



Derby City Pacesetter

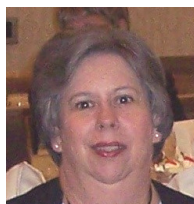
Derby City Chapter, FEW, #082, Louisville, Kentucky

Anne Ramsey, Editor

<http://fewderbycity.org>

Mar/Apr 2010

*March is Women's History Month
April is FEW Diversity Awareness Month
April 21 is Administrative Professionals Day*



President's Message

I would like to say "Thank You" to all of my FEW friends who are offering prayers, sending email and telephone get well wishes to my husband, and hang-in-there messages to myself. Your support means a lot to me. For those of you who are not aware, my husband who had a lung transplant almost nine years ago is currently in Methodist Hospital in Indianapolis fighting an episode of rejection and infection. Although he is still in the ICU at the time I am writing this, he is slowly improving and will hopefully be able to come off the ventilator and feeding tube during the first week of March.

I hope to see a lot of you at Derby City Chapter's one-day training program on March 16, 2010. If for some reason, you are unable to attend the full day of classes, I would encourage you to come just for the luncheon. Internationally known speaker, Susan Miller, will present the keynote address. Having heard her speak at the FEW National Training Program in Orlando, I can assure you that you will be energized and motivated to "Stay In the Positive Zone" while enjoying all aspects of your personal and professional life. Come see for yourself!

We heard Steve was moved to a regular room on March 2.

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

Tuesday, Mar 2, 2010
March Training Planning Meeting
5:30 p.m., Fern Valley Hotel

Thursday, Mar 18, 2010
Brownings, 400 E. Main St., 5:15 p.m. (Order off menu)
Program: Women's History Month – Recognize Derby City Chapter members who served in the military, contributed to our community, and strive to encourage us and lead by example

Tuesday, Apr 13, 2010
Brownings, 400 E. Main St., 5:15 p.m. (Order off menu)
Speaker: Carol A. Dawson, EEO Guidance, Inc.
Program: Blue Eyes/Brown Eyes: Does It Make A Difference?

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

New Members

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

Sandi Nolan, IRS, Florence, KY
Jennifer Day, Census Bureau
Evette Thomas, Census Bureau

Member News

Jessie Weigel has finally retired for good. Her contract with the Corps of Engineers ended December 31.

Linda Souza-Barney is still in Afghanistan. She hasn't transferred to Germany as she thought last fall. Linda reports that she will see us at the NTP in New Orleans this year.

Denise Bauer and Diane Ormerod are both planning on retiring from the Corps of Engineers at the end of March. Did you know that Denise and Diane are twin sisters?

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

2010 Southeast Regional Training Program

By Anne Ramsey

E. Anne Carter was the winner of the Derby City Chapter scholarship to the Southeast Regional Training Program. Anne's award was for actual expenses up to \$500.

Anne Ramsey was selected to win the FEW Foundation's tuition only (\$125) scholarship to attend the RTP in Pensacola, FL.

Four Derby City Chapter members (Becky Giles, E. Anne Carter, Mary Lou Andres, and Anne Ramsey) attended the Southeast Regional Training Program in Pensacola, FL February 11 & 12. The weather was terrible, but the training was terrific. We were even treated to a Mardi Gras party with Elvis Presley as the entertainment.

Even though there were only 32 attendees, Pensacola hosted a great RTP and expects to make a profit.

RTP 2011 – Parkersburg, WV

By Mary Lou Andres

Frances Gage Chapter, Bureau of the Public Debt, Parkersburg, WV, will be hosting the 2011 RTP. It will be held in April or May due to the long and snowy winters in West Virginia. Start planning now to attend.

RTP 2012 – Louisville, KY

By Mary Lou Andres

The Derby City Chapter volunteered to host the 2012 RTP in Louisville, KY. The date has not yet been set. Rhonda Smith and Pam Rankin will co-chair the event.

FEW National Bylaws Vote

From Karin Biega, National Bylaws Chair

All articles of the FEW national bylaws were approved by at least a two-thirds vote of the membership. These changes will be posted on the national website, www.few.org.

MARCH 2010 TRAINING EVENT DEADLINE EXTENDED TO MARCH 8, 2010!!!

By Rhonda Smith, Event Chair

Invest in yourself! Some opportunities are worth paying out of pocket and even using annual leave. This is one of those opportunities.

Derby City Chapter, Federally Employed Women, will host a one-day training event on March 16, 2010, in Louisville, Kentucky. The luncheon keynote will be international speaker Susan Miller. Susan has been helping create high energy workplaces for over a decade. Don't miss Susan or the professional workshops being offered that day. The flyer and registration information can be found at www.fewderbycity.org. To learn more about Susan Miller, visit www.susanmillerspeaks.com.

Please share this opportunity with others in your organization.

If you have questions, you may contact Rhonda Smith, event chair, at Rhonda.Smith2@va.gov, or 502-287-6898.



In 2010 Federally Employed Women celebrates 41 years of excellence in education. The 41st National Training Program (NTP), "Jazz Up Your Career," will be held July 12-16, 2010, in New Orleans, LA.

Registration materials will be available by March 1. Early registration for FEW members will be \$825.

New Orleans Marriott Hotel

555 Canal Street, New Orleans, Louisiana
504-581-1000 or Toll Free 1-888-364-1200

Rates: \$104 Single
\$124 Double

Sheraton New Orleans Hotel

500 Canal Street, New Orleans, Louisiana
504-525-2500 or Toll Free 1-800-325-3535

Rates: \$104 Single

Check the NTP website at www.fewntp.org frequently for updates.

OPM Memo on the NTP

John Berry, OPM Director, sent the following memo dated February 24, 2010, Subject: Federally Employed Women's National Training Program

"Federally Employed Women (FEW) will hold its 41st National Training Program (NTP) from July 12- 16, 2010, in New Orleans, Louisiana. This year's NTP is entitled "Jazz Up Your Career" and continues FEW's longstanding commitment to provide superior training opportunities to Federal employees.

"The FEW NTP qualifies as training in compliance with 5 U.S.C. Chapter 41. It is open to all employees and will provide training and workshops over a wide range of topics including OPM's Fundamental Competencies and Executive Core Qualifications (ECQ) leadership competencies. Additionally, FEW will be offering on July 13 training classes especially for military personnel.

"Federal employees and managers are encouraged to review additional conference and training information when deciding to participate, such as course descriptions, costs, and schedules, at the following website <http://www.fewntp.org>. Agencies should note that attendance at this FEW National Training Program in New Orleans, Louisiana, is not subject to "Rule of 50" provisions included in certain previous agency appropriations acts

which limit payment for the attendance of more than 50 employees at any single conference occurring outside the United States.

"Agencies are reminded that reporting of training is governed by 5 CFR 410.601."

Intergovernmental Black History Month Seminar and Luncheon

By Anne Ramsey

On Tuesday, February 23 I staffed a FEW Information Table at the Intergovernmental Black History Month Seminar at the Holiday Inn Lakeview. Copies of the registration brochure for our 1-day training on March 16 were available as well as FEW membership applications, and FEW information. We signed up one new member on the spot and passed out several membership applications.

February Meeting Highlights

By Mary Lou Andres

Judge Sadiqa Reynolds spoke at our February 16, 2010 meeting substituting for Judge Toni Stringer. Judge Stringer has agreed to speak at a future meeting. We were all very impressed with Judge Reynolds. She was appointed by Governor Beshear as a District Court Judge in Jefferson County due to a retirement. She will be on the ballot in the November general election. For more information check out her website www.JudgeSReynolds.com. Judge Reynolds spoke about the positions she has held and commented they covered all four of FEW's focus areas – Training, Legislative, Compliance and Diversity. She moved to Kentucky when she was five years old.

Judge Reynolds attributed her work ethic to that of her mother who worked several jobs. In high school she was a co-op student going to school and working two jobs after school. She got her degree at the University of Louisville in Psychology and her law degree at the University of Kentucky Law School. She was the first African-American woman to clerk for the Kentucky Supreme Court serving as Chief Law Clerk for the Chief Justice of the Kentucky Supreme Court. Her job as a public defender gained her litigation experience, and that's where she met Judge Stringer who was a prosecutor. She worked in private practice handling civil litigation, employment law, and representing abused and neglected children, among other things. She held the position of Chief of Staff of the Louisville Metro Health Department and was Assistant Director of Public Works. She worked as Inspector General for the State Health and Family Services dealing with nursing homes and child care and controlled substances dispensed in the state. She worked to set standards for day

cares and closed down a day care business which had hired a known sex offender. She dealt with federal regulatory compliance, pursued legislation to regulate an addictive drug as a controlled substance and appeared at a legislative hearing. She supervised 300 employees and with their able assistance was successful in improving nursing home and day care standards in the state.

When she was sworn in as District Judge her fifth grade teacher showed up for the occasion. She remembers how this teacher encouraged and pushed her to do her best. At the time it drove her crazy but this encouragement from teachers as well as her mother made her what she is today.

She took all her experience with her to District Court. She is respectful of everyone in her courtroom always ensures that victims and witnesses are heard. The Jefferson County District Courthouse is the most used building in the state. District Court sets bonds, handles search warrants, probate, name changes, traffic tickets, civil suits under \$4,000, landlord/tenant issues, disability, mental inquests, etc. Everybody deserves to be heard. They have six people on the jury rather than 12. Judge Reynolds can be emailed at sadiqareynolds@KyCourts.net or contacted at her office 595-4992.

Women's History Month-30th Anniversary

The theme for 2010 is Writing Women Back into History. This year is a landmark women's history anniversary and there is a special campaign to encourage celebrations in our nation's schools, communities, and workplaces throughout the Month of March. In 1980, President Jimmy Carter issued a Presidential Proclamation declaring the week of March 8th as the first National Women's History Week, which in 1987 became National Women's History Month. To recognize this special 30th Anniversary, the National Women's History Project has selected Writing Women Back into History as the theme for 2010 and all previous National Women's History Month Honorees will also be recognized.

This 30th Anniversary is an important time to recognize the decades of progress and to become acquainted with the individuals and organizations that have kept our history alive and acknowledge their ongoing efforts to never again let women's accomplishments be relegated to a footnote. Now, more than ever, the work of this movement needs to continue and expand. Each new generation needs to draw information and inspiration from the last. It has been an amazing journey and one shared with countless others.

In celebration of this 30th Anniversary, we would like all of the FEW chapters to join this campaign to Write Women Back into History by showcasing, using writing contests, plays, community activities, festivals and other social medias the aspects of political, medical, social, humanities, transportation and scientific fields as well as Military women who have involved themselves in American history.

This campaign encourages not just the famous or recognized women leaders in their field but every woman on any local level who has made their community better for everyone.

Women's History Month Poster Contest

By Mary Lou Andres

This will be the tenth year the Derby City Chapter has sponsored a poster contest in honor of Women's History Month. Art students from New Albany High School have prepared posters using the National Women's History Project (NWHP) theme "Writing Women Back into History." These posters will be displayed at the upcoming March 16, 2010, one-day training program at the Fern Valley Hotel & Conference Center. Attendees will have a chance to view the posters and cast their vote. The posters will also be on display at the FBI office since this project is a joint effort with their Federal Women's Program coordinator, Derby City Chapter President, Becky Giles. Prizes will be awarded as follows: \$50 for first place, \$30 for second place and \$20 for third place. Every year the entries get better. Don't forget to stop by and cast your vote at the March 16 training event!

Nominating Committee

By Mary Lou Andres

The nominating committee for 2010-2011 will be chaired by Lauralee Northington. Her committee includes Denise Jones, U. S. Attorney's Office, and Mary Lou Andres, FBI, retired. You will be contacted by one of these members to serve as an officer, committee chair or committee member for 2010-2011. The rewards you will receive from being an active member are endless. Your involvement in the organization will assist in your personal development as well as in the development of work skills. Scholarships to RTP and NTP from the chapter, the region and the National Office are given to those who share their knowledge and abilities with FEW by taking on an active role. Now is the time to step up and move up!

Membership Renewal Reminder

Many members annual renewal came due on March 1. If you are one of those members, you should have received a renewal notice from national by email. Please send your renewals in on time. If you go more than 2 months past due, your name will be dropped from the membership rolls and you will stop receiving information.



Meet Your Fellow Chapter Members

By Anne Ramsey

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

Jennifer L. Ross is one of our newest Derby City Chapter members having only joined a few months ago. Jennifer joined FEW for the resume building, training and networking opportunities FEW affords. She has been a federal employee for 5 years and currently works for TSA, Dept of Homeland Security. Previously she was a FBI Intel Analyst. Jennifer has held other jobs in quality control, as a retail manager and in customer service. She is married with no children. She does have 4 ferrets though. Jennifer's hobbies include reading, movies and literary editing.

Denise George is another recent member of the Derby City Chapter. She joined one year ago as a way to offer support and serve the Louisville community. Denise is a Program Support Assistant at the Department of Veterans Affairs and has been a federal employee for 17 years. She has also held positions as secretary and administrative admin positions at the Department of Veterans Affairs; Administrative Assistant, Sunbelt Title Agency, Orlando, FL; Administrative Assistant, Cystic Fibrosis Foundation in Louisville, KY and Orlando, FL. Denise is single and has one son, Lance, age 10. She also has one dog, Storm, who is part chocolate lab/part Weimaraner. Her hobbies include reading, cooking, sewing, and playing computer games. She volunteers with the Jefferson County Public Schools, PTA.

Chapter Challenge Fundraiser for “FEW: A Helping Hand”

Submitted by Wanda V. Killingsworth, NTP 2010 Special Events Team Lead, Federally Employed Women

There are daily struggles that so many families are confronted with and sometimes it's a challenge for many families to obtain all the necessary school supplies their children require for the entire school year without having a natural disaster such as a hurricane destroy their normal way of life. We know that it is especially important for us to reach out to one another and offer a helping hand.

As members of Federally Employed Women (FEW) we know all about giving back, on May 22, 2008, a group of FEW National officers and members donated their time and talent to lend a helping hand to a resident of the lower 9th ward whose home was destroyed by Hurricane Katrina by painting the homeowners house. In addition they were able to assist with the removal of debris from a large cluster of apartments which were at the beginning stages of rehab in the upper 9th ward. During this visit we noticed that there were still many homes that were boarded-up in the city. We were thankful for the opportunity to be involved and help in

a small way. However, that is what FEW is all about; volunteering to make a difference.

So we are challenging each chapter to participate in a Chapter Challenge Fundraiser for “FEW: A Helping Hand” now through July 1, 2010. Chapter's accomplishments in this effort will be recognized during the 2010 National Training Program (NTP) FEW Awards Program in New Orleans. Awards will be presented to the top 3 chapters who raise the most money for this fundraiser at this recognition program as well.

All donations must be made in the chapter's name in order for each chapter to receive credit. When donations are made on-line be sure to include the Chapters name in the box labeled “**Tribute: My gift is in honor of someone.**”

Help us help those in need with this year long initiative which will culminate with the NTP in New Orleans. One hundred percent of your donation goes directly toward providing items such as supplies, and uniforms to each school. Our goal is to raise \$5000 for each school.

Donations can be made online at www.feea.org Click on Give Now and Scroll Down to Gift Designation Use the pull down box to designate your gift to FEW: A Helping Hand. You can also bring your check to a chapter meeting and turn it in there to be included with other checks so our chapter gets all the credit we should.

Make checks payable to FEEA – FEW: A Helping Hand
Send to: 3333 S. Wadsworth Blvd., Suite 300, Lakewood, CO 80227

We can meet this challenge! Donations are tax-deductible.

Family Trip

By E. Anne Carter

In December my mother and I took a trip to Ashville, North Carolina to visit the Biltmore Estate for a nighttime – Candle Light – Christmas tour. I was absolutely amazed at the elaborate details of each and every room. The fact that there was 18” of snow on the ground only made it more perfect (until we got to the hotel parking lot!)

Mom told me she felt like an “Old Soul”. That she would have loved to live in older times. I can imagine her playing the piano and strolling on the grounds. She is a true Southern Belle and a Lady; not a mere female.

As we listened to the choral presentations and watched the dancers in the main foyer of the Biltmore Estate, I realized how different things are. Singing voices rang clear through the house with no amplification or accompaniment. Those dancers didn't gyrate like they do today. Their graceful movements only hinted at their desire to be together; not some provocative exhibition.

We navigated the roads and detours with maps from Google, stopped and ate lunch at a fast food restaurant, and received an email on my blackberry phone during the tour to confirm our hotel reservations for the night. What a contrast to the 1900 lifestyle.

I didn't know where to start when I decided to write this down and was mulling over ideas as I baked cookies. For some reason I started humming "Sister Suffragettes" from Mary Poppins. It was then I realized that all the comforts and privileges we have today are because other women before us have taken a stand on controversial issues.

I thought of all the things the Derby City Chapter of Federally Employed Women does to support others. Collecting pennies, soft drink tabs, and toiletries seem insignificant until you realize that these small tokens add up and allow dreams to come true for sick children, provide dialysis for someone who desperately needs the procedure and allows parents to shower and shampoo while dealing with their child's hospitalizations. The Chapter also helps support a local Women's Shelter and sponsors a homeless veteran each year at Christmas.

I'm proud to be a FEW member and hope that our daughters and granddaughters will emulate our desire to make life better for those who inherit our world.

Have a safe and prosperous New Year.

Derby City Scholarship Information

By Mary Lou Andres

Anne Carter, 1st Vice-President for Programs, was the winner of the Derby City Chapter's Regional Training Program (RTP) scholarship. She attended her first RTP in Pensacola, FL on February 10-12, 2010.

The deadline for the Chapter's National Training Program (NTP) scholarship was March 1, 2010. The winner will be announced within the next couple of weeks.

At our meeting on February 16, 2010, Paula Thompson and Tracy Parker volunteered to work on submitting packages for National and Regional awards. Awards are given for chapter programs, membership, special project, fundraiser, newsletter and overall chapter. Anyone interested in assisting in this project, please contact Paula, Tracy or any chapter officer.

National Training Program Scholarship

The Federally Employed Women (FEW) National Scholarship Committee is currently accepting applications for the 2010 National Training Program (NTP) Scholarship. FEW is also accepting applications for the Retiree Scholarship Program for the Federally Employed Women (FEW). Please note that these are two different scholarships, both with the purpose of helping members attend the NTP.

The NTP Scholarship Program provides an opportunity for deserving individuals to participate in the NTP who might not otherwise be able to attend. Each member in good standing who meets the requirements is encouraged to submit an application for a scholarship.

Nominations for the National Collegiate Scholarship Program are also being accepted during this time. Scholarship funds are distributed for use toward the cost of registration, tuition, and book fees only. While active FEW members will have primary consideration in the awarding of scholarships, dependents of FEW members are also eligible.

All applications must be electronically submitted by April 7, 2010. Please visit <http://www.few.org/scholarships.asp> for direct access to the online applications.

The scholarship criteria and submission procedures can be found in FEW's National Policy and Procedures Manual (NPPM), Part Three - Activity and General Procedures, under the National Training Program Scholarship Section. The NPPM is located on the member only web page at <http://www.few.org/login.asp>. After you log in, click on the menu link for Forms and Documents.

Grantham University 2010 Scholarship

The FEW Foundation for Education and Training is pleased once again to partner with Grantham University, a 100% on-line university, to provide you, a spouse, and/or a dependent child, the opportunity to apply for the 2010 scholarship to earn an undergraduate or graduate degree in any career field offered at Grantham University. The scholarship is valued at \$34,500 and covers tuition, books, and software needed to get the selected recipient started on a full four-year curriculum! Applications are available at www.few.org under Scholarships and under the FEW Foundations link. Applications must be postmarked by March 31, 2010.

FEW Lobby Day & Congressional Reception

Submitted by FEW National Office

Federally Employed Women announces that we will be conducting our third Lobby Day on May 12 and 13, 2010. This event is open to all FEW members. There is no registration fee, but attendees must take annual leave for the Lobby Day on Thursday. Attendees will also be responsible for their travel and lodging costs while in Washington, D.C. FEW will arrange all your Hill meetings (your Representative and two Senators), equip you with all the background materials you need for your meetings and provide attendees with the leave-behind folders for your legislators. You will also receive a full briefing on the morning of your meetings. This is a great opportunity if you can do it. If you are interested, contact Janet Kopenhaver at 703-528-7822 or janetk@few.org.

Betty's Summer Vacation Review

By E. Anne Carter

On Super Bowl Sunday (GEAUX SAINTS! – Who Dat!) a group of 18 Derby City FEW members and guests attended “Betty’s Summer Vacation” at the University of Louisville Playhouse. Several of us met earlier at Masterson’s and enjoyed brunch before the play. I wish I could say that everyone enjoyed the play as well, but that is not possible. We had been warned that the play contained “Adult Humor” and dealt with the sensitive issue of Rape and Incest. None of us were prepared for what was said and done.

The play seemed very irreverent - lacking proper respect or seriousness. What was meant to be satiric was described by audience members during intermission as “Disgusting, Disturbing and Inappropriate”. Several students said that they would have left if they had not been required to attend for class credit and to take a test on the play in the next class session.

The second half of the play was more of an explanation of attitudes and failure to face what was really happening. - A mother denying that abuse had ever happened and finding reasons to blame the daughter for seducing the men the mother brought home. – Young people finding excuses for their behavior and blaming everything on childhood events and other people.

The end solution in the play was to commit suicide or chose to ignore what happened and go on with life. I left the playhouse in a state of shock, wondering what I had done to my fellow chapter members.

On Thursday and Friday of that same week I attended FEW’s Regional Training Program in Pensacola, Florida. (School was cancelled on Friday in anticipation of Freezing Rain and the possibility of snow fall.) So much for February in Florida.

One of the classes I took was on Domestic Violence. At the beginning of the training there was a slide show. As people were settling in, I glanced at the slides every once in a while and talked with the ladies around me. When everyone was settled and quieted down, a very emotional woman stood to address the room. You could hear pain and sadness in her voice as she told us she was the director for a local woman’s shelter. She introduced herself and asked us to quietly watch the video again. The room was silent except for the soft music in the presentation. One-by- one pictures showed victims of domestic abuse; men, women, children and animals as well. They were horrible. The very last shot was of the cutest little puppy. At first I thought it was a joke because there was a brown spot around each of the puppy’s eyes. Then I realized that its ears were badly torn up. One ear looked as if human teeth had bitten it off.

As the program continued the same messages that were presented in the play were being given in this training scenario as well. Don’t tell another female “It happens.

Just get over it”. It isn’t alright and you don’t have to continue to tolerate abuse. Don’t ignore abuse, it won’t go away.

Even though these two presentations were totally different, the messages they portray were meant to make a difference in our way of thinking. We find abuse and violence disgusting, disturbing and inappropriate and hopefully we will be able to provide strength and guidance to victims of abuse to prevent future events.

I’d like to commend Jennifer Day on her performance. Even though the lines were not words of her choosing, she did her best to portray the point that people tend to avoid subjects that make them uncomfortable. Her goal was to bring awareness to rape and incest. This controversial presentation accomplished that goal. By requiring students’ attendance at this presentation, the University took a stand to make the message heard. My place is not to condemn or condone but to challenge each person to take a stand and make a difference in other’s lives.

Hospice Pennies from Heaven

By Mary Lou Andres

Don’t forget to bring all your loose pennies to any chapter meeting. The Pennies from Heaven roundup will be held Wednesday, May 5, 2010, from 11 am to 5 pm at Hosparus – Hospice of Southern Indiana, 624 E. market St., New Albany, IN. Lauralee Northington collects all the pennies all year long to deliver on behalf of our chapter.

New National County Health Rankings

Submitted by Mary Lou Andres

On February 17, 2010, a press release was issued from Frankfort, KY announcing the release of a new National County Health Rankings Report. The report shows how multiple factors can influence health. The first-ever County Health Rankings report by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation will provide Kentuckians—and citizens across the nation—a county-by-county snapshot of the overall health of their communities.

"We hope this new report will be useful to our counties in targeting their health efforts," said William Hacker, M.D., commissioner of public health in Kentucky. "The establishment of baseline data in the early years of this report will give state and local health leaders an important new tool to assist in tracking our communities' progress in continuing to tackle health issues in the years ahead. We all know that, as a state, Kentucky faces many challenges in improving our health status, but we are committed to doing so."

The County Health Rankings are the first to rank the overall health of the counties in all 50 states—more than 3,000 total—by using a standard formula to measure how healthy people are and how long they live. Counties receive

two overall rankings, one for health outcomes—which represent how healthy a county is—and one for health factors—which looks at what influences the health of the county. Boone County ranked as having the healthiest residents in Kentucky, while Woodford County ranked highest in good health factors, according to a new report.

“This report shows us that there are big differences in overall health across Kentucky’s counties, due to many factors, ranging from individual behavior to quality of health care, to education and jobs, to access to healthy foods, and to quality of the air,” said Patrick Remington, M.D., M.P.H., associate dean for public health, University of Wisconsin School of Medicine and Public Health. “For the first time, every person can compare the overall health of their county to the health of other counties in Kentucky, and also see where the state needs to improve.”

The online report, available at www.countyhealthrankings.org, includes a snapshot of each county in Kentucky with a color-coded map comparing each county’s overall health ranking. Researchers used five measures to assess the level of overall health or “health outcomes” for Kentucky by county: the rate of people dying before age 75; the percent of people who report being in fair or poor health; the numbers of days people report being in poor physical and poor mental health; and the rate of low-birth weight infants.

The report then looks at factors that affect people’s health within four categories: health behavior; clinical care; social and economic factors; and physical environment. Among the many health factors looked at were rates of adult smoking; adult obesity; binge drinking and teenage pregnancy; the number of uninsured, the availability of primary care providers and preventable hospital stays; rates of high school graduation; number of children in poverty; rates of violent crime; access to healthy foods; air pollution levels; and liquor store density.

“These rankings demonstrate that health happens where we live, learn, work and play. And much of what influences how healthy we are and how long we live happens outside the doctor’s office,” said Risa Lavizzo-Mourey, M.D., M.B.A., president and CEO of the Robert Wood Johnson Foundation. “We hope the County Health Rankings spur all sectors—government, business, community and faith-based groups, education and public health—to work together on solutions that address barriers to good health and help all Americans lead healthier lives.”

For more information on the ranking of all states by county, please visit www.countyhealthrankings.org.

Women’s Heart Health

Submitted by Mary Lou Andres

An on-line Reader’s Digest article by Beth Howard suggests 5 things you can do to improve your heart health.

- **TAKE THIS: Fish oil** - It requires no prescription, but fish oil packs lots of power. According to a recent review of more than a dozen major studies, if you have

high cholesterol, fish oil can lower your odds of cardiovascular problems by nearly 20 percent; if you’ve had a heart attack, it can cut the likelihood of a second one by 15 to 30 percent. It’s the fatty acids EPA and DHA that are key. “All healthy people should average about 500 milligrams a day of combined EPA and DHA,” says study author Carl J. Lavie, MD. “You can get that with two fish meals per week or through a supplement.”

- **TALK TO YOUR DOC BEFORE SWALLOWING THIS: Aspirin** - This heart hero helps ward off heart attacks in men and strokes in women, but experts have become more leery of its ability to cause serious stomach bleeding. So the U.S. Preventive Services Task Force has adjusted its guidelines. The important changes: Generally speaking, men shouldn’t take aspirin as a preventive before age 45, women should wait until age 55, both should stop at age 79—and no one should start popping the pill without talking to a doctor about potential payoffs versus the danger of bleeding. The task force also recommends a lower dose for prevention: just one low-dose aspirin (81 mg) daily or one regular aspirin (325 mg) every other day.
- **TREAT THIS: Depression** - Sure, it’s depressing to have heart disease, but evidence is growing that depression may also be a risk factor. In an investigation of 63,000 women, those who were depressed during the 12-year study were twice as likely to eventually experience sudden cardiac death. That’s more reason to get counseling, antidepressants, or both, says cardiologist Sharonne N. Hayes, MD, of the Mayo Clinic in Rochester, Minnesota. Researchers say the mood boosters sertraline and citalopram are least likely to interact with commonly used cardiac medications.
- **DO THIS: Meditate** - Studies have shown that this stress-taming technique decreases blood pressure and plaque buildup in arteries. Now it seems that meditation actually prevents heart attacks, strokes, and premature death in people with heart problems. Of 201 African Americans with cardiovascular disease, those who learned to meditate using the Transcendental Meditation technique were 47 percent less likely than non-meditators to have a heart attack or stroke or to die of any cause. “We tend to rush to the pillbox, but our study shows how powerful it can be to add stress reduction,” says researcher Theodore Kotchen, MD.
- **SUPPORT THIS: Smoking Bans** - No Smoking signs started cropping up more frequently after the surgeon general endorsed bans on smoking in public places back in 2006. Now the Institute of Medicine reports that heart attack rates have dropped by as much as 47 percent in areas that prohibit lighting up in public. So far, nearly half the states and the District of Columbia have enacted bans.

To read more go to www.readersdigest.com .

Kentucky to Take Part in National Drug Use Survey

Submitted by Mary Lou Andres

A federal agency that monitors substance abuse and prevention will conduct a survey in Kentucky and other states over the course of 2010 to gather information on the prevalence of drug use in American society.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has contracted with the Research Triangle Institute (RTI) to conduct the national survey and will be contacting an estimated 200,000 households in 50 states. Participants will receive a \$30 cash incentive to participate.

“In order to combat drug abuse and its consequences, we must first obtain a full portrait of how it is affecting our country. Not only is this legitimate – but it also is an extremely valuable survey,” said William Hacker, M.D., commissioner of the Department for Public Health. “It is very important that members of the public contacted about this survey respond accordingly.”

Letters will be sent to households in every state and the District of Columbia, explaining the National Survey on Drug Use and Health (NSDUH) and informing citizens that a professional field interviewer will soon visit their household. The survey contains questions on physical and mental health and other topics associated with substance use and treatment.

“Substance abuse is one of the biggest threats to not only the physical health of our country, but also our mental health as well,” said Stephen Hall, commissioner of the Department for Behavioral Health, Developmental and Intellectual Disabilities. “Once the SAMHSA survey is complete, we’ll have a broader understanding of the scope of the problem, how it is affecting people’s lives and how and where to direct public policy and resources.”

The NSDUH takes about an hour and will be conducted in the privacy of the participant’s home using a computerized questionnaire. Both SAMHSA and RTI assure complete confidentiality of all responses. The survey is designed so that responses to all potentially sensitive questions are private.

Information about the NSDUH, SAMHSA and RTI can be found at nsduhweb.rti.org, www.samhsa.gov and www.rti.org. State level estimates of substance use can be found at oas.samhsa.gov/states.htm.



Primary Election Dates

Indiana – May 4

Kentucky – May 18

Coming Events

March 4, 2010 – Dress for Success Benefit; River Bend Winery, 7 pm, 120 S. 10th St. For info – 637-5082, info@fashionbenefit.org

March 10, 2010 – 100 Wise Women forum featuring Madeline Abramson as keynote speaker. 8-10 am at University Club, \$30. Register at www.leadershiplouisville.org/events.

March 16, 2010 – Derby City Chapter 1-day training program.

March 18, 2010 – 11th Annual Regional Minority & Women Business Owners Conference; Horseshoe Casino & Hotel; www.lsi.org.

March 2010 – RTP, Western Region, San Diego, CA

March 2010 – RTP, Pacific Northwest Region, Seattle/Tacoma, WA

May 3-7, 2010 – FAPAC, Gaylord, Washington, DC

May 12-13, 2010 – FEW Lobby Day, Washington, DC

June 2010 – SAIGE, Mohican Sun, CT

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

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

Deadline for articles for the next issue of the Pacesetter is May 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.



MEMBERSHIP APPLICATION AND RENEWAL

(Mail to)

FEDERALLY EMPLOYED WOMEN

P.O. BOX 75551

BALTIMORE, MD 21275

Please Print Legibly

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Address 1: _____

Address 2: _____

City: _____ State _____ Zip _____

Daytime Phone: _____ Email (home): _____

Evening Phone: _____ Email (work): _____

Fax: _____

Employer:

Private Industry: Federal Government: Local Government: Retired:

Other (Explain): State Government: Unemployed:

Grade (check):

- GS 1-4 GS 13-15
- GS 5-8 GS 16+
- GS 9-12 Military

FWP/EEO (check):

- FWP Full-Time
- FWP Part-Time
- EEO
- Other FWP/EEO
- Not Applicable

DEMOGRAPHICS

Gender: Male Female

RACE/NATIONALITY:

- American Indian Hispanic
- Asian/Pacific Caucasian
- Black Other

Job Series: _____

Service Computation Date: _____

PAYMENT: NATIONAL (\$45) CHECK # _____

I wish to join the _____ Chapter. (Chapter Selection is Required)

Referred/Recruited By (one name only): _____

Recruitment Event (if applicable): _____

ABOUT THE ORGANIZATION:

FEW is comprised of Chapters throughout the world. Membership is open to all Federal and D.C. government employees and to any other person supporting the goals and objectives of FEW. More information about the organization is posted on the FEW website:

<http://www.few.org>

****Please note that you may also Join FEW Online at <http://www.few.org> ****

Annual National membership dues are \$45 for Chapter members. Eligibility for Chapter membership is contingent on National membership.

* 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.

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