

FEW Notes

April 2006
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Greater Oklahoma City
Chapter, No. 30

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The
President's
Pencil.....
By Brenda Hagar

Gardening time is right around the corner – and I believe this is a great thing to garden year round.



Since this time of year is time for planting, here are some garden tips for living.

Plant Three Rows of Peas:

1. Peace of mind.
2. Peace of heart. @
3. Peace of soul. V\

Plant four Rows of Squash:

1. Squash gossip.
2. Squash indifference. @
3. Squash grumbling. V\
4. Squash selfishness.

Plant four Rows of Lettuce:

1. Lettuce be faithful.
2. Lettuce be kind. @
3. Lettuce be patient. V\
4. Lettuce really love one another.

No Garden should be without Turnips:

1. Turnip for meetings. @
2. Turnip for service. V\
3. Turnip to help one another.

To conclude our garden we must have Thyme:

1. Thyme for each other. @
2. Thyme for family. V\
3. Thyme for friends

Water freely with patience and cultivate with love.

And remember to take care of your garden because
You always reap what you sow.



*NEXT BOARD MEETING
AIRPORT HOLIDAY INN*

*May 8, 2006
5:00 P.M.*

GOKC CHAPTER EXECUTIVE BOARD 2004-2006		
President	Brenda Hagar	(w) 954-4514 (h) 376-5318
Immediate Past President	Ellen McKenzie	(w) 954-2882
VP Membership	Debbie Miller	(w) 736-2333 (h) 691-2992
VP Programs	Tammie Kierstead	(w) 270-0501 X4115 (h) 620-1429
Secretary	Peggy O'Neal	(h) 843-5938
Treasurer	Lynn Carroll	(h) 752-4535
Nominations Chair	Marilyn Hampton	(w) 954-7867 (h) 794-0905
Bylaws	Vacant	
Compliance/Diversity & Legislative	Dalia Lopez	(w) 736-3010 (h) 733-9275
Ways & Means	Tammie Kierstead	(w) 270-0501 X4115 (h) 620-1429
Parliamentarian	Alverzine Miles	(h) 427-0588 (c) 623-1754
Finance	Cynthia Corbett	(w) 954-7528 (h) 659-1802
Resolutions/Awards	Jennifer Mott	(w) 954-5558 (c) 650-6323
Newsletter/Publicity	Carolyn Delong	(h) 691-5817

As adults, we are all capable of learning the ways to help join the fight to end animal cruelty. Many websites are available on the internet. For instance, The American Society for the Prevention of Cruelty to Animals (ASPCA) will celebrate 140 years of enlightening Americans about animals; their website is www.aspca.org/cruelty. Together, let us unite so we can make a difference for our beloved "furry" companions.



THRIFT SAVINGS PLAN

This information is taken from the GovExecutive website:

<http://www.govexec.com/dailyfed/0306/030906pb.htm>

To read the entire article, written by Karen Rutzick, just go to the website.

LESS IS MORE

Representatives of 15 major federal employee groups passed a resolution on March 7 formally disagreeing with the addition of a Real Estate Investment Fund to the Thrift Savings Plan.

Several special interest groups have been lobbying intensely to get a fund committed to real estate as an choice in the TSP's \$180 billion 401(k)-style retirement savings plan for feds. A House bill to add a real estate option has 148 co-sponsors.

But the Employee Thrift Advisory Council -- composed of representatives from federal employee unions including the American Federation of Government Employees, the National Treasury Employees Union and the American Postal Workers Union, and non-bargaining employee groups such as the National Association of Retired Federal Employees, *Federally Employed Women*, the Federal Managers Association and the Senior Executives Association -- came out solidly against that endeavor.



*April is
Anti-Cruelty Month*



Submitted by Debbie Miller

As an avid animal lover, I would like to inform our FEW members that April is Anti-Cruelty Month. All animals are God's creatures and, as adults, we should ensure that we all do our part to fight animal cruelty within your home town. When you move into a new neighborhood, try to become aware of the local pets and notice their condition. If you believe an animal is being abused, try to investigate your suspicions without jeopardizing your safety. If you are concerned for the welfare of the animal, report it. However, remember that without phone calls from concerned citizens, animal humane organizations would not know about most instances of animal abuse. Specifically, learn what constitutes cruelty—possible signs include wounds, thinness, limping or dogs left chained in yards without food or water. Know what agency to call for assistance. In some areas, police investigate animal cruelty while other surrounding areas utilize their local animal control agency to investigate possible cases of abuse.

RTP REPORTS

Is Your Nest Egg Growing?



Submitted by Debbie Miller

Our increasing inflation factor almost assures most individuals that their "nest egg" may not be sufficient to meet their intended expenditure scale based on a projected lifestyle. This fact is the reason why most RTP conference attendees selected this training seminar as the majority of the audience was within 10-15 years of retirement.

Instructors Ms. Mary Miller (Regional VP Primerica) and Ms. Rosalyn Wise (Personal Financial Analyst with Primerica and our SW Region Training Chair), addressed the necessity of an individual reviewing their financial choices and thoroughly discussed various investment scenarios. Mutual funds, based on their dividends paid, appreciation and capital gains distribution, are a favorable investment to most of the savvy investment population. Variable annuities are also a means to increase your savings portfolio. An important topic briefed to the conference attendees was that you must determine your risk objective so you can correctly choose your investment plan--either conservative or aggressive. Ms. Miller and Ms. Wise stated that approximately 42% of Americans have tried to calculate their financial needs for retirement. So ladies, jump on the financial investment bandwagon as soon as possible! Bottom line: If you are unsure of the investment road to select, seek professional guidance with a reputable investment consultant and secure the future lifestyle you so deserve.



Don't Waste Time!

Submitted by Marilyn Hampton

Have you ever delayed working on an assignment or project until the last minute? Well, as much as I hate to admit it, I have many times (including this article!). So at our FEW Southwest Regional Training Program in San Antonio TX, I attended a session held by Ms. Susan Perry and Ms. Diana Jordan. Ms. Perry is the President of PowerPro Consulting and best-selling author of "Procrastination Elimination - 7 Days to Action". Ms. Jordan, her consulting partner, is an insurance broker who specializes in organizational and management skills helping many start-up companies develop and administer employee benefit programs.

Ms. Perry states that FEAR is one of the biggest reasons people procrastinate. Two main types of fear are FEAR OF FAILURE and FEAR OF REJECTION. FEAR OF FAILURE includes being afraid of making mistakes and/or losing approval of those around us. Successful people learn how to overcome their fear while unsuccessful people are intimidated by it. Ms. Perry suggests that we start by asking, "What if ...?". By envisioning the worst case scenario and deciding how to handle it, we can overcome our fear because we already addressed the "What If" situation beforehand. Three ways to handle these situations are to: (1) Ask yourself constructive questions such as "who, what, where, when and how, then continue to move forward.;" (2) Educate yourself by learning everything you can about your goal thus building up your confidence.;" and, (3) Use checklists to

cover all your bases then you can handle any situation that arises.

FEAR OF REJECTION is defined as "an irrational belief that your physical self, thoughts, opinions are socially unacceptable, incorrect, uneducated or immature". FEAR OF REJECTION includes (a) you personally, (b) physically, and (c) intellectually. You personally are 'one of a kind'. You are unique and as such acceptable in your own right. You 'physically' do not represent intelligence, values or morals. Those are developed by your experiences not your looks. Lastly, you 'intellectually' are defined by your upbringing, your education, your life experiences and your professional experiences.

A statement given to us that I especially like and sometimes forget is as follows: "God's gift to you is more talent and ability than you can use in a lifetime. Your gift to God is to develop and share as much of that talent with others as you can in a lifetime."

Ms. Jordan reminded us about the 'Law of Large Numbers': (1) The more you do something the easier it gets to assert yourself confidently. (2) Erase negative self talk on an hourly and daily basis. (3) Keep company with people who support you emotionally and professionally. (4) Keep a journal of your successes as they come and focus on those as you travel through life. (5) Educate yourself by reading and listening. Last but not least, repeat steps one through five on a regular basis.

Therefore, Retrain Your Brain! Develop a healthy self-image including love and respect of self, belief in yourself and share your experiences!

Respecting Our Differences



Submitted by Marilyn Hampton

This session at the SW FEW RTP was perhaps the most interesting one I attended. The presenter's approach was very creative and very pertinent to the content of her message.

MSG Rebecca Yuille, U.S. Army, started her session by asking each of us to answer the following five questions:

- (1) What is your name?
- (2) Where were you born?
- (3) Where were you living at age 10?
- (4) Who was President when you were 18?
- (5) If the U.S. Treasury were to develop a new piece of currency, what symbol or picture would you develop to put on it and why?

We were shown a short film clip entitled, "The Clown". The family pictured has clown type facial features. The clip showed how using the word "clown" in conversations were somewhat skewed when used around this family. The family acted normal as anyone else but because of their physical appearance was often misunderstood. For example, the principal at the son's school called the dad into her office to discuss how the son was caught 'clowning around in class' or misbehaving. The dad asked her what she meant by that!

After the film, MSG Yuille asked us as a group to list on the flip chart fifteen things we know for certain about her just by looking at her. We ended up with 21 items on our list.

As she took several of our listed items and verified whether or not they were true about her, we began to discover our "perceptions" or "misperceptions" gained from just her physical appearance. Many of our perceptions were inaccurate while a few were correct. Her ethnicity appeared to be Mexican or Spanish but in reality she is Italian. She is married and has two children. Her wedding rings gave us the fact she is married and the two children turned out to be an accurate guess. We also indicated she was well educated due to her presentation so far and we were correct. She has a Bachelor of Science degree in Occupational Education from Wayland Baptist University in San Antonio TX.

We had an excellent discussion about how many people stereotype an individual by the way they dress, talk or act. Most of the time these impressions are far from the truth once we get to know the person. Therefore as the old saying goes, we should never assume!



PROUD GREAT GRANDMA



Submitted by Marilyn Hampton

I am proud to introduce you to my new great grandson, Dusty Joseph English, born on March 2, 2006, at 4:24 p.m., weighing 6# 9 oz, 19.5 inches long with red hair and blue eyes. Parents, Paul Joseph and Amber English and my great granddaughter, Abby, are happy to welcome Dusty to the family. In picture above, Dusty is about an hour old and probably a little tired from coming into the world.



MAY DAY

May Day began as a Spring festival long ago. People gathered together on the first day of May to celebrate the coming of Summer. There are a lot of different customs that have been a part of May Day festivities.

Some people would gather flowers and put them by their doors and windows to keep out troublesome fairies.

Some people would put out their old hearth fires and gather with the people in their village to start a new fire to take home.

Cutting down a tree and putting up a Maypole in the middle of a village is another popular custom. Ribbons are attached to the tree and are woven together by dancers.

One more popular custom is filling May Baskets with flowers and other goodies to give to friends and loved ones.



ASIAN PACIFIC AMERICAN



MONTH IS EVERY MAY

May is Asian Pacific American (APA) Heritage Month—a celebration of Asians and Pacific Islanders in the United States.

In June 1977, Representatives of Congress introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian/Pacific Heritage Week. The following month, Senators introduced a similar bill in the Senate. Both were passed.

On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration.

In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asian Pacific American Heritage Month is celebrated with community festivals, government-sponsored activities, and educational activities for students.



Mother's Day, the second Sunday in May, is a day set apart for honoring all mothers. Julia Ward Howard first made a suggestion for Mother's Day as early as 1872 as a day dedicated to peace. In 1875, Anna Jarvis began a nationwide campaign for a day to honor mothers. President Woodrow Wilson proclaimed Mother's Day as a national observance in 1915. Celebrations of Mother's Day include visits, cards, gifts, and special dinners.



Mary Maddux	April 18
Shirley Higenbotham	April 19
Lynn Carrol	April 25

SW Regional Awards

The 2006 SW Regional Awards were presented at the Training Program on Friday, March 17.
Congratulations to the winning chapters!

BLUFF CENTER

1st Place: Fund Raiser
1st Place: Programs
2nd Place: Special Emphasis



Judy Rosco with Bluff Center President,
Lorie Castleberry

2nd Place: Newsletter
3rd Place: Membership

DALLAS CHAPTER



Judy Rosco with Dallas President,
Latanya Kelley

1ST Place: Special Emphasis
1st Place: Membership

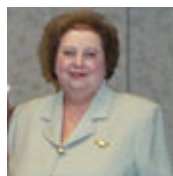
GREATER OKC

1st Place: Special Project
1st Place: Newsletter
2nd Place: Membership



Judy Rosco with GOKC President,
Brenda Hagar

We were honored to have National President, Pat Wolfe attend our Awards Luncheon.



April is
National Child Abuse Month



GIVE A BEAR

Sometimes they feel that's all they have to
protect them!



The Greater Oklahoma City Chapter is sponsoring a "Bear Collection Campaign"
Bring your bear to the next board meeting, or contact any officer to donate your bears.

All bears must be new.

Contact Tammie Kierstead for more information at 620-1429

