

The Heartbeat of the Nebraska Federation

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Alice Stevens, Editor

www.nebraskanarfe.org

Notes from the Region V Vice President

I do believe that it's possible that Spring may be on the way; only thing is I'm afraid we might just go directly to Summer. Kansas has been a complete episode of weather this year; I keep thinking that Mother Nature has decided that her witchery ways include causing all of the chaos she can before settling down. One day last week we had wildfires and a blizzard happening in the same area in Western Kansas; an earthquake just 30 miles South near Hutchinson; tornado warnings in Eastern Kansas; and winds of 50 to 80 miles an hour across the state. That's really Kansas weather gone awry!

All of the Region V Federation conventions are scheduled beginning April 22 with the last one ending May 25th. The Nebraska convention is being on May 7th through May 8th in Grand Island. Jessica Klement, Staff Vice President of Advocacy (Legislative Director) will be one of the speakers at the convention. Jessica is recognized by Congress as the leading go to person when they need answers and advice on Civilian Federal Employees and Retirees issues. I believe you will really enjoy Ms. Klement's presentation where she will be available to also visit one on one as you attend the convention.

The Hastings-Grand Island chapter hosted last year's convention with great success and I believe this year will only be better.

You will also be electing officers to lead your federation into the future! I hope all of you have considered becoming leaders in the federation to offer your skills to work for all Nebraska Civilian Federal Employees benefits. I know that the current leadership would welcome new faces into leadership positions on the Executive Board. Many avenues are available for members to become educated to become the leaders needed to bring NARFE into the future. I am aware of some of your officers that do not wish to continue their current positions on the Executive Board. Please come to the convention and toss your hat in the race for those positions.

I know the registration date has passed for attending the convention; but, I am certain a late registration would be accepted. A form for registration is included on the Nebraska website. If you haven't mailed your registration; please do so immediately.

As you know every member in NARFE has a vote in the National elections and approval or disapproval of the many amendments to the National Bylaws. Voting can be done through the National NARFE website beginning May 10; or, a ballot will be included in the June edition of the NARFE magazine. Please review the candidate statements included in the March issue of the NARFE Magazine. There are four (4) candidates on the ballot for National President. One of the questions on the ballot is: "if no candidate receives a majority on the initial ballot; can a runoff be determined by preferential balloting?" If that resolution is not approved, we could be voting for the National President on many ballots as there is no other solution approved to determine a winner.

Proposals for change in the National Bylaws have been published in the magazine; however, the rationale for the Bylaws Committee decision on whether they believed the proposal should be approved or rejected is not in the magazine and will not be explained with the ballot. All of the rationale is posted on the National website; or you may request a book be mailed by the National Headquarters. NO books will be sent out automatically.

Never has the federal civilian work force and retirees been under attack as we are currently. This will not cease; and, NARFE is the only one working 24/7 to protect our benefits. We need to stay strong with our membership and advocacy every day. Please lend your hand to these efforts.

Carol R. Ek
Region V Vice President

Notes from the Federation President

I am worried about the lack of participation in our conference and chapters in Nebraska. There is no magic bullet that I am aware of that can change the tide of lack of participation and the lack of participation by members to take charge and run for chapter or federation officer positions. The National Mission Statement should be strong enough to attract participants.

The National Mission Statement: "to support legislation and regulations beneficial to federal civilian employees and annuitants and potential annuitants under any federal civilian retirement system and to oppose those detrimental to their interests: to promote the general welfare of federal civilian employees and annuitants and potential annuitants, to advise and assist them with respect to their rights under retirement, health and other employee and retiree benefits laws and regulations, and to represent their interests before appropriate authorities."

In order to achieve that mission we need participation at the grass roots level. We all are going to get to vote this June for National President and Treasurer. Please look at the candidates closely. Steve Lenkart appears to be a very viable candidate for National President.

The Nebraska Federation needs your participation in making the needed changes in support of NARFE members in Nebraska.

Thank you for your support this year as president of the Nebraska Federation. It has been a privilege to work with an outstanding board: Alice Stevens, vice president; Janna Cornelius, treasure; and Nancy Stenger, secretary. Others also included are: Bob Voboril, Alzheimer's chair; Alice Stevens with the newsletter, Pam and George Swanson as PAC/membership/service officer and legislative affairs respectfully have done a great job for your federation.

Your District representatives have been strongly supportive of your federation, Arthur Christiansen, Alice Stevens and Beth Fries.

It has been an honor serving as your president!

Ronald W. Moore
Federation President

Notes from the Federation Vice President

I have enjoyed being a part of the Nebraska Federation. I have learned so much about NARFE and the part that we each play in helping active and retired federal employees retain their earned benefits.

We have important things to consider at this convention. We will be going over our bylaws, electing officers, and planning the future of NARFE as it pertains to each of us. The best part, of course, will be getting together with everyone. Hopefully, we will be a part of the best convention to date.

Alice Stevens
Federation Vice President

Notes from the Federation Service Officer

We still have a service center that we run on Tuesday and Thursday at Offutt AFB Bldg. 49. We put in over 200 hours in 2017. We also took part in the Retiree Day in October where we handed out NARFE materials to 175 people and explained retirement to several who were getting that point in careers. I also took part in Health Fairs at the Omaha VA, the Federal Courthouse, National Park Service and Offutt AFB where we met a lot of people who said they belong to NARFE but are not on our roster and

wanted to know how to be part of a chapter. We answered a lot of OPM questions. It is always fun. I hope everyone has looked at the Service Officer book that they were given last year and that you could help your chapter members.

George Swanson
Federation Service Officer

Notes from the Federation Alzheimer's Chairman

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

It may be hard to know the difference between age-related changes and the first sign of Alzheimer's disease.

To help identify problems early, look for the following signs:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work, or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Increased poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

Bob Voboril
Federation Alzheimer's Chairman

Notes from the Federation District #2 Representative

District 2 consists of Grand Island Chapter 1509, Hastings Chapter 0362, and Norfolk Chapter 1239. Unfortunately, Chapter 1239 is in the process of closing down. We will miss them, but we hope their members will continue to be active in NARFE.

Throughout the last year, all chapters have held regular meetings with interesting speakers. Regular reports on legislative action, NARFE-PAC, membership, and Alzheimer's issues are presented at each meeting.

I look forward to seeing many of you at the Federation Convention to be held May 7 and 8 at the Quality Inn in Grand Island. We have many important issues to be resolved at the convention and need your support.

Alice Stevens
District 2 Representative

Notes from the Federation District #3 Representative

District 3 of the Federation is comprised of three Chapters: North Platte Chapter 2110 in North Platte, Panhandle Chapter 1064 in Scottsbluff, and Chadron Chapter 1717 in Chadron.

As a fairly new member of NARFE and attending my first Federation meeting in May, 2017, I was asked by fellow members to take the position of District 3 Representative. Since then I have attended most of the Chapter 2110 meetings and assisted with putting out a newsletter to members both active and inactive. A BCBS informational meeting in November, spearheaded by the Chapter president, garnered us a new member. We are currently discussing ideas on how to make our monthly meetings informational and how to recruit additional members, especially active federal employees.

I attended a Chapter 1064 meeting where a local staff associate for Adrian Smith gave a short speech and had a Q&A session. I have not had the opportunity to meet with any of the Chapter 1717 members. Sadly, it appears that Chadron is trying to discontinue as a Chapter.

In August, I attended the College of NARFE Knowledge held in South Sioux City, Nebraska. I learned a lot more about NARFE, the changes that were in the process of being made, met some of the National staff and saw the passion of NARFE members of Region V to keep Chapters alive in each of the Region V states.

Beth Fries
District #3 Representative

Federation Executive Board

Ron Moore, President	(308) 632-3023
Alice Stevens, Vice President	(402) 292-1156
Nancy Stenger, Secretary	(402) 834-0338
Janna Cornelius, Treasurer	(308) 379-0405
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Pam Swanson, PAC	(402) 292-1156
Bob Voboril, Alzheimer's Coordinator	(402) 564-3344
Bob Voboril, Historian	(402) 564-3344
Art Christiansen, District 1 Rep (Chapters 0144, 0199, 1370)	(402) 421-8492
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