



MID-CONTINENT REGION FEDERALLY EMPLOYED WOMEN

Message from the Regional Manager

I want to welcome our newest Chapter to the FEW Family – The Nebraska Sandhills Chapter! Everyone needs to give them all of the assistance and information that they can to help them in their first year! Congratulations!

The Spring Regional Board Meeting, hosted by the Willa Cather Chapter, was a great success. Many thanks to the Willa Cather Chapter for all of the arrangements that they made and for welcoming the regional board so graciously! It was a great weekend!

We just finalized our Regional Elections! Congratulations to all new officers. They are:

Myself, as your Regional Manager, Gloria Sherman as the new Regional Representative and Regional Secretary, Mary Brown as Regional Treasurer, Paula Leach as Regional By-Laws Chair, Jocelyn Morris as Regional Long-Range Planning/Policy & Procedures Chair and Debra Farley as Regional Nominations /Elections Chair.

I will be contacting the current Committee Chairs to see if they would like to continue serving in that capacity.

I really appreciate your re-electing me as your Regional Manager. It has taken this first year to get familiar with and find out what all needs to be done as Regional Manager. So I plan to continue on the path we have started and work hard the next two years to keep our Region growing!

Thanks to all of the Chapter Presidents for the support they have shown me – I will continue to rely on you all for assistance!

Thanks to all of our FEW members in the region – we have a GREAT Group and will continue to thrive!

I hope that as many of you as possible will plan to attend the NTP in Atlanta! It is a great experience. Please let me know if you are going, as we will be having a Regional Board meeting at the NTP (date and place to be announced).

We continue to put into place the plans for our RTP in October. If you have any suggestions, or want to help out, especially with Corporate Sponsorship, please contact Joyce Latrom, RTP Chair at Joyce@cornhusker800.com. Mark your calendars for October 12-13, 2006 at the Lied Conference Center in Nebraska City!

MID - CONTINENT REGIONAL NEWSLETTER

In This Issue

Regional FEW Information	2
Chapter Highlights	3
Chapter Highlights	4
Chapter Highlights	5
Chapter Highlights	6
Chapter Highlights	7
Chapter Highlights	8
Regional Training Program RTP	9
Membership Application	10

I look forward to working with you all over the next two years!

Joan Chopp

Regional Manager

Mid-Continent Region FEW

The Mid-Continent Regional Board is made up of elected officers and committee chairpersons. →

The Board conducts the ongoing business of the region, providing chapter guidance and support; reviewing chapter progress; sponsoring a regional training program and assuring regional funds are used to support FEW goals.

The Board meets two times a year at various locations to consider any issues and have training.

Chapter Presidents

Carrie Chapman Catt	Chris Rassmusson
Heart of America	Annora Ogletree
Kansas Sunflower	Gloria Sherman
Mid-America	Pam Greenough
Nebraska Heartland	Joan Chopp
Willa Cather	Marianne Gronstal
Ft Leonard Wood	Jocelyn Morris
Nebraska Sandhills	Mary White

Regional Board of Directors (Newly Elected)

Regional Manager	Joan Chopp
Regional Representative	Gloria Sherman
Treasurer	Mary Brown
Secretary	Gloria Sherman
By Laws	Paula Leach
Long Range/Policy & Procedures	Jocelyn Morris
Nominations	Debra Farley
Immediate Past Regional Manager	David Hampton
Compliance	Sandy Conrad
Legislative	Gina Ray
Membership	Gloria Sherman
Finance	Joyce Latrom
Awards	Joyce Latrom
Newsletter/Public Relations	Mary White
Ways and Means	Mary Souers
Diversity	Ellen Fischman
Women's Network Rep.	Barb Kesl
Training	Marion Stevens
Historian	Terri Klein
Scholarship	Mary Souers

FEW MISSION

Federally Employed Women (FEW) is a membership organization which:

Strives to eliminate sex discrimination in the federal government;

Enhances opportunities for career advancement of women;

Establishes and maintains with federal agencies, working relationships that advocate the fair application of EEO and personnel laws, policies, procedures and practices;

Improves the quality of life for women by influencing Congressional and Administration actions; and

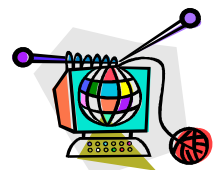
Works continually to achieve a unified and diverse membership that values and capitalizes on similarities and differences at all levels of the organization.

For more information of FEW to the [National FEW](http://www.few.org/) site.

WEB SITES

National: <http://www.few.org/>

Regional: http://www.geocities.com/few_midcont_region/



Federally Employed Women

Mid-Continent Region

Carrie Chapman Catt Chapter

Carrie Chapman Catt Celebrates Diversity

In November, 2005, Carrie Chapman Catt Chapter selected the One Heart Equestrian Therapy Program as a special project to promote for diversity. The Chapter invited Kris Lager, Executive Director and Co-Founder of the organization to present the November program in honor of Diversity Awareness Month. One Heart is a non-profit organization whose mission is to make available equine-oriented activities in a compassionate, safe, and professional manner to achieve therapeutic and educational goals and enhance the quality of life for people with physical, mental, and psychological impairments. Clients of One Heart are comprised of students two through adult with a wide range of disabilities; cognitive, physical and emotional. Equestrian therapy promotes feelings of self-confidence, independence, and self-esteem. Benefits include increasing spatial awareness, range of motion, posture, improve balance and flexibility, fine and gross motor skills and coordination. Community support is key to the success of providing equestrian therapy. The Chapter donated \$100 to the One Heart program. The Chapter recommended the presentation to the Equal Opportunity Civil Rights Committee of the USDA facilities in Ames. Ms. Lager was the featured speaker at an EOCR program supporting Diversity Awareness.

The Chapter continued their support in May, 2006, by participating in the annual Derby Day at the Races, a fund-raising project of One Heart held in Story City, Iowa. Organizations and individuals "purchase" a horse on the historic Story City Carousel and provide a jockey to ride their entry in a race. Entry fees and proceeds benefit One Heart. Money raised supports One Heart riders and horses and the purchase of equipment for the organization. CCC enlisted Terri Klein, chapter secretary, to serve as jockey for our entry, "Carrie's Dream". A beautiful FEW riding outfit was created by Sandy Conrad, chapter treasurer, for our jockey. Other CCCC members competed in a challenge race with Barb Kesl riding "Barb's Black Beauty" to victory by a nose over Terri Klein and Laurie Evans! Six CCCC members and six guests participated in the Derby Day activities. It was a fun event and a great day for racing. The CCCC looks forward to continuing a relationship with One Heart and next year's Day at the Races. We're off!



Carrie Chapman Catt Chapter Celebrates Women's History Month

Women's History Month presented several opportunities for CCC members to observe and participate in activities celebrating the successes of women. On March 23rd the chapter co-sponsored a program given by Ms. Debra Marquart at the Ames Public Library. Ms Marquart is an author, musician and English associate professor of creative writing at Iowa State University.

She toured with several rock and heavy metal bands during the 1970's and 1980's. Marquart continues to perform with a jazz-poetry rhythm & blues project, The Bone People. Her works have received numerous awards and commendations. Her books include "The Hunger Bone: Rock and Roll Stories", "Everything's a Verb", a book of poetry, and her memoirs, "The Horizontal World: Growing Up Wild in the Middle of Nowhere". Ms. Marquart presented

readings from her memoir, which she considers a biomythography. She included personal anecdotes relating to her childhood and growing up in North Dakota. This is the second year CCCC has partnered with the American Association of University Women, Iowa State Chapter, to present the Women's History Month program.

CCCC members were present when the Federal Women's Program of the Ames USDA observed Women's History Month with the program "Women, Builders of Communities and Dreams". Ms. Jane Cox, Professor and stage director for Iowa State University Theatre, presented a one woman show on the life of Carrie Chapman Catt. Ms. Cox has been involved with over two hundred-fifty productions as an actress, designer, or director. Her one woman shows have been performed in over twenty states as well as the Kennedy Center, and the Smithsonian. Carrie (Clinton Lane) Chapman Catt was born in 1859, in Ripon, Wisconsin.

At the age of seven, her family moved to rural Charles City, Iowa, where she graduated from high school in 1877. In 1880, she graduated from the Iowa Agricultural College and Model Farm in Ames (now Iowa State University) at the top of her class, having worked her way through school by washing dishes, working in the school library, and teaching. She was also the only woman in her graduating class. Chapman Catt was a key coordinator of the woman suffrage movement. She revitalized the National American Woman Suffrage Association and played a leading role in its successful campaign to win voting rights for women. In 1920 she founded the League of Women Voters upon ratification of the Nineteenth Amendment to the U.S. constitution. In her later years, Catt's interests broadened to include the causes of world peace and child labor. She founded the National Committee on the Cause and Cure of War in 1925, serving as its chair until 1932 and as honorary chair thereafter. She also supported the League of Nations and, later, the United Nations. The Carrie Chapman Catt Chapter of the

Mid-west Region of the FEW was named in her honor.

Biography information courtesy of the U.S. Library of Congress and the National 19th Amendment Society

"Gender and Executive Leadership: Are We Ready for a Woman President?", a presentation by Kathleen Kennedy Townsend, was co-sponsored by ISU's Carrie Chapman Catt Center for Women and Politics and the Committee on Lectures. Ms. Townsend is the daughter of Ethel and Robert Kennedy and past lieutenant governor of the state of Maryland. She served as Deputy Assistant Attorney General in the U.S. Department of Justice. Currently she is a professor at Georgetown University's School of Public Policy. The lecture was attended by CCC members.

CHAPTER HIGHLIGHTS

Nebraska Heartland Chapter

The NE Heartland Chapter has been very busy!

First we had our Chapter Retreat that was very successful. We had 15 or so in attendance and we had the following schedule: Check in on Friday night, dinner from Lee's Chicken and sides from chapter members, two ice breaker sessions conducted by Jenny Pfeiffer which were great fun and solicited a lot of conversation between our members, a Name That Tune Contest conducted by Stephanie Brown, which was a lot of fun – boy did we learn a lot! Movie Time – Watched the Movie “Michael” with John Travolta. Saturday had a wonderful breakfast of egg casseroles, fruit, juices and toast! Some went for a walk in the park. Then we had a session by Pam Makovicka on “Analyzing your work style” which was very informative! We learned a lot about our selves and others in the group! We then had a light lunch of cheese, crackers, dips, chips, veggies and fruit and then worked on our Chapter Scrapbook thanks to Stacy Mattson and Melissa Wimmer. Some of us were very overwhelmed but it was fun and very interesting! Then we played dominos and some rested and then we had a steak dinner hosted by Mary Brown – It was fantastic! We then were treated to a “spa night” by Stephanie Brown. Later some watched movies and some played Sequence (brought by Lori Aquila). Sunday morning came too soon and we had leftovers and returned home. It was a great and valuable weekend and a wonderful way to get to know each other! We have already set the date for next year's retreat!

We held our 7th Annual Mother's Day Dinner, which had an attendance of about 30. It was a wonderful evening, enjoyed by all who attended. I want to extend many thanks to Mary and Stephanie Brown and Jessica Williams for making it such a memorable evening. The photo contest was great – but very difficult!

We held our Chapter Elections and the new officers are: They are: Stacy Modelski, Chapter President, Pam Makovicka, Vice President, Stacy Mattson, Recording Secretary, Julie Breuer, Treasurer, Marcy Michel, Corresponding Secretary and Jenny Pfeiffer, Nominations & Elections Chair.

We have a great group and continue to grow and sign up new members to join us! We are now up to 34 members!

Joan Chopp, Chapter President





Kansas Sunflower Chapter Federally Employed Women

The Kansas Sunflower Chapter of Topeka, Kansas, sponsored a workshop in recognition of March Women's History Month on March 28, 2006. The event was co-sponsored by the Coast Guard Human Resource Services and Information Center and Kansas National Guard Federal Women's Programs. The workshop was held March 28th at Toni's 'A Place in Time' (A Place to Laugh, Learn, and Celebrate Life).

The presenter was Toni Boyles who includes humor, personal stories, interactive participation, and skill practices in her workshops. The 6 hour course, "Pathways to Positive Relationships" guided attendees to discover how "who you are" and relates to "how you see reality." What are the key factors in our life that shape that view? How can we alter or redirect our thinking to become more effective on a daily basis. We learned about our "Blind Self" and how to make our view of the world more accurate as we explored the Johari Window, Colors/Personality, Paradigms and Proactive vs Reactive. Evaluation feedback was very positive from the workshop attendees.

A brief statement of the purpose of FWP and FEW was done. A monologue of Kansas' women firsts (ie first woman to cross Atlantic, first woman county sheriff, etc).provided the history for the day. Twenty-five people attended the workshop from four local federal agencies.

By Gloria Sherman, President, Ks Sunflower Chapter



NEW CHARTER: NEBRASKA SANDHILLS CHAPTER!

Submitted By: Joan Chopp, Regional Manager

Congratulations to the Nebraska Sandhills Chapter! I was pleased to accept the Charter for our Newest Chapter at FEW's National Executive Committee Meeting in Anaheim, California on May 20th. The chapter officers are as follows:

Mary White, Chapter President

Kim Smith, Vice President

Melanie Carricato, Secretary

Roberta Mues, Treasurer

New members include the above officers and also the following: Deb Blondin, Teresa Keck, Angela Oder, Christina Hannon, Sharon Lantis, Shanda Weber, Cynthia Ross, Natalie Barner, Beth Fries, Judy Layher, and Laurie Jones.

I want to welcome all of you to our FEW Family, both Nationally and to the Mid-Continent Region, and look forward to working with you in the FEWture!

Just getting started!

First of all I must say thank you to Joan Chopp, Regional Manager for representing our Chapter at the National Executive Committee Meeting in Anaheim, California on May 20th. Joan provided us with our "Official" charter certificate. On behalf of the Nebraska Sandhills Chapter, thanks so much Joan for all of your hard work.

Our Chapter has met a few times and we are just getting to know one another, we have a great bunch of women in our group. At our last meeting was held at Little Mexico restaurant in North Platte. Chapter member Laurie Jones had a get to know each other exercise where the person to your left torn off some toilet paper and handed you the torn pieces, the roll of toilet paper made it's way around the table and then Laurie told us that for each little square of paper we had to tell something about ourselves, that was a lot of fun!

We have set our meetings for the first Monday of each month. We will be putting on our thinking caps for future projects, it helps to have Chapters and FEW members who have paved the way for us.

Mary White, Chapter President

The Willa Cather Chapter of FEW hosted the Spring Mid-Continent Regional Board meeting on the weekend of April 21-23, 2006, at the Country Inn & Suites, 17 Arena Way, Council Bluffs, IA., right next to the Mid-America Center (near Bluffs Run/Horseshoe Casino). Our "Wine & Cheese Welcome Reception" was held on Friday night, April 21, 2006, at the Country Inn & Suites, 17 Arena Way, Council Bluffs, IA., next to the Mid-America Center and Bluffs Run/Horseshoe Casino. We had a wine-tasting party. We also sampled sparkling fruit-juices and hors d'oeuvres. Barb Hunter brought fresh fruit dipped in a chocolate fountain, the favorite dessert of the evening. Ms. Elaine Losey, Life Coach, spoke about "Creating the Life You Really Want." Elaine was executive director of USO Operations in South Korea. She hosted the 50th Anniversary events commemorating the Korean War. She has been recognized by both the U.S. and South Korean governments for her work. Elaine helped participants visualize achievements beyond their expectations. Her inspiring presentation was followed by a Sing-along, led by vocalist Barb Hunter, and accompanied by Marianne Gronstal on guitar. Elaine sang a solo. Willa Cather Chapter members appreciated the chance to get acquainted with FEW leaders from across the region. We all extended our FEW spirit of hospitality!

The FEW Mid-continent regional board meeting met from 8am to about 1 pm on Saturday, April 22, 2006. Lunch was provided by Famous Dave's Bar-B-Que. On Saturday afternoon, our group visited the Henry Doorly Zoo, recognized as among the best zoos in the U.S., for "Conservation Day" activities. Docent Marianne Gronstal escorted the group and shared behind-the-scenes stories. On Sunday morning, the Lauritzen Gardens held its Spring Garden Show. Coupons were furnished by Ameristar and Harrah's casinos. Shuttle service was provided to the three casinos in the area. The Horseshoe Casino provided delicious white chocolate caramel cappuccino. Some members/ guests explored the Antique Show at the Mid-America Center, next to the hotel, while others toured the SAC Air Force Museum. Special exhibits were available at the Joslyn Museum also. Members were encouraged to bring their families for the weekend events. The event provided a family-friendly environment.

Marianne Gronstal expresses the following: particular thanks to the Chapter planning committee, Suzanne Wick, Barbara Hunter, Sharrilane Barnhart, Dorothy Wick, Mary Petersen, Pamela Battle-King, Ellen Fischman, Jeanemarie Hudson, and Betty Van Etten, who made my job as event chair so much easier. Thanks to all the Chapter Team for your work for the mission of FEW! Thanks for the door prizes, donations, food, and enthusiasm. Special thanks for our guest presenter, Life Coach Elaine Losey, who inspired us to visualize our goals and never waiver! We want to express great thanks to Country Inn and Suites and their staff for providing such a wonderful venue for the event and going out of their way to ensure its success. Thanks also to sponsoring companies who donated door prizes, including Blue Cross and Blue Shield, Ameristar, Harrah's Casino, Council Bluffs Savings Bank, Omaha Public Power District (O.P.P.D.), A. G. Edwards, Dino's Storage, and Team Bank. Thanks to the Omaha Henry Doorly Zoo whose staff shared special animal interaction during Conservation Day, which highlights the need for conservation/ preservation efforts around the globe to preserve our world. The Willa Cather Chapter especially appreciated the Leadership Appreciation Certificate awarded by the Regional Manager to the Chapter for our efforts! Marianne Gronstal expresses her thanks to all regional board members and guests who attended!

by Marianne Gronstal, Willa Cather FEW Chapter President & Event Coordinator

Please mark your calendars and plan to join the Mid-Continent FEW Region's RTP (Regional Training Program) on October 12-13, 2006, hosted by the Nebraska Heartland Chapter. This year's theme is "**FEWling Your FEWture.**" It will be held at the Lied Conference Center, 2700 Sylvan Road, Nebraska City, Nebraska.

The Lied Conference Center is nationally known as an ideal conference setting, especially in October right after the AppleJack Festival. You will enjoy the spirit of this special place from the first time you step into Lied Conference Center's magnificent lobby. The nationally known Pendleton Outlet is located in Nebraska City. An Outlet Mall is also nearby. Check this web site <http://www.liedlodge.org/directions/> for directions from the Omaha or Lincoln Airport and information about the Lied Center. Per Diem rates for Nebraska City is 60/39. Registration information will be coming soon.

You are welcome to stay for the FEW's National Executive Committee Meeting following the Regional Training Program beginning on Friday afternoon through Saturday afternoon.

MID-CONTINENT REGIONAL TRAINING PROGRAM (RTP)



D
O
N
T

W
A
S
T
E

Y
O
U
R

F
E
W
L
!

Mark the Date

FEWling your FEWture!

Lied Conference Center
Nebraska City, NE

October 12-13, 2006

For More Information
Please Contact
Joyce Latrom at
Joyce@cornhusker800.com
or call
402/475-8946

Logging into FEW.org

Username & Password
The FEW website has been redesigned. One of the features of the new website is the Members Login section. This section of the website will only be accessed by FEW members. All other persons will have access to the public information only. In support of the new design, all current FEW members now have a username and password. This information is required to log into the site.

A temporary username and password has been setup for existing FEW members. The user can change both the username and password once they log in. It is recommended that the password be changed immediately upon login at the very least. If the user is comfortable with their assigned username, they are welcomed to keep it.

The current format for the username is first three characters of the first name, middle initial and last name – lower case, no spaces between the characters. For example the username for Alice A. Smith is **aliasmith**.

The initial temporary password for ALL users is **fmember**. **This password should be changed immediately upon login – go to "Your Details" to do this.**

The login instructions are provided below.

Step 1: To log in, enter the username & password in the "Member Login" section of the Homepage. Click on the "Login" button below the password.

Once the correct username & password is entered, you will see a "User Menu" menu pop up below the main menu.

Step 2: Select "Your Details" from the User Menu.

Step 3: Edit the appropriate fields (especially the password field) and select "Update" at the bottom of the screen.

NOTE: If any user has any problem logging into the website, they should call the FEW Webmaster or email them from the "Contacts" area online at www.few.org. Any login issues will be resolved as quickly as possible.



**MEMBERSHIP APPLICATION
 FEDERALLY EMPLOYED WOMEN
 P. O. BOX 75551
 BALTIMORE, MD 21275**

Month/Year joined: /

Membership ID _____

LAST NAME: FIRST NAME: MI:

ADDRESS 1:

ADDRESS 2:

CITY: STATE: ZIP CODE + 4:

OFFICE PHONE: HOME PHONE:

FAX: EMAIL:

GRADE (check)	FWP/EEO (check)	DEMOGRAPHICS
<input type="checkbox"/> GS 1-4	<input type="checkbox"/> FWP Full-Time	SEX (M/F): _____
<input type="checkbox"/> GS 5-8	<input type="checkbox"/> FWP Part-Time	RACE: _____
<input type="checkbox"/> GS 9-12	<input type="checkbox"/> EEO	YEARS OF SERVICE: _____
<input type="checkbox"/> GS 13-15	<input type="checkbox"/> Other	RETIRE (Y/N) _____
<input type="checkbox"/> GS 16+	FWP/EEO Not Applicable	

ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about the organization is posted on the FEW web site: <http://www.few.org>.

Annual national membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation) but are prorated according to the joining month. Use the table below. Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter membership is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues is prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March	\$25.00	<input type="checkbox"/> September	\$12.00	Total for National	\$ _____
<input type="checkbox"/> April	\$23.00	<input type="checkbox"/> October	\$10.00	Total for Chapter	\$ _____
<input type="checkbox"/> May	\$21.00	<input type="checkbox"/> November	\$ 8.00	Check Amount	\$ _____
<input type="checkbox"/> June	\$19.00	<input type="checkbox"/> December	\$ 6.00		
<input type="checkbox"/> July	\$17.00	<input type="checkbox"/> January	\$ 4.00		
<input type="checkbox"/> August	\$15.00	<input type="checkbox"/> February	\$ 2.00		

I wish to join the _____ Chapter as a regular member or associate member.

I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed) -
 as a regular member or associate member.

Payment (\$250.00) is enclosed for a Lifetime Membership. Referred By: _____