

FEW Notes

April 2007
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Greater Oklahoma City
Chapter, No. 30

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From the President...

Reflections & Highlights

By Debbie L. Miller

Throughout each day, individuals encounter diverse groups of people: at work, the library, church functions, groceries stores, and the gym. This superficial categorization is considered "surface-level" diversity (e.g., differences in gender, ethnicity, nationality, etc.). However, another measurement of diversity is "deep-level" diversity (e.g., differences in knowledge and cultural values). Understanding the realization of appearance diversity and the benefits of information diversity is vital but, more importantly, required to experience positive growth in society. The world must embrace diversity and strive for growth and acceptance.

The Greater OKC chapter acknowledges the importance of diversity—it can be remarkable when people share their diverse sources of knowledge and their unique perspective with others. Since April is Diversity Month, we are hosting a wonderful program entitled Generational Diversity on April 9, 2007. Mr. Hoover McCoy will be the guest speaker. Since many household members are becoming caretakers of the elderly, we hope our members and their friends attend this enlightening program.

I would like to take this opportunity to thank everyone that attended the three March events our chapter co-sponsored during National Women's History Month. Both programs, held at the Mike Monroney Aeronautical Center and Tinker Air Force Base, were quite successful. Excellent feedback was received from individuals attending the "How to Write a Skills Assessment" training workshop. If you missed these events, please note that there will be future opportunities to attend programs. Spring is already here and summer activities will soon fill your personal calendars. Please remember to try to schedule some time for yourself.

NEXT BOARD MEETING
MAY 14, 2007 5:00 P.M.
HOLIDAY INN AIRPORT

FEW 2007 South West Region Awards

During the 2007 SW RTP, the SW Regional Awards were announced by the SW Region Award Chair, Ms. Jeri Peterson. The winners were announced by category, and the Greater OKC chapter received several awards:

Best Program: 1st Place - Greater OKC



FEW National President Rhonda Trent, Tammy Kierstead accepting the 1st Place Trophy for Programs, SW Regional Manager Judy Rosco and GOKC FEW Chapter President Debbie L. Miller

Best Newsletter: 1st Place - Greater OKC



FEW National President Rhonda Trent, Cathy Ortiz accepting the 1st Place Trophy for Newsletter, SW Regional Manager Judy Rosco and GOKC FEW Chapter President Debbie L. Miller

Membership: 1st Place - Greater OKC



FEW National President Rhonda Trent, Jennifer Mott accepting the 1st Place Trophy for Membership, SW Regional Manager Judy Rosco and GOKC FEW Chapter President Debbie L. Miller

Special Project: 2nd Place – Greater OKC



FEW National President Rhonda Trent, GOKC FEW Chapter President Debbie L. Miller accepting the 2nd Place Trophy for Special Project, SW Regional Manager Judy Rosco

National Women's History Month Events

By Debbie L. Miller

Our collaboration with several organizations to celebrate National Women's History Month (NWHM) during the month of March was a success. The 2007 theme, "Generations of Women Moving History Forward," was addressed at both events. The first NWHM event was hosted on March 26th by three organizations at the Mike Monroney Aeronautical Center (MMAC): the GOKC FEW, the Federal Women's Program and the Technical Women's Organization. Ms. Lindy Ritz, Aeronautical Center Director, provided the opening remarks for the event.



Lindy Ritz (L) – Welcome Remarks

Ms. Ritz introduced the guest speaker, Major General Rita Aragon, the first female general officer in the Oklahoma Air National Guard. Maj. Gen. Aragon presented an interesting account of various women's contributions to move history forward. Her own personal testimony solidified how charismatic women can enthusiastically embrace challenges in order to improve equality for future generations. Later that afternoon, the GOKC, FWP and TWO hosts sponsored a one-hour training session entitled "How to Write a Self-Assessment," presented by Ms. Lou Thompson, a personnel specialist employed at MMAC.

Approximately 30 individuals attended the training and the active participation among the attendees provided an excellent exchange of suggestions and ideas for writing future assessments.



Ms. Lou Thompson

The second NWHM event was co-sponsored by two FEW chapters: the Greater OKC chapter and the Tinker FEW chapter. The program and luncheon was held March 27th, in the Tinker Club Ballroom. Brig. Gen. Judith A. Fedder, Commander, 76th Maintenance Wing, was the guest speaker and her presentation identified the contributions that Air Force women have made to our nation.



Brig. Gen. Judith A. Fedder, Commander, 76th Maintenance Wing

One of the women identified by Brig. Gen. Fedder was Ms. Violet Thurman. This recognition was a highlight to the GOKC chapter members attending the luncheon as Ms. Thurman was one of our chapter's founding members. Today, Ms. Thurman's daughter, Ms. Lynn Carroll, continues the legacy as a Greater OKC chapter member.

Brig. Gen. Fedder encouraged the luncheon attendees to seek out individuals that take risks and learn from their actions so you can pursue personal and career enhancements. She also noted that it is important to create a legacy for our children, coworkers and friends. Her closing remarks reminded all women to move history forward and accept all challenges to accomplish your goals.

Upon conclusion of the program, two women were announced as the 2007 Women's History Heritage Winners. They were Ms. Melanie Johnson, GS-09 and above category winner, and First Lieutenant Jennifer Condon, Military Officer category winner.

I would like to express my appreciation to Ms. Janet Newby (FWP Manager and GOKC chapter member) and Ms. Emily Godinet (TWO AMC Representative) for assisting me with these events. It was a pleasure working with both individuals as they exhibit excellent role model traits and both continually encourage women to excel and "move forward in history."



Janet Newby, Maj. Gen. Rita Aragon, Debbie L. Miller, and Emily Godinet



Tinker FEW Chapter President Beverly Jones and GOKC FEW Chapter President Debbie L. Miller at the National Women's History Luncheon

April 17, 2007

Tax return due. Your 2006 income-tax return is due, unless you file for an extension until Oct. 15, 2007. Note: The April 15 statutory deadline for income-tax filing falls on a Sunday. When that happens, the IRS typically pushes the deadline to the next business day. But April 16 is a holiday, Emancipation Day, in Washington, D.C., so the agency has pushed the deadline back to April 17. The new deadline applies to the entire country.

File for extension. If you want an automatic extension of time to file your 2006 tax return, file Form 4868. That gives you until Oct. 15, 2007, to file your tax return. To avoid a penalty, pay any tax that you owe by April 17.

Individual retirement accounts or Roth IRAs. This is the deadline for making contributions to IRAs or Roth IRAs for 2006. This is also the deadline to open these accounts for 2006.

Estimated tax payment. Your first-quarter estimated tax payment for 2007 is due.

State tax returns. If you are required to file a state tax return, it is probably due, but check with your state to be certain. Many states

automatically extend the filing time to those who have filed for a federal extension.

Household employers. If you paid cash wages of \$1,500 or more in 2006 to a household employee, file Schedule H (Form 1040) with your income-tax return and report any employment taxes by April 17, 2007.

The Six P's of Goal Setting

Susanna Palomares has found research that tells us when we write a goal down we are more likely to achieve it. Written goals can be reviewed regularly, and have more power. Like a contract with yourself, they are harder to neglect or forget. Also when you write your goals in a particular fashion you are able to stimulate your subconscious to be continuously alert to situations that will further your goal. In order for your written goals to have the greatest impact, write them by incorporating the special power of these six P's of goal setting:

POSITIVE

Goals must be stated in positive rather than negative terms. ("I am a neat and organized person," rather than "I am no longer unorganized.")

PRESENT TENSE

Goals must be written as though they are happening now or have already happened. The subconscious mind only operates in the now. If you create goals in the future tense, your subconscious will never get there.

PERSONAL

Goals must be about you, and under your control, not about someone else.

PRECISE

Goals must be clear and describe exactly what you want to do.

POSSIBLE

Goals must be realistic and within the realm of possibility to achieve

POWERFUL

Use words that convey action and emotion. Write these goals and place them where you will see them at least twice a day. If possible, read them aloud and visualize what you are saying.

April 22, 2007

37th Anniversary of the First Earth Day

Former U.S. Senator Gaylord Nelson, Earth Day's co-founder, modeled Earth Day on anti-Vietnam War demonstrations, called "teach-ins," that were common on college campuses. "At a conference in Seattle in September 1969, I announced that in the spring of 1970 there would be a nationwide grassroots demonstration on behalf of the environment," says Nelson. "The response was electric. Telegrams, letters, and telephone inquiries poured in from all across the country." As many as 20 million Americans participated in environmental rallies, demonstrations and other activities in the 1970 Earth Day.

Since the first Earth Day, however, the environmental movement has increasingly transformed itself from a largely grassroots, citizen crusade to a professionally-organized, established special interest. Environmental organizations now employ 3,400 full-time employees, including leaders who often make \$150,000 or more, as well as a small army of scientists, lobbyists, lawyers and public affairs specialists. In his book *Undue Influence*, Ron Arnold notes that environmental groups are increasingly relying upon wealthy non-profit foundations to fund their extensive operations while the members themselves play a declining role. Non-profit foundations donate

at least \$400 million a year to environmental advocacy and research.

Women and Investing - Be the Captain of Your Financial Life

Kathleen William reports the harsh truth that instead of taking charge of their own financial futures, many women either leave money matters to the men in their lives or ignore the importance of planning altogether. Couple this with the fact that women face different life challenges and financial risks than men, and it becomes clear why women must take charge of planning their financial futures.

According to the National Center for Women and Retirement Research, as many as 9 out of 10 women will be solely responsible for their finances at some point in their lives. The consequences of such circumstances can financially cripple many women. The numbers speak for themselves:

- Over 75 percent of women are widowed at an average age of 56, and 1 in 4 of these women are broke within two months of being widowed.
- Less than 15 percent of women who are married or living with a significant other feel responsible for planning retirement.
- Only 41 percent of women participate in their employer's 401(k) plan.
- Eighty-seven percent of poverty stricken elderly Americans are women.

Knowing How to Handle Your Finances Is a Necessity.

Women need to be educated and prepared. Understanding your assets now can help prevent financial crises down the road. Becoming educated and prepared doesn't

have to be difficult. If you apply yourself, it's fairly straightforward. You can turn to financial professionals who specialize in working with women investors. These professionals can help you to understand how investing works and help you to reach your dreams too.

Some money moves women can make:

1. **Get involved in managing the family's finances.** As a couple, spend about 15 to 30 minutes per week discussing the family finances. Make this a regular routine. Understand what is going on with the investments. Review all bank and investment statements monthly. Know where your money is. Keep organized records.
2. **Be sure to have your own retirement account.** Women often do not have their own retirement accounts. Stay-at-home mothers frequently use all of the household money for the children and food. Nothing is put into retirement plans for these women. Meanwhile, the husband's account is racking up the dough. Then they divorce. Don't let this happen to you.
3. **Get professional financial advice.** Be sure to get financial advice before you suddenly become single because of divorce or widowhood. This will make your financial road smoother and will prepare you prior to these life events.
4. **Married women: Plan your financial life as if you will be on your own someday.** Unfortunately the statistics are real. Half of all marriages end in divorce. Women outlive men by seven years. Plan your life with this in mind. Manage your finances together, have separate credit cards in your name. Make sure that your name appears on all investments accounts accumulated during the marriage. Get adequate term life insurance coverage that will cover all last expenses and replace at least 60 percent of joint earnings.

5. **Don't use your 401(k) as an in-and-out fund.** Many women use their retirement accounts to rescue their families from tight financial jams. This account should be used for retirement, not as an emergency or vacation fund. Establish a money market account for emergencies and leave your retirement funds for what they are meant to be used for-your retirement.
6. **Write down your financial goals.** Sit down and make a list of all your financial goals. Knowing what you want helps to put you on the road to financial success. Whether it's learning to make wise investments, or planning for retirement, you have to know what you want in order to plan how to achieve it. The Certified Financial Planner Board of Standards Research has found that consumers who use professional financial advisors worry less about their financial futures.

Establishing a financial plan is a worthwhile endeavor and is not merely the province of people who have lots of money. Financial planning is designed for everyone. It helps you focus on your dreams and financial goals. Most people find it difficult to save or invest without specific reasons. When goals are verbalized and then written down, you will understand why saving money is important to you.

The History of the Easter Bunny

The Easter bunny has its origin in pre-Christian fertility lore. The Hare and the Rabbit were the most fertile animals known and they served as symbols of the new life during the Spring season.

The bunny as an Easter symbol seems to have its origins in Germany, where it was first mentioned in German writings in the 1500s. The first edible Easter bunnies were made in

Germany during the early 1800s and were made of pastry and sugar.

The Easter bunny was introduced to American folklore by the German settlers who arrived in the Pennsylvania Dutch country during the 1700s. The arrival of the "*Oschter Haws*" was considered "childhood's greatest pleasure" next to a visit from Christ-Kindel on Christmas Eve. The children believed that if they were good the "*Oschter Haws*" would lay a nest of colored eggs.

The children would build their nest in a secluded place in the home, the barn or the garden. Boys would use their caps and girls their bonnets to make the nests. The use of elaborate Easter baskets would come later as the tradition of the Easter bunny spread throughout the country.

History of Easter Eggs

Of all the symbols associated with Easter the egg, the symbol of fertility and new life, is the most identifiable. The customs and traditions of using eggs have been associated with Easter for centuries

Originally Easter eggs were painted with bright colors to represent the sunlight of spring and were used in Easter-egg rolling contests or given as gifts. After they were colored and etched with various designs the eggs were exchanged by lovers and romantic admirers, much the same as valentines. In medieval time eggs were traditionally given at Easter to the servants. In Germany eggs were given to children along with other Easter gifts.

Different cultures have developed their own ways of decorating Easter eggs. Crimson eggs, to honor the blood of Christ, are exchanged in Greece. In parts of Germany and Austria green eggs are used on Maundy Thursday (Holy Thursday). Slavic peoples decorate their eggs in special patterns of gold and silver

Austrian artists design patterns by fastening ferns and tiny plants around the eggs, which are then boiled. The plants are then removed revealing a striking white pattern. The Poles and Ukrainians decorate eggs with simple designs and colors. A number of eggs are made in the distinctive manner called *pysanki* (to design, to write)

Pysanki eggs are a masterpiece of skill and workmanship. Melted beeswax is applied to the fresh white egg. It is then dipped in successive baths of dye. After each dip wax is painted over the area where the preceding color is to remain. Eventually a complex pattern of lines and colors emerges into a work of art

In Germany and other countries eggs used for cooking were not broken, but the contents were removed by piercing the end of each egg with a needle and blowing the contents into a bowl. The hollow eggs were dyed and hung from shrubs and trees during the Easter Week. The Armenians would decorate hollow eggs with pictures of Christ, the Virgin Mary, and other religious designs.

April 2007 -
31st Anniversary of
National Humor Month!

National Humor Month was founded in 1976 by best-selling humorist Larry Wilde, Director of The Carmel Institute of Humor. It is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

"Since April is often bleak and grim and taxes are due on the 15th, it can be one of the most stressful times of the year," says Wilde, author of 53 books on the subject of humor. "Besides," adds Wilde, "it's the only month that begins with All Fool's Day -- a day which

has sanctioned frivolity and pranks ever since the 1500's."

The idea of laughing and the use of humor as a tool to lift ailing spirits is growing. Scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

In his book *Anatomy of an Illness*, author Norman Cousins cited laughter as an effective tool for promoting the healing process. In Cousins' words, "Laughter is internal jogging."

Internationally known as a premiere platform humorist, Wilde offers a five-point program to manage stress, overcome personal turmoil and postpone our insanity. "Humor is very personal. What you think is funny, someone else may not. But it's important to laugh and to get all the big laughs you can."

Happy Birthday!!

Mary Maddux - April 18
Lynn Carroll - April 25

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2006-2008**

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

