

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

The 37th FEW National Training Program (NTP) entitled "New Connections—New Directions" was held 17-21 Jul 06 in Atlanta GA and it was successful, informative and memorable. It provided educational opportunities, networking with numerous FEW members, and a chance to visit the wonderful sites of downtown Atlanta. The professional instructors and the motivational speeches by our keynote speakers, Mr. Rick Giardina and Ms. Bernice King captivated the audience and provided challenges to identify our new directions. Mr. Giardina provided the principles to be authentic in the work environment while Ms. King uplifted our spirits to embrace her personal slogan..."Be a King, Raise the Standard." Eleven members of the GOKC chapter attended the conference and each day was filled with training classes, functions or working at the SW Regional Booth. I would like to extend my appreciation to all the SW Region booth volunteers but a "special thanks" needs to be addressed to Ms Alverzine Miles.....her organizational and financial skills allowed the work shifts at the booth to transition smoothly. Ms. Miles' dedication was rewarded with a hand-crafted gift created by our SW Region President, Ms Judy Rosco. I have tasked the attendees to write a short synopsis of their instructional classes to provide a glimpse of the informative training to those unable to attend. I hope these synopses will motivate everyone to strive to attend the 38th NTP being held in Washington, D.C. during July 2007.

During the NTP, our chapter received national recognition by graciously accepting the following awards: 2nd Place - Helen R. Dudley Award (Best Overall Chapter); 1st Place – Membership, 2nd Place – Best Special Emphasis Project (Day at the Legislature), and 2nd Place – Best Special Project (Veteran Women's Luncheon). Many thanks to Ms Jennifer Mott, our Awards Chairperson, for assembling the packages authenticating our numerous activities throughout the past year. It was a special honor that our newly-elected FEW National President, Ms. Rhonda Trent, was at this presentation. Ms. Trent is a dual member with the Greater OKC chapter.

More importantly, a momentous decision was confirmed during the week of NTP. The Greater OKC Chapter's bid to host the next Southwest Regional Training Program (RTP) was unanimously accepted. This acceptance allows the GOKC FEW chapter a wonderful opportunity to host the RTP during our State's Centennial Celebration. Please mark your calendars and plan to attend this professional, training conference. The SW RTP will be held in Oklahoma City, 28 Feb – 2 Mar 07 and a "Welcome" reception is scheduled for Tuesday night, February 27th. (NOTE: The previous President's Column stated RTP dates in March 2007 but regretfully these dates had to be altered—sorry for any inconvenience.) Oklahoma residents have a reputation of being "friendly" so experience this event and "friendly times" firsthand. The GOKC FEW members are honored to be the RTP hosts and will proudly inform any RTP attendee about the tremendous growth of downtown OKC due to our Bricktown Canal merchants and restaurants. During the conference, please make time to visit the Oklahoma Memorial Museum—it is truly a humbling experience. More details will be forthcoming so be sure to look for them in our future newsletters!

All members are encouraged to attend all future meetings. Please make time in your schedule to attend as numerous RTP committee members are required to fulfill many assignments. Make your 2007 endeavor noteworthy by providing a better work environment for today's leaders as well as our future generations of leaders.



Debbie - Accepting 1st Place Membership



Brenda - Accepting Certificate of Appreciation serving as GOKC Chapter President



Brenda - Accepting 2nd Place Best Special Project - Veterans' Women Luncheon (Function)



Jennifer - Accepting 2nd Place Best Special Emphasis Project - Day at the Legislature

*Four Square Leadership:
Providing Real Guidance and
Tools for Today's Leaders –*

Instructor Joseph N. Raia

By Debbie L. Miller

Supervisors and project team leaders need to develop leadership skills. Optimal working conditions for motivating employees begin with the establishment of clarifying key leadership roles as well as developing plans for improving leadership effectiveness. I truly enjoyed Mr Raia's perspective because our leadership goals were in sync. We believe the leader must set the tone in the workplace, clarifying their expectations in order to produce the ultimate goal—helping your employees succeed. Several scenarios were presented to the participants and the action plans were relative and could be engaged within the work environment. Overall, I highly recommend attending any training provided by Mr Raia. His training session was energetic, informative and conveyed realistic goals. More importantly, Mr Raia provided handouts during the session so the audience could keep engaged while writing their notes on the subject.

*A New Day or Just Another
One?*

By Carolyn Delong

This workshop was presented by the energetic Janie Walters. Below are some thoughts I took home from this dynamic training class.

- Shake off yesterday.
- It's not anybody's responsibility to see if I have a good life.
- It's not anybody's responsibility to make me happy.
- In order to have a new experience, you have to do something different.
- Dream – not just at night!
- A dream is nothing more than an extension of your belief in yourself.
- If you have the ability to see it, then you can do it.
- A dream is a wish your heart makes.
- A dream gives meaning and purpose to your life.
- A successful person is a person that is totally satisfied.
- When one person has the courage to dream, everybody benefits.
- Some people believe dreams are a gift from God.
- If you can see it, you can do it.
- It only takes one idea to change your life forever.
- A good idea makes a difference.
- If it is to be, then it is up to me.
- In order to make our dreams come true, we have to think outside the box.

Read over these thoughts and try to apply some of them to your life. You may be surprised at the difference!

Body Mass vs Body Fat

By Brenda Hagar

Never sitting on this side of the assignment I never knew just how difficult it could be to describe just one training class that you attended at NTP. I attended several, Sitting for the PMP, How to have a good day, not just another day, 4 Square Leadership and comparing body mass index to body fat. Was there just one to discuss that stood out among the others – well they were all very good. I attended one with my friend Carolyn and she is writing on it – so I won't cover that one. You will have to wait for her story. I'll tell you about the one on Body Mass vs Body Fat. Well most of us know the statistics about the world as a whole being over weight. VERY TRUE. Myself being the success story about two years ago and losing over 90 pounds I know just how difficult it is to lose it – but most of all keeping it off. I have gotten lazy and gained 15 pounds and going to the program at NTP has given me the motivation to get it off. Its not that I look much different it just feels different. You will feel tired and lazy if you are over weight. The difference if you have a good body mass index, and most of us don't is that you are more muscle than fat. I can't lean on that crutch. It was a great course and going to NTP just isn't learning management strategies – its about leaning LIFE strategies.

Resolving Conflict in a Positive Manner

Trainer- Dr. Fairest Hill

By Alverzine A. Miles

- Understand where the conflict is coming from.
- Learn how to listen rather than talk.
- Think about what needs to be said.
- Remember, there's always two sides to every story.
- Be willing to compromise.

Since we can't change our difference, let's just celebrate them.

What is Women's Equality Day?

Submitted by Tammie Kierstead

At the behest of Rep. Bella Abzug (D-NY), in 1971 the U.S. Congress designated August 26 as "Women's Equality Day." The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women's continuing efforts toward full equality. Workplaces, libraries, organizations, and public facilities now participate with Women's Equality Day programs, displays, video showings, or other activities.

Joint Resolution of Congress, 1971 Designating August 26 of each year as Women's Equality Day

Submitted by Tammie Kierstead

WHEREAS, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

WHEREAS, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

WHEREAS, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and

WHEREAS, the women of United States are to be commended and supported in their organizations and activities,

NOW, THEREFORE, BE IT RESOLVED, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

Top 5 Steps Toward Women's Equality

Submitted by Jennifer Mott

At a time when Oprah and Martha have as much name recognition as Donald and Bill (Trump and Gates, that is), we want to believe women have reached parity with men. But in 2003 women's average income compared to men's dropped a penny to 76 cents on the dollar. And earnings for those with Bachelor's degrees shows an even greater disparity with those women making 68.5 cents on the dollar.

Disappointing, yes. Inescapable, no. Here are five things you can do to help close the wage gap.

1) Be a Squeaky Wheel

No one thinks to solve a problem they don't know exists. Educate yourself about the state of women today and spread the word. I'll bet someone in your circle doesn't know that of the 500 CEOs in the Fortune 500

only seven of them are women. Or that in 1999 23% of male executives made over \$80K, versus 5% of female executives.

2) Vote With Your Dollar

Interestingly, while women make 24% less than men, they control 75% of household finances and 85% of purchasing decisions. Women have huge spending power. Using it to support businesses that are woman-owned or those that promote women into management and executive positions even a couple times a week will make a difference. How do you know which companies are woman-owned or managed? Just ask.

3) Put More Women in Office

In 2005 women make up 15% of Congress for the first time ever. Since women make up more than half the population, a government of the people shouldn't be short on women. If you think this won't make a difference, think about 1992 – the Year of the Woman – when more women ran for office and won than ever before. As these women took office in 1993, 30 pieces of legislation on women's issues got passed. In 1994 33 pieces passed. The record for any year before then was five.

4) Support the Supporters

There are so many organizations out there working to further women's equality. Offering them your time or money is a great way to help women.

5) Raise Critical Thinkers

No matter how corny it sounds, children really are our future. Invest in them the ability to think for themselves. Encourage them to ask, "Why?" Teach them to question the status quo. Tell them the greatest power of all is theirs if they just exercise it – the power of possibility.

How to Celebrate Equality Day

Submitted by Jennifer Mott

- Celebrate at your workplace by honoring women who have made contributions to your company or to your field
- Celebrate at your women's club or civic organization with a luncheon, a speaker or a video
- Decorate with timelines or posters celebrating the contributions of women to American life
- Honor outstanding women in your community at an inspiring evening event
- Put together a display at your local library, bookstore or community center
- Put together a scrapbook or memory book about significant women or events for women in your community or workplace

Top 10 Killers for Women

Submitted by Tammie Kierstead

1) Heart Disease

Heart disease is responsible for 488,946 deaths in women – more than all forms of cancer combined. is the most significant health concern for women in the U.S. today, but according to the American Heart Association, only 13 percent of women know that heart disease is a major threat to their health.

2) Stroke (Cerebrovascular Disease)

Over 100,000 women died of stroke – that's almost twice as many deaths as men. Stroke is one of the leading causes of disability in America.

3) Lung Cancer

The most common cause of cancer death in U.S. women is lung cancer. It's estimated that more than 73,000 women in the United States will die of lung cancer in 2005, with

90 percent of these deaths linked to cigarette smoking.

4) Chronic Lower Respiratory Diseases

These include emphysema, asthma and other lung conditions and killed 64,103 women.

5) Alzheimer's Disease

This memory-stealing disease is the cause of death for 41,877 women and kills two-and-a-half times the amount of women as it does men.

6) Breast Cancer

Breast cancer is the second-leading cause of cancer death in U.S. women with 41,514 deaths. It's estimated that more than 211,000 women will be diagnosed with breast cancer in 2005.

7) Diabetes

Diabetes affects the way your body uses blood sugar and is a condition approximately 18 million people in the US have. It claimed 38,948 women. Type II diabetes is the most common, and is often preventable.

8) Accidents

Accidents are the number 8 killer of women in America. In 2002, 37,485 women had accidental deaths, almost 40% of which were motor vehicle accidents. Accidental falls killed almost 8,000 women.

9) Influenza and Pneumonia

These two combined were the cause of death for 36,763 women.

10) Colon Cancer

Colon cancer, the third leading cause of cancer deaths for women and the 10th leading cause overall, claimed almost 30,000 women.

Two Way Mirrors

Submitted by Brenda Hagar

I thought it was quite interesting! And I know in about 30 seconds you're going to do what I did and find the nearest mirror...

Do you know how to determine if a mirror is 2-way or not? This is not to scare you, but to make you aware. A policewoman who travels all over the US and gives seminars and techniques for businesswomen passed this on.

When we visit restrooms, hotel rooms, changing rooms, etc., how many of you know for sure that the seemingly ordinary mirror hanging on the wall is a real mirror, or actually a 2-way mirror (i.e., they can see you, but you can't see them)? There have been many cases of people installing 2-way mirrors in female changing rooms. It is very difficult to positively identify the surface by just looking at it. So, how do we determine with any amount of certainty what type of mirror we are looking at? Just conduct this simple test: Place the tip of your fingernail against the reflective surface and if there is a GAP between your fingernail and the image of the nail, then it is a GENUINE mirror.

However, if your fingernail directly touches the image of your nail, then BEWARE, FOR IT IS a 2-WAY MIRROR!

"No Space, Leave the Place" So remember, every time you see a Mirror, do the "fingernail test." It doesn't cost you anything. Remember: "No Space, Leave the Place!"

Ladies: Share this with your girlfriends, sisters, daughters, etc.

Men: Share this with your wives, daughters, in-laws, mothers, girlfriends and/or friends.

And to my friends...please pass this mail on to all your online friends.

Remember: "No Space, Leave the Place" -- Better safe than sorry.

Happy Birthday

Colleen Conway – August 12th
Cathy Jones-Waggoner – August 23rd

We are born to be Joyful, Creative and Successful.

Submitted by Alverzine A. Miles

GOKC CHAPTER EXECUTIVE BOARD 2004-2006		
President	Debbie Miller	954-7825 (w) 691-2992 (h)
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