



Derby City Pacesetter

FEW, Derby City Chapter #082, Louisville, Kentucky

Anne Ramsey, Editor

<http://fewderbycity.org>

May/June 2023

“Put FEW to Work for You”

*May is Asian/Pacific American Heritage Month
May is Jewish American Heritage Month
May is Mental Health Awareness Month
May is National Mobility Awareness Month
May 7-13 is Public Service Recognition Week*



President’s Message

May Awareness/Celebrations –

Mental Health Awareness, Asian/Pacific American Heritage Month, Jewish American Heritage Month, National Inventor’s Month, National Bike Month, National Mobility Awareness Month, National

Foster Care Month and Older Americans Month

June Awareness/Celebrations – **LGBT Pride Month,** GLBT Book Month, Black Music Month and National Oceans Month

Since May 1949, the Mental Health America organization has observed mental health with the help of other organizations and affiliates across the country. Before the Women’s suffrage movement of the early 20th century women didn’t have rights independent of men, which left women without a voice in the medical field or the world of public policy. Women’s mental health issues were overlooked and stigmatized, basically silenced for years. It wasn’t until women began to challenge societal norms and centuries old gender roles that women’s mental health became a talking point globally. This is when physicians started to diagnose and treat women for anxiety, depression and other mental health illnesses with therapies and medications. Statistics show mental health conditions such as depression and bipolar disorder affect women in different ways in more women than men. Additionally, did you know studies show that one in five adults live with a mental health disorder and that doesn’t include those living with undiagnosed disorders. Still today many women are battling the historical stigma surrounding women’s mental health treatment, feeling ashamed to open up

about their struggles while juggling many responsibilities to perfection without complaining. The pandemic definitely tested the world’s emotional and social well-being, for millions of people experienced unexpected isolation from the mandatory lock-down; resulting in many being cut off from socializing with family and friends for long periods of time. Millions also, experienced the stress of their daily life being turned upside down, had to adjust to the norm of wearing face masks in public and exercising social distancing. Many Women even had to leave the workforce to home school their children which forced them to take on the profession of Educators. Many families experienced the loss of loved ones without a proper “Good-bye” leaving families with no closure. The events brought on by the pandemic surely took its toll on millions of people’s mental health state in the form of isolation, stress and uncertainty as how we think, feel and behave is vital in connecting with others, our decision-making skills and other aspects of daily life. When one is mentally healthy, they’re able to enjoy life, and feel good about themselves.

In closing I like to share the following quote from First Lady Michelle Obama:

“Women in particular need to keep an eye on their physical and mental health because if we’re scurrying to and from appointments and errands, we don’t have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own ‘to do’ list.”

Juneteenth is made up of the words ‘June and nineteenth,’ to represent the day of June 19, 1865, the slaves in Texas were informed that the Civil War had ended and freedom for all slaves. This year will mark the second year of celebrating Juneteenth as a Federal holiday. Let’s make it a holiday of progress, peace and love for one another.

Pam

Pamela H. Richards
National President



2021 – 2023 Chapter Officers and Committees

President – Pam Pearson

1st Vice President – Cherie Hinkle

2nd Vice President – Paula Thompson

Secretary – Anita Stringer

Treasurer – Becky Giles

Audit – Susan Janssen/Angela Feldman-Harkins

Community Involvement – Becky Giles/Cathy Hinkle

Diversity – Nancy Neveitt Stagner

Training & Scholarships – Karen Cosby Smith

Publicity – Lauralee Northington

Budget & Finance – Paula Thompson

Membership – Lauralee Northington

Programs – Cherie Hinkle

Bylaws – Anita Stringer

Compliance – Carol Dawson

Legislative – Mary Lou Andres

Newsletter – Anne Ramsey plus all Officers and Committee

Chairs

Mentoring – Aretha Wilkerson

Parliamentarian – Esther Thomas

If you are interested in serving on any Committee or would like information about any Committee, please contact Pam Pearson, pampe@bellsouth.net.

Regular meetings are the third Thursday of each month.

Thursday, May 18, 2023

Thursday, June 15, 2023

Thursday, July 20, 2023

Thursday, August 17, 2023

Thursday, September 21, 2023

Thursday, October 19, 2023

Thursday, November 16, 2023

December 2023

All regular meetings are held at the University Club, 200 E. Brandeis Avenue, Louisville, Kentucky. The Pub is opening May 17, just in time for our meeting. If you cannot attend in person, you can also connect to the meeting via Zoom.

Member News

No updates from anyone this time.



FEW Monthly Meeting Info

Thursday, May 18, 2023, 5:30 p.m. EDT

Program: To be announced

Location: University Club, 200 East Brandeis Ave.,
Louisville, Kentucky 40208

Thursday, Jun 15, 2023, 5:30 p.m. EDT

Program: To be announced

Location: University Club, 200 East Brandeis Ave.,
Louisville, Kentucky 40208

Reservations Requested – Contact Cherie Hinkle,
cmhink01@yahoo.com.

If you have news about yourself or another member to share, please let me know. Send information to anneramsey@bellsouth.net.

Pamela H. Richards
National President



March Meeting Highlights

By Cherie Hinkle, First Vice-President



*Karen Ash, Vice-President HR Services and Delivery,
Humana Inc.*

The speaker for the March meeting was Karen Ash, who has worked for Humana since 2001. She holds a Master's in Business from the University of Michigan and is a certified Myers Briggs administrator. She serves on the Board of the Louisville Metro Police Foundation, as well as the Healing Place.

Karen shared her toolkit for success – if you don't know where you are going, anywhere will get you there.

Women show confidence in what we want. We can't achieve upward mobility if we don't know ourselves or our strengths, what talents need to be developed.

As women we must understand financial ramifications and plan for the unexpected. For younger mothers we must spend the needed time to determine "if something happens to me, what happens to the kids?" Keep up to date on your beneficiaries. Ensure you are addressing all beneficiaries at various intervals to ensure your wishes are up to date.

Karen's mother and four aunts served in the federal government at Wright Air Force Base in Dayton and the Defense Department in Ohio. Karen's uncle worked for the Post Office in Labor Relations and Karen's father was an

engineer in the Air Force. These family members opened doors for Karen.

We as a community of people don't support each other. Stay away from gossip. Celebrate colleagues in open forums, even if you dislike a colleague on a personal basis, keep it to yourself. All eyes are on you in the professional workplace. Find a confidante. It is important to have a trusted mentor, either male or female. If you can trust them with little things, seek a lot from them. Keep it on the up and up. Know yourself – work on strengths and weaknesses. Know the skills you have and the skills you need to build.

April Meeting Highlights

By Anne Ramsey, Editor



*Dr. Shorye Durrett, MDMPH
Assistant Dean for Medical Student Affairs,
University of Louisville*

Dr. Durrett has worked as an ophthalmologist at the Robley Rex VA Medical Center in Louisville for 22 years and at the University of Louisville Medical School in an administrative capacity.

Dr. Durrett is a native of Clarksville, Mississippi, and came to Louisville to attend U of L Medical School. She knew she wanted to be an eye doctor when she was eight years old. When she enrolled, she was only the second black graduate ophthalmologist in the history of the medical school.

Pamela H. Richards
National President



She talked about vision through the eyes of veterans, which is her passion. The leading cause of blindness in the U.S. is diabetic eye disease. The second cause is age related macular degeneration for whites and glaucoma for blacks.

Lifetime Members & Chapter Dues

By Becky Giles, Treasurer

I received a note in the mail from Lifetime member, Lela Williams. She wrote, "I'm reading my newsletter and your reminder of annual chapter dues for lifetime members. My check is enclosed. I thought I'd made a note on my calendar - did not - but now have a note for 2024 and hope to surprise you next year with an earlier mailing. I continue to enjoy the newsletter and congrats to all working to make it possible. Bravo, congrats to all FEW members that continue the journey for so many."

Lela is such an encouragement to all of us and it was so good to hear from her that I just felt I needed to share. We would love to hear from all members either in person or in writing. Lela also sent some articles from the paper that she has been sharing and the following simple home safety solutions for seniors aging in place was especially interesting for us and/or family member:

1. Eliminate tripping hazards.
2. Improve lighting with the brightest bulbs possible.
3. Get grab bars.
4. Ensure railings are stable.
5. Install smoke alarms.
6. Add fire extinguishers.
7. Consider a medical alert.

Annual 2023 Chapter dues of \$20 were due on March 31 from all Lifetime and Diamond members. PLEASE continue to support our chapter by mailing your check to PO Box 1721, Louisville, Kentucky 40201. Thank you for your monetary support which will be gratefully appreciated anytime during the year that you remember to send your check.

We would love to see any and all members or any interested federal employees in person at our meetings on the third Thursday of each month at the U of L University Alumni Club

located at 200 E Brandeis Street on the University of Louisville campus. The club is opening their pub so we will be able to purchase refreshments onsite. If you do not get an email reminder including the meeting location and/or the Zoom ID and passcode, make a phone call to me at 812-987-6652 or Lauralee Northington at 502-594-5386 so we can add your current email to our meeting notification list, or just send an update note to the PO Box so that your fellow members and friends can be aware of what is happening in your life.

Members who pay your dues of \$45 annually to national should be receiving email notifications from the national office notifying you when it is time to pay your dues. Please check the website to update your information if anything has changed and also to make yourself aware of the date your dues are required to be paid in order to keep you in good standing and retain your original membership number. Lauralee Northington, Membership Chair, will be trying to contact you if you are in danger of being dropped from our roster.

Legislative News

By Mary Lou Andres, Legislative Chair

Celebrate Women Veterans

While many people think about veterans and how to honor these brave individuals, honoring women veterans specifically is often overlooked. Women Veterans Appreciation Day recognizes the growing presence of women who serve in the U.S. armed forces and marks the anniversary of the signing of the Women's Armed Services Integration Act of 1948 that allowed women to serve as permanent members of the military.

It is important that as a nation we become an advocate for change so that our women veterans are treated properly and get the recognition they deserve. Marking June 12 every year as Women Veterans Appreciation Day is a fitting tribute for their selfless sacrifice by nearly two million women currently serving in our Armed Forces today.

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National President



Below is the text of the 118th Congress Senate Resolution 235 designating Women Veterans Appreciation Day, June 12, 2019:

S. RES. 235 Whereas, throughout all periods of the history of the United States, women have proudly served the United States to secure and preserve freedom and liberty for— (1) the people of the United States; and (2) the allies of the United States; Whereas women have formally been a part of the United States Armed Forces since the establishment of the Army Nurse Corps in 1901, but have informally served since the inception of the United States military; Whereas women have served honorably and with valor, including— (1) disguised as male soldiers during the American Revolution and the Civil War; (2) as nurses during World War I and World War II; and (3) as combat helicopter pilots in Afghanistan; Whereas, as of May 2019, women constitute approximately 15 percent of United States Armed Forces personnel on active duty, including— (1) nearly 19 percent of active duty personnel in the Air Force; (2) 18 percent of active duty personnel in the Navy; (3) 14 percent of active duty personnel in the Army; (4) 8 percent of active duty personnel in the Marine Corps; and (5) nearly 15 percent of active duty personnel in the Coast Guard; Whereas, as of May 2019, women constitute nearly 21 percent of personnel in the National Guard and Reserves; Whereas by 2020— (1) the population of women veterans is expected to reach 2,000,000, which represents an exponential increase from 1,100,000 in 1980; and (2) women veterans are expected to constitute more than 10 percent of the total veteran population; Whereas the United States is proud of and appreciates the service of all women veterans who have demonstrated great skill, sacrifice, and commitment to defending the principles upon which the United States was founded and which the United States continues to uphold; Whereas women veterans have unique stories and should be encouraged to share their recollections through the Veterans History Project, which has worked since 2000 to collect and share the personal accounts of wartime veterans in the United States; and Whereas, by designating June 12, 2019, as “Women Veterans Appreciation Day”, the Senate can— (1) highlight the growing presence of women in the Armed Forces and the National Guard; and (2) pay respect to women veterans for their dutiful military service: Now, therefore, be it Resolved, That the Senate designates June 12, 2019, as “Women Veterans Appreciation Day” to recognize the service and sacrifices of women veterans who have served valiantly on behalf of the United States.

Nominating Committee

It’s time for elections of Chapter Officers. A Nominating Committee was appointed at the April meeting. They will be contacting members, canvassing for a slate of nominees. Please consider serving in some capacity. The committee consists of:

Paula Thompson, Chair
Regina McGee
Cathy Hinkle

National Training Program July 10 – 14, 2023 Leveling UP For Success Ready, Set, Grow!

The 54th National Training Program (NTP) registration is open. All are welcome to attend this in-person training. FEW encourages you to step into greatness by investing in yourself and your career potential. Experience our first on-site training in three years with new courses, new instructors, and a whole new vibe.

We can’t wait to see you for this premiere training event in Columbus, Ohio, from July 10-14.

[Leveling Up for Success: Ready, Set, Grow!](#)

[Benefits](#)

29+ Sessions a day
FEW Programs (Awards/Scholarship Program, Membership Meeting, Networking Events, Exhibit Halls, and more.)
Discounted Rates for members
Professional trainers with intensive background experience

[Registration Costs](#)

Early Registration Rate June 14:

Member rate: \$1175
Non-Member rate: \$1300

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National President



Registration Rate after June 14:

Member rate: \$1375
Non-Member rate: \$1500

Registration Period: Registration is open to all.

*Note: Refund/Cancellation Policy is below.

Payment Information: Full payment is required with all registrations. We accept checks, money orders, credit cards (Visa or MasterCard only), signed/approved Purchase Orders (PO), SF-182, and Government Training Forms. Registrations will not be processed without payment. All registration payments made via a Purchase Order (PO), SF-182, or Training Form must include the following:

Registrant’s First and Last Name
Document Number/PO Number/Requisition Number/SF-182 Number

Complete billing Information (including full contact name, complete billing address, phone, and fax number).

FEW Payments Address:
Federally Employed Women - 54th NTP Registration
P.O. Box 715551
Philadelphia, PA 19171-5551

Please note: All registrations submitted without immediate payment require a \$100 PO/SF-182/Training Form processing fee (itemized on a PO under Authorized Training Fee).

- Provide a valid SF-182 or other training forms to complete the processing of your registration.
- Registrations will not be processed if any of the above information is missing from the documents.

Refund/Cancellation Policy: Refunds will be issued, less a \$100 processing fee, for requests received by June 16, 2023. **Absolutely no refunds after June 23, 2023.**

Send a written request via e-mail to treasurer@few.org.

Health Tips from Blue Cross Blue Shield

Paige Petty, BSN, RN, Wellness Nurse Consultant, Anthem Blue Cross and Blue Shield

Picture yourself just finishing up hours’ worth of yardwork on a hot summer day, you venture inside and grab a large glass of ice-cold water to immediately quench your thirst. Did you realize that beyond just quenching your thirst you are consuming water to help with almost every function within your body? Nearly all our body’s major systems are dependent on water to function. Hydration is key for many reasons and plays a major role in overall health. With water making up 60% of our body weight, it is no surprise that hydration is important! Proper hydration aids our bodies in regulating temperature, delivering essential nutrients to the cells, maintains organ function, and can prevent infection.

Let’s dive in and learn about hydration as it pertains to our health and wellness.

Water is pivotal for many essential functions to the body such as being the main property of blood, flushes out waste, acts as a lubricant for joints, eyes, nose, and mouth, and protects the body organs and tissues. Throughout the day, the body loses water in various ways such as sweat, eliminating waste and as we exhale. On average, in order to maintain proper body function, we need to replace two-three quarts of water loss each day. While the body can survive up to six weeks without food, we could only survive days without water, which emphasizes the importance of hydration.

Water is always the best choice for hydration, it provides essential hydration without excess sugar or calories. Drinks that are primarily water are also great sources for hydration such as broths that are primarily water, lemon water, herbal teas, or sport replacement drinks. Be conscious when consuming drinks that are not water as they can also contain additional calories, simple sugars, sodium, and other additives.

Foods we consume can also provide us with hydration throughout the day. We typically consume about 20% of our daily water intake from food such as raw fruits and vegetables. We often hear the familiar saying “eight glasses a day” is the appropriate indicator for hydration, but this may not be appropriate for everyone. The truth is there is no specific formula for determining water intake and a variety of factors impact hydration needs such as activity level, healthy conditions, height, weight, and climate. Thirst is a valid indicator for gauging hydration status as our bodies are designed to know when we need more water by activating our sense of thirst. As we venture into the warmer months of summer, be aware of hydration and pay attention to your body to ensure adequate hydration and body function!

Pamela H. Richards
National President



See below for a fun recipe for infused water to try!



Citrus Cucumber Infused Water

Ingredients

- ½ cup sliced cucumber
- ½ medium lemon, sliced
- ½ lime, sliced
- ½ medium orange, sliced
- 2 quarts of water

Combine all ingredients in a large pitcher, cover and refrigerate 8-12 hours

Enjoy!



Kentucky primary election day is Tuesday, May 16.

Public Service Recognition Week

Public Service Recognition Week is celebrated the first week of May since 1985 (beginning on the first Sunday of the month) to honor the people who serve our nation as federal, state, county, local and tribal government employees.

Mayors, governors, agency leaders, communities and public service organizations participate in Public Service Recognition Week by issuing proclamations, hosting award ceremonies and special tribute events, and delivering messages about the value of public service.

FEW Announces Leveling Up for Success Training Series

 FEDERALLY EMPLOYED WOMEN Leveling Up for Success Training Series		
10 NOV	2023 SESSION 1 12:00 PM EST.	Maintaining an Inclusive Culture in the Modern Workforce
23 MAR	2023 SESSION 2 12:00 PM EST.	Women in Leadership Positions: The Importance of Strategic Risks
15 JUN	2023 SESSION 3 12:00 PM EST.	Women in Leadership Positions: The Importance of Powerful Communication
14 SEP	2023 SESSION 4 12:00 PM EST.	The Influence of Allies on the Development of an Inclusive Culture
16 NOV	2023 SESSION 5 12:00 PM EST.	Connecting in a New Reality Using Strategic Networking
14 MAR	2024 SESSION 6 12:00 PM EST.	Maintaining Team Resilience Through Change & Uncertainty
13 JUN	2024 SESSION 7 12:00 PM EST.	Techniques for Creating a Meaningful Mentoring Partnership
Pamela H. Richards FEW National President		Contact: Khadejah M. Brown Email: trainingyp@few.org
Working for the Advancement of Women in the Government		

The FEW "Leveling Up for Success" training series explores ways to "level up" to the next attainable level in any given area of your career. It will provide tools to help you zero in on your objectives and identify what is necessary to achieve them.

The series features webinars on inclusive work cultures, strategic risk-taking and networking, resilience, allies, communication, and cultivating relationships. Each session will include time for questions and answers.

Note: Attendees have the option of receiving a certificate of attendance. Acceptance of the certificate is contingent on completing all seven series sessions.

Webinar dates and topics are subject to change. See schedule and few.org for more details.

Pamela H. Richards
National President



National News & Views

The May/June edition of News & Views is now available. We will continue to strive to provide a behind the scenes look at FEW's National, Region and Chapter levels and the activities they conduct to support FEW's mission and to engage with our sponsors and partners. In addition, we hope everyone can use the newsletter as a marketing tool when recruiting new members, reaching out to potential sponsors and when conducting agency visits.

To view News & Views online, click <https://www.few.org/wp-content/uploads/2023/05/FEW-News-and-Views-May-June-2023-LINKED.pdf>. If you would like to provide feedback, please send to few@few.org.

We hope you enjoy this edition of News & Views.

Up Coming Events

✓ June 20 – 22, 2023 – NARFE's LEGCON23, Legislative Training Conference. Visit www.narfe.org/legcon23 for more information.

✓ July 10 – 14, 2023 – FEW National Training Program, Columbus, Ohio.

✓ September 12-14, 2023 -- NARFE Region X Conference, Frankfort, Kentucky; email Robert Allen, rvp10@narfe.org for more information.

✓ September 23-24, 2023 – Derby City Chapter retreat.

Deadline for articles for the next issue of the Pacesetter is June 25, 2023.

The Pacesetter is published bi-monthly as a means of sharing the many issues of interest to all FEW members and potential members. Articles are welcome from all sources. The editor reserves the right to edit for space requirements. The published views do not necessarily reflect the organization's stand or that of any person except as stated in the article. Send any articles or ideas to Anne Ramsey, Editor. Phone: 502-451-2127. E-mail: anneramsey@bellsouth.net.

Pamela H. Richards
National President



* Stars indicate required fields



Membership Application and Renewal

Please mail this application and a \$45 check to: **Federally Employed Women**
P.O. Box 715551
Philadelphia, PA 19171-5551

* Member Type	(Check one)	Member ID	Gender	
New Member	<input type="checkbox"/>	(N/A for New Members)	Male	<input type="checkbox"/>
Renewal	<input type="checkbox"/>	ID:	Female	<input type="checkbox"/>
Former Member	<input type="checkbox"/>	ID:		

* First Name:		* Home Address
* Last Name:		Line 2
* Daytime Phone: () -		Line 3
* Evening Phone: () -		* City
* Email Preference	Home <input type="checkbox"/> / Work <input type="checkbox"/>	* State / Zip +4 / -
* Home Email:		
* Work Email:		

Employment Demographics

Department/Agency or Private Company

Pay Class	Pay Grade	Employment	Race	FWP/EEO
GS <input type="checkbox"/>	GS 1-4 <input type="checkbox"/>	Federal <input type="checkbox"/>	American Indian <input type="checkbox"/>	FWP Full Time <input type="checkbox"/>
ES <input type="checkbox"/>	GS 5-8 <input type="checkbox"/>	State <input type="checkbox"/>	Asian/Pacific <input type="checkbox"/>	FWP Part Time <input type="checkbox"/>
GM <input type="checkbox"/>	GS 9-12 <input type="checkbox"/>	Local <input type="checkbox"/>	Black <input type="checkbox"/>	EEO <input type="checkbox"/>
SES <input type="checkbox"/>	GS 13-15 <input type="checkbox"/>	Private <input type="checkbox"/>	Hispanic <input type="checkbox"/>	Other <input type="checkbox"/>
WG <input type="checkbox"/>		Retired <input type="checkbox"/>	Caucasian <input type="checkbox"/>	Not Applicable <input type="checkbox"/>
Other <input type="checkbox"/>		Unemployed <input type="checkbox"/>	Other <input type="checkbox"/>	

Job Series Number Service Comp Date

Referred / Recruited by:

*Chapter Selection (REQUIRED FIELD)

*Check # (Required)

I heard of FEW from: (select ONE please)

- | | | |
|---|--|---------------------------------------|
| Chapter Meetings / Programs <input type="radio"/> | Blacks in Government <input type="radio"/> | Internet Search <input type="radio"/> |
| Member Referral <input type="radio"/> | FAPAC Conference <input type="radio"/> | Friend <input type="radio"/> |
| National Training Program <input type="radio"/> | IMAGE Conference <input type="radio"/> | Co-Worker <input type="radio"/> |
| Regional Training Program <input type="radio"/> | SAIGE Conference <input type="radio"/> | Other <input type="radio"/> |

Please mail only applications and checks to the lockbox. The lockbox is not for general correspondence.
For information about Federally Employed Women (FEW) or to join online, please visit: <http://www.few.org>

Please note:

- Annual membership dues are \$45 total.
- Eligibility for Chapter membership is contingent on National membership.
- No refunds will be made after an application has been received in the lockbox.
- Contributions or gifts to FEW are not deductible as charitable contributions for federal Income Tax purposes.

Pamela H. Richards
National President

