

The Heartbeat of the Nebraska Federation

Issue Number 16

Winter 2020

Alice Stevens, Editor

Notes from the Federation President

I hope all are well. In saying that, I am saddened by the lack of participation of our members. I was originally elected to fight for the status of Chapters and YOUR federation. The National Active and Retired Federal Employees Association continues to change to meet the needs of the Federal Employees Retirement System (FERS) both active and retired. It also needs participation of FERS employees to continue as the only organization looking out for the Federal Employee and Federal Retiree. With our failed nomination process. I am **proposing** the following POLICY change to the Nebraska Federation:

1. The Nebraska Federation will provide a Conference in odd years in Grand Island, NE.
2. Chapters will be needed to present their nomination for Federation Offices at the Federation Conference being held.
3. Non-Chapter, E-NARFE members can present their nominations for an office through their nearest chapter.
4. Chapters can carry the E-NARFE member as their nominee or champion a member of their chapter and that E-NARFE member.
5. Nominees would be required to present their qualifications for a given office in writing or presented in person at the Conference being held.
6. Odd year conferences should be a business meeting to steer the NE Federation in the direction that supports Chapter members and E-NARFE members.
7. Elections for Nebraska Federation President, Vice President, Treasurer or Secretary shall be made by providing Ballots developed by the Federation Nomination Committee to Chapters for distribution to their members. E-NARFE members will be given the Chapter near them to obtain a ballot for mailing.

“This is your federation we need to know what we can do to help you in meeting your priorities.”

The March NARFE magazine identifies the need to be vigilant politically to educate your Congressmen and Senators in Washington DC and your Senator in the Nebraska Unicameral.

Every Active Federal Employee and Retired Federal Employee and their significant other need to become active in NARFE.

Please come to the NEBRASKA FEDERATION of NARFE Conference MAY 14-15, 2020. Registration is \$25.00 which includes three meals. The Holiday Inn Lincoln Southwest can be contacted at (402) 421-1893. Rooms are \$94.00 plus Tax. The Cut Off date is April 14, 2020, to get this rate for NARFE.

Your participation is essential in making a difference in Nebraska!

Ronald W. Moore
Federation President

Notes from the Federation Secretary

The Nebraska Federation of the National Active and Retired Federal Employees (NARFE) will hold the first Federation Conference on May 14-15, 2020 in Lincoln, Nebraska. In accordance with the Federation Bylaws Revised on May 7, 2018, nomination and election of Federation officers will be held prior to the conference. No voting will take place at the conference.

A call for nominations was sent out via email and snail mail in November and December 2019. Nominations closed on January 15, 2020.

A slate of officers was compiled. There was only one candidate nominated for each officer position. Therefore, no voting is required and the officers on the slate are elected by acclamation.

These officers will assume their duties at the close of the May Federation Conference.

President – Ron Moore [Chapter 1064 - Panhandle]
Vice President – Harold Klaege [Chapter 0199 – Capitol City – Lincoln]
Secretary – Beth Fries [Chapter 2110 – North Platte]
Treasurer – Roger Eggleston [Chapter 2110 – North Platte]

Nancy C. Stenger
Federation Secretary

Notes from the Alzheimer's Chairman

Healthy Living with Alzheimer's

The combination of social, mental and physical stimulation is the best hope for living a healthy life. So even after a diagnosis of Alzheimer's, activities should be continued and modified as needed.

Exercise and a nutritious diet are also important and may help patients cope better with the impact of the disease.

Alzheimer's Disease: An Escalating Threat

While several leading causes of death are declining, Alzheimer's deaths are on the rise.

Cancer is 13% less in last 10 years.

Stroke is 17% less and Heart Disease is 23% less in 10 years.

But Alzheimer's Disease is 41 % greater.

Chapter Funds Collected as of March 1st

Omaha #0144.....\$ 70.00

Lincoln #0199.....\$ 900.00

Hastings #0362.....\$ 255.00

Scottsbluff #1064.....\$ 79.00

Omaha #1370.....\$1,025.00

Grand Island #1509.....\$ 418.00

North Platte #2110.....\$ 111.00

Grand total.....\$2,747.00

The last date for Chapter donations is May 15, 2020.

Robert Voboril

Federation Alzheimer's Chairman

Notes from the President Chapter 1370, Omaha

Greetings from the Omaha chapter. There certainly has been an awful lot occur since the last newsletter. The other chapter in town has been dissolved. We have been absorbing some of its members. It has been most disconcerting to figure out exactly what we now are because the new NARFE website has been dysfunctional for almost a year now. Maybe it is up to us to uncover our current statistics.

I was very anxious to see how the Federation would handle the election of officers. I was expecting this to include some process. And then I received one e-mail and then another a few weeks later announcing the election winners. I guess that there is no real need for a process to elect our

leaders. I really do wish to congratulate our new officers and thank them for stepping forward. May the next 2 years be very fruitful for the Nebraska Federation under their leadership.

Obviously, the other new experience for our federation will be its first conference. This should be more relaxed and laid back than the conventions were because there will be no official business to conduct. I trust that it will be a positive, rewarding event for all attendees. If I am not mistaken, this will be the last first-time milestone of the new NARFE framework.

Lastly, lest I be remiss, I would like to point out that our members are our real strength. I would like to thank them for their continued loyalty. Hopefully, if they have any concerns, they turn to our chapter and federation officers for help.

Until our next newsletter, I offer all of you my best wishes in all that you do.

Chuck Skripksy
Chapter 1370 President

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)