



# NARFE

## Coastal Sussex Chapter 1690



Volume 7 Issue 8

PO Box 390, Ocean View, DE 19970

October 2016



### Upcoming Dates

#### October 5

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

#### October 10

Columbus Day  
Holiday

#### October 13

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

#### October 22

Walk to End  
Alzheimer's  
Rehoboth Beach

#### October 31

Halloween

## Insurance Commissioner Candidates to Speak at October Luncheon



Trinidad Navarro

The general election candidates for Delaware Insurance Commissioner – Democrat candidate **Trinidad Navarro** and Republican candidate **Jeff Cragg** – will speak at our October luncheon and educate members about issues involving that office. Both candidates won their respective party's primary election September 13.



Jeff Cragg

Due to a scheduling conflict in September, the planned September presentation by candidates for Insurance Commissioner was not held. Instead we heard from the general election candidates for Delaware State Senate for the 20<sup>th</sup> District – Democrat Perry Mitchell and Republican Gerald Hocker. *(A report on their appearances is on page 2.)*

Navarro is a resident of Bear and currently sheriff of New Castle County. He wants to inform all Delawareans of the importance of insurance, and to stem high insurance costs, particularly for autos, manufactured homes, and beach homes. For more information, his website is [www.trinidadnavarro.com](http://www.trinidadnavarro.com).

Cragg is a former insurance company manager who for 26 years has been a small business owner of My Mailbox Store in Wilmington. He wants to change the approach to insurance regulation by putting consumers first, and deal with high healthcare costs. For more information, his website is [www.craggfordelaware.com](http://www.craggfordelaware.com).

We look forward to an interesting discussion, and hope to have a good turn-out.

## Volunteers Needed for October 22 "Walk to End Alzheimer's"

On Saturday, October 22, Chapter 1690 once again will participate in the Alzheimer's Association "Walk to End Alzheimer's" in Rehoboth Beach by handing out water to participating walkers. *We urge members to volunteer to spend just an hour that morning to help us.*

Volunteers are asked to gather by 10:00 am, when the race starts, at the small pavilion on the boardwalk at the foot of Norfolk Street, half-way between Rehoboth Avenue and Silver Lake. Water and ice will be transported to the hand-out site for us.

Last year, more than 400 walkers (and many pet dogs) participated in the 5 kilometer walk through Rehoboth. The route follows a course south from the Rehoboth Visitors Center towards Silver Lake, then north on the Boardwalk (and past our water site) and back up Rehoboth Avenue to the starting point.

*For members who would like to participate in the walk itself, information and registration forms are available at the Alzheimer's Association website. Go to [www.alz.org](http://www.alz.org), click on the Walk to End Alzheimer's box, then "Find Your Walk," enter 19971 in the zip code box and then click on "Rehoboth Beach."*

This Walk will help raise needed funds for Alzheimer's research and we are pleased to be able to help out.

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## State Senate District 20 Candidates at Sept. Luncheon

David Fiske

State Senate District 20 candidates incumbent Republican **Gerald Hocker** and challenger Democrat **Perry Mitchell** spoke at our September luncheon meeting, held at 1776 Restaurant, Rehoboth Beach. Neither candidate was challenged in their respective party's September 13 primary elections.



NARFE Chapter Legislative Director Eric West said this luncheon was the fourth in a series of 2016 monthly events planned where the chapter has invited candidates for public office to meet local NARFE members and present their views on important issues.



Senator Gerald Hocker

Hocker was elected to the State Senate seat in 2012 after serving as the State Representative for the 38<sup>th</sup> District from 2002 to 2012. He said that “small businessmen are the nation’s backbone for creation of jobs.” He emphasized “working for my constituents.” He said he has worked to deal with transportation issues in Sussex County, citing work on studies to improve Routes 24, 26, and 54, and on the proposed 113 bypass around Millsboro.

View Town Council from 20008-2011. He discussed a number of ways to produce more jobs, including inviting manufacturing companies to locate in Sussex County, initiating federal-private partnerships particularly involving increased technology, providing tax incentives, and improving education particularly at tech schools. He said, “We need to do a better job in producing jobs.”

NARFE chapter President Carol Weber said, “These luncheon meetings with candidates have been very informative and help keep us informed on the issues of the day.”



Perry Mitchell

## President's Message – National Convention Report

Carol Weber

As I mentioned in the September newsletter and at our September luncheon, I was unable to attend the National Convention in Reno at the end of August. I was very disappointed, but realized that with my back issues, I could not sit through the flight nor drag luggage around the airport.

However, with the help of NARFE National President Richard Thissen, I was able to live-stream the convention on my computer, which allowed me to be part of the convention from my living room. Then, with the help of our Federation President, Kathy Adams, I was able to obtain a proxy for our chapter votes, so we were fully represented.



### By-Law Votes:

You may recall that at our May and June luncheons, I had asked you for your opinions on how to vote on three important by-law amendments.

You supported two of these amendments - Optional Chapter Membership, and One Member, One Vote – and I voted them accordingly. Two thirds of the delegates and proxies also voted in favor of these amendments.

You did not support a third amendment that would have authorized the NARFE National Executive Board to change dues as needed, outside of the normal two-year approval granted at a national convention. I voted “no” and once again, we were joined by over two-thirds of the delegates and proxies who rejected that amendment.

At the conclusion of the convention, the two by-law amendments that passed became officially part of the NARFE by-laws. All of the changes needed to implement these by-law's will be examined by the NEB. After the convention, President Thissen sent out a more detailed explanation of these changes.

Since membership in a NARFE chapter is now optional, new members will simply join NARFE. When the new members receive their “welcome” information packet, they will be informed of the option to join a local chapter, and be provided information about local chapters in their geographic area.

Likewise, renewing members may choose to belong to NARFE as a national member or opt to enjoy the benefits of their local chapter as well.

With the passage of optional chapter membership, the e-NARFE chapter has been rescinded. All members from this chapter are now national members, and upon renewal, will also be provided the option to join a local chapter.

With passage of the One Member, One Vote by-law, every member now has a vote, and a say in NARFE governance and the election of NARFE officers. Everyone is eligible to run for National Officer and Regional Vice President positions.



*NARFE Delaware Federation officials hold the Award Certificate for the State Federation making the highest per capita contributions for Alzheimer's. Pictured from left are Kathy Adams, Federation President; Louis Katz, Region II, Alzheimer's Coordinator; Chapter 1690 President Carol Weber; and Pat Schwinegruber, Federation Chair for Alzheimer's.*

It is hoped that these changes will insure the long-term health of the Association and the ability to successfully drive NARFE's mission well into the future. Hopefully these changes will help and not adversely affect the local chapters, because our work at the local and regional level is certainly a contributor to the health and mission of NARFE. *(Continued on page 4)*

## 2016 Officers

<b>President</b>	
Carol Weber	829-8906
<b>1st Vice President</b>	
Larry Trombello	430-7689
<b>2nd Vice President</b>	
Eric West	537-2968
<b>Secretary</b>	
Kathleen Lagore	537-5484
<b>Treasurer</b>	
Jo Ann Teiken	616-2017
<b>Federation Vice President</b>	
Larry Trombello	430-7689

## Members-at-Large

<i>2015–2016</i>	
John Pitman	539-5280
Eric West	537-2968
<i>2016–2017</i>	
Bob Clark	829-8767
Dick Oliver	539-3771

## Nominating Committee

<i>2015–2016</i>	
Linda Berwick	436-4261
Vinny Rice	215-805-7783
<i>2016–2017</i>	
Pat Brady-Rice	215-805-7782

## Committee Chairs

<b>Alzheimers</b>	
Claude Benner	684-1641
<b>Chaplain</b>	
Theresa Pitman	539-5280
<b>Legislative</b>	
Eric West	537-2968
<b>Membership</b>	
Ron & Carol Weber	829-8906
<b>NARFE-PAC</b>	
Greg Neuner	539-1013
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Kathy & Larry Trombello	430-7689
<b>Sunshine</b>	
Cece Niemi	suomien@mchsi.com
<b>50/50 Raffle</b>	
Vinny Rice	215-805-7783

## President's Message –National Convention Report – continued

### Other National Convention Business

At the convention, the Delaware Federation received a National Award for collectively raising the most money, in terms of per capita, for Alzheimer's Research. This is the second time this award was received by our State. Everyone present from the Federation acknowledged that Chapter 1690 was largely responsible for this award, due to our very successful golf tournament. Congratulations, thanks, and let's do it again.

National President Dick Thissen and National Treasurer/Secretary, Jon Dowie were both reelected in uncontested races.

### Chapter Activities

Please try to come out and join us on the second Thursday of each month for our membership luncheons. Due to this being an election year, we have been focusing on candidates running for office. As we go into next year, we will try and mix this up with other speakers. If you have any thoughts or recommendations for speakers, please share this with Eric West. We will do our best to please all. The food is good, the company is good, and we do have some fun. Please make an effort to join us.

## Legislative Report

Dr. Eric E. West

Unless the Congress acts on a Continuing Resolution by the end of September a possible shut down of the Government could happen. Senator Mitch McConnell, the Republican Majority Leader, has submitted a funding proposal to the Senate Democrats. Some action is expected in the next ten days.



Some conservative members of the House of Representatives have proposed a resolution to impeach the Commissioner of the Internal Revenue Service. If this resolution passes it would go to the Senate for a trial. The impeachment of a Federal Official has not occurred since the late 1800's.

The White House probably will not veto a bill making it easier to fire Veteran Affairs employees. The White House called the measure "misguided and burdensome" but stopped short of saying the President would veto the bill if it reached his desk.



### Social Committee Report

Kathy & Larry Trombello

Our first meeting after summer break was attended by 36 members and guests. We listened to Sen. Gerald Hocker and Perry Mitchell who are both running for State Senator. It was a good opportunity to get to know each one better and their positions on a number of issues. We all have an obligation to be an informed voter.



Our next meeting will be on Thursday Oct. 13<sup>th</sup>. Please have your reservations in by Tuesday the 11<sup>th</sup>.

### Sunshine Report

Cece Niemi

On 8/25 a Get Well Card was sent to Carol Weber.

On 9/1 a Sympathy Card was sent to Bernard Kostelnik on the passing of his wife, Joan.



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**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, October 13, 2016 at 12 Noon at 1776 Restaurant in Midway Mall**, near the theaters. **Price = \$17.00 per person, which includes gratuities.**

**Luncheon Selections:**

- \_\_\_(1) Grilled sausage and peppers with wild rice
- \_\_\_(2) Roast beef and swiss wrap, chips, and pickles
- \_\_\_(3) Grilled salmon caesar salad

**Dessert: Black Forest Layer 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.**

## Alzheimer's Committee Report

Claude Benner

*The website of the Sussex County Branch of the Alzheimer's Association contains a lot of interesting information about Alzheimer's and efforts to treat and cure the disease. The following are a few items describing current research on Alzheimer's that may be of interest.*



- The Hope for Alzheimer's Act's Medicare Benefit was announced as a new service by the Centers for Medicare and Medicaid Services, with CMS to provide access to a cognitive and functional assessment and care planning session with a medical professional.
- The best way to prevent cognitive decline – and possibly dementia – is living a healthy, non-smoking, socially active life, plus challenging your brain and learning new things, according to several recent studies.
- Other studies confirmed that people who had more complex jobs, remained socially active, and avoided depression were also more resilient to the savages of Alzheimer's, other new research confirmed.
- Researchers presented preliminary results from a small trial showing that over a decade, volunteers who took 11-14 hours of "Brain Training" designed to increase their brain-processing speeds cut their risk of dementia nearly in half over a decade.
- New drugs have offered the promise of helping to reduce the symptoms of Alzheimer's in people, although there still are no medications that can prevent Alzheimer's or extend the lives of patients currently living with the disease.



October 2016

**LUNCHEON RESERVATION FORM**

## Sea of White Sand –A Jewel in the National Park System

Larry Trombello

Our National Park Service is celebrating its 100<sup>th</sup> Anniversary during 2016. It came into existence on August 25, 1916, when President Woodrow Wilson signed the bill into law. Today the National Park Service cares for and protects 412 diverse units that make up our National Park System. This is the story of one of them – the White Sands National Monument in New Mexico.

We think the Delaware seashore dunes are beautiful. But the White Sands 300 square mile sea of sand is almost 100% pure gypsum. It is the largest gypsum dune field in the world. The waves of shifting sand move ever so slowly – only inches a year – across the desert floor toward the Sacramento Mountains. The story of its creation is the story of earth itself.

To understand how this sand sea came about we need to back up in time approximately 250 million years ago when this gypsum was deposited at the bottom of a shallow sea, eventually turning to a soft stone known as selenite. Approximately 70 million years ago this whole area was uplifted in a dome when the Rocky Mountains were formed. Then approximately 10 million years ago the center of the dome collapsed creating the Tularosa Basin. The selenite crystals became exposed, and over time broke down into white, sand size particles. This process continues today.

At first appearance this landscape might give the impression of a barren wasteland. Nothing could be further from the truth. A diversity of plants, mammals, reptiles, insects, and birds live on and among the dunes. Of course these plants and animals have made special adaptations over thousands of years to survive in this harsh environment.

For instance, Soap tree yucca, New Mexico's state flower, resists being buried by the advancing dunes with rapid growth of its stem tips to keep the yucca's crown above the surface of the oncoming dunes.

The cacti have spines instead of leaves that can store water within their stems for use during dry periods. Salt cedar, pickleweed, and fourwing saltbush are able to withstand concentrations of mineral salts within their cells by excreting excess salts through special glands.



The desert animals have also adapted to this environment. The western diamondback rattlesnake, kit fox, porcupine, and spotted skunk can move to shaded areas during the heat of day and hunt for food at night when it is cooler. The kangaroo rat, pocket mouse, and kit fox dig burrows to go underground and avoid the daytime desert heat. The pocket mouse gets its water from seeds and insects.

Over the past 10,000 years ancient Indian tribes, Apache Indians, Spaniards, miners, ranchers, scientists, tourists, military personnel – and of course National Park Service rangers - have left foot prints in these shimmering sands.

The white sands were long considered by local people as a worthless but curious desert. Few people of the Tularosa Basin thought of the white sands as a feature of interest to “outsiders”. But a local resident and businessman Tom Charles lobbied for the preservation of the dunes, gained recommendations by scientists, and eventually won broad support for a national monument.

On January 18, 1933, President Herbert Hoover signed a proclamation creating White Sands National Monument for the protection and preservation of this unique dune field and its unusual plant and animal communities. Over 4,000 people were in attendance at the monument's opening day ceremony on April 29, 1934.

It has been a jewel of the National Park Service ever since.



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## October 2016 Newsletter

### REMINDER – GET THE BOSCOV’S OCTOBER 18 DISCOUNT PASS

This is a reminder that Tuesday, October 18 is the date for the BOSCOV’s fabulous one-day-a-year “Friends Helping Friends” discount sales day where a \$5.00 discount pass that our chapter is selling can result all day in 10%, 15% or 25% savings, depending on the items purchased. *Our chapter retains the proceeds from the sale of all the cards.*

The savings from use of the pass for just one \$20 item alone at 25% off pays for the card! The pass will be good that day at any BOSCOV’S Store in Delaware, Maryland, Pennsylvania, New Jersey, and New York. The closest stores to Sussex County are Dover and Salisbury.

**Passes will be available for purchase at our October chapter luncheon meeting**, as well as at the Dover store on Sundays, October 9<sup>th</sup> and 16<sup>th</sup> from 11 am to 5 pm, and on the day of the event, Tuesday, October 18<sup>th</sup> from Noon to 6 pm. You can also purchase them by contacting Pat or Vinny Rice at 215-805-7782 or 215-805-7783 or by email to [Patnvin@gmail.com](mailto:Patnvin@gmail.com).

It’s a great deal that can help you get a jump on holiday purchases.