

FEW Notes

October 2004
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Federally Employed Women Inc.
**Greater Oklahoma City
Chapter, No. 30**

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The President's Pencil.....

By Brenda Hagar

Vote...it Matters!



Let *your* voice be heard, and make a difference!!

Tuesday November 2, 2004 is Election Day. Vote – it's not just your right – it's your privilege!!! Please take a few minutes from your busy schedule and let your voice be heard. I was watching Oprah recently and she had statistics that there are a great number of women who are not even *registered* to vote much less vote. Please take the time before the deadline and register and most important VOTE!!

We will soon celebrate Veteran's Day on Thursday, November 11. Please take a moment to thank a vet for the sacrifices they have made for the freedoms that each of us enjoy. Also remember those who are still serving our great Country. We are privileged to have two veterans on our Executive Board, Ms. Peggy O'Neal and Ms. Colleen Conway. Please join with me in saying a heartfelt, "Thank You" to all of the Veterans for their sacrifice. Also, visit the website <http://www.defendamerica.mil> for the US Department of Defense News about the War on Terrorism.

Our next board meeting is on October 18 at 6:00 p.m.
Everyone is invited.

Holiday Inn on S. Meridian

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

THE SEARCH FOR WEAPONS OF MASS REDUCTION

**TRYING TO LOSE WEIGHT?
CONFUSED BY CARBOHYDRATES?
TIRED OF WASTING MONEY ON DIET BOOKS?**



Please join us to learn about:

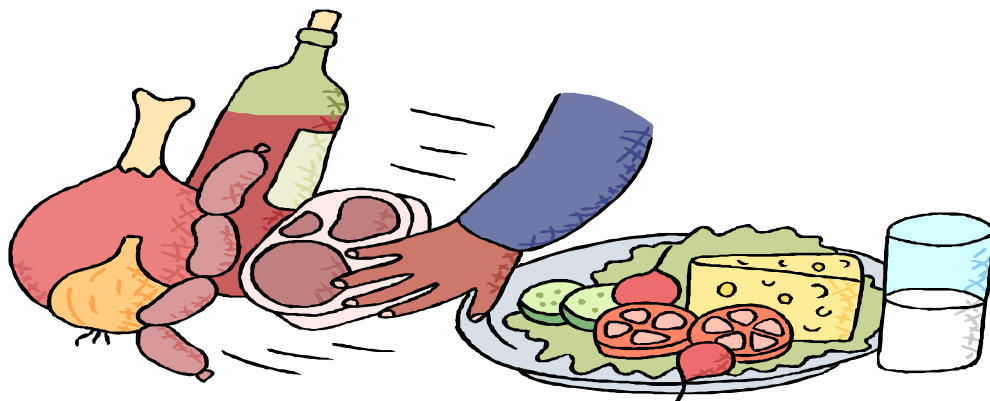
- **How diets such as Atkins, South Beach and The Ultimate Weight Solution affect your health**
- **The truth about carbohydrates**
- **The best strategy for losing weight and keeping it off!**

Guest Speaker: Mandy Caid-Jefferson, Registered Dietitian

WHEN: Friday October 15th, 2004 from 10:30 to 1:00
WHERE: ARB, Room 201A

~~~~~A light lunch will be served~~~~~

**Please RSVP to Wendy Morgan at 954-2571, between 7:30 to 4:00**



| <b>GOKC CHAPTER EXECUTIVE BOARD<br/>2004-2006</b> |                           |                                       |
|---------------------------------------------------|---------------------------|---------------------------------------|
| President                                         | Brenda Hagar              | (w) 954-4514<br>(h) 376-5318          |
| Immediate Past President                          | Ellen McKenzie            | (w) 954-2882                          |
| VP Membership                                     | Debbie Miller             | (w) 605-7233<br>(h) 691-2992          |
| VP Programs                                       | Wendy Morgan              | (w) 954-2571                          |
| Secretary                                         | Peggy O'Neal              | (h) 843-5938                          |
| Treasurer                                         | Lynn Carroll              | (h) 752-4535                          |
| Nominations Chair                                 | Marilyn Hampton           | (w) 954-7867<br>(h) 794-0905          |
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| Compliance/Diversity                              | Dalia Lopez               | (w) 736-2883<br>(h) 733-9275          |
| Legislative & Ways & Means                        | Tammie Kierstead          | (w) 270-0510<br>X4115<br>(h) 620-1429 |
| Parliamentarian                                   | Alverzine Miles           | (h) 427-0588<br>(c) 623-1754          |
| Finance                                           | Rendall Hollings-Serraile | (w) 954-6621<br>(h) 895-7315          |
| Resolutions/Awards                                | Jennifer Yoder            | (w) 954-5558<br>(h) 603-4558          |
| Newsletter/Publicity                              | Carolyn Delong            | (h) 691-5817                          |



**STATUE OF  
LIBERTY  
DEDICATED:**

**October 28,  
1886**

The Statue of Liberty, a gift of friendship from the people of France to the people of the United States, is dedicated in New York Harbor by President Grover Cleveland.

In February 1877, Congress approved the use of a site on New York Bedloe's Island. In May 1884, the statue was completed in France, and three months later the Americans laid the cornerstone for its pedestal in New York Harbor. In June 1885, the dismantled Statue of Liberty arrived in the New World, enclosed in more than 200 packing cases. Its copper sheets were reassembled, and the last rivet of the monument was fitted on October 28, 1886, during a dedication presided over by President Cleveland and attended by numerous French and American dignitaries.



In Honor of Brenda and EJ Hagar's  
25<sup>th</sup> Wedding Anniversary  
You are invited to a reception  
October 23, 2004  
2:00 p.m.  
Chisholm Heights Baptist Church  
2243 West State Highway 152  
Mustang, OK 73064  
(no gifts please)



**Days of Significance:**

- October 15, 2004 National Mammography Day
- October 25, 1955 1<sup>st</sup> Microwave oven introduced by Tappan
- October 27, 2004 Navy Day
- October 30, 2004 Daylight Savings Time ends
- November 2, 2004 Election Day
- November 11, 2004 Veteran's Day

Check out this website:

<http://www.govbenefits.gov>

This website is government sponsored and organized 500 federal and state benefit programs on a single site.

## What are Oklahoma's voter registration requirements?

To vote in Oklahoma, you must be:

- at least 18 years old
- a U.S. citizen
- a resident of Oklahoma

However, if you have been adjudged by a court to be an incapacitated person, or a partially incapacitated person prohibited from voting, you are ineligible to vote.

### When do I need to register to vote?

You can submit your registration application at any time. However, in order to vote in an election, you must register more than 24 days prior to the election.

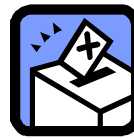
### Where do I go to register?

Registration is available at many places in Oklahoma, including your County Election Board, local post office, libraries, tag agencies, and many other public locations.

Registration may also be available at other state service agencies. Contact the County Election Board to find out which service agencies provide voter registration.

If you believe you are eligible to vote and encounter difficulty registering, please contact the Election Board:

Oklahoma State Election Board  
P. O. Box 53156  
Oklahoma City, OK 73152  
(405) 521-2391 (voice)  
(405) 521-6457 (fax)  
[www.state.ok.us/~elections/](http://www.state.ok.us/~elections/)



VOTE  
NOVEMBER 2



Elizabeth Cady  
Stanton and  
Susan B. Anthony

## Women's Suffrage... a lesson in history

Susan B. Anthony was raised in New York as a Quaker. She taught for a few years at a Quaker seminary and from there became a headmistress at a women's division of a school. At 29 years old Anthony became involved in abolitionism and then temperance. A friendship with Amelia Bloomer led to a meeting with Elizabeth Cady Stanton, who was to become her lifelong partner in political organizing, especially for women's rights and woman suffrage.

Elizabeth Cady Stanton, married and mother to a number of children, served as the writer and idea-person of the two, and Susan B. Anthony, never married, was more often the organizer and the one who traveled, spoke widely, and bore the brunt of antagonistic public opinion.

After the Civil War, discouraged that those working for "Negro" suffrage were willing to continue to exclude women from voting rights, Susan B. Anthony became more focused on woman suffrage. She helped to found the American Equal Rights Association in 1866, and in 1868 with Stanton as editor, became publisher of *Revolution*. Stanton and Anthony founded the National Woman Suffrage Association, larger than its rival American Woman Suffrage Association with which it finally merged in 1890.

In 1872, in an attempt to claim that the constitution already permitted women to vote, Susan B. Anthony cast a test vote in Rochester, New York, in the presidential election. She was found guilty, though she refused to pay the resulting fine (and no attempt was made to force her to do so).

In her later years, Susan B. Anthony worked closely with Carrie Chapman Catt, retiring from active leadership of the suffrage movement in 1900 and

turning over presidency of the NAWSA to Catt. She worked with Stanton and Mathilda Gage on a *History of Woman Suffrage*.

## GOKC Chapter website has a brand new look!!

Take a look! Our website has a new look. One of the biggest changes is the interactive newsletter. Not only can you print the entire newsletter from Acrobat Reader, you can just click on any article and view/print it by itself.

Thanks to our webmaster and member, Teresa Taylor for her hard work on this project! The task is not yet completed, so if you have any suggestions, let the newsletter editor know.

## Susan B. Anthony quotes:

- ❖ "Independence is happiness."
- ❖ "Men their rights and nothing more; women their rights and nothing less."
- ❖ "Failure is impossible."



## Government figures show sharp increase in Asian population

*As recently reported by the Associated Press:*

America's Asian population is soaring, government figures show mostly because of an influx of immigrants seeking better lives.

As the Census Bureau continues the process of releasing figures on a state-by-state basis, the data reflect strong growth in the number of Asians in at least nine states.

The statistics also indicate that most Asians prefer urban rather than rural settings.

Because people responding to the 2000 Census had far more options on how they could identify themselves racially, the resulting picture of America will be more complete than ever -- and more diverse.

Direct comparisons of figures for the 1990 and 2000 censuses were impossible, however, because people previously could choose from only five racial categories compared to 63 in the latest census.

## CHOICES...

by Marilyn Hampton



Life is full of them! From the day you take your 1<sup>st</sup> breath and cry until the day you take your last breath and die. The choices made in between these two events determine the quality and the quantity of life you will live.

During our childhood years, parents make many choices for us. Those may well determine how we live the majority of our lives.

As we enter adolescence and start making some of our own choices, life really starts to get interesting! If our parents have set good examples, then we are on our way.

Young adulthood brings on the challenges of relationships: i.e., marriage or not, children of our own or not; a career or just a job, and so forth.

As we mature, the choices become more significant and so much more consequential. As I near the big 60, I've been looking back over the choices I have made and where they have taken me. One of the best decisions I made, in 1990, was to participate in FEW.

That decision has brought me many good consequences. Those include lasting friendships that I value very highly; leadership experiences that have taught me new skills; networking with other FEW members across the U.S. that has taught me responsibility, trust in others, a great appreciation of diversity, a sense of loyalty, faithfulness, honor, integrity and last but certainly not least, a better knowledge of who I am and what I can be.

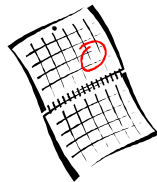
Why am I telling you all this? Women who have gone before you have made FEW what it is today. They have put in their time and used their talents for the FEW mission. They have sacrificed time from their jobs and their family to ensure a training program was developed and held successfully. There are choices for each of YOU needs to make NOW about the future of the GOKC Chapter. Its FEWture relies upon the choices YOU make today.

Will you make a choice to be a working member of the GOKC Chapter? Will you make a choice to be a committee participant or chair? Will you make a choice to become an officer and help format the future of GOKC FEW? If so, I welcome you to pick up the challenge and run with it for your sake and for GOKC FEW's sake. If you experience only half of the camaraderie and learning I've enjoyed, then you will be glad YOU MADE THE CHOICE!



Colleen Conway, By-Laws Chair, is recovering from surgery for a torn Achilles tendon. Colleen was injured while playing indoor soccer.

## MARK YOUR CALENDAR



**SOUTHWEST REGIONAL TRAINING PROGRAM (RTP)  
February 23-25, 2005**

**FEW comes alive  
in 2005**

Moody Gardens, Galveston, TX



**National NIH Initiative Aims to Reduce Kidney Failure Among African Americans**

*from the National NIH website....*

The National Kidney Disease Education Program (NKDEP) recently began its first

national effort to call attention to the significance of kidney disease and the importance of testing those at high risk, particularly African Americans, a group hit especially hard.

Sadly, kidney disease has no warning signs in its beginning stages. But the impact of kidney disease is obvious. Twenty million people

have kidney disease and nearly half a million people now have kidney failure — a number expected to surpass 660,000 by 2010.

African Americans are four times more likely than Caucasians to develop kidney failure. And while African Americans make up just 12 percent of the population, they account for 30 percent of people with kidney failure.

"It's critical that we get in front of this growing epidemic. People's lives don't have to be devastated by kidney failure," says Thomas Hostetter, M.D., director of NKDEP, which is an initiative of the National Institutes of Health (NIH). "We want people at high risk for kidney disease, particularly African Americans. That's the goal of NKDEP's *You Have The Power To Prevent Kidney Disease* campaign. It stresses three key messages: 1) know if you are at risk, 2) have your kidneys tested if you are at risk, and 3) kidney failure can be slowed or prevented if kidney disease is detected early.

The first NIH study to assess African Americans' knowledge and awareness about kidney disease shows that many are unaware of their high risk and of preventive measures. Conducted among 2,000 African Americans in April 2003, the study found that although 44 percent of respondents had at least one major kidney disease risk factor — diabetes, high blood pressure or a family history of kidney failure — only 15 percent felt their personal risk for developing the disease was higher than average..

The good news is that if kidney disease is detected early, medication is available to help slow its progression or prevent kidney failure — NKDEP's ultimate goal.

For more information about kidney disease, visit [www.nkdep.nih.gov](http://www.nkdep.nih.gov) or call 1-866-4-KIDNEY.

