

The Heartbeat of the Nebraska Federation

Issue Number 8
Spring 2017
Alice Stevens, Editor

Notes from the President

This year's 2017 convention is highly important to all. We need to address the two resolutions before the 2017 State Convention that are supposed to bring the Nebraska Federation bylaws and other governing documents at the Federation level into conformance with resolutions passed at the 2016 National Convention in Reno. Are you willing to ask your Executive Committee to put in place recommended bylaw changes to meet National requirements for approval?

We must make individual voting available to ALL members for 2018. This is direction from the National Office's National Executive Board. This includes National only federation members as well. We are trying to make the proposal(s) for adoption by May 2, 2017, but I feel that we will not meet this deadline. We need participation to see what we want our federation to look like in the future. With appropriate changes, this would then set the stage for the chapters to make any needed revisions to their bylaws following our Convention in Grand Island.

Resolutions to drop the required membership clause in our bylaws will affect or revenue streams for the Nebraska Federation and your Chapter.

We need you at the Federation in 2017 to determine how you want to proceed as an organization. All hands on deck are needed to make the right decisions.

Ronald W. Moore
Nebraska Federation President

Notes from the Alzheimer's Chairman

The NARFE Nebraska Federation Convention will occur at the end of April and I hope to see many of you there. Again this year all chapters have been asked to donate a basket or an item valued between \$15 and \$45 for the silent auction to benefit the Alzheimer's Association. Also, every chapter has been asked to submit any funds in your treasury dedicated to Alzheimer's by April 15, 2017. If your chapter has not sent in these funds, please do so as soon as possible prior to the convention in order for a complete report on donations to be presented at the convention. Checks should be made out to **NARFE Alzheimer's Research** and sent to **Kathy Wright, 4463 A St.,**

Omaha NE 68105. If you have any questions, please email me at kawright49@cox.net or call me at **402-558-2677**.

An interesting fact I have read about regarding Alzheimer's is that coconut oil may help improve some of the symptoms of Alzheimer's. Coconut oil is a healthy fat and is reported to have many health benefits. It is relatively inexpensive and easy to find at most grocery stores. The best option, if you can find it, is organic, cold-pressed, unrefined, extra virgin coconut oil.

Kathy Wright
Federation Alzheimer's Coordinator

Notes from the District #2 Representative

I apologize to my District as I will be unable to attend the Federation Convention this year. I will be thinking about you all and hoping for a wonderful gathering. I hope we can keep our Chapters strong and thriving by making any changes that encourage increased membership and participation.

I visited the Hastings and Norfolk Chapters this spring and want to thank them for their hospitality. I am encouraged by the dedication of all of our members.

Alice Stevens
District #2 Representative

Notes from the District #3 Representative

My friends I want each of you to think about the future of NARFE in Nebraska. The way things are going right now is not good. We cannot have a good convention when only twenty five people show up.

OK, what do we want Nebraska NARFE be for us tomorrow? Do we want a convention every year or every other year? Do we want mini convention? What do you want the Nebraska NARFE do for you?

Please think about this and let your chapter officers and state officers know how we can change and become better tomorrow. We have got to change.

Roger Eggleston
District #3 Representative

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