to keep Sussex County a desirable place for seniors to live.



Our next luncheon will be November 8th and should be one you don't want to miss. Our Speaker will be a Senior Client Service Manager from Blue Cross/Blue Shield who has worked with the Federal program for 16 years.

Remember to get your luncheon reservation to Carol and Ron before 5:00 pm on Tuesday, November 6th. Please try to arrive at the restaurant by 11:45, so we can get the orders to the kitchen and not delay the lunch. Looking forward to seeing many of you on November 8th.

December Gift Tradition at December Lunch Meeting.

A "Heads Up" to begin gathering \$10 Christmas gifts to bring to our December 13 Luncheon Meeting to be delivered to Alzheimer's patients at local senior and nursing facilities.

For many years, we have been providing these gifts to the residents of Harbor House in Lewes, Harrison House in Georgetown, and Atlantic Shores in Millsboro. The gifts are to be brought to the meeting unwrapped, in a gift bag, and marked man, woman, or general.

More details will follow in the December newsletter.

LUNCHEON RESERVATION FORM

Make your reservation and luncheon selection with: **Carol Weber**

30923 Sea Breeze Lane, Ocean View DE, 19970 **(302)-829-8906** or **caw09@mchsi.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 November 8, 2018 at Noon at 1776 Restaurant in Midway Mall, near the theaters.
Price = \$17.00 per person, which includes gratuities.

Luncheon Selections:

- _____ (1) Stuffed chicken breast (sun dried tomatoes, basil, smoked gouda, mashed potatoes & vegetable)
 _____ (2) Roast beef and swiss wrap, chips & pickles
 _____ (3) Fried Oysters on a mixed field of greens

Dessert: Brownie with whipped cream

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.

A Thinking of You card was sent October 4 to Claude Benner.



BC/BS Basic Option Medicare Reimbursement Opportunity

Are you aware that members who have signed up for the Basic Option Plan under the Blue Cross/Blue Shield Federal Employee Program, AND who are enrolled in Medicare Part A and B, are eligible to be reimbursed up to \$600 per calendar year for your Medicare Part B premium payments?

If you qualify, you will need to register for a Medicare Reimbursement Account (MRA) at www.fepblue.org/mra. Upon approval, you'll receive reimbursement via direct deposit to your bank account, tax-free.

Delaware Federation Seeking Officer Nominations for 2019-21

The NARFE Delaware Federation is looking for volunteers to serve NARFE by taking a leadership role in the Delaware Federation.

Nominations are being accepted for the positions of Federation President, Vice President, Secretary, and Treasurer for two-year terms from June 2019-21. Elections will take place during the first half of 2019 before the June Federation Conference.

If you would consider running for one of these positions, or know other NARFE members who you believe would be willing to take a leadership role in the Delaware Federation, please call or email either:

Federation Vice President Larry Trombello (302) 430-7689, trombello@comcast.net

Advocacy Chairperson Tom Sutor, (302) 354-4654, tomsutor@aol.com



November 2018

LUNCHEON RESERVATION FORM

2018 “Sammies” Awards Recognize Outstanding Federal Service

Each year, the non-profit Partnership for Public Service awards the Samuel J. Heyman Service to America Medals, (the “Sammie” awards”) to recognize outstanding service by federal employees. The group designates award winners in seven categories and spotlights employees whose contributions to public service improved federal government.

Max Stier, President and CEO of the Partnership for Public Service, said, “These are not normal times for our nation’s civil servants. Yet, they continue to serve in extraordinary ways, and we need to recognize and celebrate their important work.”

Once again, we thought NARFE chapter members would be interested in details on the awardees, their federal offices, and the achievements that earned them this prestigious award. The following is a synopsis originally published in Federal Times.

For more information on the Sammies, visit: servicetoamericamedals.org.

Federal Employee of the Year: Dr. Daniel Kastner, scientific director of the Division of Intramural Research at the National Institutes of Health, received the top honor for his work to uncover the genetic causes of seven rare diseases.

Career Achievement Medal: Dr. Marshalyn Yeargin-Allsopp, associate director for Children with Special Health Care Needs at the Centers for Disease Control and Prevention, for her research documenting developmental disabilities among children.

Homeland Security and Law Enforcement Medal: Karen Dodge, staff attorney at the Federal Trade Commission, and Margaret Moeser, senior trial attorney at the Department of Justice, for their leadership of parallel investigations that resulted in the world’s largest money transfer company admitting that it had allowed scammers to use its services to collect payments.

National Security and International Affairs Medal: Andrew Herscowitz, coordinator for Power Africa at the U.S. Agency for International Development, and his team, for their 117 electrification projects to provide power for more than 50 million people in sub-Saharan Africa.

Management Excellence Medal: Marcella Jacobs, executive director for Digital Service at the Department of Veterans Affairs, and her team, for their work streamlining online services for veterans looking to apply for, track, and manage their benefits.

Promising Innovations Medal: Parimal Kopardekar, senior technologist for Air Transportation Systems at NASA’s Ames Research Center, and his team, for their cross-agency efforts to design a traffic management system for commercial drone use.

Science and Environment Medal: Margaret Honein, director of the Division of Congenital and Developmental Disorders at the CDC, for her assembly of a team that analyzed data on the Zika virus to establish guidelines and information for physicians and women impacted by the virus.

People’s Choice Award: In addition to the seven committee-selected winners, Alison Smith, chief engineer for the Materials Analysis of Electronic Component Technologies at the Naval Surface Warfare Center, was voted on by the public to receive the People’s Choice Award for her use of nanoparticles to mark sensitive military equipment to prevent counterfeit products making their way into Defense Department equipment.

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

November 2018 Newsletter

2018 Walk to End Alzheimer's



Chapter 1690 volunteers take their stations at the Norfolk Street pavilion on the Rehoboth Beach Boardwalk preparing to hand out water to participants in the Alzheimer's Association "Walk to End Alzheimer's" on September 29. They are (from left) **David Fiske**, **Larry Trombello**, **Maria Ryan**, **Carol Weber**, and **Ron Weber**. *(See article and additional picture on page 2).*