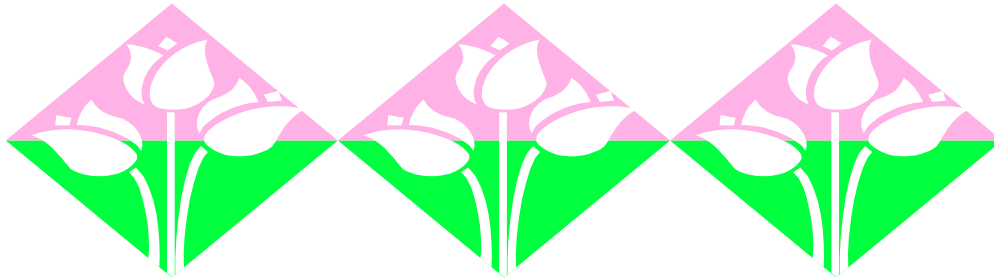




MIDCONTINENT REGIONAL NEWSLETTER ISSUE 1/2005



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Legislative Update from Janet Kopenhaver's Legislative Update publication

If you haven't already, please check out the FEW legislative items on <http://www.capwiz.com/few>. It is updated frequently so you can read FEW's position on issues and contact your local Congressional representative to voice your opinion through this interactive website. PLEASE NOTE: ONLY ACCESS THIS SITE FROM YOUR PERSONAL COMPUTERS AT HOME. DO NOT USE YOUR WORK COMPUTERS.



CHAPTER NEWS

Nebraska Heartland Chapter April Program



Lisa Schulze, Community Educator
Planned Parenthood of Nebraska and Council Bluffs
Presentation, Thursday, April 14, 2005
LaPaz Restaurant
By Margaret Hitz and Joyce Latrom

April is diversity month. Diversity in other words is “Cultural Awareness”. We often think that this refers to cultures in other countries, but our young adults today in this community do have their own culture – hence our speaker for April.

Diverse in her own right, our speaker was Lisa Schulze, Community Educator at Planned Parenthood of Nebraska and Council Bluffs, Iowa. One of Lisa’s many jobs at Planned Parenthood is a collaborative program with the YWCA called “Teen Moms.” Her position at Planned Parenthood is, in her own words, fun, exciting, and Lisa is very committed. She is a specialist in adolescent sexuality and deals with teen’s frustrations. Lincoln, Nebraska has two Planned Parenthood clinics, one on 23rd and O Street and one at 37th and South Street. Margaret Sanger founded Planned Parenthood in 1916. In the beginning of the last century, the program was only for White Upper to Middle-class people for reproductive health care.

The Planned Parenthood Centers can do Pap smear tests, pregnancy tests, and birth control and also administer flu shots (when they can get them). Clients are charged according to their proof of income. Private funding and Title 10 provide some funding for the program. Patient services rely on donors. Girls can take virginity pledges. Unfortunately, this group has a relatively high rate of pregnancy. Lisa works at the office as well as doing sexuality education in our schools. Sixty percent of the outreach is done through Lincoln Public Schools. She also does an outreach program at female and male prisons and detention centers.

Lisa also works with substance abuse and the survival skills program, which also collaborates with the YWCA. At the YWCA they have a 99% success rate out of 700 kids only 5 became pregnant. Her goal is to teach the youth to make good decisions. The best birth control is “hope for the future.” They have moms as young as 12 years old, but most are from the ages of 16-17. She also has a “Wise Guy” presentation for the boys, since there is also pressure for boys.

Lisa ended her eye opening presentation, by passing out several handouts and passing around the breast self test kit and birth control kit. Lisa was well received and exhibited an immense knowledge of the ever surprising and diverse culture of the young adults of today. At the end of the day it’s all about our hope for the future.



Kansas Sunflower Chapter March Program

By Marcella Tinoco

The Federally Employed Women Kansas Sunflower Chapter along with the Kansas National Guard and the Coast Guard Federal Women’s Programs presented a workshop, “Mapping Your Career for the Future” by Lana Eubanks McGlynn for Women’s History Month Workshop on March 31, 2005. Lana is a former Army Special Assistant for Modeling and Simulation and Light Forces and now retired is a small business owner and continues to act as a consultant to the Army. Lana shared her personal experiences, accomplishments and challenges while providing a positive, upbeat and motivating program. Lana’s passionate presentation was very interesting and informative. Program attendees came away from the workshop with ideas and tools useful and crucial in advancing in the federal system. Many favorable comments from those attending the workshop were expressed.

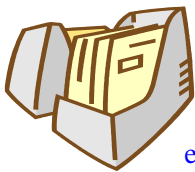


Regional Minutes Archive Project

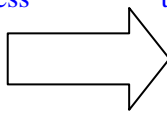
Gloria J. Sherman, Region Secretary

The Regional minutes have, for many years, been kept in a cardboard box and passed from one Secretary to the next. The box is full, and I have decided to turn them into electronic files instead of finding a bigger box.

This will not be a hard task, but will consume hours of time to set up a logical filing hierarchy for all the documents that make up a set of minutes and do the actual scanning. I will be putting them in Adobe .pdf format so anyone who has the free Acrobat Reader will be able to view the documents.



The task can be made a bit less any of the documents in (elected, appointed, electronic versions of any email them to me at gloria.sherman@ks.ngb.army.mil.



time consuming on my part, if I could get an electronic form. Board members (chapter presidents) who have reports for previous meetings can



Please be sure I can tell which Board meeting and which report they are or belong to. Thanks for helping with this project. Questions can be referred to above email or 785-274-1221.

Regional Websites Expand

Gloria J. Sherman, Region Webmaster

The Regional website can be found at www.geocities.com/few_midcont_region. There are all kinds of listings and other information about our Region, and links to the region Chapters that also have websites. Four of the seven chapters have websites, with three of them updated regularly.

I am willing to help with geocities interested. To do this I need For a look at what one chapter has,



hosted websites for all those chapters information that can be posted to the site. go to www.geocities.com/neheartlandfew.

Questions or updates can be referred to me at gloria.sherman@ks.ngb.army.mil or 785-274-1221.

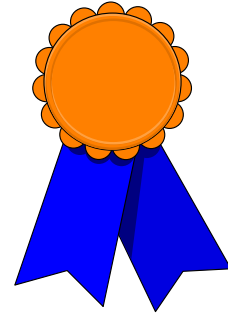


04-05 Membership Contest

Gloria J. Sherman, Region Membership Chair

The Regional membership contest began September 1, 2004 and goes through August 31, 2005. New member's applications must have the Referred By line completed and a copy retained for submission at the end of the contest. All prizes are awarded to individual chapter members.

- ❖ First prize: \$50 towards 05 RTP registration (or \$50 cash payment, if no region RTP) and FEW membership dues for one year.
- ❖ Second prize: \$50 towards 05 RTP registration (or \$50 cash payment, if no region RTP).
- ❖ Third prize: FEW membership dues for one year.



A flyer, record sheet and further details can be found on the website www.geocities.com/few_midcont_region, under the Membership button.

Questions about the contest can be referred to me at gloria.sherman@ks.ngb.army.mil or 785-274-1221.



National Training Program (NTP)

Federally Employed Women invites You
To Join Us in the "Biggest Little City in the World"

Catch the Vision

FEW
NATIONAL TRAINING PROGRAM
05

At Federally Employed Women's
36th National Training Program
July 18-22, 2005 Reno Hilton Hotel
Reno, Nevada

Online conference registration begins March 15, 2005
Register before May 27, 2005, and save \$75.00
Visit www.few.org for further program information or to register.

Overview

July 18-19,

2005 Agency Forums Super Sessions: Intensive Training for Comprehensive Learning
Tuesday, July 19, 2005, FEW Gala Awards Reception

July 20-21, 2005

Career-Building Courses include: Leadership Skills; Information Technology; Public Sector Issues; Equal Employment; Federal Management Issues; Federal Procurement and Contracting; Technical Skills Refreshers; and Strategies for Career Enhancement.

July 22, 2005-FEW Friday

Events will focus on keynote speaker Karen Taylor-Good, Salute to Chapter Presidents, Legislative Update

10 Reasons to Attend 2005's NTP

- The synergy of more than 2,000 women focused on a common goal: think of the networking
- Learning more about the great FEW organization
- Training offerings to augment your skills and expand your abilities.
- Focused Training Tracks for Specialties
- Hands-on computer classes
- Outstanding Training by renowned facilitators
- Panel presentations on current issues and topics of interest
- Outstanding keynote speakers
- Breakpoint Books conference book-store
- Group physical fitness workouts

For more information on NTP 2005 go to <http://www.fewntp.org>