

FEW Notes

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The
President's
Pencil.....

By Brenda Hagar

What a busy month. I was out of town for the last meeting and program. I hear that I really missed a great program on self-defense. This past weekend we visited the women Veteran's at the VA Hospital. We started with games, entertainment and then lunch. To finish the day off we gave each Veteran a gift bag that had various items in each bag. It was a great day to know that we could contribute to those who have given so much for our freedom.

As next year starts, we all need to be serious about FEW business. We will be sending out early in the first quarter, nomination forms for new officers. This chapter has come too far to not continue what our leaders of the past have accomplished. Please, think about what you can do for your Chapter.

Have a Safe and wonderful Christmas Day, keeping your eye on the REASON FOR THE SEASON!!

Make this a wonderful month and be a blessing to someone.

Next Board Meeting

Monday, Jan 9, 2005

5:00 pm

**Holiday Inn Airport
2101 S. Meridian**



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) 736-2333 (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) 736-3010 (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



From About.com

STANDIN' UNDER THE MISTLETOE

In the Middle Ages and later, branches of mistletoe were hung from ceilings to ward off evil spirits. In Europe they were placed over house and stable doors to prevent the entrance of witches.

It was also believed that the oak mistletoe could extinguish fire. This was associated with an earlier belief that the mistletoe itself could come to the tree during a flash of lightning.

In parts of England and Wales farmers would give the Christmas bunch of mistletoe to the first cow that calved in the New Year. This was thought to bring good luck to the entire herd.

Kissing under the mistletoe is first found associated with the Greek festival of Saturnalia and later with primitive marriage rites. Mistletoe was believed to have the power of bestowing fertility.

In Scandinavia, mistletoe was considered a plant of peace, under which enemies could declare a truce or warring spouses kiss and make-up.

In some parts of England the Christmas mistletoe is burned on the twelfth night lest all the boys and girls who have kissed under it never marry.

And for those who wish to observe the correct etiquette: a man should pluck a berry when he kisses a woman under the mistletoe, and when the last berry is gone, there should be no more kissing!



ANNUAL CHRISTMAS PARTY A SUCCESS!!

Once again this year, members gathered for our annual Christmas Party. As is our custom, we had wonderful food, a great time visiting with one another, and a rousing game of Dirty Santa!



Kathy Talbert, Dalia Lopez, Kathy Jones-Waggoner & husband, Doug and Leanna Eversmeyer

Casey Blaine and Ellen McKenzie



Debbie Miller



CHRISTIANS CELEBRATE BIRTH OF CHRIST



Thousands and thousands of Christians around the world celebrate the birth of Jesus each December 25. Whether the celebration is scriptural, a living nativity, or both, these traditions help us celebrate the miraculous birth.



HISTORY OF HANUKKAH

From: www.historychannel.com

Hanukkah is celebrated for eight days and nights, starting on the 25th of Kislev on the Hebrew calendar (which is November-December on the Gregorian calendar). In Hebrew, the word "Hanukkah" means "dedication."

The Origin of Santa Claus

From: <http://www.santas.net>



Santa Claus was born in US in the 1860's he was named this as he had a white beard and a belly, so he was named Santa Claus as this was the Dutch word for St Nicholas, **Sintaklaas**. Although the Dutch had brought him with them in the 17th century, he did not become an important person at Christmas until the Novelist Washington Irving put him in a novel that he wrote in 1809. This first Santa Claus was still known as St. Nicholas, he did smoke a pipe, and fly around in a wagon without any reindeer, but he did not have his red suit or live at the North Pole, he did however bring presents to children every year.

In 1863 He was given the name Santa Claus and bore the red suit, pipe, and his reindeer and sleigh.

GOKC MEMBERS CELEBRATE CHRISTMAS WITH WOMEN VETERANS

Members of the GOKC Chapter celebrated Christmas with 15 women veterans on Saturday, December 3.

We were blessed to have two musical groups perform live. A choir from the local Air Force Base sang several Christmas songs to the enjoyment of everybody.



Military choral group

Next, member Jennifer Mott and her coral group, "The Sailorettes," entertained us. What a tremendous performance the ladies put on!



The Sailorettes

We played games with the women, brought them a wonderful lunch & ended the day presenting them with gift bags.

The veterans were thrilled with the morning and told us they had never been honored as a group before!



Member Marilyn Hampton playing games with veterans





WOMEN'S HEART HEALTH

Although the following information is not new, it does bear repeating!

For a healthy heart:

Consider these facts:

- ♥ Heart disease is the #1 cause of death in American women.
- ♥ It is estimated that almost 1 in 3 women will eventually die of heart disease or stroke.
- ♥ In a 2003 AHA poll, only 13% of American women considered heart disease their greatest health risk.
- ♥ After menopause, women begin to develop and die of heart disease at a rate equal to that of men.
- ♥ 38% of women who have heart attacks die within a year, compared to 25% of men.
- ♥ 63% of women who die from coronary heart disease had no previous symptoms.
- ♥ Many women and their doctors do not recognize the early signs of a heart attack.
- ♥ Some diagnostic tests and procedures, including the exercise stress test, or stress ECG, might be less accurate in women.

Research by the National Institutes of Health (NIH) indicates that women often experience new or different physical symptoms as long as a month or more before experiencing heart attacks.

Among the 515 women studied, 95-percent said they knew their symptoms were new or different a month or more before experiencing their heart attack, or Acute Myocardial Infarction (AMI). The symptoms most commonly reported were unusual fatigue (70.6-percent), sleep disturbance (47.8-percent), and shortness of breath (42.1-percent).

Many women never had chest pains. Surprisingly, fewer than 30% reported having chest pain or discomfort prior to their heart attacks, and 43% reported have no chest pain during any phase of the attack. Most doctors, however, continue to consider chest pain as the most important heart attack symptom in both women and men.

♥ **Exercise.** It's good, not just for the muscles, but for the blood, bones, and mind. Exercise helps to burn excess calories and helps people to lose weight. It has a direct beneficial effect on the cholesterol and other fats in the blood also. Further, exercise improves the circulation and helps the heart work more efficiently – this in turn, helps protect against heart disease. Exercise can help you sleep better and think more clearly. The heart is a muscle, and exercise strengthens the heart muscle. The stronger the heart muscle, the less likely you are to have a heart attack or myocardial infarction. It can improve blood glucose levels—especially important for diabetics. Finally, studies show that exercise can help to alleviate depression, which can affect as many as one in five heart disease patients.

♥ **Education and dietary counseling.** A healthy heart program places strong emphasis on everything that goes into your body, including both food and medications. It is often recommended you keep a food diary. We basically know what we should have – and how much!

♥ **Stress management.** There really is a physical connection between stress and heart function. Studies have shown that when people are under stress they are more likely to have heart problems. Many healthy heart programs place special emphasis on the mind/body connection.

♥ **Social support.** Studies show that socially isolated people, who lack a support system of friends or family, fare worse when it comes to heart disease. Camaraderie is wonderful!



