

FEW Notes

January 2005
Volume V, No. 6

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Federally Employed Women Inc.
**Greater Oklahoma City
Chapter, No. 30**

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The President's Pencil.....

By Brenda Hagar

I hope that everyone had a wonderful Christmas and a happy and safe New Years. I'm looking forward to the wonderful things that 2005 will bring to each and everyone of you and to this Chapter.

We are planning some outstanding programs in the next several months. I hope that you will take advantage of the wonderful programming that is offered and you will consider bringing in a co-worker who is not a member. Our next program will be on Identity Theft at the VA Medical Center on NE 13th. If you would like additional information please contact Tammy Kierstead 270-0501 ext 4115. We all can benefit from this program, I'm told that you will leave in disbelief because of all the things that we do that gives other opportunity to steal our identity.

Our Chapter was busy in December with our annual social. It was a great time to all who attended. We had a new member there and grateful that everyone who came took time out of their busy schedule to be there.

February is the love month but most of all as women lets do what we can to remember that its women's heart disease month. The red dress is the symbol of a national campaign to raise awareness about women and heart disease. It symbolizes that "heart disease doesn't care what you wear – it's the #1 killer of women.

*Next Board Meeting
Monday, March 14, 2005
6:00 pm*

**Holiday Inn Airport
2101 S. Meridian**

*CHECK OUT OUR WEBSITE @
<http://www.gokcfew.org/>*

GOKC CHAPTER EXECUTIVE BOARD 2004-2006		
President	Brenda Hagar	(w) 954-4514 (h) 376-5318
Immediate Past President	Ellen McKenzie	(w) 954-2882
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Newsletter/Publicity	Carolyn Delong	(h) 691-5817

IDENTITY THEFT

You may think you know yourself pretty well, but are you sure that somebody isn't masquerading as you?

Come and join the GOKC Chapter for LUNCH and a 1-hour informative discussion on "Identity Theft"

Listen to personal testimonies from victims of Identity Theft!!!!

The guest speaker is Alison Wolf, Marketing Director, Oklahoma Federal Credit Union.

When: Thursday, January 20, 2005

Where: VA Medical Center
921 NE 13th Street, Ground Floor
Chase Auditorium

Time: 12:00 – 1:00 pm

PIZZA AND DRINKS SERVED

For more information or to RSVP, please call Wendy Morgan at 954-2571 or Tammie Kierstead at 270-0501 ext. 4115.



Dr. Martin Luther King, Jr. Day,

Jan 17, 2005

From <http://thekingcenter.com/holiday/index.asp>

Excerpts from original article written by Coretta Scott King

The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example -- the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet, Dr. King knew that it wasn't enough just to talk the talk, that he had to walk the walk for his words to be credible.

The King Holiday honors the life and contributions of America's greatest champion of racial justice and equality, the leader who not only dreamed of a color-blind society, but who also led a movement that achieved historic reforms to help make it a reality.

We commemorate on this holiday the ecumenical leader and visionary who embraced the unity of all faiths in love and truth. And though we take patriotic pride that Dr. King was an American, on this holiday we must also commemorate the global leader who inspired nonviolent liberation movements around the world. Indeed, on this day, programs commemorating my husband's birthday are being observed in more than 100 nations.

This holiday honors the courage of a man who endured harassment, threats and beatings, and even bombings. We commemorate the man who went to jail 29 times to achieve freedom for others, and who knew he would pay the ultimate price for his leadership, but kept on marching and protesting and organizing anyway.



Women in politics...



From article by Carmel Perez Snyder, Capital Bureau

Oklahoma will have five more women in the State Legislature in the 2005 session than in 2003. That number represents 14.8 percent of the 149-member body.

Despite that slight gain, Oklahoma still ranks near the bottom of the list nationally in the number of female lawmakers, according to the National Conference of State Legislatures.

Rep. Jari Askins, D-Duncan, says "Because of term limits, more women were running for the House than ever before, and that's a start." Rep. Askins is the first woman to lead her party caucus in the House. Had the Oklahoma Democrats retained power in the Legislature, Rep. Askins was set to become the first female Speaker of the State.

Republicans have named Rep. Susan Winchester, R-Chickasha, as Speaker Pro Tempore for the upcoming legislative session. This is another first in the history of the Oklahoma House. "I'm so excited and honored to be chosen by my colleagues for this position and for the great trust they have placed in me," Rep. Winchester said when she was named for this position.



Changes in Federal Travel Regulations

From the FEW.org website

The General Services Administration (GSA) has amended the Federal Travel Regulation (FTR) governing conference planning. For the purpose of this regulation, a conference is defined as "a meeting, retreat, seminar, symposium or event that involves attendee travel." Because conferences have different requirements than routine temporary duty travel, GSA is providing specific guidance. The new regulation provides a conference lodging allowance of up to 25 percent greater than the applicable locality-lodging portion of the per diem rate. Under this reimbursement method, employees will be reimbursed the actual amount incurred for lodging up to the conference lodging allowance.

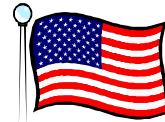
For a non-Government sponsored conference like the NTP, the travel approving official of a Government employee may authorize the employee to be reimbursed for lodging expenses incurred up to the

conference lodging allowance rate. The new regulation allows for the decision to be made on a case-by-case basis and does not require approval at the agency level.

If the conference lodging allowance still is inadequate, actual expense reimbursement may be authorized under 41 CFR 300-11.300.

The full text of the regulation is available at:

<http://frwebgate.access.gpo.gov>



Inauguration Day

Sources: *Senate Historian; Joint Congressional Committee on Inaugural Ceremonies; Joint Task Force-Armed Forces Inaugural Committee*

At noon on Jan. 20, George W. Bush will swear to faithfully execute the Office of President and preserve, protect and defend the Constitution.

It will be the 55th presidential inauguration, and pageantry with which Americans have come to associate the oath-taking ceremony.

Inauguration balls have become a part of the big day. Although, George Washington did not have an inauguration ball, Americans threw a party to honor him. The tradition of a ball began in 1809 when James Madison was inaugurated. Dolley Madison, the First Lady, hosted the party for which 400 tickets were sold at \$4.00 a piece.

In 1857, James Buchanan had a single inaugural ball with all the trimmings — \$3,000 worth of wine, 1,200 quarts of ice cream, 60 cuts of mutton, 75 hams and 125 tongues as well as 400 gallons of oysters plus plenty of beef and chicken salad.

Often inaugural balls were held in temporary quarters. Ulysses S. Grant's second inauguration in 1873 was in a specially constructed structure that had no heating. Freezing temperatures forced the guests to dance in their coats and hats, and eat cold food.

Nine official inaugural balls are planned for Bush's inauguration, including the first commander in chief's ball for some 2,000 men and women who served in Iraq and their families.





Shirley Chisholm dies at age 80



By Carolyn Delong

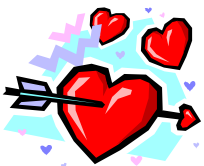
Shirley Chisholm, an advocate for minority rights who became the first black woman elected to Congress and later the first black person to seek a major party's nomination for the U.S. presidency, has died.

Chisholm was sent to Congress the same year Richard Nixon was elected to the White House and served until two years into Ronald Regan's tenure. She was a riveting speaker who often criticized Congress as being too unresponsive. An outspoken champion of women and minorities during seven terms in the House, she also was a staunch critic of the Vietnam War.

"My greatest political asset, which professional politicians fear, is my mouth, out of which come all kinds of things one shouldn't always discuss for reasons of political expediency," she once told reporters.

She ran for the Democratic nomination for the presidency in 1972 a campaign that was viewed as more symbolic than practical. She won 152 delegates before withdrawing from the race.

Once discussing what her legacy might be, Shirley Chisholm commented, "I'd like them to say that Shirley Chisholm had guts. That's how I'd like to be remembered."



Valentine Traditions

From About.com

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.



In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

Some people used to believe that if a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.



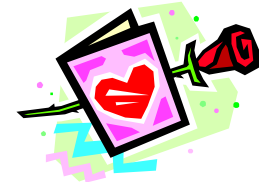
A love seat is a wide chair. It was first made to seat one woman and her wide dress. Later, the love seat or courting seat had two sections, often in an S-shape. In this way, a couple could sit together - but not too closely!

Think of five or six names of boys or girls you might marry, As you twist the stem of an apple, recite the names until the stem comes off. You will marry the person whose name you were saying when the stem fell off.



Pick a dandelion that has gone to seed. Take a deep breath and blow the seeds into the wind. Count the seeds that remain on the stem. That is the number of children you will have.

If you cut an apple in half and count how many seeds are inside, you will also know how many children you will have.



DO YOU KNOW THE WHEREABOUTS OF...

By Ellen McKenzie, Immediate Past President

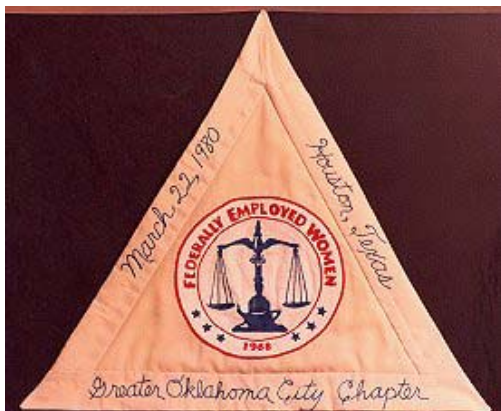
Last summer I received a phone call and a package from Maxine Askins, former FEW member. Her package contained this picture and a letter. I was hoping some of our loyal readers could let us know where this quilt is today.

Maxine writes,

“At the FEW conference in Houston in 1980 a project was going on to make a huge quilt and each chapter was asked to make a “quilt piece.” Exact dimensions and instructions were given to us. The final quilt was intended for a wall hanging which would be possibly be 24 feet by 8 or 10 feet. The triangle sides were 24 inches and had to be exact. An artist copied the emblem on a piece of materiel for me. It is what I call solid embroidery made with two strans of thread with small outline stitches close together. I don’t recall who was in charge of the quilt but I do remember when she received our “piece” she started her letter to me ‘Betsy Ross – Move Over!’ Perhaps in the FEW history you can learned the outcome of the quilt. I recall that another project of the china plates was going on.

I always enjoyed FEW activities and their interest in promoting women in the workplace.”

Thank you Maxine for the wonderful letter and the picture of your beautiful contribution to FEW’s special project! It was truly a labor of love.



Every WOMAN SHOULD ...

Source unknown

Every woman should have:

a set of screwdrivers, a cordless drill, and a black lace bra.....

Every woman should have:

one friend who always makes her laugh and one who lets her cry.....

Every woman should have:

a good piece of furniture not previously owned by anyone else in her family

Every woman should have:

a feeling of control over her destiny

Every Woman should know:

how to fall in love without losing herself

Every woman should know:

how to quit a job, break up with a lover, and confront a friend without ruining the friendship

Every woman should know:

when to try harder... and, when to walk away

Every woman should know:

that she can't change the length of her calves, the width of her hips or the nature of her parents

Every woman should know:

that her childhood may not have been perfect, but it's over

Every woman should know:

what she would and wouldn't do for love or money

Every woman should know:

how to live alone...even if she doesn't like it

Every woman should know:

whom she can trust, whom she can't, and why she shouldn't take it personally

Every woman should know:

where to go...be it to her best friend's kitchen table, or a charming inn in the woods when her soul needs soothing

Every woman should know:

what she can and can't accomplish in a day, a month, and a year.



