

FEW Notes



From the President...
Reflections & Highlights
By Debbie L. Miller

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The arrival of May brings different outlooks to various individuals. Adults look forward to family vacations, children look forward to completing the school year, and FEW members eagerly plan for the upcoming National Training Program (NTP). Being an NTP committee member has provided me a wonderful FEW experience. I have had the chance to interact with the NTP Co-Chairs, the committee members, and various National board members. Seeing every task come to fruition helps solidify that this year's NTP will be successful due to the team's synergy.

May is Asian Pacific American (APA) Heritage Month and, as with other monthly ethnic celebrations, this celebration originated in a congressional bill. Many government and community-sponsored events will be held during the month so celebrate the heritage of the APAs by attending these events.

During the latter part of June, the GOKC FEW chapter plans to install their new officers for the term 2008-2010. Details for the installation will be distributed via email; however, visit our chapter's website, www.gokcfew.org, and look for the announcement flier.

NEXT BOARD MEETING
June 9, 2008 5:30 – 7:00 P.M.
METRO TECH CENTER, MCNICKEL ROOM

Asian Pacific American Heritage Month

In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asian Pacific American Heritage Month is celebrated with community festivals, government-sponsored activities, and educational activities for students.

Operation Gratitude

Operation Gratitude is a 501 (c) (3) non-profit organization that sends care packages and letters to individually named U.S. troops deployed in Iraq, Kuwait, Afghanistan, Kosovo, Korea and onto military ships all over the world.

This organization was founded in March 2003 by Carolyn Blashek to support U.S. troops serving in some of the world's harshest locations and is funded entirely by private donations and staffed exclusively by volunteers. Its mission is to lift morale, bring a smile to a service member's face and to express to all troops the appreciation and support of the American people. Since its inception in 2003, Operation Gratitude has delivered more than 300,000 packages to American troops stationed overseas. To learn more about Operation Gratitude, visit <http://www.OperationGratitude.com>.

Seatbelt Safety

Submitted by Debbie L. Miller

The National Highway Traffic Safety Administration (NHTSA), under the Department of Transportation, was established by the Highway Safety Act of 1970, and is responsible for carrying out safety programs under the National Traffic and Motor Vehicle Safety Act of 1966 and the Highway Safety Act of 1966.

May is National Seatbelt Safety Month ("Click It or Ticket"). Every one knows that seat belts save lives but do you know why seat belts save lives? They keep you in place and prevent you from being ejected from the car—it is that simple. Cars these days are engineered to keep you safe, providing crumple zones and 'room to live' for occupants belted in during a crash. If you are ejected from a car during a crash, however, you are four times more likely to die. Newton's Law of Motion indicates that an object in motion will stay in motion until it is stopped by something else. If you are in a car crash, everything in the car continues to move at the speed you were traveling until it is stopped by something else: a dashboard, windshield, or brick wall for instance. However, if that something that stops you is a seat belt and you keep your position ('room to live'), then you are much better for it.

Seatbelts may be uncomfortable for some people but just remember....please encourage your family members and friends to always buckle up. The life you save may be your own, or more importantly, one of your loved ones.

Eight Reasons to Have an Estate Plan

If you have assets, no matter what your age, marital status, or financial wealth, you should plan your estate in the event of your death or incapacitation. If you should die without a sound estate plan, someone will be exposed to additional grief and expense. If you become incapacitated, your bills might not get paid. You could also be put on life support which is OK unless you have strong feelings about your life being prolonged artificially if you have no chance for recovery. A little preparation and maintenance could make this difficult time less taxing for those you love and who love you.

A sound estate plan will include a will, a living trust and a durable/medical power of attorney. You will also want to look into whether or not your heirs will be responsible for estate or gift taxes when they inherit your estate.

There are many reasons to have a sound estate plan but here are eight that are the most important.

If you should die or become incapacitated, a sound estate plan could:

1. Save your family thousands of dollars and possibly years of waiting while your estate is tied up in probate
2. Distribute your assets to those of your choosing, not of the government's choosing
3. Designate who will raise your minor children
4. Make sure someone is authorized to pay your bills
5. Avoid conflicts among your family members
6. Make sure your assets aren't divided among your children's ex-spouses
7. Keep your children from frivolously spending the inheritance
8. Prevent death taxes.

Retirement planning includes estate planning. You don't want to work hard all your life only to have your heirs lose a considerable amount of your estate to the government. You also don't want to work hard all your life only to have your assets go to those you don't want to include. Or, worse yet, you don't want your estate tied up in court for several years.

Planning your estate takes some serious thought and consideration and should be updated with each life event. Life events are such things as:

- getting a job
- getting married
- having a child
- getting divorced
- death of a spouse
- remarriage
- retirement
- children's divorce

Each of these events can have an impact on how your estate will be handled in the event of your death. It's up to you whether or not you want your hard earned property and money to go to those of your choice.

May Health Observances

Submitted by Debbie L. Miller

Several national health observances are highlighted during the month of May. With the summer months approaching and outside activities increasing, take time to improve your mental and physical health by participating in the following observances.

National Mental Health Month - Good mental health plays an important role in healthy relationships with spouses, children, partners, friends, and coworkers. It also is fundamental to your health and well-being as well as those around you so trying to manage mental health with the following tips:

- Share your feelings with others as much as possible. It is especially important to keep the lines of communication open during trying times.
- Keep working toward your recovery. Today's treatment options make that more realistic than ever.
- To resolve symptoms, a combination of medication and "talk" therapy are recommended.
- Care for yourself by pursuing your own interests and socialize when possible.

National Arthritis Month – Arthritis consists of over 100 different specific diseases and it affects millions of Americans of all ages, from toddlers to the elderly. It is currently the leading cause of disability in the United States. Arthritis is a general term that includes over 100 kinds of rheumatic diseases. Arthritis affects the muscles, joints, and tissue causing swelling, redness, warmth and pain. It can be caused by an injury to the joints or more commonly, it is caused by the uncontrolled inflammation (redness and swelling) from an autoimmune disease, where the immune system begins to attack the body. Although there are several forms of arthritis, there are various treatments available so discuss your symptoms with your doctor so you can find ways to cope with your symptoms and continue enjoying your life.

Better Sleep Month - Getting a good night's sleep is an important contributor to your overall health, safety, and productivity. Sleep disorders are common, with approximately 120 million Americans suffering from some type of sleep disorder. Making small changes to your daily routine can help; other disorders may need medications to be treated. The effects of sleep disorders can range from being merely annoying and frustrating to being dangerous to your health. To get a better night's sleep, follow these helpful tips: Avoid caffeine and alcohol before bedtime; exercise earlier in the day rather than late in the evening; keep light and noise to a minimum in the bedroom, and eat light snacks to promote better sleep.

Secrets of Happy People

Why Happy People Are Better Off

Elizabeth Scott, M.S., believes that happiness is an age-old and sometimes elusive goal. Virtually all people want to be happy people, which is good, because happy people are better off, for reasons both obvious and subtle. Obviously, it feels good to be happy. But, looking deeper, happy people tend to enjoy benefits that unhappy people don't.

For one thing, they tend to enjoy more successes in life. You may be thinking that happiness and success go hand-in-hand because success causes happiness, not the other way around. Researchers at the University of California in Riverside thought about this, too. So they set out to test that hypotheses, and found happiness is associated with (and precedes) several

successful outcomes, as well as behaviors that go along with success, proving that the relationship goes both ways: Success brings happiness, but happiness actually does bring success, too.

Another benefit that happy people share is good health. Studies have found that happy people experience lower levels of cortisol in their saliva, lower blood pressure, lower ambulatory heart rate in men, and reduced neuroendocrine, inflammatory, and cardiovascular activity. All this leads to greater health, which is definitely something to be happy about!

What Happy People Have In Common

So, what makes happy people, well, happy people? It seems that happy people tend to have a few things in common. Very happy people are found to be very social, and have stronger romantic and social relationships with others than less-happy people. Research has also found happy people to be energetic, decisive, creative, social, trusting, loving, and responsive. Rather than being strongly linked to external characteristics like socioeconomic status, gender or age, happiness is more positively associated with having a philosophical view of life, using laughter and humor, being able to relate to others, having problem-solving skills, engaging in meaningful pursuits and leisure activities, living in a positive environment, and maintaining a well-balanced lifestyle.

Secrets to Being Happy

There are several routes to happiness. Some are quick and bring immediate positive feelings, and others take more time and bring lasting and repeated feelings of happiness.

Happiness is not a possession to be prized; it is a quality of thought, a state of mind.

Daphne du Maurier

Happy Birthday

Vanessa Thurman – May 5th

Alverzine Miles – May 16

Carolyn Delong – May 22

Janie Aragon – May 26

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