

FEW Notes

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

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From the President...

Reflections & Highlights

By Debbie L. Miller

Increasing chapter membership is an important goal within the Federally Employed Women's organization. After hosting the Regional Training Program in February 2007, our chapter was very fortunate to gain several new members. The Greater Oklahoma City FEW chapter is hosting our Annual Membership meeting on Thursday, June 28th at the Veterans' Administration Learning Resource Center (Room 1A 116). Various topics will be defined and discussed such as the structure of FEW, its mission and professional goals, the four major emphasis areas, as well as the importance of mentoring. The chapter's Vice President of Membership, Ms. Jennifer Mott, will be presenting the meeting material. Presentation handouts will be provided for the attendees and a question & answer session is scheduled at the conclusion of the presentation to assist the meeting attendees. All new members should plan to attend the program and meet the Executive Board members. Of course, any chapter member is invited to participate and interaction with the new members is highly encouraged.

I am pleased to announce that the chapter will have eight representatives attending the FEW National Training Program in Washington, D.C. next month. All attendees are excited about their future participation and I have asked our attendees to provide their personal training synopsis in future newsletters. Their insight will motivate our new members to become actively involved in our chapter and, hopefully, encourage our members to plan on attending the 39th FEW NTP scheduled next July in Anaheim, California.

**ANNUAL MEMBERSHIP MEETING
JUNE 28, 2007 @ 5:00 P.M.
VA LEARNING RESOURCE CENTER, RM 1A 116**

**NEXT BOARD MEETING
AUG 13, 2007 @ 5:00 P.M.
HOLIDAY INN AIRPORT**

Reasons to Attend the 2007 NTP in Washington D.C.

- ❖ The synergy of more than 1,800 attendees focused on training, networking, and seeking new opportunities
- ❖ Training workshops to augment your skills and expand your abilities
- ❖ Focused training tracks for special subjects
- ❖ Hands-on computer courses
- ❖ Outstanding training by renowned presenters and speakers
- ❖ Panel discussions on current issues and topics of interest
- ❖ Learning more about the FEW organization
- ❖ Outstanding keynote speakers
- ❖ Break Point Books conference bookstore

The History of Flag Day

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday.' In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday', or 'Flag Day.'

On June 14, 1889, George Balch, a kindergarten teacher in New York City, planned appropriate ceremonies for the children of his school, and his idea of observing Flag Day was later adopted by the State Board of Education of New York. On June 14, 1891, the Betsy Ross House in Philadelphia held a Flag Day celebration, and on June 14 of the following year, the New York Society of the Sons of the Revolution, celebrated Flag Day.

Following the suggestion of Colonel J Granville Leach (at the time historian of the Pennsylvania Society of the Sons of the Revolution), the Pennsylvania Society of Colonial Dames of America on April 25, 1893 adopted a resolution requesting the mayor of Philadelphia and all others in authority and all private citizens to display the Flag on June 14th. Leach went on to recommend that thereafter the day be known as 'Flag Day', and on that day, school children be assembled for appropriate exercises, with each child being given a small Flag.

Two weeks later on May 8th, the Board of Managers of the Pennsylvania Society of Sons of the Revolution unanimously endorsed the action of the Pennsylvania Society of Colonial Dames. As a result of the resolution, Dr. Edward Brooks, then Superintendent of Public Schools of Philadelphia, directed that Flag Day exercises be held on June 14, 1893 in Independence Square. School children were assembled, each carrying a small Flag, and patriotic songs were sung and addresses delivered.

In 1894, the governor of New York directed that on June 14 the Flag be displayed on all public buildings. With BJ Cigrand and Leroy Van Horn as the moving spirits, the Illinois organization, known as the American Flag Day Association, was organized for the purpose of promoting the holding of Flag Day exercises. On June 14th, 1894, under the auspices of this association, the first general public school children's celebration of Flag Day in Chicago was held in Douglas, Garfield, Humboldt, Lincoln, and Washington Parks, with more than 300,000 children participating.

Adults, too, participated in patriotic programs. Franklin K. Lane, Secretary of the Interior, delivered a 1914 Flag Day address in which he repeated words he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself."

Inspired by these three decades of state and local celebrations, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially *established* by the Proclamation of President Woodrow Wilson on May 30th, 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until August 3rd, 1949, that President Truman signed an Act of Congress designating **June 14th** of each year as **National Flag Day**.

High Blood Pressure

Submitted by Susan Arnett

It is important to prevent or control high blood pressure because it causes strokes, heart attacks, congestive heart failure, kidney damage, and blindness.

If you have high blood pressure, try eating a diet rich in fruits, vegetables and non-fat or low-fat dairy. Aim for 8-10 serving of fruits and vegetables and at least 3 servings of dairy. These foods contribute the minerals magnesium, potassium, and calcium which can aid in blood pressure control. Check out www.nhlbi.nih.gov for lots of information regarding the heart, lungs and blood.

The following tips can not only help your blood pressure, but can help with your weight loss goals as well:

- ❖ Fill half your plate with fruits and vegetables at every meal
- ❖ Make fruits and vegetables your choice for snacks
- ❖ Exercise at least 30 minutes a day, 3 times a week

Did you know that lack of sleep can also negatively affect your blood pressure? Worrying about current events and finances are two factors that can interfere with a good nights rest. An excellent website for sleep information is www.bettersleep.org . There are excellent tips listed under the topic Sleep Tips in the right column.

Exert from TLC Weekly Wellness

5-Minute Morning Exercises That Zap Stress

Instead of feeling jack-hammered from the get-go, why not begin each morning with a stress buffer to buoy you through the rest of the day? Any one of these will do the trick:

- ❖ Tend your plants: Watering, feeding, checking the soil level, and trimming leaves all slow you down. Watching plants grow lifts your spirits. You're helping something live -- and you're letting yourself take a breather.
- ❖ Take five for inspiration: Read a meditation, poem, prayer, or story that moves you; it will stay with you and raise your mood more than checking your e-mail. Or listen to the audio version on your way to work.
- ❖ Do a yoga stretch: It's exercise and meditation in one.
- ❖ Wake up and smell the lavender: Certain scents, such as vanilla and lavender, are mood soothers. Try a cup of aromatic herbal tea rather than adrenaline-pumping caffeine.
- ❖ Tap your inner musician: Rehearse a song for choir practice, warm up on the piano, strum the guitar. Let the rhythms pump you up and slow you down, in a preview of the rhythms of the day ahead.

Why Women Should Vote

Women's Rights are an Issue

- ❖ Women earn 77 cents for every dollar a man earns.
- ❖ There are only 14 women in the United States Senate.
- ❖ Women continue to face sexual harassment in the workplace.

- ❖ One in every three women experiences domestic violence.

Women's Education and Job Training are Issues

- ❖ They open doors for women entering, re-entering or advancing in the workplace.
- ❖ They increase women's opportunities to become economically self-sufficient.

Childcare is an Issue

- ❖ Almost 75% of women with children under the age of 6 are in the workforce and the vast majority of them are working full-time.
- ❖ Safe, affordable childcare and after school programs are among the greatest factors influencing women's ability to stay employed.

Health Care is an Issue

- ❖ Women are nearly 40% more likely than men to take prescription medications on a regular basis, but 17 million women in the United States are without health coverage.
- ❖ Women's access to health care in the USA, including medications, is often restricted by the jobs they hold, the money they have and the insurance they can or cannot afford.

Jobs, Taxes, and Benefits are Issues

- ❖ While tax cuts have returned thousands of dollars to the wealthiest 1% of Americans, funds for social services many women rely on have been dramatically reduced.
- ❖ Nearly one out of every four single-mother headed households did not benefit from the most recent tax cuts.

Get Your Kids Saving for College

Most articles about college planning focus on advice for parents or other adults who expect to pay the cost for a younger person's

education. But what about the beneficiary who plans to attend college?

Although most young people don't have the assets for college savings that their elders do, being part of the planning process can be educational, offering financial lessons for the future. Children can earn money, learn about sources of financial aid, research potential colleges, and take other steps that may relieve their parents of some of the responsibility of college planning. In addition, some experts believe that if children are actively involved in planning for their future, they may be more committed when entering college and ultimately have a more successful experience than they would have otherwise.

Starting Early

According to the U.S. Department of Education, the best time to introduce children to college planning is when they are in the sixth, seventh, or eighth grade, depending on the maturity of the child. You may want to initiate discussions about college and explain the importance of developing good study habits and getting involved in extracurricular activities -- to instill the idea that your family supports higher education.

You may also want to encourage your children to begin thinking about the career they would like to pursue, which is likely to influence their choice of college, as well as to establish a savings account that could be earmarked for education expenses. In addition, you can teach basic lessons about compounding, investing, and other money management issues. The Department of Education's "Think College Early" program, which can be accessed at www.ed.gov/thinkcollege or by calling 1-800-USA-LEARN, provides additional suggestions.

When students are in the latter part of middle school, they can also start planning to make the most of high school experiences with an eye toward college. Remind your budding scholar that success in high school depends on

skills and attitudes that are developed in middle school or earlier. For example, time management skills developed in middle school may eventually help a high school student manage schoolwork, a job, sports, and other interests. And when the time comes to pick classes for the first year of high school, a good mix of college prep courses may be important.

A Higher Gear in High School

Many high school students are mature enough to plan for college at a deeper level.

Appropriate planning may include the following:

Matching personal aptitudes with vocational interests -- High school guidance counselors can help students learn about careers that utilize skills in math, science, language arts, social studies, and other areas of interest, as well as postsecondary courses of study in these areas.

Maintaining high academic standards -- Colleges prefer applicants that have exceeded basic requirements and taken more challenging courses in language arts, math, science, social studies, foreign languages, and other areas. Many high schools permit qualified students to earn college credits by taking Advanced Placement courses. Excelling in these classes may demonstrate motivation and reduce the number of academic requirements after a student enters college.

Learning about college costs -- Students may gain a deeper appreciation of their family's financial sacrifices when they realize how expensive college is. They can learn about college costs from the College Board at www.collegeboard.com, the U.S. Department of Education at www.ed.gov, and high school guidance offices.

Researching scholarships -- There are numerous Web sites with information about sources of financial aid. For example, www.fastweb.com and www.finaid.org contain search engines with data about thousands of scholarships with varying eligibility criteria. In

addition, www.fafsa.ed.gov provides an overview of federal student aid programs, including Pell Grants, campus-based aid programs, Stafford Loans, PLUS Loans, and others. Also, local libraries and high school guidance offices may have information about state-sponsored aid programs and scholarships sponsored by local organizations.

Earning money -- High school students can set aside a portion of their wages from part-time or summer jobs for higher education expenses. Also, students may be able to obtain jobs that build on career interests as a way of solidifying their future plans.

Getting organized -- College planning encompasses numerous details, including visiting institutions that a student may want to attend, applying for financial aid, obtaining transcripts and letters of recommendation, and meeting deadlines. A high school student can take responsibility for making sure that important matters are tended to ahead of time. For example, if a student has a school vacation coming up, he or she could help organize a family trip to visit colleges of interest or spend some time completing college applications.

June is National Rose Month

Americans have long held a special place in their hearts for roses- as a symbol of love, devotion, beauty and eternity. That is why the rose was designated as the National Floral Emblem of the United States in an official proclamation on November 20, 1986.

Roses are found throughout art, music, literature; celebrations and parades are decorated with roses. Most of all, roses are presented to loved ones, lavished on alters, civil shrines and the final resting place of honored dead.

- ❖ The rose is the favorite flower of 85% of Americans.

- ❖ In 1986, then President Ronald Reagan signed legislation making the rose the official National Flower of the United States.
- ❖ George Washington bred roses at his home.
- ❖ A fossilized rose, which was 35 million years old, was found in Florissant, Colorado.
- ❖ Over 900 acres of greenhouse roses are harvested in the United States every year. 60% of these are grown in California.
- ❖ Florists sell millions of roses each year in the United States. The two biggest days for sales are Mother's Day and Valentine's Day. Christmas is the third highest day for rose sales.
- ❖ Columbus' crew picked a rose branch out of the ocean on October 11, 1492. This signaled the presence of land. The very next day, Columbus discovered America.
- ❖ Rose hips contain more Vitamin C than any other fruit or vegetable.
- ❖ Ancient Romans believed that white roses grew where the tears of Venus fell when she was mourning Adonis.
- ❖ Shakespeare referred to roses over fifty times in his works.
- ❖ Mythology says that roses grew thorns when Cupid accidentally shot an arrow into a rose garden.
- ❖ The oldest rose in the world has flourished for over 1,000 years on the wall of Hildeshiem Cathedral in Germany.

Why Did They Say That?

- ❖ In the late 1700s, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The "head of the household" always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the "chair man." Today in business, we use the expression or title "Chairman" or "Chairman of the Board."
- ❖ Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to "go sip some ale" and listen to people's conversations and political concerns. Many assistants were dispatched at different times. "You go sip here" and "You go sip there." The two words "go sip" were eventually combined when referring to the local opinion and, thus we have the term "gossip."

Happy Birthday!!

Debbie Miller - June 3rd

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2006-2008**

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