

FEW Notes

September 2004
Volume V, No. 2

Inside this issue:

- [President's Pencil](#)
- [Hispanic Heritage](#)
- [FWP](#)
- [How to join GOKC FEW](#)

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

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The President's Pencil.....

By Brenda Hagar

Usually this time of year I would be telling you how hot and dry it has been. This year was not that way. We have seen one of the coolest summers on record with record rain falls also. It is hard to believe summer is just about over, the children are going to school and that can only mean fall is right around the corner.

We have our new officers in place but still have openings for committee members. I want this year to take off quickly, so it will take all the officers and members to make it happen.

On August 25, 2004 I was able to attend a program at the Aeronautical Center sponsored by the Federal Women's Program on Women's Suffrage. The speaker, Lou Kohlman, was a great presenter and I enjoyed her presentation and the luncheon that followed. Pictures from this event are in this newsletter – take a look!

We are ready to focus on end-of year programs and projects. If you have any ideas for new programs please contact our Programs Chair, Wendy Morgan at 954-2571.

Our next board meeting is on September 20 at 6:00 p.m.
Everyone is invited.



Osteoporosis...

are you at risk?



Your chances of developing osteoporosis are 6 to 8 times greater if you are a woman than a man.

RISK FACTORS YOU CANNOT CHANGE:

Age – The older you are, the greater your risk of osteoporosis. As we grow older our bones become less dense and weaker. Calcium absorption becomes less efficient as we age.

Gender – Women have less bone tissue, begin to lose bone sooner, lose bone more rapidly than men, and calcium is drained from the bones during pregnancy and nursing.

Ethnicity – Caucasian and Asian women are at highest risk. African-American and Hispanic women have a lower but still significant risk.

RISK FACTORS YOU CAN CHANGE:

Diet – Clearly and indisputably the single most important factor is osteoporosis.

Inactivity – Exercise increases the circulation and the absorption of calcium.

Alcohol – Predisposes to bone loss. It causes the loss of magnesium and other nutrients, which are vital for building bone mass.

Smoking – Studies have demonstrated a direct relationship between tobacco use and decreased bone density.



HISPANIC HERITAGE MONTH

By Dalia Lopez
Diversity Chair

Hispanic Heritage Month begins on September 15, the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico achieved independence on September 16 and Chile on September 18.

The U.S. Government, in wanting to recognize the accomplishments of Hispanic-American citizens created by Public Law 90-498 National Hispanic Heritage Week on September 17, 1968. The law was later amended by Public Law 100-402 expanding the event to National Hispanic Heritage Month on August 17, 1988.

What is a Hispanic?

Let us start by saying what it is not. It is not a racial identification. Hispanic is more of a regional identification like saying "North American." What is a Hispanic? Hispanics come in all sizes and shapes. There are Jewish, Arab, Asian, Indian and White Hispanics as well as brown. What most Americans perceive as brown is actually a mix of Indian and White. When Spanish explorers settled the Americas, they did not bring families with them as the English settlers did when they arrived in the U.S. The Spanish explorers were mostly soldiers and priests, etc. As a result, the soldiers intermarried with the Indian women they found in the countries they explored. The result was a new racial identity known as mestizos. In time, mestizos became the middle class and the largest population.

Religious Identity

Since Spain was a Roman Catholic country and they sent priests to help settle the Americas, the most prominent religious identity for most Hispanics is Roman Catholic. Yet, during the past 30 or 40 years there has been an increase of Hispanic Protestants. According to the CIA World Factbook, 6% of Mexico's population is Protestant, Chile is 11%; Costa Rica is 14.4% and 15% in Puerto Rico.

Where do you find Hispanics?

In the United States, Hispanics are found in large urban centers like New York City, New Orleans, Seattle, etc., in rural areas, and in former land owned by Mexico. At one time, Mexico's territory included California, New Mexico, Arizona, Texas, Florida, and Colorado to name just a few. The vast majority of Hispanics in the United States come from Mexico, Cuba, and Puerto Rico -- Mexico, because of its former land holdings and due to economic problems in that country; Cuba, in order to escape the Castro regime. and Puerto Rico, because it became a U.S. territory because of the Spanish-American War. However, in recent years, more and more Hispanic immigrants are coming from Central and South America largely due to political and economic instability in those regions. Check out the U.S. Census Bureau's [2000 Census](#) website to find the number of Hispanics in your community.

What are the Hispanic Origin Population Projections?

According to the U.S. Census Bureau's [1997 Population Profile of the United States](#) (pgs. 7-8), by the year 2050 Hispanics will become the largest minority in the U.S. at 24% surpassing 15% for African-Americans.

On diversity.....

Former First Lady
Barbara Bush says:

“Bias has to be taught. If you hear your parents downgrading women or people of different backgrounds, why, you are going to do that.”

Days of Significance:

September 25	Yom Kippur, Jewish Day of Atonement
September 30, 1983	Sally Ride rode into space – the first US woman to do so.
October 11, 1884	Birth of Eleanor Roosevelt, First Lady
October 11, 2004	Columbus Day



Women On Stamps

Editor's note: The USPS wrote a pamphlet entitled "Women in Stamps" (Publication 512, April 2003). Marguerite Higgins is one of the many women featured in this pamphlet.

Marguerite Higgins (1920-1966) covered World War II, Korea, and Vietnam and thereby advanced the cause of equal access for female war correspondents. In 1951, she was honored as the first woman to win a Pulitzer Prize for international reporting.

Higgins continued to cover foreign affairs throughout the rest of her life, interviewing world leaders such as Francisco Franco, Nikita Khrushchev, and Jawaharlal Nehru. In 1955 she established and was chief of the "Tribune's" Moscow bureau. In 1963 she joined Newsday and was assigned to cover Vietnam. While on assignment in late 1965, Higgins contracted a tropical disease that led to her death on January 3, 1966.

GOKC CHAPTER EXECUTIVE BOARD 2004-2006		
President	Brenda Hagar	(w) 954-4514 (h) 376-5318
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Who can join FEW?

ELIGIBILITY

The membership of FEW shall consist of chapters and members-at-large who have subscribed to the purposes and ideals of FEW, paid FEW dues and, in the case of chapters having been granted a charter, continue to function in compliance with the conditions set forth in National FEW Bylaws, and the policies established by the Executive Committee and the Board of Directors. Membership shall be classified as stated in Article III of the Bylaws.

JOINING FEW

Membership in FEW is open to any person (not just women or federal employees) who meets the eligibility requirements described above. You can join as a regular member of an organized chapter, or as a member-at-large. Associate memberships are available to those outside the federal sector who support FEW's goals and objectives.

HOW TO JOIN

A membership application is included in every issue of *FEW Notes*. Or, contact Debbie Miller at (w) 734-8719 or (h) 691-2992

THE IMMEDIATE PAST PRESIDENT'S THOUGHTS



As your Immediate Past President I want to thank each of you for the many ways you have enriched my life over the past 2 years. I believe as a team we have made great strides in our Chapter's support of FEW's mission and in increased membership. Our Chapter continues to grow and get stronger. Together we have laid a great foundation and together we will continue to support the future growth of our chapter. I know your commitment to our chapter has, at times, been a sacrifice. The gift of your time and energy is the most precious of all your contributions and I do appreciate that. You are a great team and I appreciate all you have contributed to our success.

THANK YOU!!!

Susan G. Komen Breast Foundation

October is National Breast Cancer Awareness Month, and the manufacturer of M&M's has created a special package of pink & white M&M Milk Chocolate Candies to symbolize their commitment to the cause. They have teamed up with the Susan G. Komen Breast Cancer Foundation to raise funds through the sale of their new "pink & white" M&M candies.

For each 8 oz package sold, M&M's Brand will make a \$0.50 donation to the Susan G. Komen Breast Cancer Foundation.

The 8 oz packages will be in stores, but they are also available online at shop.mms.com now.

For more information on this promotion, you may go to either the website given above, or to www.komen.org,

This event began September 1, 2004 and will continue through November, 2004.

Minimum donation \$250,000/Maximum donation \$650,000.





About .com

About.com is an informative website – lots of good information about just anything you are interested in.

In fact, the following information is from their website:

According to the National Association of Realtors, in 2003, unmarried women were almost two times more likely to buy homes as unmarried men. Single women make up the second-largest group of home buyers.



Federal Women’s Program at Mike Monroney Aeronautical Center

By Cynthia L. Corbett, FWPM

A new director has been named to the Civil Rights Office (AMC-9) at MMAC. Ms. Joyce Davis comes to the Aeronautical Center from the Oklahoma City office of the Equal Employment Opportunity Commission. Mr. Dave Bonnick, longtime director for the civil rights staff, retired in January, leaving them without a fulltime leader for the past several months.

With Ms. Davis’s reorganization of the CRO, Ms. Janet Newby will be coordinating all Special Emphasis Programs, under which the Federal Women’s Program falls. It is unclear how the restructuring will affect FWP activities, as the FAA *National* Federal Women’s Program Manager provides direction for the local program, its goals and methods for accomplishing them. Look for information about the FWP on-line at <http://fwp.mmac.faa.gov>.

Women’s Equality Day Program

As Brenda mentioned in her article, the Federal Women’s Program (FWP) Council located at the Mike Monroney Aeronautical Center (FAA) held “A Celebration of Women’s Equality Day” on August 25. Chapter member, Cynthia Corbett is the FWP Manager for the Aeronautical Center. She was responsible for making this program such a success!

The keynote speaker was Lou Kohlman, League of Women Voters. She is the past President on the Board of the Oklahoma County League of Women Voters. Among other things, she is a member of the Advisory Council in the Oklahoma Commission on the Status of Women. She gave an excellent speech to the group.

Below are photos from the event.



GOKC member, Cynthia Corbett speaking to audience



Lou Kohlman giving keynote address



Ms. Kohlman visiting with GOKC Board Member, Marilyn Hampton

