

FEW Notes

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Greater Oklahoma City
Chapter, No. 30

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The
President's
Pencil.....
By Brenda Hagar

I just returned from the NTP in Reno, NV. Wow – that's all I can say. The training was great and the fellowship even better. The GOKC Chapter sent 6 individuals to represent our chapter. Be sure to watch the FEW NOTES for stories from those who went.

I have been remiss in mentioning birthdays. I'm so sorry for those of you I've missed. If your birth date was not turned in on your original membership form, please be sure to email it to me at Brenda.K.Hagar@faa.gov I would love to be able to recognize you on your special day.

During NTP the Keynote Speaker at the FEW Friday event was Karen Taylor-Good. As a songwriter, Karen is Grammy nominated. She is most known for her "jingles" for Taco Bell, Peter Pan Peanut Butter and McDonalds. She has recorded with such as Dolly Parton, Al Green and Kenny Rogers. She was an inspiration and a motivation. Her words encouraged and entertained us both. She designed a charm bracelet and it contained five charms: Love, Believe, Trust, Laugh and a horseshoe with a blue stone in it. The bracelet reminds her of the things she wants out of life and we can all learn from her:

Love self love & unconditional love towards others,
Belief in loving Higher Power
Trust in a Divine Plan for my life,
Laughter the best medicine ever
And Of course a large helping of **LUCK!!!**

May you all have Love, Belief, Trust, Laughter and Luck.

Next Board Meeting
Wednesday, Sep 7, 2005
5:00 pm

Holiday Inn Airport
2101 S. Meridian

Followed by a program @ 6:30 on Women and Finance

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	Charlie Taylor	(w) 954-3003 (h) 794-7584
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 Mott	(w) 954-5558 (c) 650-6323
Newsletter/Publicity	Carolyn Delong	(h) 691-5817



*Cogitations of a First
Timer*

By Cynthia Corbett

“So whadaya think?” I was asked at the FEW Friday Celebration, one of the closing events of the Federally Employed Women’s 36th Annual National Training Program (NTP) in Reno, Nevada, the week of July 18th. It had been a very intense week of training, but I was still in awe of the “production” of the conference. So I replied, “I am amazed that an organization can pull off an event of this magnitude with such finesse.” It was the first time I had attended NTP and I was adequately impressed. Given a few days now to ruminate about the Super Session, Career Courses, and Regional and National meetings I attended during the week, I think I can provide you with a couple of further thoughts... the visions I caught!

The collateral position of Federal Women’s Program Manager at the FAA Mike Monroney Aeronautical Center is what brought me to the Greater Oklahoma City Chapter of FEW over a year ago. The missions of FEW and FWP are very much alike, though they are accomplished in different ways: to eliminate sexual discrimination and promote the advancement of women in government. Each training course and every meeting at NTP underscored these objectives and refocused my attention to them. I have a renewed vision of the FEW/FWP coalition, striving to help women grow in their government careers.

While I enjoyed each of the training sessions, the Federal Women’s Program Manager Forum, hosted by the FWPM Interagency Council, was my favorite and should have been a 2-day Super Session. I came away with some concrete ideas presented by some highly experienced and successful FWPMs.

In her report to the national membership, Rhonda Trent, National Vice President of Congressional and Government Relations, (GOKC member) shared the results of an AFL-CIO study that compared the median hourly wages for women and men by state. Working women in Oklahoma are not as far along the road to equal pay as women in many states; in 2000, Oklahoma’s working women eared 73.8 percent as much per hour as men! Some wage analysts have found discrimination accounts for between one-third and one-half the gender wage gap. Oklahoma ranked 42nd among all states in equal pay and at the current rate of change, working women in Oklahoma will not have equal pay until after 2050. (Looks to me like a project for GOKC FEW!!)

A final thought: there were over 1900 registered participants at the “Catch the Vision” NTP! With the exception of my Aeronautical Center colleagues, however, I did not meet another FAA employee during the entire conference! I think it is time to get the good word out!





Aug 12	Colleen Conway
Aug 18	Christy Lam
Sep 10	Ellen McKenzie
Sep 12	Darlene Reed
Sep 13	Brenda Hagar



Members weave baskets

As a result of the Diversity Program held in April, several GOKC members got together one Saturday and took a class in Cherokee basket weaving!

The talented Mary Stone, member of the Cherokee Nation of Oklahoma was our instructor. Mary is a very talented woman (and very patient also). She has been weaving contemporary and traditional Cherokee Baskets since 1992.

We hope to invite Mary back for another class in the fall. Watch for the announcement as to time and place!



FEW members Ellen McKenzie, Tammie Kierstead, Brenda Hagar and Carolyn Delong proudly show their baskets.



"Never doubt that a small, group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Margaret Mead

WOMEN'S EQUALITY DAY

FEW members proudly join the Nation in celebrating Women's Equality Day on August 26. Congress designated this date in 1971 to honor women's continuing efforts toward full equality. Spearheading the effort was U.S. Representative Bella Abzug (D-NY).

The 19th Amendment granting women the right to vote was certified as part of the U.S. Constitution on August 26, 1920. It was the culmination of a 72-year-long civil rights movement that originated at the world's first women's rights convention held in Seneca Falls, New York, in 1848. Several generations of women's suffrage supporters wrote, lectured, marched, and lobbied to achieve what many Americans considered a radical change to the Constitution. Few early supporters lived to see victory in 1920.

Women's Top 5 Health Concerns

From heart disease to breast cancer to depression, WebMD gives you the inside info on why women are at high risk for these problems but may not know it.

Heart Disease

Heart disease is the leading killer of both men and women. In women, the condition is responsible for about 29% of deaths, reports the CDC.

Breast Cancer

Breast cancer is the most common cancer in women. It is second to lung cancer as the leading cause of death for women

Osteoporosis

Osteoporosis threatens 44 million Americans, of which 68% are women, reports the National Institutes of Arthritis and Musculoskeletal and Skin Diseases.

Depression

Depression appears to affect more women than men. The National Institute of Mental Health reports that about 12 million women are affected by a depressive disorder each year.

Autoimmune diseases

Autoimmune diseases are a group of disorders in which the immune system attacks the body and destroys or alters tissues. There are more than 80 serious chronic illnesses in this category, including lupus, multiple sclerosis, and type 1 diabetes

The above information and much more is available at:

<http://foxnews.webmd.com/content/article/104/107377.htm>

Life.....an explanation!

Labor Day

September 6 - Labor Day

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

So God agreed.

On the second day, God created the monkey and said "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the Dog did?"

And God agreed.

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty, and I'll give back the other forty?"

And God agreed again.

On the fourth day, God created man and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But man said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

Okay," said God, "You asked for it."

So that is why the first twenty years we eat, sleep, play and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

**Yesterday is history.
Tomorrow is mystery
Today is a gift.**

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

Labor Day is a legal holiday celebrated on the first Monday in September in the United States, Puerto Rico, the Canal Zone, and the Virgin Islands. The celebration of Labor Day, in honor of the working class, it was first suggested by Peter J. McGuire, founder of the United Brotherhood of Carpenters. It was initiated in the U.S. in 1882 by the Knights of Labor, who held a large parade in New York City. In 1884 the group held a parade on the first Monday of September and passed a resolution to hold all future parades on that day and to designate the day as Labor Day. In March 1887, the first state law to declare the day a legal holiday was passed in Colorado, followed by New York, Massachusetts, and New Jersey. In 1894 the U.S. Congress made the day a legal holiday. Parades, and speeches by labor leaders and political figures, mark Labor Day celebrations.

Tips for Surviving a Plane Crash

As the result of the recent Air France crash in Toronto, board member, Cynthia Corbett had to do several interviews, including live radio, recorded TV, and print. Click on the URL below for the rest of this story.

<http://www.foxnews.com/story/0,2933,164673,00.html>



WIIFM? Non-Monetary Recognition and Motivation



Submitted by Debbie Miller

Government agencies must operate on a reduced budget due to current war-related expenditures. As such, supervisors must utilize various ways of recognizing individuals through non-monetary recognition and motivation. I was fortunate to select the training class, "WIIFM? Non-Monetary Recognition and Motivation," because it coincided with the main theme discussed by keynote speaker Amanda Gore. The seminar discussed the various non-monetary ways in recognizing the "**Ta-Da**" personnel within corporate communities.

The DCG instructor, Ms Robin Sutton, presented various topics associated with recognition and motivation. The class attendees then provided their definition of a recognition program, what recognition/motivation meant to them personally, and how they believed their employees preferred to be recognized. Class participation allowed for the creation of a list of examples and their definitions. I learned that a supervisor should set a trustworthy, visible pattern to motivate personnel within their organization. First, understand and determine what a person needs (referencing Maslow's hierarchy); second, define the appropriate timeframe in order to justify the reward; and third, coordinate and present the reward in the appropriate way.

One important discussion noted that people have different perspective filters and interpretive statements. Therefore, it is imperative as a supervisor to listen to their employees' requests and communicate to them how they contribute to the team's success. The leader should also ensure the intended outcome of the recognition program is consistent with the organization's goals and objectives.

Overall, I recommend this course to fellow FEW members as I learned various ways to recognize employees through non-monetary actions. However, on a personal note, I still believe that the most important recognition provided by any supervisor is to verbally encourage their employees daily.



WOMEN INVENTORS

In 1809, Mary Dixon Kies received the first U. S. patent issued to a woman. Kies, a Connecticut native, invented a process for weaving straw with silk or thread. First Lady Dolley Madison praised her for boosting the nation's hat industry. Unfortunately, the patent file was destroyed in the great Patent Office fire in 1836.

Until about 1840, only 20 other patents were issued to women. The inventions related to apparel, tools, cook stoves, and fire places.

In 1845, Sarah Mather received a patent for the invention of a submarine telescope and lamp. This was a remarkable device that permitted sea-going vessels to survey the depths of the ocean.

Martha J. Coston perfected then patented her deceased husband's idea for a pyrotechnic flare.

Coston's husband, a former naval scientist, died leaving behind only a rough sketch in a diary of plans for the flares. Martha developed the idea into an elaborate system of flares called Night Signals that allowed ships to communicate messages nocturnally. The U. S. Navy bought the patent rights to the flares. Coston's flares served as the basis of a system of communication that helped to save lives and to win battles. Martha credited her late husband with the first patent for the flares, but in 1871 she received a patent for an improvement exclusively her own.

Margaret Knight was born in 1838. She received her first patent at the age of 30, but inventing was always part of her life. Margaret or 'Mattie' as she was called in her childhood, made sleds and kites for her brothers while growing up in Maine. When she was just 12 years old, she had an idea for a stop-motion device that could be used in textile mills to shut down machinery, preventing workers from being injured. Knight eventually received some 26 patents. Her machine that made flat-bottomed paper bags is still used to this very day!

The 1876 Philadelphia Centennial Exposition was a World Fair-like event held to celebrate the amazing progress of the century-old United States of America. The leaders of early feminist and women's suffrage movements had to aggressively lobby for the inclusion of a woman's department in the exposition. After some firm pressing, the Centennial Women's Executive Committee was established, and a separate Woman's Pavilion erected. Scores of women inventors either with patents or with patents pending displayed their inventions. Among them was Mary Potts and her invention Mrs. Potts' Cold Handle Sad Iron patented in 1870

Chicago's Columbian Exposition in 1893 also included a Woman's Building. A unique safety elevator invented by multi-patent holder Harriet Tracy and a device for lifting and transporting invalids invented by Sarah Sands were among the many items featured at this event.

When Ann Moore was a Peace Corps volunteer, she observed mothers in French West Africa carrying their babies securely on their backs. She admired the bonding between the African mother and child, and wanted the same closeness when she returned home and had her own baby. Moore and her mother designed a carrier for Moore's daughter similar to those she saw in Togo. Ann Moore and her husband formed a company to make and market the carrier, called the Snugli (patented in 1969). Today babies all over the world are being carried close to their mothers and fathers.

