

# ***The Heartbeat of the Nebraska Federation***

Issue Number13

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Alice Stevens, Editor

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## ***Notes from the President***

I want to wish everyone a Happy New Year! I pray that all had a very Merry Christmas with Family and friends.

We had a busy 2018 getting ready for the Conference in May of 2018 and the updating of Federation Bylaws in addressing one member one vote. To assist voting for Federation Officers, Chapters will be called upon to assist in ballot votes with Chapter members and National only members living in Nebraska. This will be an opportunity to attract new members into your chapter. We must be willing to adapt to change.

This year I will need everyone's help in focusing on membership. This will require informative meetings. I noticed that chapters are having trouble in filling officer positions. We must encourage all members to consider holding office and reducing the burden associated with that office. Meetings must be informative and relevant to the needs of the members. Do not spend time reading last month's minutes, have them printed or emailed to members prior to the meeting for approval. Ideally, minutes should be made within 24 hours of the last meeting. (Yes I have trouble in meeting that timeframe myself). Minutes only need to record board action and approval. I would recommend not trying to capture every word stated at the meeting.

To help in making meetings more attractive, look at the national website for inspiration. The board at our last meeting voted to purchase power point projectors for each district representative. This will allow each chapter to utilize webinars previously recorded. Most webinars are at or over one hour. Previous screening can help you adjust the presentation to meet your time frame. These webinars can attract new federal employees, both active and retired. The webinars can be your tool to help meet present federal employee's needs with appropriate advertising.

This year I want to focus on the potential of getting State Income Tax relief for Retired Federal Employees. Everyone needs to approach their Nebraska Unicameral Senator in looking at retaining retired federal employees to help with local economies regarding sales tax, property tax and health needs. We are a benefit to Nebraska, especially rural Nebraska.

The total number of Active and Retired Federal and Postal Employees in Nebraska is 28,094 with 13,652 Federal Annuitants, 9,818 Active Federal Employees and 4,624 U.S. Postal Service

Employees. The Defense Department employees 4,034, while the USDA Natural Resources Conservation Service and the Food and Safety and Inspection Service employee 1,357 employees.

We individually need to inform our State Senators how beneficial the Federal Community is to the State of Nebraska. We need to ask our representative's in the Unicameral, they need to "Make Nebraska attractive to retire and live in." Income tax is a small portion of economic benefit to the State, Property Tax, Sales Tax and Health Care provide more dollar benefit to rural Nebraska.

***Ronald W. Moore***  
***Federation President***

### ***Notes from the Vice President***

We are all thankful that the Government has reopened and that Federal Employees will be receiving their back pay. We still need to remind our National representatives that the fight to keep our dedicated employees working is not over. It is abhorrent that they are being held hostage over a disagreement between the Executive and Legislative Branches. Please contact your senators and congressmen and tell them how important these employees are to us as a nation. There are messages on the NARFE website [www.narfe.org](http://www.narfe.org) you can use or personalize to make a unique message.

Be sure to check out the Nebraska Federation website designed and maintained by our Federation Secretary, Nancy Stenger, at [www.nebraskanarfe.org](http://www.nebraskanarfe.org). She did a great job with it and you can find out what the Nebraska Chapters are doing. You can also post on it.

***Alice Stevens***  
***Federation Vice President***

### ***Notes from the Alzheimer's Chair***

#### **Nebraska Alzheimer's Donations.....**

Here is the total of funds collected by each Nebraska Chapters:

**Omaha #0144, \$282.41;**

**Lincoln # #0199, \$595.00;**

**Hastings #0362, \$407.50;**

**Panhandle # 1064, \$131.50;**

**Norfolk #1239,\$43.60;**

**Omaha #1370, \$716.00;**

**Grand Island #1509, \$712.95;**

**North Platte #2110, \$778.68;**

**Carol Ek, \$40.00.**

The **Grand Total for 2018 was \$ 3,737.64**. I wish to **give a great BIG THANKS** for all who helped, donated and worked very hard to collect these funds for Alzheimer's. .

### **10 Ways to Love Your Brain.....**

Start Now: It's never too late or too early to incorporate healthy habits.

1. Butt out-Smoking increases risk of cognitive decline.
2. Follow your heart-Risk factors for cardiovascular disease & stroke.
3. Heads Up!-Brain injury can raise risk---wear your seat belt.
4. Fuel Up Right-Eat a balanced diet that is higher in vegetables & fruits.
5. Catch some ZZZ'S-Not getting enough sleep.
6. Take care of your mental health-Some studies link depression with cognitive decline.
7. Buddy Up-Staying engaged sociality may support brain health.
8. Stump Yourself-Challenge your mind, play games-cards, bridge, bingo, etc.
9. Break a sweat-Engage in regular cardiovascular exercise that elevates heart rate.
10. Hit the Books-Formal education will help reduce risk of cognitive decline & dementia.

***Bob Voboril***

***Federation ALZ Coordinator***

### ***Federation Officers***

Ron Moore, President	308-632-3023
Alice Stevens, Vice President	308-384-1634
Nancy Stenger, Secretary	402-834-0338
Janna Cornelius, Treasurer	308-379-0405
George Swanson, Service Officer	402-292-1156
Bob Voboril, Alzheimer's Chair	402-564-3344
Bob Voboril, Historian	402-564-3344
Pam Swanson PAC Coordinator	402-292-1156
Arthur Christianson, District #1 Rep	402-421-8494 (for chapters 0144, 0199, 1370)
Dennis Kamprath, District #2 Rep	308-384-3294 (for chapters 0366, 1509)
Beth Fries, District #3 Rep	308-539-1672 (for chapters 1064, 1717,2110)