



Derby City Pacesetter

Derby City Chapter, FEW, #082, Louisville, Kentucky 35th Anniversary Edition

Anne Ramsey, Editor

<http://fewderbycity.org>

Jul/Aug 2010

*July 12-16 – FEW National Training Program
August 26 - Women's Equality Day*



President's Message

This is an exciting time for our Chapter. Several of our members will be traveling to New Orleans during the second full week of July to "Jazz Up Our Careers" by attending the National Training Program. It is not too late for you to join us. Go to the National Website (www.few.org) and you will find all the information you need to register for the conference. If you can't make it this year, then start planning to go with us to Philadelphia for the 2011 NTP. If you want to learn more about the National Training Program and what happens during the weeklong event, then come to the July meeting at Brownings on July 22nd when attendees will be providing a recap of what they considered to be the highlights of this year's NTP.

Be aware that the next Southeast Regional Training Program (RTP) will be held in Parkersburg, West Virginia in April of 2011. Our Chapter is also holding another one-day training event in 2011 and will be hosting the 2012 Southeast Regional RTP. More information will be available at chapter meetings. I would like to encourage you to become involved in the planning and execution of these events as well as the planning of our upcoming year at the chapter retreat in September. Contact me, any officer, or RTP Committee Chair, Mary Lou Andres, if you are willing to help with these events or if you would like to serve on any Standing Committee. These are such wonderful learning and personal growth opportunities.

Our Membership Appreciation Meeting on August 17 will include a tour of the new FBI building where I work. Refreshments will also be provided by the Chapter. However, due to security restrictions, we must have reservations turned in to Anne Carter no later than August 6. If you want to be admitted you will need to provide your name, date of birth, social security number, and the federal agency where you work when making the reservation. If

this information is not provided by the requested date, you will not be allowed on the premises that evening. Also please leave all cell phones and any electronic devices in your vehicle as they are not permitted inside the building. Sign-up sheets will be available at the July meeting. If you have any questions, please contact me at 502-263-6065 or BeckyAnnG@aol.com prior to August 1 since I will be attending my retirement conference in Orlando during the first week of August.

Becky

2009 – 2010 Chapter Officers and Committees

President – Becky Giles, FBI
1st Vice President – E. Anne Carter, Census Bureau
2nd Vice President – Pamela Rankin, Benefit Planning, Inc.
Secretary – Betty Southerland, FBI
Treasurer – Paula Thompson, Census Bureau

Audit – Nancy Jones
Community Involvement – Lauralee Northington
Diversity – Carol Dawson
Training/Education/Scholarships – Mary Lou Andres
Publicity – Christina Moore
Budget & Finance – Pamela Rankin
Membership – Rhonda Smith
Programs – E. Anne Carter
Bylaws – Debra Gathright-Hunter
Compliance/Legislative – Judy Dillander
Newsletter – Anne Ramsey, E. Anne Carter, plus all officers and committee chairs
Mentoring – Rhonda Smith
Parliamentarian – Dorsey Kozarovich
Awards – Mary Lou Andres

If you are interested in serving on any committee or just would like information about any committee, please contact Becky Giles, (502) 569-3877, beckyanng@aol.com.

FEW Monthly Meeting Info

Thursday, July 22, 2010
Brownings, 400 E. Main St., 5:15 p.m. (Order off menu)
Program: Highlights from the 2010 NTP by NTP
Attendees

Tuesday, Aug. 10, 2010
Fern Valley Hotel
2012 RTP Planning Meeting

Tuesday, Aug. 17, 2010
Member Appreciation Night
Tour of the new F.B.I. Building

Reservations Required – Call Anne Carter, 812-218-4891
e.anne.carter@census.gov

New Members

Welcome to the following new member of the Derby City Chapter:

Catherine Hudson, IRS

Member News

Becky Giles welcomed her first grandchild, Benjamin Douglas on May 21, 2010.

Janice Baldon Gutter published her book “Caregiving: A Daughter’s Story Surviving Caregiving”. Check her website www.caregivingadaughtersstory.com.

Alice Banet has gotten engaged to Ron Ramsby. No wedding date set so far.

Keep **Rhonda Smith** and her mother in your prayers. Rhonda’s mother is having problems with emphysema and possible cancer.

Linda Souza-Barney left Afghanistan to return home to Pensacola, FL on June 28. She will see us at the NTP in New Orleans. We’re looking forward to seeing Linda again.

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

35th Anniversary of the Derby City Chapter

By Mary Lou Andres and Anne Ramsey

June marked the 35th anniversary of the Derby City Chapter, FEW. The following are some of the highlights of the chapter from the last 35 years:

1. First organizational meeting for Derby City Chapter was held May 29, 1975.
2. Charted the Chapter on June 14, 1975 with 49 members. Judy Petty, Census Bureau, was the first elected chapter President. Dorothy Zeillman was Acting President prior to elections.
3. Anne Ramsey, Jeff Beavin & Etta Rowell became charter members and are still active in the chapter.
4. Hosted the 1984 Southeast Regional Training Program
5. Hosted the 1996 Southeast Regional Training Program.
6. The Derby City Chapter partnered with Kentucky Harvest in their "Million in a Month" campaign to collect canned goods in the Louisville and Southern Indiana area held October 15 - November 14, 2001. This effort raised 3,140,860 pounds of food to feed the less fortunate.
7. Established an annual poster contest to commemorate Women’s History Month in 2001.
8. For the Derby City Chapter’s 25th anniversary, FEW National President Jeanette Miller installed the 2000-2001 officers at a dinner meeting held at the Holiday Inn Downtown in the Louisville Suite. Guests included several past chapter Presidents.
9. The Derby City Chapter has partnered with the Salvation Army's Angel Tree Project for over ten years by staffing their booth for a 12-hour day every year at one of the local malls.
10. The Fort Knox chapter merged with Derby City February 16, 2002
11. In 2002, established a relationship with the Kentucky Commission on Women.
12. Hosted the Southeast Regional Training Program in 2002.
13. Co-hosted KY Commission on Women’s Regional Meeting on October 14, 2004. Rhonda Smith was Regional Coordinator.
14. In 2006, coordinated the Regional Meeting for the Kentucky Commission on Women's with Executive Director Glenda Woods in conjunction with a Legislative event partnered by the League of Women Voters. This Women's Equality Day celebration featured FEW's National President Rhonda Trent as the keynote speaker.
15. In 2007 expanded partnerships with the Kentucky Commission on Women and League of Women Voters with other jointly sponsored events including the 2007 Governor's Conference on Women and Governor's Forum.
16. Received FEW National Helen R. Dudley Overall Chapter Achievement Awards in 1985, 2004 and 2007.

17. Received FEW National Awards for Chapter Newsletter, 1st place awards in 1996, 2003, 2004; 2nd place in 2009 and 3rd place in 2007 and 2008.
18. Received FEW National Awards for Chapter Programs, 1st place award in 2007; 2nd place in 2003, 2004, 2006, and 3rd place in 1996 and 2009.
19. Received FEW National Awards for Special Emphasis Program 1st place award in 2004 and 2007.
20. Received FEW National Award for Best Fundraiser, 1st place award in 2007.
21. Hosted the Southeast Regional Training Program in 2007.
22. Won numerous awards from the Southeast Region including best overall chapter, best newsletter, best programs, and best special project.

Derby City Chapter Presidents

- 1975-1976 – Judith Petty, Bureau of the Census
- 1976-1977 – Vivian Collins, Armed Forces Entrance & Examination Sta.
- 1977-1978 – Dorothy Zeillman, U. S. Dept. of Housing and Urban Dev.
- 1978-1980 – Ruby Burges, Defense Mapping Agency
- 1980-1982 – Rosa Mason, Defense Mapping Agency
- 1982-1983 – Jo Ann Sturgeon, V.A. Regional Office
- 1983-1985 – Donna J. Meredith, U. S. Army Corps of Engineers
- 1985-1986 – Sandy Hardee, U. S. Dept. of Labor/OFCCP
- 1986-1988 – Dora R. Oost, V.A. Regional Office
- 1988-1989 – Barbara Bennett, U. S. Dept. of Housing & Urban Dev.
- 1989-1990 – Judy Dillander, U. S. Department of Labor/OFCCP
- 1990-1992 – Susan Janssen, Defense Mapping Agency
- 1992-1993 – Judy Dillander, U. S. Dept. of Labor/OFCCP
- 1993-1994 – Debbi Harlow, U. S. Postal Service
- 1994-1996 – Anne M. Ramsey, U. S. Army Corps of Engineers
- 1996-2000 – Gail King, Internal Revenue Service
- 2000-2002 – Mary Lou Andres, FBI

2002-2004 – Anne M. Ramsey, U. S. Army Corps of Engineers

2004-2006 – Rhonda Smith, VA Medical Center

2006-2008 – Mary Lou Andres, FBI

2008-2010 – Becky Giles, FBI

2010 President Elect – Paula Thompson, Bureau of the Census

Election of Chapter Officers

By Anne Ramsey

Election of Derby City Chapter officers was held at the May meeting. The elected officers for the next year are:

President – Paula Thompson, Census Bureau
 1st VP – Anne Carter, Census Bureau
 2nd VP – Betty Southerland, F.B.I.
 Secretary – Daniel Palermo, Census Bureau
 Treasurer – Becky Giles, F. B. I.

Programs for the Remainder of 2010

By E. Anne Carter

**Reservations Requested –
 Call Anne Carter, 812-218-4891
 Or email e.anne.carter@census.gov**

Thursday July 22, 2010 - Highlights from the National Training Program in New Orleans - given by attendees. We will also discuss our upcoming events for the remainder of the year.

August Is Membership Appreciation Month
 We are currently working on plans for **spa treatments** for chapter members, coordinated by Karen Ellis, of Louisville. The finalized date and time will be presented at the July 22, meeting. We need to know how many would like to attend in order to acquire services and supplies for us all.

Tuesday, August 17, 2010 - Members will be given a **tour of the new FBI building**.

Please submit your information for security clearances

- Full Name:
- Agency:
- Date of Birth:
- Contact Phone Number:
- Social Security Number:

to Becky Giles **No later than July 30.**

BeckyAnnG@aol.com or call (502) 263-6065.

NO personal cell phones or electronic devices will be allowed in FBI space so we will be required to leave or take them back to our car to make the entry process quicker.

Thursday, September 16, 2010 - Installation of New Officers

Our first Chapter President, Judy Petty, will perform the ceremony.

Saturday, September 18, 2010 (tentative) - RETREAT and Board Meeting for Outgoing and New Officers and anyone interested in helping to plan our activities for the next year.

Saturday, October 2, 2010 – WhoDunnit A murderer is lurking on the set of a horror movie, hiding in plain sight. Can you spot the fatal clue that identifies the real killer? **MURDER BEHIND THE CURTAIN** is a lively, madcap romp and a Halloween delight! Halloween costumes are welcome but not required.

Tuesday, October 19, 2010 - Janice Baldon-Gutter is coordinating a presentation on Self-Publishing. Featured speakers will be announced as they are confirmed.

Thursday, November 18, 2010 - Judge Toni Stringer will present Legislative Issues that Affect all Federal Employees.

Saturday, December 4 – Thursday December 9: Are you interested in seeing the Louisville Ballet present **The Brown-Forman Nutcracker**? Please let Anne Carter know so we can make arrangements.

Thursday, December 16, 2010 - Holiday Party at Derby Dinner Playhouse - PLAID TIDINGS. Sparky, Jinx, Smudge and Frankie perform their riotous version of “The Ed Sullivan Show” featuring the Rockettes, The Chipmunks and even The Vienna Boy’s Choir.

Recent Derby City Activities

By Anne Ramsey

Members of the Derby City Chapter were busy during June. On Saturday, June 12 seven members and 2 husbands worked at our booth at the Most Awesome Flea Market in Bullet County. We netted \$160 from that effort.

On Sunday, June 13 several members and guests attended the Derby Dinner Playhouse to see “The Dixie Swim Club”. We had a great time and netted \$88 from that project.

Chapter Membership Drive

At the June meeting Becky Giles announced the winner of the Derby City Chapter Membership Drive. It was a tie between Rhonda Smith and Anne Carter. Each of them signed up 2 new members. With their agreement the first and second prizes were combined and split evenly. Rhonda and Anne each received \$30.

Coming Soon! – FEW Membership Survey

The national office of Federally Employed Women is preparing a membership survey which will be sent to all members directly by email. Completion of the survey is vital to understanding the reasons our members choose to be FEW members, how it relates to the services FEW currently offers and where FEW will consider future efforts. Please watch for this survey in your mailbox and return it when it arrives. We urge all members to complete this important survey.

Does FEW have your correct email?

Please make sure that the national office of FEW has your correct email address. If you have not been receiving their email such as job announcements and legislative updates, then they probably don’t have your correct email.

Every FEW Member has the ability to access the Membership Only area on the website as well as access their own Membership profile. Please note that if you are a current or past Member of FEW, you do not need to create an additional profile. If you are unable to access your profile or if you do not know or recall your login, you may contact FEW Membership at:
FEW Membership
Tel: 202.898.0994; or
membership@few.org
A representative of FEW will provide you with login information. Most emails or calls are responded to within 48 hours.

Please do not create multiple profiles. The website will prevent you from creating additional profiles using the same email address; however, it is possible to create additional logins with alternate email addresses. Again, please contact FEW Membership if you believe you already are, or have been a FEW member in the past.

If you have problems, then let Becky Giles, beckyanng@aol.com know and she can correct your email address for you.

FEW's News and Views

The June 2010 Issue of FEW's News and Views Newsletter is now available on-line.

This issue highlights Compliance and includes FEW Foundation Information, Strategic Planning Success, Think Tank Updates, Federal Women's Task Force Mission, Election Information, and lots of NTP 2010 information and updates.

The current newsletter can be found on the PUBLICATIONS page of the FEW web site <http://www.few.org/publications.asp>

Here is a direct link to the June 2010 Edition of the Newsletter <http://www.few.org/newsletter/NV201006>



The Derby City Chapter will be well represented at the National Training Program in New Orleans this month. We have learned that the Derby City Chapter will be presented with a national award on FEW Friday, but they have not told us what award(s). We have to wait until FEW Friday to find out..

Total registration for NTP 2010 reached the 2,000 mark by mid June. While some workshops are closed, we have added additional seating and a few additional sessions to try to accommodate everyone who wants to attend so come on down! We can't wait to see everyone in New Orleans.

On-line registration will be closed as of Friday, July 2, 2010. However, you may fax (301-694-5124) in your registration until Tuesday, July 6. After July 6th, all registrations must be processed on-site. You may complete the form and HAND-CARRY it to the On-Site Registration Desk in the New Orleans Marriott Hotel.

For onsite registrations - please also note that if paying with a purchase order, the PO must have the following or you will be asked to use another method of payment at the registration desk:

A valid purchase order includes the following information:

Registrant's First and Last Name
\$80 Purchase Order Processing Fee
Document Number / Purchase Order Number /
Requisition Number

Complete Billing Info (including full contact name, complete billing address, phone and fax number)

Please direct your registration questions to the Experient Registration Center at 301-694-5243 or to FEW@experient-inc.com.

Patricia Wolfe and Carolyn Malone
FEW NTP 2010 Co-Chairs
www.fewntp.org
(202) 898-0994

Visit the NTP website for more information and to register <http://www.fewntp.org/>

RTP 2011 – Parkersburg, WV

Mark your calendars now for the dates of the 2011 Southeast Regional Training Program in Parkersburg, WV hosted by the Frances D. Gage Chapter. The dates are April 27, 28, and 29, 2011. Start making plans now to apply for scholarships and attend.

RTP 2012 – Louisville, KY

By Mary Lou Andres

The Derby City Chapter volunteered to host the 2012 Southeast Regional Training Program in Louisville, KY. The first organizational meeting will be held Tuesday, August 10 at the Fern Valley Hotel. All members are encouraged to attend the meeting and help with the Regional Training Program. The date has not yet been set. Pam Rankin and Mary Lou Andres will co-chair the event.

Stay Fit While You Sit

By Mary Lou Andres

Dr. Steve Abro's presentation "Stay Fit While You Sit" at the May FEW meeting was fantastic. I especially liked the "Stretches for Vision". The expected results are to reduce eyestrain, improve visual comfort and increase efficiency. Here's the info:

"Focusing Technique" (for eye relaxation) – While sitting or standing...

- look out a window or as far away from work area as possible
- focus on an object at least 20 feet away
- then move your eyes around and look at other objects
- look back at computer screen
- repeat often throughout the work day.

Palming (for eye relaxation): While sitting in a chair with elbows resting on work surface...

- cup hands over eyes, palms resting on cheekbones (avoid applying pressure on your eyeballs)
- cross fingers over bridge of nose (shutting out light)
- close eyes for 15 seconds while breathing deeply
- uncover eyes.

I also liked the easy way he showed us to open up the wrist area by putting a rubber band around your fingers and then exercising them by opening your fingers as far as you can. Repeat just a few times so your wrist won't be sore.

Hope and relationships – building a community one block at a time. Fun and empowerment – it takes hands to build a house but only hearts can build a home.

By Mary Lou Andres

Dee Allen, Louisville Metro, Women for Habitat was our speaker for the June meeting at Brownings. Dee spoke about the mission of Women for Habitat which is to provide a decent, affordable place to live. Women for Habitat formed 10 years ago, and they are currently on their 14th house. They recruit and train women in construction skills. They raise money and seek volunteers. If you are not into hands on construction you can help with arranging for food donations for the workers, and other less strenuous jobs. Home recipients must be able to afford a 20-year mortgage for the cost of the house, approximately \$37,000 to pay back the cost of the materials. Champions for Her is one of their fundraisers.

Habitat for Humanity in 25 years has built 330 homes housing 550 adults and 1,000 children. One million dollars in property taxes is now being collected by the city on property that formerly had no value. They have a 1% foreclosure rate. They actively recruit partner families. When a house is built, the family partners with the volunteers to build it.

Women for Habitat made history nationally recently with the completion of a new home for a developmentally disabled mom and her twins. It took 3 years to make this happen. The twins are so proud of their new home, they think of mowing as a privilege and they fight over who gets to do it!

Dee also told us you can help out charitable groups such as the Center for Women and Families by designating a specific charity on the Goodwill donation form when you drop off items. That charity will then get a voucher to buy something they need.

Dee was so enthusiastic about her job with Louisville Metro, as well as her volunteer work with Women for Habitat and the Center for Women and Families.

Southeast Region Elections

By Anne Ramsey

Results of the Southeast Region elections for the next 2-year term are:

Sylvia Brown, Greater Middle Tennessee – Regional Manager

Barbara Powell, Space Coast – Asst. Regional Manager

Anne Ramsey, Derby City – Treasurer

Sharon Skellie, Greater Atlanta - Secretary

National FEW Elections

Results of the FEW national elections for 2010-2012:

National President – Sue Webster

Exec. Vice President – Arlena Fitch-Gordon

VP for Policy & Planning – Wanda Killingsworth

VP for Compliance – Michelle Crockett

VP for Diversity – Georgia Thomas

VP for Membership & Chapter Organization – Elizabeth Perry

VP for Training – Clara Anderson

Secretary – Joan Chopp

Treasurer – Myrtle Harris

Nominations Officer – Mabel Seldon



Meet Your Fellow Chapter Members

By Anne Ramsey

A column to introduce our Derby City Chapter members to each other –

Cathy Hudson is one of the newest members of the Derby City Chapter having joined in June. Cathy attended our March training session and was interested in learning what FEW was all about. She is Manager, Employee Plans for IRS. They perform audits on business retirement plans. Cathy has worked for the Federal government for 33 years and has worked in a number of departments of the IRS throughout her career. She worked in Taxpayer Service answering taxpayer's questions and assisting them in solving problems. She also worked in the Examination function performing examinations on tax returns for individuals. She began her government career with the Census Bureau (1 ½ years) before securing a job with the IRS. Cathy is single and has 3 grown daughters and 2 grandchildren (a granddaughter age 13 and grandson age 15). Hobbies are gardening in her flower beds, doll collecting and she is a season ticket holder for the Louisville Bats Baseball team.

5 Lessons for Tech Etiquette Outlaws

Submitted by Lela Williams – From PNC Bank’s “Insight”

According to a recent survey of CIOs sponsored by IT recruiting firm Robert Half Technology, workplace etiquette has suffered due to the increased use of cell phones, smartphones, handheld devices and laptops. More than half of those surveyed felt that office courtesy had gone downhill in the past three years.

The study’s findings identified five major culprits. Do you see yourself here?

1. The Misguided Multitasker

E-mailing or texting during a meeting or conversation may seem efficient, but respondents say it devalues your colleagues’ time. Consider taking calls and messages only in an emergency, and step out of the meeting when you do.

2. The E-mail addict

Generating a stream of e-mails, instant messages or texts, rather than resolving simple matters with a quick phone call or in-person discussion, compounds communication problems. The moral: Break down the e-mail wall to improve interaction.

3. The Broadcaster

Some people have taken instant communication to the extreme, having private conversations in public spaces, where everyone can hear the conversation or the pings of incoming messages. Instead, keep private back-and-forth to private places.

4. The Cyborg

Wearing a Bluetooth earpiece like a Tiffany bauble, these people send the signal that they can’t be bothered with their colleagues’ attempts to collaborate. When you’re off the phone, take the headset off and be present for those around you.

5. The Distractor

Is your phone set to “stun”? That’s a start, but having it buzz—or vibrate the table—during a meeting or conversation can be as distracting as your favorite ringtone. Leave the phone behind or set it on silent whenever you meet with live humans.

year long to deliver on behalf of our chapter so bring your pennies to any meeting.

The chapter also collects aluminum can tabs for Ronald McDonald House and toiletries at all meetings.

Votes for Women Celebration... 90 Years and Counting!

Submitted by Becky Giles, President

A great deal of sacrifice was endured by the brave women working for women’s suffrage. The passage of the 19th amendment was a hard fought battle waged mostly by women ... women of various political beliefs, backgrounds, religions, and ethnicities. They worked together, marched together, were jailed and beaten together. More importantly, they won together!

Each of us honors their sacrifice by voting knowledgeably in every election. However, this year we have an opportunity to show visibly the pride and unity of women and the power of our vote!

The 90th Anniversary of women winning the right to vote in America is **August 26, 2010**, and we must not let this date pass without fanfare, celebration, and meaning. The Kentucky Commission on Women invites you to join in the **VOTES for WOMEN** Celebration ... 90 YEARS and COUNTING! This event will be held on **Thursday, August 26th, 2010 at the State Capitol in Frankfort, Kentucky beginning at 10:30 a.m.** On this day, let’s demonstrate the pride we take in honoring our foremothers for fighting for the right to have our voices heard through the power of the vote.

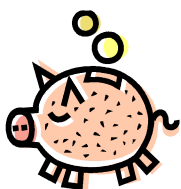
Please review the program schedule of events and plan now to bring a carload! Encourage your organization or club members to attend and become a financial co-sponsor! Whether you are a Democrat, Republican, Independent or, if you haven’t yet registered to vote, you will want to attend this event held at the Frankfort State Capitol to pay tribute to those women who risk their lives so Kentucky women could have a voice. We owe the brave women (and men) who stood up, spoke up and protested the inequality of the silencing of women’s voices. This day is too important to let go by without showing appreciation for what they endured and accomplished.

Please contact our office for questions at 502-564-2611 (ask for Commission on Women).

Hope to see you there... wearing your grandmother’s suffrage hat!

Hospice Pennies from Heaven

By Lauralee Northington, Chair, Community Involvement



Lauralee Northington turned in all the pennies to Hospice of Southern Indiana that our chapter collected all year long on

May 5, 2010. We turned in 4,286 pennies for a total of \$42.86. Lauralee Northington collects all the pennies all

FEW's partnership with Shaw, Bransford & Roth, P.C.

Are you aware of the numerous membership benefits of Federally Employed Women (FEW)? Are you utilizing all the services offered to you?

FEW has a partnership with the law firm of Shaw, Bransford & Roth, P.C. This firm provides superior legal representation on a wide range of employment law and federal personnel law issues, and they have extensive experience dealing with federal agencies and Congress. As part of the FEW – Shaw, Bransford & Roth, P.C. partnership, FEW members are entitled to two free one-half hour telephone consultations per year to discuss matters of concern about their federal employment or benefits. In addition to two free one-half hour telephone consultations, any FEW member who retains the firm will receive a 10% discount on legal fees. To utilize this service you may contact the hotline at 1-888-463-8406, ext. 7. Shaw, Bransford & Roth, P.C. philosophy is to provide full scale legal strategy, not just representation. They have litigated cases before the Merit Systems Protection Board, the Equal Employment Opportunity Commission, the Foreign Service Grievance Board and federal and state courts. Shaw, Bransford & Roth, P.C. is AV-rated by Martindale-Hubbell®, and is listed in the Martindale-Hubbell Bar Register of Preeminent Lawyers®. The practice focuses on:

- Disciplinary and Adverse Action Cases
- Employment Discrimination Complaints
- Inspector General and Internal Affairs Investigations
- Security Clearance Issues
- Federal Employment Disputes
- Private-Sector Employment Disputes

Remember Freedom isn't Free

By Mary Lou Andres

June 6 was the 56th anniversary of the D-Day invasion on the beach at Normandy. Thousands of Allied soldiers died that day. I read an article in The Courier-Journal by Pam Platt that was very thought provoking. She talked about a Memorial Day Service at Cave Hill Cemetery and an aging veteran who attended. Seeing him reminded her that the soldiers, sailors, airmen and Marines who saved the civilized world in the 20th century are rapidly disappearing from our ranks. (Pam Platt is a Courier-Journal editorial writer and columnist. Her column appears Sunday on the editorial page. Read her online at courier-journal.com/opinion.)

It's easy to take our freedoms and our country for granted. This Independence Day as you gather with family and friends, I hope you'll join me in remembering the brave men and women (all federal employees) who made it possible.

FEW's Credit Union

FEW is pleased to announce our new partnership with NARFE Premier Federal Credit Union. This partnership is a result of FEW's commitment to assisting its members, their families, and the organization's financial needs.

As a member of FEW, you and your family automatically qualify for membership in the credit union, regardless of where you live.

Visit www.NARFEpremierFCU.org to find the location nearest you and apply for membership. Call 800-328-1500 to find out how NARFE Premier FCU can help you meet your financial needs.

Army Career Backbone to Transition to Civilian Life

Submitted by Lela Williams – from AUSA News

With five years left before retirement, Diana Huron “knew what I had to do” to prepare herself to enter the civilian job market. The retired Army sergeant major added, “I took full advantage of that [last] year to get ready. I had high hopes.

Yet when she was offered a GS-13 position, Huron found herself for a time wondering if “I could do that.” But she took stock of herself and what her Army experience could bring to that position.

“We teach. We mentor and coach every day in the Army,” Huron told attendees at the second Army Women in Transition Symposium in Washington. “You're head and shoulders above the rest.”

Col. Alice Demarairais, USA, Ret., said that when she began networking for a civilian job she also took stock of her skills and what the Army taught her. “I found that I bring to the table leadership.” She found civilian employers wanting leadership when they are saying management. At the same time, she was bringing a “team as opposed to the individual” approach to her new career.

Veterans “are willing to lean forward. They are resilient. They are resourceful. The civilian workplace craves those skills.”

Col. Sally Murphy, USA, Ret., reminded attendees that the military and civilian workplaces can be very different, especially for women. One group of women in the civilian workplace “is the ultimate professionals,” but there is a second group, “who are very sorority like: ‘I came to work so I can go shopping.’”

Adding, “I found this a little distressing.”

Maj. Gen. Gina Farrissee, director of the Army's military personnel management in the G-1, stressed the value of networking.

Deborah Frett, of the Business and Professional Women's organization, said "For women networking is a difficult task" but one that can be mastered. "Value yourself; you have a lot to offer."

Being a woman in the workplace has its own challenges, Demarairais said. "You don't see a lot of women at the VA" where she works. Frett added, "Many companies remain unaware of how to reach women veterans," but there are a number of firms "starting to develop training programs" for women veterans.

"Find the right culture" in the company that you intend to work for, Angela Messer of Booz Allen Hamilton said. Check to make sure the company values military experience. "Find a company that rewards it and incentivizes it and evaluates it."

Finding a good job and holding it is not easy, Murphy said. "There are older vets who lost their jobs" as the economy worsened. They "never got the hand hold."

Coming Events

July 12-16, 2010 – NTP, New Orleans, LA

July 15-18, 2010 – **Unspoken Truth** – Interactive exhibit of advocacy and healing for survivors of personal violence and those who love them. Spalding University Library Huff Gallery, 853 Library Lane, Louisville, KY 40203. Regular Hours: Monday – Thursday 8 a.m. – 10 p.m., Friday & Saturday 8 a.m. – 5 p.m.

August 14, 2010 – Frazier International History Museum – **Equality Day: Winning the Vote for Women**. This family friendly day features crafts, games, activities and historical performances revolving around the selected theme for the month, Equality Day:

Winning the Vote for Women. All activities are FREE to Kids Club members (for children ages 5 to 14).

August 26, 2010 – Votes for Women Celebration, 10:30 a.m.; State Capital, Frankfort, KY.

August 29-September 2, 2010 – 31st National NARFE Convention, Grand Rapids, MI

July 18-22, 2011 – NTP, Philadelphia, PA

July 16-20, 2012 – NTP, Detroit, MI



Pamela B. Rankin

CSRS/FERS Seminars-Benefits Training
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Deadline for articles for the next issue of the Pacesetter is September 1, 2010.

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 particular person except as stated in the article. Forward any articles or ideas to Anne Ramsey, Editor. Phone: (502) 451-2127. E-mail: anneramsey@bellsouth.net.

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Federal Government: <input type="checkbox"/>	GS 1-4 <input type="checkbox"/>	FWP Full-Time <input type="checkbox"/>	Male <input type="checkbox"/>	
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For more information about FEW or to Join Online, please visit: <http://www.few.org>

* No refunds will be made upon the acceptance and processing of a membership application.
** Contributions or gifts to FEW are not deductible as charitable contributions for federal income tax purposes.

Annual membership dues are \$45 total split between the National organization and the chapter selected by the member (\$25 to National / \$20 to the Chapter). Eligibility for Chapter membership is contingent on National membership.