

FEW Notes

May 2005
Volume V, No. 10

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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

Wow – what a program. If you missed our Diversity Program last month you missed a really great program. Tammie Kierstead and Debbie Miller orchestrated a wonderful evening of awareness and entertainment. The Native American dancers were there to show us a video on Native American Dancers and show us different blankets that are worn during dances. We also had Mary Stone of Cherokee Nation of Oklahoma, demonstrating how to make Native American baskets.

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 Reno, NV. Information can be found in your registration book and at www.fewntp.org.

This month also covers Memorial Day – please take time out of your busy schedule to remember those who gave their lives for our freedom.

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

Next Board Meeting
Monday, June 13, 2005
5:00 pm

Holiday Inn Airport
2101 S. Meridian

| 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) 605-7233 (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 | Colleen Conway | (w) 954-8934 (h) 745-4027 |
| Compliance/Diversity & Legislative | Dalia Lopez | (w) 736-2883 (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 Yoder | (w) 954-5558 (h) 603-4558 |
| Newsletter/Publicity | Carolyn Delong | (h) 691-5817 |

stage spectaculars, the Reno Hilton has all the amenities you expect from Nevada's complete resort.

Online conference registration began March 15, 2005. Register before May 27 and save \$75.

If you are a member of the Greater Oklahoma City Chapter, you are entitled to the "Tuition Out of Pocket" conference registration fee of only \$225. Just contact President Hager for this information.

*DIVERSITY
PROGRAM IS
A SUCCESS!*



If you missed the Diversity Program held April 25, you really missed a treat. Our 1st guest was Mary Stone, a member of the Cherokee Nation of Oklahoma. What a talented woman! She has been weaving contemporary and traditional Cherokee Baskets since 1992.

Mary teaches both Eastern and Western Cherokee basketry on a regular basis at various locations, including the Skills Development Center at Tinker Air Force Base and neighboring states in and around the Oklahoma border. For several years, she has participated in the Johnson-O'Malley program with local schools to teach young Native American children the art of Cherokee basket weaving.

Our 2nd guest was Madonna Myers. She is of Navajo descent and a historian of Native American culture. Mary told us much about the Navajo Tribe. The Navajo Tribe is the largest tribe of North American Indians. Over 1,000 years ago they began to travel from Northwestern Canada and Alaska and reached the southwestern United States. The Navajo reservation is currently the largest in the United States. It has over 140,000 people with 15 million acres most of which are in Arizona. We were also honored to have Mary's granddaughter, Sierra, join us.

The following message was given to us by Mary:

WHAT TO LEAVE BEHIND

The only gift to leave to children is example.
The only road to show them is awareness.
The only blessing to give them is responsibility.
The only thing to ask in return is understanding.
The only memory to take with you is the one of love.



The Reno Hilton is the most magnificent pleasure liner ever launched on Nevada's desert sands. The hotel is a powerful reminder that Reno offers every pleasure a fun-seeking visitor could want, from world class cuisine to miniature golf.



You'll find a world of fun under one very large roof. From fine dining and top-name entertainers to dazzling

CHILD ABUSE AWARENESS MONTH

By Tammie Kierstead

April is Child abuse Awareness Month and the Greater Oklahoma City FEW Chapter held a "Teddy Bear Drive" for children that come through the CARE center in Oklahoma. The CARE Center -- Child Abuse Response and Evaluation, Inc. -- is a non-profit organization with an innovative approach to the investigation and treatment of child sexual and physical abuse in Oklahoma County. The Center's goals are to minimize each child's trauma, to provide timely treatment and services, and to ensure the proper investigation of cases.

The CARE Center team consists of administrative staff, law enforcement investigators, child protective service workers, therapists, assistant district attorneys, medical professionals, and innumerable volunteers.

The mission of the CARE Center is to assist child abuse victims through investigation and intervention in a supportive and protective environment.



Tammie with the donated bears



Educational and Cultural Interactions, Inc.

In need of Host Families

By Ellen McKenzie

This organization is looking for two host families. The process takes 2-3 months to finish and they really have no time to lose to find a host family for these children. If you are interested in being a host family, please contact Isis Espino at 405-810-8314.

Host families are needed for High School Exchange Students For the School Year 2005-2006 (August - May).

Students are covered by accident and medical insurance, and they will have their own spending money to cover school lunches and personal needs.

The purpose of all E.C.I. programs is to provide opportunities for people of diverse cultures to come together to learn about different points of view and different ways of life. E.C.I. believes cross-cultural understanding is a fundamental step in promoting better friendship and world peace. By opening your home to an International student, you open your heart to the world.

If you are interested, please contact E.C.I. for more information.

Telephone: 405-810-8314

Fax: 405-810-871

Toll-Free: 1-888-446-5437

Website: www.eciprograms.com

E-mail: eci@ionetnet

THE HISTORY OF 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

Memorial Day was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.



MATERNAL WISDOM



By Debbie Miller

As a Mother of an only child, I consider myself lucky that I never had to figure out which child to blame for any incidents, unless it was blatantly the dog's fault. Throughout my daughter's life trials, I successfully kept my humor by thinking back to the simple sayings my Mother voiced to a household of 5 girls! The following generational adages of love, guidance and patience are dedicated to all FEW women throughout the special month of May.

MY MOTHER TAUGHT ME ABOUT...

Anticipation – “Just wait until your father gets home.”

Behavior Modification – “Stop acting like your father.”

Circle of Life – “I brought you into this world, and I can take you out.”

Fear – “Wherever you go and whatever you do, God is watching you whenever I can't.”

Foresight – “Always wear clean underwear in case you are in an accident.”

Genetics – “You're just like your father.”

Humor – “Go ahead, call DHS and you WILL be abused by the time they arrive!”

Hypocrisy – “If I've told you once, I've told you a million times—DON'T EXAGGERATE!”

Irony – “Keep laughing and I'll give you something to cry about.”

Justice – “One day you'll have kids, and I hope they'll act just like you...then you'll see what it is like to be a Mom!”

Logic – “Because I said so, that's why.”

Meeting a Challenge – “Answer me honestly...what do you think?”

Medical Science – “Keep crossing your eyes like that and your face will freeze that way.”

Osmosis – “Shut your mouth and eat your supper.”

Receiving – “You are going to get it when we get home.”

Religion – “You'd better pray that stain will come out of the carpet.”

Stamina – “You'll sit there until all the oatmeal is finished.”

Structure – “Do I need to build a shelf for that bottom lip of yours?”

Time Travel – “If you don't straighten up, you are getting knocked into the middle of next week.”

Weather – “It looks as if a tornado swept through your room.”

Wisdom – “When you get to be my age, you will truly understand my motives.”



FLAG DAY – JUNE

14

Flag Day, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!

Properly Display Our Flag

There is a right way and a wrong way to display the flag. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

- ❖ The flag is normally flown from sunrise to sunset.
- ❖ In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- ❖ The flag should not be flown at night without a light on it.
- ❖ The flag should not be flown in the rain or inclement weather.

- ❖ After a tragedy or death, the flag is flown at half staff for 30 days. It's called "half staff" on land, and "half mast" on a ship.
- ❖ When flown vertically on a pole, the stars and blue field, or "union", is at the top and at the end of the pole (away from your house).
- ❖ The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.
- ❖ The union is always on top. When displayed in print, the stars and blue field are always on the left.
- ❖ Never let your flag touch the ground, never...period.
- ❖ Fold your flag when storing. Don't just stuff it in a drawer or box.
- ❖ When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.



Did you Know?

There is a very special ceremony for retiring the flag by burning it. It is a ceremony everyone should see your local Boy Scout group knows the proper ceremony and performs it on a regular basis. If you have an old flag, give it to them. And, attend the ceremony.

Famous Flag People:

Betsy Ross was a seamstress who made clothes for George Washington. In June, 1776, Washington approached her to make the country's first flag and the rest is history.

Francis Scott Key Inspired by the British bombardment of Fort McHenry, Francis Scott Key penned the lyrics to our national anthem as he witnessed the event as British rockets whizzed in the air while our American Flag flew in the breeze

Did you Know?

If you like to study flags, then you are a Vexillologist!



When is the last time you checked the National website? There are some very informative links there. For example, you can check any current legislation before Congress simply by clicking on the Legislative button and then on Government Executive: Current Legislation Bill Tracker. Try it out!

PATTERNS FOR LIVING

- Age 8: Looks at herself and sees: Cinderella/Sleeping Beauty
- Age 15: Looks at herself and sees: Cinderella/Sleeping Beauty/Cheerleader or is she is PMSing sees: Pimples/UGLY
- Age 20: Looks at herself and sees: too fat/too thin, too short/too tall, too straight/too curly---decides she is going out anyway.
- Age 30: Looks at herself and sees: Too fat/too thin, too short/too tall, too straight/too curly---but decides she doesn't have time to fix it so she is going out anyway
- Age 40: Looks at herself and sees: Too fat/too thin, too short/too tall, too straight/too curly---but says "At least I am clean" and goes out anyway.
- Age 50: Looks at herself and sees: "I am" ---and goes wherever she wants to.
- Age 50: Looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore---goes out and conquers the world.
- Age 70: Looks at herself and sees wisdom, laughter and ability---goes out and enjoys life.
- Age 80: Doesn't bother to look. Just puts on a red hat and goes out to participate in the world.
- Age 90: Can't see and doesn't worry about it!

May and June Observances

Third Week of May - Observances:

Emergency Medical Services Week
Safe Boating Week

Fourth Week of May - Observances:

Pickle Week (International)
First celebrated in 1948, International Pickle Week spans two full weekends and includes the traditional start of the summer season, Memorial Day weekend.

First Week of June:

Aphasia Awareness Week
Fishing Week
Headache Awareness Week

Second Week of June:

Bathroom Reading Week
Clay Week
Hug Week
Men's Health Week
Headache Awareness Week



**MEMBERSHIP APPLICATION
 GREATER OKLAHOMA CITY FEDERALLY EMPLOYED WOMEN
 P. O. BOX 890718
 OKLAHOMA CITY, OK 73189-0718**

Month/Year joined: / DOB (MM/DD Only): / Membership ID _____

LAST NAME: FIRST NAME: MI

ADDRESS 1:

ADDRESS 2:

CITY: STATE ZIP CODE + 4 -

OFFICE PHONE: - - HOME PHONE: - -

FAX: - - EMAIL:

| | | | |
|-----------------------------------|-----------------------------------|--|-------------------------|
| GRADE (check) | | <input type="checkbox"/> FWP Full-Time | DEMOGRAPHICS |
| <input type="checkbox"/> GS 1-4 | <input type="checkbox"/> SES | <input type="checkbox"/> FWP Part-Time | SEX (M/F): _____ |
| <input type="checkbox"/> GS 5-8 | <input type="checkbox"/> WG | <input type="checkbox"/> EEO | RACE: _____ |
| <input type="checkbox"/> GS 9-12 | <input type="checkbox"/> Military | <input type="checkbox"/> Other | YEARS OF SERVICE: _____ |
| <input type="checkbox"/> GS 13-15 | <input type="checkbox"/> Other | <input type="checkbox"/> FWP/EEO | RETIRED (Y/N) _____ |
| <input type="checkbox"/> GS 16+ | | (Not Applicable) | |

ABOUT THE ORGANIZATION:

FEW is comprised of chapters throughout the world. Membership is open to all Federal employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about our local chapter is posted on the GOKCFEW web site: <http://www.gokcfew.org>. For more information about the FEW organization, our site links to both our Regional and National web sites. The National FEW office address is P.O. Box 75551, Baltimore, MD 21275.

National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). To join the Greater Oklahoma City Chapter, the total dues are \$33.00 per year (\$25 National; \$1 Regional; \$7 Chapter); dues are prorated with an annual renewal date of March 1st. Eligibility for chapter membership is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Greater Oklahoma City Chapter lifetime dues are available upon request. National/ Regional/ Chapter Dues are prorated as listed below. Month chosen must match "month/year joined" above.

| | Natl/ Reg/ Chap/Total | | Natl/ Reg/ Chap/Total | National: \$ _____ |
|---------------------------------|----------------------------|------------------------------------|----------------------------|---------------------|
| <input type="checkbox"/> March | \$25.00/ 1.00/ 7.00/ 33.00 | <input type="checkbox"/> September | \$12.00/ 1.00/ 4.00/ 17.00 | Chapter: \$ _____ |
| <input type="checkbox"/> April | \$23.00/ 1.00/ 6.50/ 30.50 | <input type="checkbox"/> October | \$10.00/ 1.00/ 3.50/ 14.50 | Regional: \$ _____ |
| <input type="checkbox"/> May | \$21.00/ 1.00/ 6.00/ 28.00 | <input type="checkbox"/> November | \$ 8.00/ 1.00/ 3.00/ 12.00 | Total Due: \$ _____ |
| <input type="checkbox"/> June | \$19.00/ 1.00/ 5.50/ 25.50 | <input type="checkbox"/> December | \$ 6.00/ 1.00/ 2.50/ 9.50 | |
| <input type="checkbox"/> July | \$17.00/ 1.00/ 5.00/ 23.00 | <input type="checkbox"/> January | \$ 4.00/ 1.00/ 2.00/ 7.00 | |
| <input type="checkbox"/> August | \$15.00/ 1.00/ 4.50/ 20.50 | <input type="checkbox"/> February | \$ 2.00/ 1.00/ 0.50/ 3.50 | |

I wish to join the _____ chapter as a: regular member; associate member.
 I wish to join as a "Member-at-large" (prorated National fee from above plus \$10.00 enclosed)
 Payment (\$250.00) is enclosed for a Lifetime Membership.
 Referred by: _____

Contributions or gifts to FEW are not deductible as charitable contributions for Federal income tax purposes.