



NARFE

Coastal Sussex Chapter 1690



Volume 8 Issue 7

PO Box 390, Ocean View, DE 19970

September 2017



Larry Trombello to be Speaker at September 14 Luncheon

Upcoming Dates

September 4
Labor Day

September 6
Executive Board
1 – 2:30 pm

Meeting Room B
South Coastal Library
Bethany Beach

September 10
National Grandparents
Day

September 11
Patriots Day

September 14
Monthly Chapter
Luncheon Meeting
12 Noon

1776 Restaurant
Midway Shopping
Center
Rehoboth Beach

September 22
1st Day of Autumn

Back by popular demand, our resident national park historian and raconteur, **Larry Trombello**, will be the speaker at our Thursday, September 14 luncheon meeting. In his presentation, “A New Way over the Mountain,” he will discuss the creation and operation of the little known Allegheny Portage Railroad that along with canals in the 1800’s facilitated the young nation’s westward expansion.



Larry served 28 years as a park ranger with the National Park Service, including 14 years as Supervisory Park Ranger for the Allegheny Portage Railroad. He also served at the Johnstown, PA Flood National Memorial. Chapter members will remember Larry’s fascinating remarks about the Johnstown Flood when he was the speaker at our May 2015 luncheon meeting.

The Allegheny Portage Railroad was an engineering feat and technological wonder during the mid-1800’s. The railroad was the crucial link in the Pennsylvania-operated Mainline Canal System. The railroad conquered the formidable Allegheny Mountains, thus linking up the eastern and western divisions of the canal. Larry said, “We will explore the origins of the Allegheny Portage Railroad, its years of operation and why it went into decline.”

Larry has been a member of Chapter 1690 since 2002, and has held positions of President, Vice-President, and Social Committee Chair. He is Vice-President for the Delaware Federation of NARFE Chapters. Kathy and he live in Milford.

Volunteers Requested for September 30 “Walk to End Alzheimer’s”

On Saturday, September 30, 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 10:15 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.

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, 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, DE.”

This Walk will help raise needed funds for Alzheimer’s research and we are pleased to participate.

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June Luncheon Focuses on Avoiding Senior Scams

David Fiske

“Don’t provide personal or financial information over the telephone when you don’t know who is calling – it’s probably a scam,” County Bank security officer Eugenija King told chapter members at our June luncheon. Her topic was how seniors should guard against “impersonator calls” seeking to get financial or personal information from them.



She said, “It’s best to not answer the phone if you don’t recognize the number. Legitimate callers will leave a message on your voice mail. These scammers take note of people who answer their calls, even if they say no, and then will call and call again to try to pry information out of you.”

Ms. King identified a “variety of scams” to watch out for, including calls allegedly from a charity, calls that prey on loneliness, calls threatening legal or collection actions from agencies like the IRS, calls offering business and investment deals, and calls claiming your computer needs tech support. She told the seniors in attendance to be particularly aware of the “grandparent scam” where you get a call from someone claiming to be a family member in serious trouble – usually in the middle of the night - who needs money wired immediately.

She cautioned that people should “resist any pressure to take immediate action” when they talk to people making unsolicited offers. She also said that if someone inadvertently reveals financial information, they should freeze or close their financial account. She also said people need to be very careful about what information they post through social media.

Ms. King said the Federal Trade Commission is a good place to go to for information about preventing theft or fraud from unsolicited phone calls and emails. She said the government website <http://identifytheft.gov> provides detailed information. It is also a place where you can file complaints, and offers tips on creating a “recovery plan” if you’ve fallen a victim to an impersonator scam.

Alzheimer’s Committee Report

Eric West

The Delaware Valley Chapter of the Alzheimer's Association recently posted an article on the subject of how Alzheimer’s care can cause particular anxiety within family units when someone you care about is living with Alzheimer's or a related disorder.

The Chapter listed a number of suggestions to help Alzheimer’s care-givers deal with stress and family tensions arising from their care of loved ones with Alzheimer's disease.



- Support family members.
- Give each family member an opportunity to share their opinion.
- Divide tasks according to family members' preferences and abilities.
- Make a list of responsibilities and address how much time, money and effort may be involved.
- Avoid blaming or attacking each other, as this can only cause more tension.
- Regularly discuss if current methods of care are working, and if the needs of the person with Alzheimer's are being met, and make modifications as needed.
- Plan for the challenges you can anticipate as the disease progresses.

The article emphasizes that Alzheimer’s care givers should consult with others who are dealing with similar situations, and in particular, find an Alzheimer's support group in your area. Sometimes an outside perspective can help the entire family take a step back and work through difficult issues.

President's Report

Carol Weber

I hope everyone had an enjoyable summer. My summer was not quite what I had hoped for. I ended up at Beebe Hospital on July 20th for emergency surgery for a fractured hip. Everyone thought I had fallen, but I had not. It is suspected it occurred as a rare side effect of steroid shots in my back. It is an unfortunate setback, for I was scheduled for back surgery in September, which now must be delayed.



Delaware Federation Biennial Convention. As we resume our monthly meetings, I want to review a few of the highlights from the June 7 NARFE Delaware Federation Biennial Convention. Of the 816 chapter members in the state, 46 attended the convention.

Dover Mayor Robin Christensen, welcomed all NARFE members to Dover. He encouraged everyone to spend time in Dover, the capital of the First State. He reminded everyone that for 10 days, Delaware was the only state in America. **Delaware Governor John Carney** appeared and read a “Proclamation in Observance of Federal Employee and Retiree Appreciation Day.”



Federation officers being sworn-in are: (l to r) Richard Stec, Assistant Treasurer; Jim Blakeslee, Treasurer; Vinnie Warr, Secretary; Larry Trombello, VP; and Kathy Adams, President. Region II Vice-President Evelyn Kirby reads the Oath

Jessica Klement, NARFE’s Legislative Director, was a guest speaker. She told delegates that the top threats facing NARFE are reducing the COLA and cuts to the earned retirement and health benefits of current retirees. To date, retirees have not suffered any cuts, but the biggest threat will be in the proposed 2018 and 2019 budgets.



Chapter 1690 delegates to the Delaware Federation Biennial Convention were (front row, l to r) Larry Trombello and Janet Bouchard, (rear row, l to r) Jim Blakeslee, Carol Weber, John Pitman, Theresa Pitman, Bill Jenkins, and Carl Bouchard

In addition to these top priorities, NARFE supports WEP reform, keeping Part B premiums low even if there is no COLA, reforming long term care insurance, and making positive changes to the TSP plans, including withdrawal options. She encouraged all members to be vocal with our Senators and Congressional Representatives on these issues, because, she said, “Silence equates to acceptance.”

Evelyn Kirby, Region II Vice-President, was also a guest speaker. Evelyn explained that the by-law revision which makes chapter membership optional was not an effort to diminish the chapters. Chapters are closing, she said, not because of this revision, but the inability to recruit officers.

(Continued on pg 7)

2017 Officers

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

Members-at-Large

2016–2017 Bob Clark	829-8767
Dick Oliver	539-3771
2017–2018 Linda Berwick	436-4261
John Pitman	539-5280

Nominating Committee

2016–2017 Pat Brady-Rice	215-805-7782
2017–2018 Viny Rice	215-805-7783

Committee Chairs

Alzheimers Claude Benner	684-1641
Chaplain Theresa Pitman	539-5280
Legislative Eric West	537-2968
Membership Ron & Carol Weber	829-8906
NARFE-PAC Greg Neuner	539-1013
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Public Relations David Fiske	604-0504
Service Officer Fran Tober	934-6502
Social Chair Kathy & Larry Trombello	430-7689
Sunshine Cece Niemi	suomien@mchsi.com
50/50 Raffle Viny Rice	215-805-7783

Legislative Report

Eric West



Recess: The Congress has been in recess during August, so there is not much to report on legislatively (although given some of the anti-federal employee rhetoric we hear, maybe that's a good thing!) There have been calls among conservative members of the House to once again bring up the repeal of the ACA for a vote when Congress resumes in September. If that happens, it will have a major impact on what issues Congress will be taking up in the fall.

COLA: Going forward, the status of the Cost of Living Adjustments (COLA) that affect retirees is a subject that we need to pay attention to.

With just a couple of months left this year, federal, military, and social security retirees have been waiting to learn what their 2018 COLA will be. Last month, the COLA -- based on figures of the Labor Department Bureau of Statistics -- stood at 1.6%. However the Consumer Price Index for the month of July fell slightly to 1.52%. This variation in average indices for July, August, and September, compared with last year's third quarter figures, means that the final number for the 2018 COLA will not be known until mid-October.

Any COLA will be a plus because retirees and federal workers can expect 2018 health insurance premiums to go up. This year the *average* premium increase was about 4.4%. However, that average can be misleading because the premium increases varied greatly among the more than 20 plans offered to the 8 million federal workers and retirees and their survivors.

NARFE-PAC Update

Greg Neuner



NARFE recently announced that as of June 30, 2017, NARFE-PAC has raised \$328,849 toward its goal of \$1.5 million for the 2017-18 election cycle. This is a \$21,000 increase from the same period during the 2015-16 cycle. 6,405 members have contributed to NARFE-PAC nationwide.

In the Delaware federation, \$1,986 was contributed by 42 members, of which \$996 came from 21 members of our Chapter 1690. Congratulations and thank you to all who are supporting NARFE's Political Action Committee.

The political news from Washington reports that Federal employees, retirees, and benefits continue to be targeted by budget cutters. NARFE needs our support to fight for what we earned. If you have not already done so, please consider a contribution to NARFE-PAC. It could be the most important contribution you will make this year.

Social Committee Report

Kathy & Larry Trombello

It was a beautiful day in June for our last luncheon of the spring season. We had 32 members and guests come out to socialize, learn how to protect ourselves against scammers, and bid each other adieu for the summer. We heard useful information from Eugenija King warning us about fraud schemes primarily using phone and Internet contact. What a need for that now – we get calls every day!



Hope everyone had a great summer. Our first luncheon for the fall season will be Thursday, September 14th. We will need your reservations by Tuesday, September 12. Please arrive by 11:45 to check in and get a seat.

Looking forward to seeing you all again for a fun time with friends at 1776!

Sunshine Report

Cece Neimi

In June, a Sympathy Card was sent to Pat & Vincent Rice on the passing of Pat's sister.



Chapter Support

As our President, Carol Weber, reports from the NARFE Delaware Federation Convention (article page 3), the success of local NARFE chapters depends on active engagement of its members.

For the coming year, we need members – particularly new members – to step forward to help out in a number of areas. We need a new **President**. We need someone to serve as **Secretary** (only involves preparation of short summary minutes for Executive Committee and Luncheon meetings.) We need one or two people to coordinate with 1776 Restaurant our monthly **luncheon meeting** menus and reservations. We need someone to enlist **speakers** for nine luncheon meetings between September and June. Is there a computer-savvy member who would be willing to maintain our **newsletter email list**?

Please join our executive committee team. Contact Carol if you have any questions or to sign up!



September 2017

LUNCHEON RESERVATION FORM

Membership Report

Ron Weber



Renewals: As mentioned in previous NARFE luncheons and Newsletters, I'm still keeping track of Transfer-Outs, especially with renewals, so that members are not inadvertently being transferred out of Chapter 1690. As you can see in the chart below, seven of our members were returned to the Chapter 1690 rolls in June after I brought the transfer-out situation to their attention.

In addition to checking the renewal situation, I'm also focusing on those who were "Dropped for Non-Renewal" over the past four months to make sure that there are no bureaucratic transfer-out problems in this area as well.

Recruitment: There are lots of Federal employees retiring to our area. Please be alert to any in your neighborhoods, clubs, churches, etc. and approach them about joining NARFE and Chapter 1690. If you feel uncomfortable in doing so, please get their information to me and I'll contact them.

Chapter Numbers: Membership statistics follow:

	April	May	June	July
Members 1st of Month	397	396	391	396
New Members	0	1	0	0
Reinstatements	0	0	2	0
Transfer-Ins	2	1	7	1
Transfer-Out	1	1	1	0
Passed Away	0	0	1	0
Dropped for Non-Renewal	2	6	2	4
Members end of Month	396	391	396	394

RENEWAL REMINDER: When you renew your national NARFE membership, please remember to check the box on the renewal form saying you are in Chapter 1690, and make sure the chapter number is listed on any other forms or correspondence you have with NARFE. If you do not specifically list Chapter 1690, there is a danger that the NARFE computers will erroneously transfer you off the official chapter rolls.

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, September 14, 2017 at 12 Noon at 1776 Restaurant in Midway Mall**, near the theaters. **Price = \$17.00 per person, which includes gratuities.**

Luncheon Selections:

- ___(1) Stuffed pepper, Mashed potato and vegetable
___(2) Tuna melt on an English muffin, coleslaw and pickles
___(3) Grilled chicken Caesar salad

Dessert: Chocolate 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.

(Delaware Federation Biennial Convention, Continued)



*deceased members of Chapter 1690
since the 2015 Federation Convention*

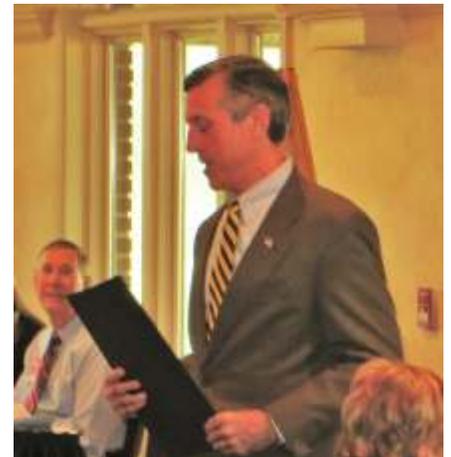
She said that the only officers actually required to maintain a chapter were President and Secretary/Treasurer. Increasing memberships, whether just National or chapter, is critical to keeping NARFE strong and viable and we need to collectively work together to defend our pay and benefits.

An integral part of maintaining our pay and benefits is the NARFE Political Action Committee, known as NARFEPAC. Member's dues cannot be used by NARFEPAC which relies on contributions to fight our issues on Capitol Hill.

Last year NARFEPAC raised \$1,454,464. nationally, the Delaware NARFE chapters ranked 2nd in per capita donations. Keep up the good work.

The convention closed with the election of officers for the next year. President **Kathy Adams**, Chapter 1174; Secretary **Vinnie Warr**, Chapter 1174; and two Chapter 1690 representatives: 1st Vice President **Larry Trombello** and Treasurer **Jim Blakeslee**. Congratulations and thanks to Larry and Jim for serving the Federation.

I am looking forward to seeing all of you at our September luncheon.



Governor John Carney, reads a "Proclamation in Observance of Federal Employee and Retiree Appreciation Day" at the NARFE Delaware Federation Convention.

Chaper Fundraiser - BOSCOV's October 18 Discount Pass

Once again, our NARFE chapter is selling \$5 discount passes for BOSCOV's fabulous one-day-a-year "Friends Helping Friends" discount sales day – this year Tuesday, October 17 - where use of the pass can result all day in 10%, 15% or 25% savings, depending on the items purchased. The savings from use of the pass for just one \$20 item at 25% off pays for the card! Our chapter retains the proceeds from the sale of all the cards.

The stores will also have light fare, entertainment, and fabulous door prizes. 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.

We will be selling the passes at our September and October luncheon meetings, as well as at the Dover store on Friday, October 6th (10 am to 2 pm); Sunday, October 8th (11 am to 2 pm); and on the day of the event, Tuesday, October 17th from 8:45 am 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.

What a way to get a jump on your holiday shopping!



NARFE

National Active and Retired Federal Employees Association

NON-PROFIT ORG.
U.S. Postage
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Rehoboth Beach, DE
19971

Coastal Sussex Chapter 1690

PO Box 390

Ocean View, DE 19970

www.narfede.org

September 2017 Newsletter



Chapter President Carol Weber and Golf Tournament Committee member Ron Weber present a check representing the \$5,000 the Chapter raised at the Chapter charity golf tournament held in May for the fight against Alzheimer's. Accepting the check is Alzheimer's Association Sussex County Coordinator Jamie Magee.