



## *FEDERALLY EMPLOYED WOMEN*

### *SOUTHEAST REGION NEWS*

*Alabama – Florida – Georgia – Kentucky – Mississippi - North Carolina –  
South Carolina – Tennessee – West Virginia*

*January - 2008*

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This publication established October, 2006 is distributed quarterly in October, January, April and July. Deadline for submitting articles is the last day of the month preceding publication.

#### **Message from Regional Manager:**

The holidays are over. The decorations have been put away. Now we can get back to normal (whatever that is). Barbara Powell, Regional Representative and Becky Fasulo, VP for Membership and Chapter Organization, made agency visits at Pensacola, FL on November 15 and provided officer training in Pascagoula, MS for the Magnolia, ARKLAMS, and River City Chapters on November 16.

I was a speaker at a special luncheon program with the North Alabama Chapter at Redstone Arsenal on November 29. While there I also made an agency visit. I thought the program the North Alabama Chapter had was a very interesting and unique idea. The chapter invited the wives of all the general officers who had moved to Redstone Arsenal during the past year. Attending were wives of a 3-star general, 2-star general, 1-star general, chief of staff, and Command Sergeant Major and others. The luncheon was absolutely free to everyone who attended. There was a maximum attendance and reservations were accepted on a first come basis. There was a guest speaker, myself and Mary Peoples, the chapter president, on the program. This program introduced FEW to the wives of the commanders, who in turn would introduce their husbands to FEW. Many people picked up information about joining FEW and information about the Southeast RTP and the NTP. I thought this was a great way to gain support for FEW and explain what we are and what we do.

I will be attending the National Board of Directors meeting in Las Cruces, NM on February 1-2, 2008. At that meeting I will be presenting a proposal from the Greater Atlanta Chapter to host the 2009 Semi-Annual National Board Meeting in Atlanta in conjunction with the 2009 Southeast RTP.

Don't forget the 2008 Southeast Regional Training Program is coming up March 5-7, 2008 in Cocoa Beach, FL. Have you made your hotel reservations yet? It's a great time to bring the whole family to Florida for a vacation. Watch the Space Coast website, <http://www.ksc.nasa.gov/groups/few/> for registration information.

*Anne Ramsey, Southeast Regional Manager*

**Message from Southeast Region Officer or Committee:**

**2008 SE Region Nominations & Elections Committee**

Jean Grenville, Space Coast Chapter, Chair ([jeangrenville@aol.com](mailto:jeangrenville@aol.com))  
Rhonda Smith, Derby City, Committee ([Rhonda.Smith2@med.va.gov](mailto:Rhonda.Smith2@med.va.gov))  
Jean Specht, Greater Atlanta, Committee ([Jean.Specht@ngb.army.mil](mailto:Jean.Specht@ngb.army.mil))

**Calendar of Events**

|                     |                                    |
|---------------------|------------------------------------|
| February 14, 2008   | Call for Nominations               |
| March 7, 2008 (RTP) | Accept Nominations from Floor      |
| March 15, 2008      | Nominations Due to Committee       |
| April 14, 2008      | Nominations Close                  |
| April 28, 2008      | Mail Ballots to Chapter Presidents |
| May 26, 2008        | Voting Closed                      |
| June 2, 2008        | All Ballots Due to Committee       |
| Mid June 2008       | Election Results announced         |
| August 1, 2008      | New Officers on board              |

**The vacancies to be filled are:**

Regional Manager  
Assistant Regional Manager  
Nominating Committee (3 positions)  
Awards Committee (3 positions)

Nominations will be open beginning February 14, 2008. The Nominations package will be sent to each Southeast Region Chapter before that date. Please contact any member of the Nominations & Elections Committee or our Regional Manager, Anne Ramsey, [rams4834@bellsouth.net](mailto:rams4834@bellsouth.net) or our Assistant Regional Manager, Sylvia Brown, [Sylvia.D.Brown@usace.army.mil](mailto:Sylvia.D.Brown@usace.army.mil) if you have any questions.

*Jean Grenville, SE Nominations and Elections Committee Chair*

The bylaws of FEW allow anyone to hold positions at two levels – Chapter, Regional or National. Nominees must have been members in good standing for at least the immediate past two years. We need nominees from across the region with representation from different chapters. Following are the descriptions of the duties of the elected officers from the SE Region Bylaws:

**SECTION 4 – DUTIES OF ELECTED OFFICERS**

**REGIONAL MANAGER (RM)** – The RM shall be the chair of the Regional Board and shall:

1. Serve as member of the National FEW Board of Directors as outlined in the National FEW Bylaws and National Policy and Procedures Manual.

2. Ensure a Regional Training Program (RTP) is held and conduct a regional meeting in conjunction with RTP.
3. Serve as liaison with regional representatives between the National, Chapters, and Members-at-Large, clarifying National policy as appropriate and mediating problems unresolved at the chapter level.
4. Be an ex-officio member of all committees except nominations/elections committee.
5. Appoint Standing Committees as indicated in these bylaws and special committees as determined by the needs of the region.
6. Appoint Regional Representatives.
7. Appoint a Parliamentarian.
8. Assist in establishing new chapters in the Region.

#### ASSISTANT REGIONAL MANAGER

1. The Assistant Regional Manager shall serve as one of the Regional Representatives.
2. Shall perform all duties as assigned by the Regional Manager.

#### NOMINATIONS AND ELECTIONS COMMITTEE

1. A Nominations and Elections Committee shall consist of three members elected from the membership who will serve a two-year term. The person receiving the most votes shall be designated chair.
2. The Nominations and Elections Chair and Committee shall perform duties as specified by these bylaws under Article IX.

#### AWARDS COMMITTEE

1. An Awards Committee shall consist of three members elected from the membership who will serve a two-year term. The person receiving the most votes shall be designated chair.

The Awards Chair and Committee shall perform duties as specified by these bylaws.

Please contact any member of the nominations committee for further information or discussion.

*Rhonda Smith, Nominations & Elections Committee*

### **RTP news and events:**

Make your plans now to attend the SOUTHEAST REGION'S TRAINING PROGRAM (RTP) - MAKE WAVES - A SEA OF POSSIBILITIES

REGISTRATION COST: \$125.00

WHEN: MARCH 5-7, 2008

WHERE: HOLIDAY INN, COCOA BEACH, FLORIDA  
ROOM RATES - \$105 PER NIGHT  
PHONE NUMBER (321) 783-2271  
1-800-206-2747

WEB SITE: [www.ksc.nasa.gov/groups/few/](http://www.ksc.nasa.gov/groups/few/)  
updates & registration soon to be posted

Plan to arrive Tuesday, March 4, and enjoy an RTP Reception, 7:00 - 9:00 p.m. to be held at one of the Lofts at the Holiday Inn. Other activities include: Wednesday night (free night) shopping or dining out; Thursday evening (late night return) of gaming on a local casino ship; Friday tour of Kennedy Space Center.

*Marlene Satterthwaite, 2008 RTP Chair*

### **Southeast Regional Training Program Bids**

According to the SE Region bylaws, we should be voting on where to hold the 2010 RTP at the RTP coming up March 5-7, 2008 in Cocoa Beach, FL. We are supposed to plan 2-years ahead for the regional training programs. I'd like every chapter to think about and discuss hosting the 2010 RTP. The 2008 RTP, of course, is being hosted by the Space Coast Chapter. The 2009 RTP is being hosted by the Greater Atlanta Chapter. The Derby City Chapter hosted the 2007 RTP. I'd like to have some proposals from other chapters submitted for the regional board meeting in March. If you have any questions about hosting a regional training program and what is required, let me know. I'd be happy to discuss it with you. All requirements are covered in the Southeast Regional bylaws and the National Policy & Procedures Manual. I'm sure the chairs from the Derby City Chapter and the Space Coast Chapter would be more than happy to give you some pointers and lessons learned. Chapters, let me hear from you.

*Anne Ramsey, Southeast Regional Manager*

### **NTP news: 2008 National Training Program**

NTP 08 will be July 14-18, 2008 at the Hilton Anaheim, Orange County, California. Start talking it up to your supervisors and training officers NOW! Start working on scholarship applications NOW! Scholarships are available from National and Southeast Region. Check out the criteria and application forms now and see what you need to do during the year to make your application the best. The national criteria are in the

National Policy and Procedures Manual which is posted on the FEW website. There's no excuse for saying you can't go to the NTP because your agency won't pay. You can always ask for administrative leave or even take annual leave to better yourself.

**National news & events:**

**EEOC - EXCEL Conference:** The yearly EXCEL conference is the premier Federal Conference for EEO managers, supervisors and specialists, attorneys, union representatives, mediators, Alternative Dispute Resolution coordinators and human resources professionals. The 10th Annual EXCEL Conference in Denver was a great success. The 2008 EXCEL Conference will be held in Chicago on August 18-21, 2008 at the Chicago Hilton. Registration for this conference will begin in early 2008. If you are interested in presenting at the 2008 EXCEL Conference, please [click here](#) to submit a proposal.

**EEOC - Freedom to Compete Award:** On September 26, 2007, Naomi C. Earp, Chair of the U.S. Equal Employment Opportunity Commission (EEOC), presented the agency's third annual "Freedom to Compete Award" to five employers from the private and public sectors for best practices that promote access and inclusion.

The award recipients include a leading internationally recognized hospital center, a non-profit health care provider, a major bureau of a Cabinet-level agency, a city government, and a disability advocacy organization.

"In today's competitive global economy, employers must cast a wide net to attract the most diverse range of talent available," Chair Earp said at a morning ceremony at agency headquarters. "The Freedom to Compete Award showcases the most innovative employer programs to promote fair and open competition in the 21st century workplace without regard to race, color, gender, religion, national origin, age or disability. We applaud the 2007 winners, whose practices serve as models for employers across the nation."

The awards are part of the EEOC's Freedom to Compete Initiative, a national outreach, education and coalition-building campaign launched in 2002 to provide free and unfettered access to employment opportunities for all individuals. The central theme of the initiative is that every individual deserves the opportunity to compete and advance as far as his/her talent and ability allow without regard to discriminatory barriers. The 2007 award winners are:

**Johns Hopkins Health System:** For developing a series of programs to increase job opportunities for area youth with disabilities; more efficiently handling disputes among its employees, including EEO disputes; improving upward mobility for both new hires and permanent staff, including those from under-represented groups; and enhancing the skills of its service workers. Through these programs, 41 students with disabilities have been placed in internships, 259 employees have completed training programs, approximately 60 employees have earned high school diplomas, and approximately 90 percent of discrimination charges were resolved without an investigation.

**Emory Crawford Long Hospital:** For its "Project Search Program," which was created to assist hospitals experiencing shortages of nurses and medical technicians by employing young people with developmental disabilities (DD) to assist with routine

tasks that do not require medical expertise. As a result of the program, 32 students with DD have transitioned to paid jobs in a variety of hospital departments.

**Internal Revenue Service (IRS):** For its “Lions World Program” to facilitate the hiring and retention of individuals with visual impairments. The IRS extends commitments to hire qualified individuals with visual impairments upon successful completion of pre-employment training that utilizes adaptive equipment and assistive technologies. To date, 673 persons with significant visual impairments have been hired by the IRS through the program. The IRS has also directly hired 126 visually impaired computer programmers.

**The City of Norfolk:** For its “Pathways to Public Service Program,” which was designed to remove barriers to public employment for people of color, women, and individuals with disabilities. The program targets individuals of various ages and experiences and provides mentoring and real-world work experience in the public sector. Pathways to Public Service has resulted in numerous hires for the city.

**Abilities, Inc.:** For its “Experience Counts Program” to assist mature workers with disabilities or age-related limitations to regain meaningful employment. The program aims to educate employers about the value of hiring or retaining older workers and to assist mature job seekers in realigning their careers. As a result, 187 mature workers have obtained meaningful employment. Of those, over 70 percent were unemployed for more than six months prior to receiving services. Abilities, Inc. plans to expand the program to include veterans with disabilities who are returning to civilian life after serving in Iraq and Afghanistan.

As part of the Freedom to Compete Initiative, the EEOC has been forging strategic alliances and partnerships with a cross-section of stakeholders to influence positive change in the workplace. Additional information about the initiative can be found on the EEOC’s web site at <http://www.eeoc.gov/initiatives/compete/index.html>.

The EEOC enforces federal laws prohibiting employment discrimination. Further information about the EEOC is available online at [www.eeoc.gov](http://www.eeoc.gov)

### ***General Interest***

Some of the most well known women who passed on in 2007 included [Anna Nicole Smith](#), 39, Feb. 8; [Jane Wyman](#), 90, Sept. 10; [Yvonne De Carlo](#), 84, Jan. 8; [Kitty Carlisle Hart](#), 96, April 17; [Beverly Sills](#), 78, July 2; and [Deborah Kerr](#), 86, Oct. 16. The list also includes [Madeleine L'Engle](#), 88, Sept. 6: The author of "A Wrinkle in Time," which captivated generations of children and adults since its publication in the early '60s; [Barbara McNair](#), 72, Feb. 4: The pioneering African-American singer and actress who made a name for herself in films such as "[They Call Me Mr. Tibbs!](#)" and the [Elvis Presley](#) film "[Change of Habit](#)"; [Lois Maxwell](#), 80, Sept. 29: The Canadian-born actress starred as Miss Money Penny in 14 James Bond films, the last of which was 1985's "[A View to a Kill](#)"; [Alice Ghostley](#), 81, Sept. 21: a Broadway singer who eventually won a Tony for her featured role in "The Sign in Sidney Brustein's Window." She also starred memorably as Aunt Stephanie in "[To Kill a Mockingbird](#)." But it was in two sitcoms that generations of TV watchers grew to love her: "[Bewitched](#)" (in which she played the ditzy witch Esmeralda) and "[Designing Women](#)"

(the ditzzy Bernice Clifton), for which she was nominated for an Emmy; [Marilyn Martinez](#), 52, Nov. 3: The sassy Latina comic who used her Hispanic heritage as material for some of her most beloved bits; and [Donda West](#), 58, Nov. 10: The distinguished professor of English literature and mother of pop star [Kanye West](#) who died after plastic surgery.

Those celebrity women who turned 70 this year: [Dyan Cannon](#) (Jan. 4); [Marlo Thomas](#) (Nov. 21); [Loretta Swit](#) (Nov. 4); [Jane Fonda](#) (Dec. 21); [Roberta Flack](#) (Feb. 10); and [Jackie Collins](#) (Oct. 4).

### Scholarship Information:

#### **Southeast Regional Training Program Scholarship** -

Each year the Southeast Region presents a scholarship for actual expenses up to the amount of \$1,000.00 to be used to attend the Regional Training Program (RTP). This year it will be held March 5-7, 2008 in Cocoa Beach, FL. The Southeast Region Treasurer will forward the registration fee to the host chapter and the remaining amount will be paid to the winner at the RTP to be applied toward room or transportation.

- Be a member of FEW for at least one (1) year.
- Be an active member participating in meetings and programs.
- During the past two years, served as an officer, committee chair or a member who has actively participated in the chapter.
- Be involved in self-improvement (education, workshops, seminars, training, etc.) and community activities.
- Support the goals of FEW and FWP.
- Not a member of the current RTP host chapter
- Deadline for receipt of applications is **January 5, 2008**.

(Note: this information was previously provided by email to all Chapter Presidents.)

**Southeast Regional National Training Program Scholarship** – Each year the Southeast Region presents a scholarship for actual expenses up to the amount of \$1,500 to attend the National Training Program (NTP). This year it will be held July 14-18, 2008 in Anaheim, CA.

- Be a member of FEW for at least one (1) year.
- Be an active member, participating in meetings, programs, etc.
- Not been an NTP scholarship recipient in the past three (3) years.
- Deadline for receipt of applications is **February 29, 2008**.

**Legislative updates:** Please keep checking the FEW Advocacy website ([www.capwiz.com/few](http://www.capwiz.com/few)) as we add Action Alerts, bills to watch and other important legislative information to the site.

### News from around the region:

Our condolences go out to the family of Becky Price, FEW Lifetime Member and Immediate Past President of the Savannah River Chapter who passed away on October 11, 2007.

Our best wishes go out to Sandy Eliason, who had knee replacement surgery in November, 2007.

**Space Coast Chapter:**

**"What we see depends mainly on what we look for."**

**-- Sir John Lubbock**

Throughout the day, continually ask yourself about your underlying motivation. Why are you doing what you are doing?

Is it for selfish, manipulative or fearful reasons? Is it for honest service with integrity? Maybe you'll discover you don't know. Perhaps you will see that much of your activity lacks purpose.

This is a great way to become more conscious. Your intention and motives are fundamental to the results you will receive. Set high intentions and your life will blossom.

*Sandy Eliason, Space Coast Chapter President*

**North Alabama Chapter, Redstone Arsenal**

FEW Newcomer's Luncheon: On November 29, 2007, the North Alabama Chapter of FEW on Redstone Arsenal hosted a meet and greet luncheon reception welcoming the spouses of military dignitaries to the Huntsville area. Six spouses of Army commanders recently located to Huntsville were honored at the event. Honorees included Kathy Campbell, wife of Lieutenant General Kevin Campbell, Commander, U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (SMDC/ARSRAT); Alice Myles, wife of Major General Jim Myles, Commander, U.S. Army Aviation and Missile Command; Renee Anzalone, wife of Air Force Major General Chris Anzalone, Deputy Director for Test, Integration and Fielding at Missile Defense Agency, Corby Dellarocco, wife of Brigadier General Genaro Dellarocco, Program Executive Officer for Missiles and Space, Diane Hamilton, wife of SMDC Chief of Staff, and Nguyet Borja, wife of SMDC Command's Sergeant Major Ralph Borja.

More than 60 participants were in attendance to honor the dignitary spouses. The event, spearheaded by the North Alabama FEW Chapter President, Mary Peoples, and local FEW members proved to be a great success. Several first timers to FEW were also in attendance to get a glimpse into the dynamics of FEW. The dignitary luncheon, held at the Officer and Civilian's Club on Redstone Arsenal, was an enjoyable time with tasty food, good conversation, and welcoming ambiance. Special highlights of the program were the impromptu dialogues which gave attendees an opportunity to get to know a little about each of the honorees.

The keynote speaker, Dr. Victoria Dixon, Director of Equal Employment Opportunity, Test and Evaluation Command in Arlington, Virginia, gave an inspiring presentation emphasizing the need for women's continued visibility as future leaders and innovators in the federal workplace. Stressing the importance of self-love and acceptance, Dr.

Dixon encouraged participants to continue to take gradual steps towards their own success. Her speech ended with song and an enthusiastic response. Another feature of the program was a presentation by Ms. Anne Ramsey, Southeast Regional Manager for FEW. Emphasizing FEW's goal of working for the advancement of women in government, Ms. Ramsey addressed FEW's major program areas of compliance, diversity, legislation and training. Ms. Peoples closed the program by encouraging membership in FEW and cited the need for federally employed women to help one another to break the barriers to success and push forward for continued advancement.

*Mary Peoples, Chapter President*

### **Garden City Chapter**

On December 13, 2007, the Garden City Chapter (GCC) of Federally Employed Women (FEW) at Fort Gordon, Georgia, held its annual auction to raise money for Safe Homes of Augusta, Fisher House, the Chaplain's Fund, and the Fort Gordon Christmas House. Mrs. Beth Foley, wife of Fort Gordon's Commanding General, served as the auctioneer for the GCC FEW. Although there were only 25 people in attendance at the auction this year, there was a lot of support and willingness to contribute. Frankly, the event was a success because of Beth Foley's energy and enthusiasm. She was pretty unbelievable. She sold and sold! She helped the chapter raise \$1,110 for donations to the charities that support our community and our Soldiers. The most popular items were a football signed by our Commanding General (CG) and his Command Sergeant Major (CSM), a basketball signed by the Garrison Commander and his CSM, plus a bean bag game that allegedly the CG and the CSM used when they soundly defeated Navy 2 December 2007. HOOAH to Beth Foley! Many thanks to Mrs. Foley for her contribution to making this event a success!

*Mary Hammond, Chapter President*

This year the chapter scheduled the auction for December 13, 2007 and did not realize we would be competing against many other events scheduled the same day. Many thanks to Beth Foley for serving as the auctioneer; the Commanding General, Garrison Commander and the Command Sergeant Majors, for their donations; the president of the local chapter, Ms. Mary Hammond of the School of Information Technology, for storing and picking up white elephants; and the chapter members & guests for making this worthwhile event a very big success.

*Rae Combs, Past Regional Manager and National Nominations Officer*

### **Greater Atlanta Chapter**

Just a word to the wise. E-mail petitions are NOT acceptable to Congress or any other municipality. To be acceptable, petitions must have a signed signature and full address. Same with "prayer chains" – be wary.

Almost all e-mails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid in Florida who wanted to break the Guinness Book of Records for the most cards. All it was, and all this type of e-mail is, is to get names and "cookie" tracking info for telemarketers and spammers to validate active e-mail accounts for their own purposes.

Any time you see an e-mail that says forward this on to “10” of your friends, sign this petition, or you’ll get good luck, or whatever, it has either an e-mail tracker program attached that tracks the cookies and e-mails of those folks you forward to, or the host sender is getting a copy each time it gets forwarded and then is able to get lists of “active” e-mails to use in spam e-mails, or sell to others that do.

Please forward this notice to others and you will be providing a good service to your friends, and will be rewarded by not getting 30,000 spam e-mails in the future.

(If you have been sending out the above kinds of email, now you know why you get so much spam!)

For more info check out this website: <http://www.snopes.com/inboxer/inboxer.asp>

*Janet Picha, Chapter President*

### **Public Service:**

ABHP Minority Health Conference will be held in Atlanta, Georgia, May 16-18, 2008, at the Atlanta Marriott Marquis. It is an educational conference for health care professionals interested in multicultural health issues. For more information check out their website at <http://www.ashpadvantage.com/>

On January 3, 2008, Barbara B. Kennelly, President/CEO of THE NATIONAL COMMITTEE TO PRESERVE SOCIAL SECURITY AND MEDICARE issued a news release regarding responses received from Presidential candidates to 14 questions on issues such as: Social Security, Medicare, pensions, healthcare reform, long-term care, prescription drugs, and the federal budget. The full 2008 National Committee Presidential Candidate Questionnaire is online at: [http://www.ncpssm.org/presidential\\_questionnaire/](http://www.ncpssm.org/presidential_questionnaire/).

### **Women’s Health:**

#### **Women and Men: 10 Differences that Make a Difference**

When it comes to health, there are many crucial health differences between men and women. Yet many women do not know that they react differently to some medications, are more vulnerable to some diseases, and may have different symptoms. The Society for Women’s Health Research brought attention to sex differences in initiating the groundbreaking 2001 Institute of Medicine report, *Exploring the Biological Contribution to Human Health: Does Sex Matter?* The report underscored the need to better understand the importance of sex differences and translate that knowledge into improved medical practice and therapies.

Following are some quick but vital facts about sex differences in health care that you probably did not know.

**Heart Disease** – Heart disease kills 500,000 American women each year – over 50,000 more women than men – and strikes women, on average, 10 years later than men. Women are more likely than men to have a second heart attack within a year of the first one.

**Depression** – Women are two-to-three times more likely than men to suffer from depression in part because women’s brains make less of the hormone serotonin.

**Osteoporosis** – Women comprise 80 percent of the population suffering from osteoporosis, which is attributable to a higher rate of lost bone mass.

**Smoking** – Smoking has a more negative effect on cardiovascular health in women than men. Women are also less successful quitting smoking and have more severe withdrawal symptoms.

**STDs** – Women are two times more likely than men to contract a sexually transmitted disease, and more likely to experience significant drops in body weight, which can lead to wasting syndrome.

**Anesthesia** – Women tend to wake up from anesthesia more quickly than men – an average of seven minutes for women and 11 minutes for men.

**Drug reactions** – Even common drugs like antihistamines and antibiotic drugs can cause different reactions and side effects in women and men.

**Autoimmune Disease** – Three out of four people suffering from autoimmune diseases, such as multiple sclerosis, rheumatoid arthritis, and lupus, are women.

**Alcohol** – Women produce less of the gastric enzyme that breaks down ethanol in the stomach. Therefore, after consuming the same amount of alcohol, women have higher blood alcohol content than men, even allowing for size differences.

**Pain** – Some pain medications (known as kappa-opiates) are far more effective in relieving pain in women than in men.

*Society for Women's Health Research, <http://www.womenshealthresearch.org>*

**Just for Fun:**

Twas the month after Christmas and all through the house  
Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.  
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!  
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;  
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese  
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt  
And prepared once again to do battle with dirt---

I said to myself, as I only can  
"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,  
Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished  
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.  
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,  
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---  
But isn't that what January is for?

Unable to giggle, no longer a riot.  
Happy New Year to all and to all a good diet!

Author Unknown

