

FEW Notes

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

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Federally Employed Women Inc.
Greater Oklahoma City
Chapter #30

P.O. Box 890718
Oklahoma City, OK 73189-0718

Editor: Catherine Ortiz
prs_bbbluez@cox.net

In the words of our National FEW President, Rhonda Trent, the National Training Program (NTP) was simply "fabulous." The guest speakers motivated the conference attendees, the training sessions were enlightening, and the special events were entertaining. A special highlight, the FEW National Board of Directors' event, was the dining at the Filomena Restaurant accompanied by the illuminated Washington D.C. tour. I hope everyone enjoys the chapter's NTP commemorative pictures throughout the newsletter as they showcase our conference involvement.

The next coming months will be busy for the GOKC FEW chapter. While I am establishing the FY 2008 chapter goals, Programs Chair, Jo Smith, is currently coordinating the FY08 programs, and the VP/Membership, Jennifer Mott, is processing new membership packages for our recent recruits. Our chapter was very fortunate to increase our membership relative to our hosting the 2007 Southwest Regional Training Program so my personal goal is to offer our new members interesting programs and special events to retain their membership.

I am looking forward to my second year term as Chapter President and hope to implement fresh, new ideas through the suggestions of our new members. Please feel free to contact me with your ideas and I will try to implement the suggestions. Remember that it is important to attend our monthly meetings to learn about FEW and the chapter's contribution to meet the four focus areas of Compliance, Diversity, Legislative and Training.

**NEXT BOARD MEETING
SEPT 10, 2007 @ 5:00 P.M.
HOLIDAY INN AIRPORT**



Debbie and Susan at Military Night



Brenda at Military Night



Susan and FEW sister winning The Price is Right at Mystery Night



Dancing Debbie is Debbie and her chorus line leading the way to Anaheim, California for the 2008 NTP. Debbie led the dancers with a medley of California songs.

James Bradley Speaks at NTP

By Carolyn DeLong

James Bradley was the keynote speaker at the Celebration Honoring Military Women Program.

John Bradley, father of James Bradley, was one of the six heroic men that raised the American flag at Iwo Jima. John Bradley stands in the middle of the most reproduced photo in history.

James shared that during his childhood, his father would not talk about Iwo Jima; he would always change the subject. After his father's death, he asked his mother to tell him everything that his dad ever told her about Iwo Jima. She said, "That won't take long, because he only talked about it once – on our first date. For seven or eight disinterested minutes and then never again in a 47 year marriage did he say the words, Iwo Jima."

James discovered three boxes of artifacts his father had saved about Iwo Jima, which launched him on a quest to find out more about his father's past, as well as the past of the other five flag raisers. The result of this quest was the New York Times #1 bestseller *Flags of Our Fathers*.

James Bradley strongly believes that America's present has, in many ways, been woven from the lives of unknown heroes.

There is much information on the Iwo Jima Battle, but James Bradley's book explores the lives of all who helped raise the American flag.

Panel Seeks Advice on Boosting Diversity in Senior Ranks by Brittany R. Ballenstedt, July 23, 2007

Submitted by Susan Arnett

A coalition of federal employee groups met with lawmakers Monday to discuss how to increase the number of women and minorities in the upper ranks of government.

The meeting, led by Rep. Danny Davis, D-Ill., chairman of a House Oversight and Government Reform subcommittee on the federal workforce, brought members of six organizations together to discuss ideas for increasing diversity in the Senior Executive Service.

"There are large numbers of women in the workplace at the lower levels of opportunity, but as you get higher and higher, the numbers become fewer," Davis said last week at an event sponsored by advocacy group Federally Employed Women.

The discussions came in response to a hearing the subcommittee held in May, during which representatives from six agencies and the Postal Service indicated that the greatest challenge to ensuring diversity is simply drawing a more mixed pool of applicants to senior-level jobs.

"One of the reasons the SES is not more diverse is because the pipeline doesn't have the candidates that it needs," said Bill Bransford, general counsel for the Senior Executives Association, on Friday.

Bransford, who represented SEA at the meeting, said his organization's goal is to promote initiatives that would diversify the applicant pool. One possibility would be to provide training opportunities to women and minorities early on in their federal career, he said.

FEW has offered Congress four suggestions, said Janet Kopenhaver, the organization's legislative representative. One involves allowing women and minorities, many of whom tend to enter government at the lower ranks, to get advanced training. Currently, this training is only provided to upper-level managers, most of whom are men, the advocacy group argues.

FEW also has proposed creating a strong mentoring program for women and minorities by offering incentives to senior managers to establish, endorse and participate in the program. The group recommended that participation in a mentoring program become part of supervisors' and employees' performance requirements.

The advocacy group Blacks in Government, which was slated to participate in Monday's meeting, could not be reached for comment. But it recently has proposed holding top executives accountable for attempts to increase diversity in their organizations. The group has recommended that these efforts be made a critical element of executives' performance evaluations.

According to Lori Hayman, a counsel for the subcommittee, there are currently no follow-up meetings scheduled. But she said the subcommittee plans to draft legislation during the August recess. "Currently, there are no details on what this legislation might entail," she said.

Bransford said Monday that the subcommittee seems "serious about doing some things to change the system to result in more diversity in the SES in the very near future."

FEW-NTP 2007 Washington, DC

By Susan Arnett

This was my first time to experience FEW NTP. And what an experience!!! I am so thankful I was able to attend this event. From the opening ceremony to the closing the week was packed with motivational speakers and training classes offering a wide range of information to develop and improve skills to enhance my career. But it wasn't all training.

A workout instructor provided early morning (630-730) aerobics. He provided a low impact routine. Two FEW ladies assisted by leading the group with Tae Bo and as a cool down we learned the Hula. Then it was up to the room to get ready for classes.

In the evenings Leadership conferences were held providing an array of motivational speakers. All were excellent providing us with tears and laughter thru their personal experiences.

Mystery Night, with a California dreaming theme leading to NTP 2008, which will be in Anaheim, California, was a blast. We have a variety of talented ladies in our organization. Lead by our own Debbie Miller, they got the evening off to a rip roaring start with a dance routine performed to a medley of California songs. Members won prizes playing "The Price Is Right" and "Let's Make A Deal". Hundreds of door prizes were given out as well.

This conference provided the opportunity to network across the multitude of federal agencies while developing interpersonal skills. It encouraged oral communication, continual learning, written communication, integrity/honesty and public service motivation.

After attending this NTP, do I want to go again---YOU BET!

Take Sleep Problems to Heart

Still feeling tired when you wake up in the morning? And craving naps during the day? If you're sleeping long enough, your sleep *quality* may be the problem. And that's bad news, because studies show that disrupted sleep can raise the risk of clots -- those dangerous blobs of congealed blood that have a knack for blocking blood flow to major organs.

Clot Connection

Just how might poor sleep raise the risk of harmful blood clots? Researchers still need to pinpoint the exact cause, but studies suggest that surges in nervous-system activity -- found in patients with sleep apnea, which causes disrupted sleep -- may provoke excessive clotting. And that could set the stage for a heart attack, stroke, or other dangerous condition.

Women's Equality Day August 26th

Submitted by Susan Arnett

On Women's Equality Day, we honor the contributions and accomplishments of women throughout our history. We pay tribute to all those who helped bring equality to women in America. The ratification of our Constitution's 19th Amendment on August 26, 1920, marked a turning point for America as women were guaranteed the right to vote. On Women's Equality Day, we celebrate this milestone and pay tribute to the inspiring individuals who stepped forward and asked our Nation to live up to its founding principle of equality for all.

The struggle for women's rights is a story of strong women joining together to break down the barriers to equality. With courage and determination, suffragists inspired generations of women and helped change the path of our Nation's history.

In 1890, Wyoming became the first State whose constitution allowed women to vote, and by 1918, women could vote in 14 additional States. Two years later, women secured nationwide

suffrage with the passage of the 19th Amendment. By demanding participation in the democratic process, these visionaries helped spread freedom, justice, and hope for generations to come.

Women today are continuing the suffragists' legacy of leadership and strength. They are shaping the future through their contributions to all aspects of American life, including science, law, business, education, athletics, and the arts. They are serving our Nation with honor and distinction in our Armed Forces. American women have served as examples for women in other countries in their efforts to increase their participation in civic and political life. Our Nation remains committed to advancing the equality of women in the world's newest democracies and fighting threats to women around the globe.

The courage of American suffragists made our Nation a stronger and more hopeful place, and we will continue to build an America where the dignity of every person is respected and where opportunity is within reach of all our citizens.

Fight Off Colds - With Exercise

Mark Stibich, Ph.D., writes that you can exercise your way to fewer sick days this year. People who exercise more get sick less. Not only that, but when they are sick, they recover quicker.

Basically, the immune system of people who exercise more works better. All the disease fighting components circulate through the body faster. So next time every one around you is getting sick, head to the gym and give your body a good workout. You'll feel great and just might prevent a cold.

The Promotable Woman: Have We Come a Long Way Baby?

By Debbie L. Miller

Dr. Jan Northrup's insight and successful perceptions encouraged interesting interactions among the classroom attendees. The positive factors making the difference in the lives of successful, professional women were presented in a fresh, new approach. A total of seven phases were discussed but I will only address three phases enforcing positive traits: 1) Prosperity Thinking; 2) Personal Support System; and 3) Professional Development.

Dr. Northrup explained that prosperity thinking is the attitude of knowing there is abundance available to you in all aspects of your life. Whether we realize it consciously or not, we carry internal conversations with ourselves all day long. If you are interested in living an abundant life, you must stop repeating your internal negative programming. Her suggestions were to bring those negative thoughts and feelings to the surface, examine them, and make a decision to turn self-defeating thoughts into prosperity thinking. Dr. Northrup emphasized you should write prosperity thinking statements to counteract your negative self-talk such as stop doing it, start doing it positively, and continue doing it. The second phase endorsed maintaining a personal

support system in order to allow you to take advantage of developing skills to approach opportunities differently as they arise. The third phase is a life-long endeavor by continuing your professional development through knowledge and training. Development is essential if you plan to meet the constant change of skills and competencies required in today's workforce.

All classroom attendees, including the one male attendee, exchanged several positive motivators and I plan to implement them as I strive to continue being a "promotable woman."

Mini-Vacations and Relaxation Activities

Elizabeth Scott, M.S., believes that vacations carry important benefits for stress management, productivity and health. Unfortunately, many people don't take vacations because of time or money constraints. Luckily, there are ways a person can enjoy many of the benefits a vacation would bring, but without spending as much time or money as they would on a 'formal vacation.' So, for those who don't have weeks to take or thousands to spend, here are some creative mini-vacation strategies:

- ❖ **Take A Quiet Day:** Take a full day without answering your phone or connecting to the internet. This will help you disconnect from the stresses and demands from your daily life, allowing you to really relax. Tell the people in your life that you're leaving for the day (or the weekend!), and have a vacation at home. You may want to take this time to start a good book, a new stress relief practice, or set up a home spa.

- ❖ **Play 'Hometown Tourist':** You may be surprised at how much fun it is to be a tourist in your own town. Get a Fodor's Guide (or look up resources on the internet, especially About.com) and plan a fun time as though you were new to your city. Try to avoid chain restaurants and anything you normally do, and try unique things that you've been meaning to try, or perhaps that you'd never heard of before.

- ❖ **Be A Hotel Guest:** It can also be surprisingly relaxing to stay in a nearby hotel. I have friends who do this, and I used to think they were nuts. Why spend money to stay in a hotel when you live nearby and can sleep in your own bed for free, right? Then they told me about all the fun things that most of us don't have in our own homes: room service, brand-new little soaps, whirlpool bath tubs, pools and saunas, fun attractions in walking distance, maid service, etc. Basically, you get to immerse yourself in clean, nicely-decorated surroundings that don't have piles of laundry and other lying around (reminding us of the work that needs to be done), where you can turn off your cell phone and become un-reachable, where you can close the thick drapes and sleep in as late as you want to and then roll out of bed to a breakfast someone else prepares, or even order it delivered to your room! Suddenly, the idea didn't sound so crazy after all...

- ❖ **Visit a Day Spa:** If you can't afford the time or money it would cost to go on a traditional vacation, you can spend a fraction of the money and a mere few hours at a day spa getting yourself a heavenly massage that will leave your body relaxed and your mind clear. For a real treat, spend an

entire afternoon there, lolling in a plush bathrobe while getting facials and other skin treatments as well as body work done. Then go home and watch a movie or curl up in bed with a good book. You'll feel like you had a great vacation, but it will have cost you much less, which may reduce even more stress! (Click here for a list of the best hotel and resort spas in the U.S. and Canada.)

❖ *Stay In Your Jammies:* Remember Cameron Fry, the character in Ferris Buller's Day Off who would actually get sick when he needed some time off, preferring to stay in bed all day to recover from the stresses of his life? In some ways, he had the right idea, but you don't have to wait for stress to make you sick before you take a pajama day. Yes, here's another one that sounds silly, but can really make you feel like you've had a refreshing break. It works just how it sounds; stay in your pajamas all day, relaxing and doing only what you feel like. Want to surf the 'net for hours, then watch "The Twilight Zone" on the Sci Fi channel? Want to do a daily cryptogram from the newspaper (or games from this site), then eat a big bowl of jello? Watch three Star Wars movies in a row, or a whole Sex in the City DVD? You get the idea. The pajamas are only to set the tone; the pajama day involves a whole attitude, a worldview of relaxation and proud laziness that lasts for an entire day. Sometimes that's just what you need.

If you really don't have the money or resources to take a vacation of any type, it's important for you to do something that relieves stress regularly.

Happy Birthday!!

*Colleen Conway Aug 12th
Cathy Jones-Waggoner Aug 23rd*

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2006-2008**

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If additional information is required, please contact the Chapter President at
Debbie.L.Miller@faa.gov

