

FEW Notes

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Greater Oklahoma City
Chapter, No. 30

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From the President...

Reflections & Highlights

By Debbie L. Miller

Several national events occur during the month of May—Asian Pacific American (APA) Heritage Month, Mother’s Day, National Poetry Month, National Photo Month, and Cinco de Mayo. These wonderful events provide ways to interact with family, friends and coworkers. Try to find time during the month to celebrate at least one event. Mother’s Day is always special—remember to recognize any mentor that has nurtured you along life’s path. Biologically, the individual may not be your mother but emotionally there is a bond and she will appreciate the recognition. I will celebrate the day with my daughter Lisa and we both will reflect and remember the great times we shared with my Mother before she passed away in 2003.

Last month, I recommended taking advantage of professional skills training. The FEW National Training Program (NTP) in Washington, D.C., provides an excellent opportunity to accomplish your training goals. Training sessions can be documented for certification purposes and/or your Individual Development Plan. During May, our chapter begins planning for the NTP and processing our reservations in addition to determining our selection of training sessions. This year I am proud to state that one of our board members, Ellen McKenzie, along with the FEW National President Rhonda Trent, will present an NTP training session entitled “Catapult Your Membership Numbers.” Ellen will also present “New Member Orientation Training.” You do not want to miss these sessions....so be sure and sign up early. For those members who have not attended an NTP, you are missing a fantastic opportunity—the training and networking with fellow FEW members exceeds all expectations. The GOKC FEW board members will be happy to provide additional information, if required, concerning NTP registration. We want to encourage everyone to attend--a large Oklahoma representation is our chapter’s goal.

During the month of June, our chapter’s Vice President of Membership, Jennifer Mott, plans to host the annual Membership meeting. Details are forthcoming and will be distributed as soon as possible.

**NEXT BOARD MEETING
JUNE 11, 2007 @ 5:00 P.M.
HOLIDAY INN AIRPORT**

Legislative Issues

Tier I Issues

• Full Constitutional Rights for Women:

Rep. Carolyn Maloney (NY-D) reintroduced her Equal Rights Amendment (ERA) resolution (HJRes 40) with 193 initial co-sponsors. She also announced, to much applause, that she, along with the Chairman of the House Judiciary Committee John Conyers (MI-D) will be conducting hearings on the ERA for the first time in decades.

Meanwhile, Senate Education and Labor Committee Chairman Ted Kennedy (MA-D) introduced a companion bill in the Senate (SJRes 10) with 23 original co-sponsors.

Here is the text of the resolution:

Proposing an amendment to the Constitution of the United States relative to equal rights for men and women.

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled (two-thirds of each House concurring therein), That the following article is proposed as an amendment to the Constitution of the United States, which shall be valid to all intents and purposes as part of the Constitution when ratified by the legislatures of three-fourths of the several States:

Article--

Section 1. Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.

Section 2. The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.

Section 3. This amendment shall take effect two years after the date of ratification.

• Employment Benefits:

Rep. Carolyn Maloney (NY-D) has introduced a bill (HR 1369) that would expand the scope of the Family and Medical Leave Act. The legislation includes a type of Paid Parental Leave.

Specifically the bill would establish a \$400 million grant program that supports the efforts of state to provide partial or full wage replacement, often referred to as FIRST insurance, to new parents so that the new parents are able to spend time with a

new infant or newly adopted child. The grants will pay for the federal share of the cost of carrying out projects that assist families by providing, through various mechanisms, wage replacement for eligible individuals who are responding to care giving needs resulting from the birth or adoption of a child or other family caregiver needs.

The bill has been referred to the House Committees on Education and Labor, and Oversight and Government Reform.

On the other side of the capitol, Sens. Ted Stevens (AK-R) and Mary Landrieu (LA-D) introduced a bill that would expand the availability of telework options to most federal employees. The legislation, the Telework Enhancement Act (S 1000), would make all federal workers eligible to work from home on a full-time or part-time basis unless their employer shows their job is ineligible. The senators said the bill would improve the cost-efficiency of the federal government, save energy now spent on transportation, and provide employees with more family time.

The measure would reverse the current general policy that holds that all jobs are assumed ineligible unless deemed otherwise by the employer. The legislation would require each agency to designate a "telework managing office" to implement the policy and provide program oversight. Finally, the bill would require telework training for new employees and managers and would incorporate a discussion of telework feasibility into employee reviews.

Generational Diversity Program

Submitted by Susan E. Arnett

On April 9, 2007, the Greater OKC Chapter hosted a Diversity program entitled "Generational Diversity, with Mr. Hoover McCoy as guest speaker. As the chapter's Diversity Chairperson, I coordinated this program with the chapter's Program Chair, Ms. Marilyn Hampton, in observance of April as Diversity Month. Mr. Hoover McCoy, a Program/Management Analyst at Tinker Air Force Base, has been facilitating courses in Air Force Core Values and Generational Diversity for over five years.

The presentation noted many companies currently have employees that span four generations. These employees may view work, job commitment, and success in profoundly different ways and that these perspectives can both impact their abilities to succeed and affect the success of the organization. However, generational diversity can also represent a particularly powerful element in corporations--teams working together respectfully and valuing information from multiple perspectives.

Mr. McCoy's presentation was humorous, but sincere. He incorporated audience participation in his presentation and broke down the uniqueness of Generational Diversity so we may appreciate the strengths of our colleagues. Everyone needs to understand others' perceptions and views, resulting in greater tolerance of one another. The more we know about what influences the different generations, the better we can understand how they see the world, communicate and work more effectively together.

At the present time, approximately 15% of our work force is the "Traditionalist," born 1900-1945. They are loyal, hardworking, and conservative. They believe in institutions and the military chain of command. They were influenced by the Great Depression, World War II, the GI Bill, the Cold War, the Atom Bomb, and Pearl Harbor. They "save for a rainy day" and live in "the good ol' days". This generation had to support and come together so they are extremely loyal, committed and has faith.

The next generation is the "Baby Boomers," born 1946-1964. This group is optimistic, questions authority, idealistic, competitive, want to stand out from the crowd, and change command. Their influences include booming birthrate, economic prosperity, Vietnam, Watergate, assassinations, Civil rights movement, sex, drugs, rock & roll and television. This generation stems from the greatest population boom in US history at 80 million. They have the "can do attitude" and are intent on fixing what was wrong with America. Often known as the "me generation," they were provided with

opportunities, education, questioned ideals, and pushed for change in civil rights as well as women's rights.

"Generation Xers" were born from 1965 -1981. This group is resourceful, entrepreneurial, adapts to change, independent, and self-commanding. They were influenced by divorce, AIDS, personal computers, MTV, Sesame Street and missing children. This group saw the technical future begin and enjoyed movies, video games, got tattoos, wore Guess jeans, saw institutions call into question, and desire identify. They are the smallest generation due to the Boomers invention of the birth control pill and women in the workforce. Often they distrust the permanence of institutional and personal relationships. Known as the "latch-key kids," 40% of Generation X has grown up in single-parent families. They are a pragmatic and resilient generation, but skeptical that Social Security will not exist for them. Bright products and ads with music and graphics tend to grab their attention.

Last but not least are the "Millennials," born 1982-2000. Their traits include realism, media savvy, and cyber literate, diverse, and globally concerned. They are influenced by the fall of the Berlin Wall, expansion of the media, the worldwide web, and violence close to home, drugs and gangs. They are predicted to be the next "Greatest Generation" with the wisdom they have of the three generations before. Being raised by highly communicative, participation-oriented parents, they have been included in major family decisions at an early age--they have been a part of the day-to-day negotiations of their home lives. They will bring this quality to work with them when they show up. That means they'll be tough to bully because they are used to sticking up for themselves. It also means they'll be able to contribute and collaborate right from the beginning.

If an individual is born on a cusp, a mark between the generations, they play an important role in mediating, translating, explaining, coordinating and resolving conflicts. This is because their traits are from two generations and are influenced by both.



National Military Appreciation Month

Submitted by Tammie Kierstead

As a nation, we observe and participate in various national cultural and social awareness events through mass media attention and educational curriculum. However, we have not allocated appropriate recognition of the most important presence in the world today, an entity that impacts each and every American in a significant way, the Armed Forces of the United States of America.

National Military Appreciation Month (NMAM), as designated by Congress, provides a period encompassing both the history and recognition of our armed services with an in-depth look at the diversity of its individuals and achievements. It allows Americans to educate each generation on the historical impact of our military through the participation of the community with those who serve encouraging patriotism and love for America.

This month gives the nation a time and place on which to focus and draw attention to our many expressions of appreciation and recognition of our armed services via numerous venues and also to recall and learn about our fast American history.

National Military Appreciation Month (May) includes Loyalty Day (1st), VE Day (8th), Military Spouse Day (11th), Armed Forces Day (19th), and Memorial Day (28th). This very important month honors, remembers, recognizes and appreciates all military personnel; those men and women who have served throughout our history and all who now serve in uniform and their families as well as those Americans who have given their lives in defense of our freedoms we all enjoy today.

It recognizes those on active duty in all branches of the services, the National Guard and Reserves plus retirees, veterans, and all of their families - well over 90 million Americans and more

than 230 years of our nation's history. Let us celebrate them just as we celebrate the other important entities that make up this wonderful country of ours.

Breast Cancer: Things are Looking up

Submitted by Carolyn Delong

In 2003, breast cancer rates suddenly started dropping. This was after decades of increasing rates. Two studies may have discovered a likely reason: Millions of women quit taking estrogen treatment for menopausal symptoms in 2002. Women quit taking the estrogen treatment because a large study showed that the hormone raised the risk of breast cancer.

According to researchers at the M.D. Anderson Cancer Center in Texas, the incidence of breast cancer increased steadily from 1990 to 1998, and then stabilized until 2002. But, in 2003, the rate dropped 7% in 2003. That means breast cancer was diagnosed in 14,000 less women than the previous year.

Another study from Stanford University evaluated women ages 50 to 74. From 2001 to 2003 estrogen use fell by 68% while breast cancer rates dropped 10%.

Both of the studies suggest that discontinuing estrogen therapy may stop the growth of emerging breast tumors. Medical experts recommend limiting estrogen therapy to short-term use and only for treatment of moderate to severe symptoms of menopause.

Protecting Your Identity

Brian Koerner writes that every 79 seconds there is another victim of identity theft. Perhaps too, this victim having thousands of dollars stripped from their accounts, new accounts opened in their name, their dependable credit history contaminated--maybe even arrested for a crime they did not commit.

The following are some simple, yet very effective things that you can do to protect your identity:

Protect Your Social Security Number -

Your Social Security Number is a very valuable piece of information to an identity crook--protect it fiercely.

Monitor Your Financial Statements - It

is imperative that you know when your statements should arrive in the mail. If they are more than a couple of days late, contact the appropriate bank or financial institution immediately. A missing statement could indicate a thief is at work. Review your statements thoroughly for any unauthorized transactions or suspicious activity. Many times, a thief will make small purchases; such transactions are much more likely to avoid detection. If there are **ANY** discrepancies contact your financial institution to understand what is happening.

Monitor Your Credit Reports - Monitoring

your credit reports every 4-6 months should be a part of your identity theft prevention strategy. You should verify that all the information is correct. Many times your credit report can be the first clue that an identity thief is at work to steal your precious name.

Monitor Your Postal Mail - The United

States Postal Service acknowledges that mail is involved in a significant number of identity theft cases. Make it a point to retrieve your mail shortly after it is delivered--the longer it stays unattended in your mailbox, the greater the chances of someone stealing it. Never place outgoing mail in your mailbox for the carrier to pick up. Take your outgoing mail to the post office for delivery. If you are going away for any length of time, notify your local post office to hold your mail while you are away.

Secure Your Personal Documents - Your

personal documents contain personally identifiable information (PII). For those documents that you are required to keep, place them in a locked, secure place.

Shredding Your Mail and Personal Documents - If you are serious about

protecting your identity, then shredding your mail and any personal documents that you are not required to keep **MUST** be part of your strategy. Shredding your mail is absolutely essential to protecting your identity.

Tips to Secure Your Online Presence -

The internet is a great resource but securing your online presence is essential to your identity theft prevention strategy.

Secure Your Computer - If you are like

most Americans, your computer holds personally identifiable information (PII). Therefore, it is important that your computer be secured.

Beware Of Shoulder Surfing - When

logging on to your computer, at the ATM, or doing anything else that you are entering a password or viewing personally identifiable information, be aware of your surroundings. Make sure that no one else can view this information.

Shop Online Merchants That You Know and Trust - If you are shopping online,

make sure that the site is secure. The URL or web address should begin with "https." It is also recommended that you use a low-limit credit card for your online purchases.

Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service.

There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's Historic American Sheet Music, 1850-1920). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon

Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in Gen Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all.

Memorial Day was officially proclaimed on 5 May 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 30 May 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.

In 1915, inspired by the poem "In Flanders Fields," Moina Michael replied with her own poem:

**"We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies"**

She then conceived of an idea to wear red poppies on Memorial Day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need. Later, Madam Guerin from France was visiting the United States and learned of this new custom started by Ms. Michael and when she returned to France, made artificial red poppies to raise money for war orphaned children and widowed women. This tradition spread to other countries. In 1921, the Franco-American Children's League sold poppies nationally to benefit war orphans of France and Belgium. The League disbanded a year later and Madam Guerin approached the VFW for help. Shortly before Memorial Day in 1922, the VFW became the first veterans' organization to nationally sell poppies. Two years later their "Buddy" Poppy program was selling artificial poppies made by disabled veterans. In 1948, the US Post Office honored Ms Michael for her role in founding the National Poppy movement by issuing a red 3-cent postage stamp with her likeness on it.

Traditional observance of Memorial Day has diminished over the years. Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored, neglected. Most people no longer remember the proper flag etiquette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades. Some people think the day is for honoring any and all dead, and not just those fallen in service to our country.

There are a few notable exceptions. Since the late 50's on the Thursday before Memorial Day, the 1,200 soldiers of the 3d U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing. In 1951, the Boy Scouts and Cub Scouts of St. Louis began placing flags on the 150,000 graves at Jefferson Barracks National Cemetery as an annual Good Turn, a practice that

continues to this day. More recently, beginning in 1998, on the Saturday before the observed day for Memorial Day, the Boys Scouts and Girl Scouts place a candle at each of approximately 15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park on Marye's Heights (the Luminaria Program). In 2004, Washington D.C. held its first Memorial Day parade in over 60 years.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps."

The Moment of Remembrance is a step in the right direction to returning the meaning back to the day. What is needed is a full return to the original day of observance. Set aside one day out of the year for the nation to get together to remember, reflect and honor those who have given their all in service to their country.

Asian/Pacific

American Heritage Month

Submitted by Tammie Kierstead

In 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: the arrival in the United States of the first Japanese immigrants (May 7, 1843) and contributions of Chinese workers to the building of the transcontinental railroad, completed on May 10, 1869. In 1992, Congress expanded the 10-day observance to a month long celebration. Per a 1997 Office of Management and Budget directive, the Asian or Pacific Islander racial category was separated into two categories: "Asian" and "Native Hawaiian and Other Pacific Islander."

"Americans have broken their promise. They have left us."

(Long Nguyen, South Vietnamese resistance fighter)

Inspired by the true stories of Vietnamese refugees who fled their land after the fall of Saigon, and those who were forced to stay behind, Journey from the Fall follows one family's struggle for freedom.

April 30, 1975 marked the end of Vietnam's two-decade-old civil war and the start of the exodus of hundreds of thousands of refugees. Despite his allegiance to the toppled South Vietnamese government, Long Nguyen (as Long Nguyen) decides to remain in Vietnam. Imprisoned in a Communist re-education camp, he urges his family to make the escape by boat without him. His wife Mai (Diem Lien), son Lai (Nguyen Thai Nguyen) and mother Ba Noi (Kieu Chinh) then embark on the arduous ocean voyage in the hope of reaching the U.S. and freedom.

Back in Vietnam, Long suffers years of solitary confinement and hard labor, and finally despairs that his family has perished. But news of their successful resettlement in America inspires him to make one last desperate attempt to join them.

The Story of Mother's Day

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, England celebrated a day called "Mothering Sunday." Celebrated on the 4th Sunday of Lent, "Mothering Sunday" honored the mothers of England.

During this time many of the England's poor worked as servants for the wealthy. As most jobs were located far from their homes, the servants would live at the houses of their employers. On Mothering Sunday, the servants would have the day off and were encouraged to return home and spend the day with their

mothers. A special cake, called the Mothering Cake, was often brought along to provide a festive touch.

As Christianity spread throughout Europe, the celebration changed to honor the "Mother Church" - the spiritual power that gave them life and protected them from harm. Over time the church festival blended with the Mothering Sunday celebration. People began honoring their mothers as well as the church.

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle hymn of the Republic) as a day dedicated to peace. Ms. Howe would hold organized Mother's Day meetings in Boston, Mass ever year.

In 1907 Ana Jarvis, from Philadelphia, began a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her mother's church in Grafton, West Virginia to celebrate Mother's Day on the second anniversary of her mother's death, the 2nd Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia.

Ms. Jarvis and her supporters began to write to ministers, businessman, and politicians in their quest to establish a national Mother's Day. It was successful as by 1911 Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May.

While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium which also celebrate Mother's Day on the second Sunday of May.

One Flaw in Women

Women have strengths that amaze men.
They bear hardships and they carry burdens, but they hold happiness, love and joy.

They smile when they want to scream.
They sing when they want to cry.
They cry when they are happy
and laugh when they are nervous.
They fight for what they believe in.
They stand up to injustice.
They don't take "no" for an answer
when they believe there is a better
solution.
They go without so their family can have.
They go to the doctor with a frightened
friend.
They love unconditionally.
They cry when their children excel
and cheer when their friends get awards.
They are happy when they hear about
a birth or a wedding
Their hearts break when a friend dies.
They grieve at the loss of a family
member, yet they are strong when they
think there is no strength left.
They know that a hug and a kiss
can heal a broken heart.
Women come in all shapes, sizes and
colors.
They'll drive, fly, walk, run or e-mail you
to show how much they care about you.
The heart of a woman is what makes the
world keep turning.
They bring joy, hope and love.
They have the compassion and ideas.
They give moral support to their
family and friends.
Women have vital things to say
and everything to give.

*However, If There Is One
Flaw In Women,
It Is That They Forget Their
Worth..*

Anonymous

Happy Birthday!!

Alverzine Miles - May 16

Carolyn Delong - May 22

Janie Aragon - May 26

**GOKC CHAPTER
EXECUTIVE BOARD
2006-2008**

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If additional information is required, please contact the Chapter President at
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