

FEW Notes

January 2008
Volume VIII, No. 5



From the President...
Reflections & Highlights
By Debbie L. Miller

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Federally Employed Women Inc.
Greater Oklahoma City
Chapter #30

P.O. Box 890718
Oklahoma City, OK 73189-0718

Editor: Catherine Ortiz
Hprs bbbluez@cox.net

A new year means a new start to confronting whatever challenges are possibly on the horizon. Maintain a positive attitude when challenges arise, either professionally or personally. I am offering the following helpful tips for implementation to help make 2008 your most remarkable year yet. Tips: No matter the circumstance, convince yourself that 2008 will be a great year and cite this statement daily; Count your blessings, remembering your health, family, friends, and loved ones; Take ownership and pay it forward to see goodness return to your life; and Experience the daily encounters that create happiness in your life and prioritize them accordingly.

By implementing these tips, you can create a new outlook on life. The year 2008 should be a meaningful and memorable one. In addition to embracing change, remember to enhance your role in community involvement by attending a celebration in honor of the late Martin Luther King, Jr. during the Federal holiday. Also, I encourage everyone to increase their professional skills and personal portfolio by attending the Southwest Regional Training Program (RTP) scheduled for January 30th through February 1st, at Las Cruces, New Mexico. The Three Crosses Chapter is hosting this year's RTP. Several GOKC Executive Board members will be attending the RTP and look forward to the instructional sessions scheduled throughout the training conference. Personally, I hope to visit with many of my FEW friends throughout the week to exchange pertinent FEW information.

**Next Board Meeting
February 2008 (TBD)**

Christmas Social Rocks!!!

Twenty-six individuals had a fantastic time at the chapter's annual Christmas social held at the Chapter President's residence. In the words of many guests, it rocked!!! There was plenty of great cuisine, story exchanging, laughter, and camaraderie. More importantly, the social provided an excellent venue to advertise the advantages of becoming a FEW member. I am proud to state that several guests indicated they were interested in joining the chapter upon the social's conclusion. Due to the large number of guests, the Dirty Santa gift exchange was an extremely, enjoyable highlight. Many of the guests used their "intellectual" skills to ensure they received and maintained the gift of their choice. FEW members, spouses, and significant others kept the gift exchange entertaining with their lively comments. Laughter filled the atmosphere when players without gift exchange strategies lost their coveted prize.

Overall, the social was a complete success through confirmation of the late departure of the majority of guests....the social lasted two more hours than originally scheduled. As hosts of the Christmas social, my husband Jayson and I really enjoyed interacting with our guests and we would like to thank everyone for making this year's social a fantastic and memorable success.



First Row: Tammie Kierstead; Linda Burdick

Second Row: Debbie Miller, Jennifer Mott, Cathy Ortiz, Kim Hare, Monique Pelletier

Third Row: Carolyn Delong, Ellen McKenzie, Brenda Hagar, Traci McDonald, Lori Lemons



First Row: Dylan Talbert

Second Row: Dennis Ortiz, Jack Delong, Nick Morrison

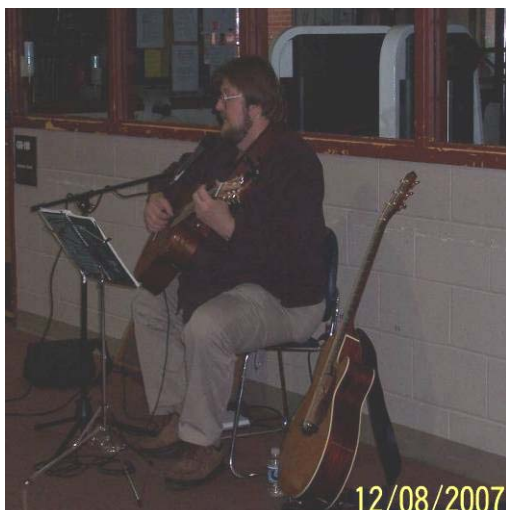
Third Row: Pam Walker, Terry Shook, Kathy Morrison, David Burdick, Linda Burdick, Glen Kierstead, Shannon Kierstead

3rd Annual Christmas with Women Veterans

The GOKC Chapter adopted twenty-five women veterans from the Department of Veterans Affairs in Oklahoma City on December 8, 2007. This was the chapter's third annual event with the veterans based on the overwhelming success of previous years. FEW members arrived at the medical center at 9:00 a.m. to decorate the room for the Christmas festivities. Even though the women veterans were scheduled to arrive by 10:00 a.m., many guests were so excited about the function that they arrived early. This year, we had several new veterans that had not participated in our previous events. FEW members and guests introduced themselves and each veteran was asked to state their agency affiliation, years of service, and to provide their favorite military assignment. The chapter members were truly humbled by their fascinating account of their favorite military assignment while fulfilling their personal commitment to serve our nation.

A wonderful addition of an instrumental guitarist provided ambiance to this year's function. Mr. George Rollo provided background music while the veterans dined with the members. Wide varieties of food choices were available as each FEW member brought a dish complimenting the main entrée. All the guests complimented the entertainment and delicious food entrees. After dinner, the FEW members played Santa Claus by handing out Christmas gifts to the veterans since many do not have family residing in the local area. Some veterans are physically confined in the Extended Care Unit so their Christmas bags were delivered to them upon completion of the event. The FEW Members gathered the night before at the Chapter President's residence to fill the Christmas bags with Christmas sleighs, teddy bears, toiletries, novels, puzzles, games, candles, candy, etc., and the veterans were overjoyed with chapter's thoughtfulness.

This Christmas event with the veterans is a small gesture for those less fortunate, especially for those that risked their lives for our freedom. It solidifies the true meaning of Christmas giving for every participant. The members felt blessed as the veterans expressed their happiness and appreciation through heart-warming hugs.



Mr. George Rollo provides musical entertainment for the women veterans.



Game participants discuss their strategies.



Veterans share their excitement upon receipt of their Christmas gift bags.

There can never be enough said of the virtues, the dangers, the power of a shared laugh.

Francoise Sagan

Financial Awareness Month

By Debbie L. Miller

Managing finances after Christmas bills have arrived might be a challenging task for many people. Whether you want to pay off debts, need assistance in handling a recent change in your life, or just want to set and work toward financial goals, you may want to try the following suggestions:

- ❖ Establish a budget. Create a budget based on your net monthly income and total fixed and variable expenses. Evaluate your variable expenses and set realistic limits to your spending. Determine long-term financial needs and figure those costs into your budget.
- ❖ Work with creditors. If you find yourself in a financial situation, do not avoid creditors. You should return their phone calls and cooperate with them. Communicating with creditors makes them less likely to turn your account over to a collection agency.
- ❖ Manage unexpected expenses. Unexpected events occur so be prepared by having some emergency savings on hand to cover the event. If they do occur, you will be more equipped to handle them without getting into debt.
- ❖ Pay off debt. Establish a realistic payment plan to eliminate debt and do not incur additional obligations until you are debt-free.

Auld Lang Syne History & Lyrics

Auld Lang Syne (The Good Old Days) is a song traditionally sung at midnight when horns are blown, confetti is thrown, and a general party atmosphere is created to ring in the New Year with happiness and hope for a bright and prosperous year. The outgoing year is often represented by an elderly man known as Father Time and the New Year is represented by a baby known as Baby New Year.

Robert Burns wrote the lyrics to Auld Lang Syne in the 1700's.

Auld Lang Syne

Robert Burns

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne

We twa hae run about the braes
And pou'd the gowans fine;
we've wander'd mony a weary foot
Sin' auld lang syne

We two hae paidled i' the burn,
Frae mornin' sun till dine;
But seas between us braid hae roar'd
Sin' auld lang syne

And here's a hand, my trusty friend,
And gie's a hand o' thine;
We'll take a cup o' kindness yet
For auld lang syne

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne

Five Winter Skin Savers

Here are five ways to help keep your skin supple this winter:

- ❖ Get a humidifier for your home.
- ❖ Use the right cleanser for your skin.
- ❖ Cut back on super hot showers -- they dry out skin.
- ❖ Slather on an emollient-rich cream after bathing.
- ❖ Pick the right sunscreen.

Thyroid Awareness Month

By Debbie L. Miller

January marks Thyroid Awareness Month and, with as many as 36 million or more Americans suffering from undiagnosed, untreated thyroid disease, increased awareness is long overdue. Thyroid disorders, which are far more common in women than men, are said to be among the most undiagnosed and misdiagnosed health problems. Part of the problem is that the symptoms are ambiguous and likely to be associated as stress, menopause, or normal aging. During Thyroid Awareness Month, learn more about what it is, the warning signs, and common problems so you can better take care of yourself. The following information will educate you on this disorder and will help you strategize for a healthier, happier life. Remember, if your thyroid gland is not working properly, neither will you.

- **What is a Thyroid?** Your thyroid is a gland at the front of your neck beneath your voice box (larynx). You may hear it referred to as a “butterfly” because of its shape. The thyroid has two parts (lobes) with a thin piece of tissue (the isthmus) that separates the lobes.

- **Did You Know the Following Facts?** Thyroid disorders tend to run in the family; Fatigue is a common complaint for under and over active thyroid conditions; Regular checkups are the key to successfully managing a malfunctioning thyroid gland; and thyroid cancer is one of the fast growing cancers in America and one of the most curable.

- **What to Do.** Since symptoms are not easily detectable, the best way to know for sure is to ask your doctor if a TSH (thyroid-stimulating hormone) test is right for you. This type of test is a simple blood test to verify your thyroid condition.

- **Symptoms of Thyroid Cancer.** Early detection of thyroid cancer is not always easy; however, some symptoms may indicate a concern such as a lump in the front of the neck; hoarseness or voice changes; swollen lymph nodes in the neck; trouble swallowing or breathing; or pain in the throat or neck that does not subside. Anyone with symptoms previously listed that do not go away should see a doctor for a diagnosis.

How to Balance Your Career and Your Family

Debra Pestrak believes that the biggest challenge many people face is how to balance time with their family, friends, and career. While they want a happy and fulfilling life outside of the office, they know they must make some personal sacrifices in order to achieve their career aspirations. But how do you balance those sacrifices so they don't greatly interfere with your personal goals? How do you fit roles such as husband, wife, mother, and father into your already hectic schedule? Since time is precious, keeping a balance between the two worlds is often a challenge. Fortunately, with proper planning, balancing work and family is a challenge that can be overcome.

Set Your Priorities Early

The first step to achieving balance is to get your family to agree on what the priorities should be. Realize that business success often requires long hours and sometimes travel. In these instances, support from your family has to be there. Additionally, when children are involved, many people discover that they have to re-balance their lives so they have time to spend with the kids.

Consider What is Right for You

When placed in identical situations, no two people will make the same choices. Each person has to evaluate the event and then make a decision based on what is right for him or her at the moment. Just because an outcome worked for one person, doesn't necessarily mean it will work for another.

You have to prioritize your own life and decide what is most important to you. Where do you want to spend your time and energy? How important is your career in the scheme of your life? How do you define success?

Balance Points to Consider

Before you make any drastic changes to your personal or professional life, consider the implications of each decision and how you plan to integrate the decision into your current schedule. For example, what effect will having children have on your life? Also, think about how much time you would want to take off when you have a child. Do you want to come back to work full time? What support system exists that can help you? Will you need to leave work at 5:00? If so, will that allow you to get the work done? If not, are you willing to take it home and do it there? Can you? How much control do you have over your workload? Do you have access to technology at home?

Different jobs have different requirements. Farrell found that by moving to research she was better able to achieve her goals. What about your current position? Study your field to see if it meets your future goals and aspirations. If not, it may be time to consider a change. However, whatever you do, be realistic about what career choices you make based on your values and priorities.

What's Your Balancing Decision

We all make sacrifices to get what we want. Most of the top executives do not sleep eight hours. They have either decided that getting the work done is more important or they don't need that much sleep. Many of them work on weekends or at least attend to their in-basket, emails, or voicemails then. This is a choice they make in order to have what they want. You may not want to make it to the very top, but think about where you want to go and what it will take to get there. What choices and sacrifices do you need to make today to achieve your goals tomorrow?

<http://www.womensmedia.com/new/Pestak-Work-Life-Balance.shtml>

8 Mood Boosters for Your Job

Jenny Saltiel has some simple solutions to keep you happy and productive at work. Nothing can sap your strength or put you in a funk faster than stress from work. If you've been feeling down even as you climb up the corporate ladder, try these easy ways to feel happier, calmer, and refreshed from 9 to 5.

1. Drink water. Did you know dehydration can make you feel sluggish and depressed? Be sure to drink plenty of water throughout the day. Recent studies show you don't need all of the eight glasses a day formerly prescribed by doctors and nutritionists, but drink enough to satisfy your thirst, and then some. Consider replacing your soda and juice with water, too. One easy solution: keep a big bottle of water at your desk and make several trips to the water cooler to refill it.

2. Eat healthy snacks. Instead of a chocolate bar from the vending machine for your 3:00 pick-me-up, snack on apples, low-fat yogurt, or carrots with peanut butter. If trail mix appeals to you, try this mood-boosting recipe: mix walnuts, almonds, lightly toasted pumpkin seeds, and raisins together in a large container for a week's worth of snacking. These mineral-rich mini meals will give you plenty of power to stay focused and alert all afternoon.

3. Avoid heavy foods and alcohol at business lunches. It's tempting to indulge in rich foods or a nice glass of wine during a business lunch -- especially when you can charge it to your expense account. But falling asleep from a food coma at your desk just isn't worth it. Stick with an entree salad and a glass of sparkling water to keep you on your toes for the rest of the day. And instead of finishing the meal with dessert and coffee, order herbal tea. Both sugar and caffeine can set you up for a mood nosedive right around the time you need to be most productive.

4. Walk it off. Take a break from sitting at your desk in the stale office air and go for a brisk walk around the block. Just 10 minutes is all you need to clear your head and feel revived.

5. Try a Spinal Twist. Get a feeling of calm and serenity with two easy yoga poses that can be done while sitting at your desk:

Step 1. Cross one leg over the other and place the opposite hand on your top leg.

Step 2. Gently twist your upper body in the opposite direction of your top knee, using your hand on the back of your chair for leverage.

Step 3. Take a few slow deep breaths in this position.

Step 4. Change sides and repeat.

6. Follow with a Seated Warrior.

Step 1. Begin by sitting up tall and pressing both feet into the floor.

Step 2. Raise both arms up straight overhead and press your palms together firmly.

Step 3. If you have no neck injuries, drop your head back slightly and look up at your thumbs. Make sure your shoulders are not hunched up next to your ears, so allow your shoulder blades to slide down your back.

Step 4. Close your eyes and take five deep breaths in and out of your nose in this posture.

Step 5. Slowly release your arms down to your sides and open your eyes.

7. Don't procrastinate. Putting off that report that's due at the end of week until Thursday afternoon will leave you feeling plenty stressed. Giving yourself ample time to get tasks done will help you feel less frazzled and stay motivated. Plus, you can score brownie points with your boss by getting projects done ahead of time!

8. Make a 3-task to-do list. A mile-long list of things to do each week can make you feel overwhelmed and anxious. Instead, allow yourself to feel a sense of accomplishment every day by creating a more manageable three-item to-do list. You'll be surprised at how much more you get done by shortening your list!

It is not in the still calm of life, or the repose of a pacific station, that great characters are formed... The habits of a vigorous mind are formed in contending with difficulties. All history will convince you of this, and that wisdom and penetration are the fruit of experience, not the lessons of retirement and leisure. Great necessities call out great virtues.

Abigail Adams

Happy Birthday!

Traci McDonald - Jan 7th

Stacy Rine - Jan 9th

Pamela McKinney - Jan 15th

**GOKC CHAPTER
EXECUTIVE BOARD
2006-2008**

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Immediate Past President	Brenda Hagar
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VP Programs	Jo Smith
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Parliamentarian	Alverzine Miles
Finance	Madelyn Stallcup
Resolutions/Awards	Traci McDonald
Newsletter/Publicity	Catherine Ortiz

If additional information is required, please contact the Chapter President at Debbie.L.Miller@faa.gov

