

FEW Notes



The
President's
Pencil.....

By Brenda Hagar

Spring is here!!! April showers have fallen, May flowers are blooming. Today as I write the article today is the seventh anniversary of the F5 tornado that tore across the state of Oklahoma. Times like that show the world what a great state we live in. That day, Oklahoman's across the state worked together to ensure not one person went without. I'm proud to be an Oklahoman!!!

Time is passing quickly and the National Training Program will be here before we know it. Please, if you can – go. This year it will be a full week of wonderful programs and training. We will have Dr. Martin Luther King's daughter as a keynote speaker. I'm looking forward to it. If you can go and will be paying the tuition yourself, FEW has arranged to reduce the tuition to \$250.00. Where can you get such wonderful training for such a small price?

Elections – Elections – Elections..... I say that three times because elections are happening at the National, Regional, and Chapter levels of FEW. Please take time to vote for the executive boards at all three levels. This is YOUR organization and now is the time you have a voice to say how it is run. At Chapter Level the ballots are out as of yesterday. I know there wasn't a full slate of candidates. We are still in need of someone to serve as the Nominations and Elections Chairperson. This job is a very important job, would be a great starter position for someone. Please let me know if you are interested.

One last thing – Our ANNUAL MEMBERSHIP MEETING and Officer Installation will be held on June 27 at 7:00 p.m. at Lugiono's Italian in Mustang, OK. I've sent out flyers and if you would like more information please feel free to call me at 650-4514 or email me at Brenda.k.hagar@faa.gov

Have a great month – don't forget the next board meeting is June 5. Everyone is invited.

***NEXT BOARD MEETING
AIRPORT HOLIDAY INN
June 5, 2006
5:00 P.M.***

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Inside this issue:

- President's Pencil
- Executive Board
- Armed Forces Day
- Annual Membership Meeting
- Feng Shui
- Memorial Day
- Birthdays
- Save Mammograms
- Personal Safety
- Membership Application

Federally Employed Women Inc.
**Greater Oklahoma City
Chapter, No. 30**

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

Editor: Carolyn Delong
Mazda1994@sbcglobal.net

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

**ANNUAL
MEMBERSHIP
MEETING**



Mark you calendar now! Don't miss this opportunity to learn what your chapter of FEW is doing. We have new and exciting plans.

Newly elected officers will be installed at this meeting, and it is time for new committee chairs to be appointed. You can find your niche in our chapter by volunteering. Talk to any current board member if you have an interest in serving.

Also the GOKC Chapter will be submitting a bid to host the 2007 Regional Training Program. Once again, we need the help of our members to succeed! Please call Brenda Hagar or Carolyn Delong and let us know where your area of interest is.

Now, back to the membership meeting information.....Guests are welcome to attend.

WHERE: Luigiano's
412 W. Hwy 152
Mustang OK 73064

(This is 1/2 mile west of Mustang Road on Hwy 152.)

WHEN: June 27, 2006
7:00 p.m.

Guests are welcome!

Please make reservations for yourself and guest - by calling Brenda at:

Work: 954-4514
Cell: 650-4514
Home: 376-5318



**Armed Forces Day
"America Supports You"
Saturday, May 20, 2006**

President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -- the Department of Defense.

Remember to support our troops!!



The History of Feng Shui



Submitted by Debbie Miller



Asian Pacific-American Heritage Month is celebrated during the calendar month of May. As Asian culture is becoming more popular in the United States, the ancient Chinese method of creating a harmonious environment, feng shui, is also gaining ground. Feng shui is sometimes showcased in various television decorating shows. Pronounced "**fung shway**," feng shui literally means "wind and water." Its roots are 5,000 years old. Feng shui seeks to promote prosperity, good health, and general well being by examining how energy, qi, pronounced "chee," flows through a particular room, house, building, or garden. It also considers yin, feminine and passive energy, and yang, which is masculine and hot as well as looking at the five elements - water, fire, wood, metal, and earth, and the external environment. The points on the compass, with eight separate directions - north, northeast, east, southeast, south, southwest, west, and northwest - are also important.

A feng shui expert, known as a geomancer, consults an individual's Chinese horoscope to figure out what is best for that person and use complicated mathematical calculations from the ancient I Ching, (Book of Changes), to determine what aspects of the house are out of balance. Feng shui is then used to decide the location, construction, and architectural features of buildings, the placement and style of furniture, colors and decorating schemes, and the location of plantings, paths, and other outside features. By creating a more pleasing atmosphere, feng shui has been credited with improving family communication, restoring employee cooperation, and increasing a store's sales. The principles can be applied to any style of building or decorating, not just to Chinese or Asian modes.

While China was under imperial rule, feng shui was a secret, known only to a handful of astronomers and scientists commissioned with maintaining the health, wealth, and power of the court. However today, feng shui is available to everyone. Banks, hotels, houses, and even several new communities have been planned according to feng shui followers.

Carolyn Delong	May 22
Janie Aragon	May 26
Debbie Miller	June 3

MEMORIAL DAY

Memorial Day began as a memorial for Civil War veterans. It has become both, a National Decoration Day of family graves, and the holiday that opens the summer season. It is celebrated with backyard barbecues, outdoor picnics, and parades.

Waterloo, New York was recognized by President Lyndon Johnson and both houses of Congress, as the birthplace of Memorial Day because the town decorated the graves of Civil War veterans as early as May 5, 1866.

The custom of placing flowers upon graves is an old one, and exists in many countries. The Greeks had rites called zoai, which were performed over each new grave. If the flowers took root and blossomed on the graves, it meant the souls were sending back the message that they had found happiness. The Roman festival, called Parentalia, or Day of the Fathers, lasted for eight days in February--violets and roses were the special flowers. Whatever the flower, wherever the grave, this placing of flowers upon graves has always seemed the natural thing to do.

Today, most states officially recognize the May Memorial Day as a legal holiday, but it is not celebrated on May 30th in every state. Over time the holiday has expanded to encompass our other national wars. Although Veteran's Day is celebrated as well, Memorial Day has become the most important day of recognition of our armed forces.



PERSONAL SAFETY

From: <http://www.crimereduction.gov.uk/ypgcp05.htm>

The following points things that every woman should know about personal safety:

- You will be safest in bright, well lit and busy areas.
- Try to look and act confident – look like you know where you are going and walk tall.
- You might like to spread your valuables around your body. For example, keep your phone in your bag, your house keys in your trouser pocket and your money in your jacket.
- If someone tries to take something from you, it may just be better to let them take it rather than to get into a confrontation and risk injury.
- You can use reasonable force in self-defense. You are allowed to protect yourself with something you are carrying anyway (for example, keys or a can of deodorant), but you may not carry a weapon.
- If you decide to defend yourself, be aware that your attacker might be stronger than you, or may take what you are using in self-defense and use it against you. It is often better just to shout loudly and run away!
- Shout 'fire' rather than 'help' – it can get more results.
- If you use a wheelchair, keep your things beside you rather than at the back of the chair.
- Try not to be conspicuous about the valuables you are carrying. Talking on your mobile phone, carrying a laptop, or showing your friend your new gold ring all show thieves that you are worth robbing.
- When out walking or jogging, you should not listen to a personal stereo through headphones, so you can stay more alert to your surroundings.

Be Aware

Save Our Mammograms!



From:

<http://hosting.mansellgroup.net/enablemail/acs/mammogram/MammogramsEmail.htm>

It's time to help Save Our Mammograms! Legislation is moving in the U.S. Senate that will affect your insurance coverage for mammograms - and we need your help to stop it.

This legislation (S.1955) is similar to the Association Health Plan (AHP) legislation that passed the House last year, and which was opposed by the American Cancer Society. If enacted, this legislation would undermine important patient protections and hamper our efforts to prevent, detect and treat cancer. State laws that ensure cancer screenings protections will be threatened. We can't let this happen.

What Cancer Screenings Are At Risk?

This bill would eliminate all of ACS' work in the states to guarantee access to mammograms, colon cancer screening, pap smears, clinical trial participation, off-label drug use and other cancer screenings and treatments.

Join other Americans in standing up to protect these vital cancer screenings. Please take a moment to contact your U.S. Senators and tell them you oppose any bill that would fail to protect mammograms and other cancer screenings.



