



*Federally Employed Women, Inc.*  
**Greater Oklahoma City Chapter**  
GOKC FEW Chapter 30  
P.O. Box 890718  
Oklahoma City, OK 73189-0718

Editor: James Bina  
[JLBina@aol.com](mailto:JLBina@aol.com)

**May 2004, Vol. IV, No. 5**

## **In This Issue:**

- A “FEW” Notes from our President
- Memorial Day/Nat’l Day of Remembrance
- FEW National Election Goes Electronic
- National, Regional, Chapter News
- Diversity / May Events
- Other Interests...
- Membership Information and Application

## **A “FEW Notes” From our President**

If you missed our Diversity Program last month you missed one of our best programs. Christy Lam, our Diversity Chair, and Alverzine Miles, VP/Programs, orchestrated a wonderful evening of awareness and entertainment. The Irish Dancers from Irish Arts Oklahoma performed several Irish dances in their beautifully embroidered Irish dance dresses. Following their performance they gave lessons! Miss Asia 2003, Alice Voong, performed the “Iron Fan Dance” that she choreographed herself. And she’s from Mustang, Oklahoma!! Alice is a senior at Mustang HS and is also taking 15 credit hours at OKCCC. Thelma Gomez, Nicaraguan artist and national treasure, demonstrated her unique painting technique. Thelma’s paintings and murals are displayed internationally in Japan, France, Italy, and Spain, as well as in the United States—one mural is at the Latino Community Development Agency in south OKC. Our very own Sandi Young won the painting that Thelma started at our program. While it takes many hours to complete the work of art, I’m confident that Sandi has the perfect location to display her new treasure.

National Training Program (NTP) registration is on-going. I hope you are making plans to participate in this wonderful training opportunity held this year in Nashville TN. Information can be found in your registration book and at [www.fewntp.org](http://www.fewntp.org).

I hope you have cast your vote for our new National and Regional officers. Please mark and mail your Chapter ballot as soon as it arrives. Our nominations committee has done an excellent job of filling our ballot with qualified candidates.

Wow ... I just realized I only have one more opportunity to chat with you in this forum. I’ll try not to get too sappy next month. - Ellen

## **Memorial Day**

Memorial Day is much more than a three-day weekend that marks the beginning of summer. To many people, especially the nation's thousands of combat veterans, this day, which has a history stretching back all the way to the Civil War, is an important reminder of those who died in the service of their country.



All Americans, wherever they are, at 3 p.m. local time, should pause for a moment of reflection honoring those who died for our country. The goal is to put "Memorial" back in Memorial Day as only 28 percent of Americans realize the meaning of this sacred holiday. For more information, go to [www.remember.gov](http://www.remember.gov)

## **National Moment of Remembrance**

Along with other Americans, you are asked to observe the *National Moment of Remembrance*

on Memorial Day, Monday, May 31, 2004 at 3:00 p.m. local time (duration: one minute). The time



3:00 p.m. was chosen because it is the time when many Americans are enjoying their freedoms on the national holiday. The *Moment* does not replace the traditional Memorial Day observances. It is

intended to be a unifying act of remembrance for Americans of all ages. As you participate in the *Moment* you are helping reclaim Memorial Day for the noble and sacred reason for which it was intended—to honor those who died in service to our Nation.

### How to Participate

Participation is voluntary and informal. You may observe in your own way a Moment of Remembrance. All Americans, wherever they are, at 3 p.m. local time, should pause for a moment of reflection honoring those who died for our country. The goal is to put "Memorial" back in Memorial Day as only 28 percent of Americans realize the meaning of this sacred holiday. For more information, go to [www.remember.gov](http://www.remember.gov)

### Why

- To remind all Americans of the importance of remembering those who sacrificed for their freedom and what it means to be an American.
- To provide Americans throughout the world an opportunity to join this expression of gratitude in an act of unity.
- To make Memorial Day more relevant, especially to younger Americans.

*"A Nation reveals itself not only by the citizens it produces, but also by the citizens it honors, the citizens it remembers."* — John F. Kennedy

### Family Sacrifice

From the White House Commission on Remembrance

*"They are not dead who live in lives they leave behind. In those whom they have blessed they live a life again."* —Eleanor Roosevelt

As we remember our fallen heroes, our hearts go out to those who can never forget - the families they left behind. People whose wounds are



still fresh 20, 40, and 50 years later. For those of us who have not lived it, it is hard to imagine what it must be like: seeing— with shock and puzzlement and

dread—a uniformed officer and a chaplain approach the front door, hearing them express the deep sorrow and gratitude of the United States, saying "We regret to inform you..."

Do not think in terms of thousands of casualties, but think of it in terms of one. Because each casualty was someone's loved one.

At the end of any war, the image of a jubilant country dancing and flag-waving in Times Square is vastly different from that of a widow and her children who must face the rest of their lives without a husband and a father.



### FEW National Election Goes Electronic

By now you should have received, via email and by postcard, your FEW electronic election ballot. Electronic voting for your national officers is new this year with the help of our very own Rhonda Trent who researched and hired an agency to take on this daunting task. It is time to cast your ballot in the 2004 National Federally Employed Women Elections.

First, you may view candidate biographies at this URL:

<http://www.campus-vote.com/elections/org/FEW/bios.pdf>

The following URL is your link to your official ballot.

<http://www.campus-vote.com/elections/org/FEW>

The process only takes a few moments.  
The voting deadline is June 4, 2004 at 11:59 PM (EST).

Remember, your vote counts!

### **Military Phone Card Donation Program Goes Public**

The selling of prepaid calling cards by the Army and Air Force Exchange Service to any person or organization that wishes to purchase cards for deployed servicemembers has been authorized by Defense officials. The "Help Our Troops Call Home" program is designed to assist servicemembers calling home from Southwest Asia.

To donate a prepaid calling card to a servicemember people can log on to the exchange Web site at [www.aafes.com](http://www.aafes.com) and click the 'Help Our Troops Call Home' link. From there, a prepaid calling card may be purchased for an individual at his or her deployed address or for "any servicemember" deployed or hospitalized. The exchanges operate telephone call centers in Iraq, Kuwait, Afghanistan, other countries and aboard ships. The cards never expire and there are no added charges or connection fees

## **FEW National, SW Regional and Local Chapter News**

---

---

### **GOKC Chapter News**

---

---

For more information about our chapter and to view previous issues of FEW Notes, visit our Website at [www.gokcfew.org](http://www.gokcfew.org).

### **GOKC Chapter Members Step-Up to the Challenge of Leadership**

You may have noticed lately there has been a flurry of email traffic asking your support for FEW National and Regional support for candidates. Did you take notice of how many are from our very own GOKC chapter? Well, take a look at the candidates and the offices they are seeking!

### **National Offices:**

Ellen McKenzie – Vice President, Membership and Chapter Organization  
Rhonda Trent – Vice President, Congressional and Government Relations

### **Southwest Regional Offices:**

James Bina – Treasurer

### **May Birthdays**

**16 – Al Miles**

**22 – Carolyn DeLong**

Happy Birthday and best wishes!!

### **For Sale!**

#### **GOKC FEW Nametags**

Did you have an identity crisis at the last FEW meeting or get-together? GOKC FEW nametags are still available and can be purchased for a small fee of only \$6.00. These nametags are gold with black lettering, have the FEW logo engraved on them and attach to your clothing with magnets – no more pin holes in your Gucci blouse! Want one? Need one? Contact Ellen McKenzie today at 954-2882 to get yours!

#### **GOKC FEW Sweatshirts**

GOKC FEW still has a few sweatshirts available for only \$10.00 each. Contact Ellen McKenzie if you want one of these highly collectable shirts. Call Ellen at 954-2882 to get yours!

## **FEW Connections - National**

---

---

For more information on FEW memberships and the FEW organization, check out the national FEW Website at [www.few.org](http://www.few.org)

### **Don't forget to vote!!**

#### **National Membership Contest Draws to a Close**

Don't forget to invite friends and co-workers to visit us and join FEW. Your recruiting efforts could be rewarded with a cruise, lifetime membership or other cash prizes. Full contest details are at [www.few.org](http://www.few.org). Contest ends June 30, so hurry!

#### **NTP 2004 - The Best is Yet to Come!**

Join us for the 2004 National Training Program in Nashville, Tennessee. This fantastic training program will run July 19 – 24, 2004. This is an event not to be missed! The NTP staff is working very hard to make this another world-class event. Make a

commitment to your career and plan on attending this amazing career enhancer.

### Top Ten Reasons to Attend NTP!

10. Opryland Hotel, more than 20 restaurants!
9. Beautiful July weather in Tennessee!
8. World Class Training
7. Music, Music, Music....
6. Learn ore about the FEW organization
5. Banquet Honoring our Military Women
4. Nashville is for families – bring them along!
3. Music (did I already say that?)
2. Grand ‘Ole Opry
1. Naiomi Judd!!!!



Famous country singer, songwriter and speaker will be the KEYNOTE SPEAKER at the opening session of Federally Employed Women's 35th annual National Training Program. Following Ms. Judd's speech will be a 1 hour book signing session.

## Diversity

---

### May Events

From the Diversity website, [www3.kumc.edu/diversity](http://www3.kumc.edu/diversity).

### [Asian Pacific American Heritage Month](#)

1 - [May Day](#)

5 - [Cinco de Mayo](#) (Mexico)

6 - National Day of Prayer (United States)

9 - [Mother's Day](#) (United States, Mexico)

15 - Armed Forces Day

31 - [Memorial Day](#)

**Asian/Pacific American Heritage Month** was enacted by Public Law 102-450 on October 28, 1992. The purpose of the law was to honor the achievements of Asian/Pacific Americans and to recognize their contributions to the United States. This recognition was the culmination of Jeanie Jew's efforts in the 1970's to establish Asian Pacific American Heritage Week. Following the United States bicentennial in 1976, Jew realized

that Asian Pacific Americans were ". . .were excluded from those stories during celebrations of the country's bicentennial. We were literally ignored even though we were part of building this country."

A year later, Jew enlisted the support of Rep. Frank Horton (R-NY) who, along with Rep. Norman Mineta, (D-CA), introduced House Resolution 540. This resolution proclaimed the first ten days of May as Asian Pacific American Heritage Week. Senators Daniel Inouye and Spark Matsunaga introduced similar legislation into the Senate.

May was selected for the recognition because two significant events in history took place in that month: Japanese immigrants first arrived in the United States on May 7, 1843, and the transcontinental railroad was completed on May 10, 1869 (Golden Spike Day). Furthermore, since school is still in session during May, educators could capitalize on the opportunity to include APA history into the curriculum.

On Oct. 2, 1978, President Jimmy Carter signed the Joint Resolution and the first Asian Pacific American Heritage Week was celebrated in May 1979. In 1992, the week was expanded to a month-long recognition when President George Bush signed the law permanently designating May of each year as Asian Pacific American Heritage Month. The law was unanimously supported by both the House of Representatives and the Senate.

**May Day** (May 1) is a spring festival celebrating human fertility and the renewal of nature. The festival originated with the celebration of the Roman goddess Flora and spread to other countries of the Roman Empire. May Day was especially popular in England during medieval times. Activities centered around the maypole, a tree collected from the woods and brought to the village to celebrate the upcoming summer. Many people participated in temporary sexual encounters while they were off in the woods.

It was this latter activity combined with the temporary setting aside of the social hierarchy that Puritans found objectionable. By 1644, May Day

had been banned by the English Parliament although it reappeared when Charles II took the throne in 1660. However, the overt sexuality of the festival went underground during the Victorian period and May Day was transformed into a celebration of England.

May Day achieved little popularity in the United States because of the Puritan influence. However, in many European countries, it is a time of courtship. In Communist and socialist countries, May Day often features parades exhibiting military prowess.

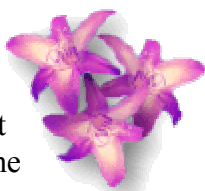
**Cinco de Mayo** commemorates the May 5, 1862 Battle of Puebla (*Batalla de Puebla*) in which General Ignacio Zaragoza's Mexican troops defeated Napoleon III's French forces. France, along with England and Spain, had occupied Mexico since mid-1861 as a result of President Benito Juarez' moratorium on foreign debt payments. Eventually England and Spain withdrew but the French remained in an attempt to create an empire in Mexico. The French began a military advance on Mexico and on May 5, 1862, about 5,000 Mestizo and Zapotec Indians defeated Napoleon's army.

Many people confuse Cinco de Mayo with [Mexican Independence Day](#) (September 16, 1810). Cinco de Mayo is celebrated more in the United States than in Mexico and many people of Mexican descent celebrate with parades, music, and dancing.



[Mother's Day](#) occurs annually on the second Sunday in May. Although festivals honoring

mothers can be traced back to the Greek celebration honoring Rhea, the Mother of Gods, it was not until the 1870's that the holiday became a possibility in the United States. In 1872, Julia Ward Howe who held Mother's Day meetings in Boston, first suggested the day as one dedicated to peace. Later, Anna Reese Jarvis began efforts for a Mother's Day



holiday which would help heal the emotional wounds of families torn by the Civil War. Unfortunately, Mrs. Jarvis died in 1905 before realizing her goal.

Mrs. Jarvis' daughter, also named Anna, then took up the cause in honor of her mother and began a letter writing campaign. In 1908, at a church service honoring her mother, Anna donated 500 white carnations. This soon became a tradition and by 1914, President Woodrow Wilson officially proclaimed a national day honoring mothers. Many people still wear carnations on this Sunday - pink or red for mothers still living and white for mothers who have died.

The first documented observance of [Memorial Day](#) occurred in [Waterloo, New York](#) on May 5, 1866. The purpose of the day was to honor those who fought in the Civil War. The day has now expanded to honor those who died during each of the wars in which the United States fought. Typical activities include placing flowers on the graves of soldiers and many communities have parades as tributes to the soldiers who died.

Public Law 90-363, passed on June 28, 1968, required that beginning in 1971, [Memorial Day](#) would be observed on the last Monday in May. It is a legal holiday in the United States.

---

## In Other News....

### TSP is a Good Way to Increase Wealth

The current TSP open season started April 15 and runs until June 30. This is the time service members can start or change their contributions to their TSP account. Service members can contribute up to 9 percent of their base pay each month, and up to 100 percent of incentive pay and special pay, including bonus and combat pay. Total contributions from taxable pay may not exceed the Internal Revenue Service limit of \$13,000 for 2004.

TSP is a tax-deferred savings option and lowers the taxable income for participants. The savings plan is similar to 401K plans offered by many private employers. TSP enrollment can be

done online through the myPay Web site at <https://mypay.dfas.mil/mypay.aspx> or by completing a TSP enrollment form (TSP-U-1) and turning it in at the local pay or personnel office. Enrollment forms are available on the TSP Web site at [www.tsp.gov](http://www.tsp.gov).

---

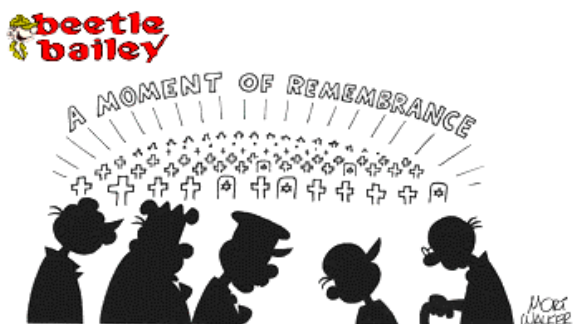
## May History Tidbits

May 6, 1994 -- First Lt. Leslie DeAnn Crosby graduates from the Air National Guard's F-16 Fighting Falcon training course in Tucson, Ariz., and becomes the first U.S. Air Force Reserve woman fighter pilot.

May 28, 1980 -- For the first time, 97 women are among those receiving commissions as second lieutenants in graduation ceremonies at the U.S. Air Force Academy.

May 5, 1970 -- Air Force ROTC expands to include women after test programs at Ohio State, Drake, East Carolina and Auburn Universities prove successful.

May 2, 1977 -- First Lt. Christine E. Schott becomes the first woman undergraduate pilot training student to solo in the T-38 talon.



11/14/2003 - RAMSTEIN AIR BASE, Germany (AFPN) -- Like most Americans, I find that I am pretty selfish sometimes. I learned just how selfish on a recent trip to Iraq. I was sitting on a C-130 Hercules waiting to leave a location I can't spell or pronounce, when we got delayed. I was annoyed. I'd been traveling for hours trying to get to my destination and here we were, stuck in some out-of-the-way place and I was hot, tired and ready to

get there already. Then it happened. I found out we were waiting on another passenger.

I didn't know his name. I say 'his' but I didn't know if he was actually a he or a she. I didn't know what branch of service he was in or what rank he was. All I knew was that this passenger cost me another hour and a half on that plane.

Little did I know how profound an impact "The Passenger" would have on me. You see, this passenger that we had to wait on, who delayed our trip and annoyed me and the other passengers, was a casualty of war.

The ground crew brought him on board in a body bag. They laid him down between the jump seats and the cargo pallet, and covered him with Old Glory. At that moment, I felt the heat of shame in my face. Who was I to worry about a little lost sleep or a few extra hours on a plane when he had given his life in this war?

By this time, everyone on board had stood up out of respect and, when they had "The Passenger" secure, the sergeant leading the crew called the plane to attention and barked a quick command. Every man and woman on that plane, from private to colonel immediately snapped a crisp salute in honor of the ultimate sacrifice made by "The Passenger". It was a moment of perfect unity. Every eye on that flag, every arm raised in respect, every breath caught in every throat for just one second.

With our respects paid, everyone took his or her seat and prepared for take-off. I don't know about anyone else on that plane but I found myself contemplating what this passenger's sacrifice meant: to me, to our country, but mostly to his family. I found myself wondering what he gave up for the war on terror. Did he leave a wife behind when he deployed? Did he have children out there somewhere who would never see their father again? What about his parents, brothers and sisters? How would his family cope with his death?

Was the sacrifice he made for his country worth it? To his family, perhaps not. To the Iraqi families, maybe.

You see, I learned something else on this trip. I learned how the Iraqi people are living. Ramshackle houses... no cars... no central air, or any air conditioning for that matter, none of the so called 'modern conveniences'. I also learned that,

thanks to our efforts, some of the kids are now able to go to school for the first time in years.

Teachers are allowed to teach in multiple languages and cover subjects that were banned during the old regime.

Clinics are opening all over the country, doctors are no longer afraid that if they misdiagnose someone it will cost them their lives. That's right, there is no malpractice insurance in Iraq. A doctor at one of the clinics told me that, under the old regime, if a doctor made a mistake, he paid for it with his life. So was "The Passenger's" sacrifice worth it? I guess it depends on your point of view.

Then I started thinking about my own family. How would my wife deal with my death if it came on this trip? Would my children be ok? How horrible would it be for my parents to outlive me? I thought of my brother and his family in California. How many times have I meant to call them only to get distracted and forget? I haven't seen them in almost four years. My sister in Illinois hasn't seen me in a couple of years either. When was the last time I called her? Why haven't I e-mailed her or my niece lately? I use to send her e-mails every week or so, but I seem to have let my oh-so-busy life get in the way of communicating with the ones I love. Do I write enough?

Call enough? Definitely not! I think that's what it all comes down to.

We get so wrapped up in our lives that we forget about the other people in this world. We forget that not everyone lives in a free society. We forget that sometimes you have to stand up for people who can't stand up for themselves. We forget that we have a responsibility to the people of this world, and not because we are a super power or have the best military in the world, but simply because we all share this planet. We forget that, for good or bad, what one person does affects everyone.

What we can't forget is that we never know when the moment of our death will come. Don't forget to tell the people who are most important to you how much you love them and how much you miss them. Don't forget to take time out of your 'busy' schedule and call your family and friends. Don't forget to do something today that will make a difference tomorrow, so that when your time comes someone can say 'Thank you for the

sacrifices you made, you had a profound impact on my life.'

So to "The Passenger," I say thank you. Thank you for serving your country. Thank you for standing up for people who can't stand up for themselves. Thank you for making the ultimate sacrifice. Most importantly, thank you for making me realize that our time on this earth is never certain and we'd better do our best to make it worthwhile. May you find peace and happiness wherever you may be.

Now, if you will excuse me, I have to go call my kids, my parents, my brother, my sister...

### WORTH REPEATING

"Every good citizen makes his country's honor his own and cherishes it not only as precious but as sacred." - Andrew Jackson, seventh President of the United States of America

"They say, we leave you our deaths. Give them their meaning. Give them an end to the war and a true peace. Give them a victory that ends the war and peace afterwards. Give them their meaning. We were young, they say. We have died. Remember us." —Archibald MacLeish

### FY 2002-2004 GOKC Executive Board

President: Ellen McKenzie	405-954-2882
VP Membership: Danielle Satterfield	405-954-4126
VP Programs: Al Miles	405-427-0588
Secretary: Debbie Miller	405-734-8806
Treasurer: Wendy Morgan	405.954.2571
Immediate Past President: Brenda Hagar	405-954-4514
Nominations: Shirley Heginbotham	405-736-2092
Bylaws: Jennifer Yoder	405-954-4648
Compliance/Diversity: Christy Lam	214 573-2179
Legislative: Jennifer Yoder	405-954-3104
Newsletter: Jim Bina	210-497-1511
Awards/Resolution: Carolyn DeLong	405 691-5817
Finance: Colleen Conway	405-954-4238
Parliamentarian: Peggy O'Neal	405-843-5938
Ways & Means: Lynn Carroll	405-752-4535

