



AFGE 'flagship' program provides 'Equalizer' training

By **DON MONCRIEF**
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If you have a history of working on Equal Employment Opportunity cases and want to take your skill(s) to the next level, the Women's and Fair Practices Departments have a new program tailored just for you.

The "flagship" program, entitled the Equalizer Training Certification, will, according to AFGE's website afge.org, provide you with the tools necessary to "carry an EEO case

from beginning to end." Applicants to the program must meet the following criteria:

- They must have taken at least three EEO trainings offered by the Women's and Fair Practices Departments in the last five years.

- They must take all WFP EEO on-line self-paced modules (more on those to follow).

- They must have representational experience and they must complete and receive a 75 percent on the application quiz

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From left, AFGE Local 987 Executive Vice President Henry Brown, DLA Vice President Teresa Freeman, Local 987 President Marion Williams, Treasurer Jeanette McElhaney, Vice President at Large Mike Ferguson and Secretary Sharon Kornegay present McElhaney with an engraved plaque on behalf of the membership, during her retirement ceremony June 8 at the Museum of Aviation.

Jeanette McElhaney retires after more than 50 years of civil service

By **DON MONCRIEF**
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Footprints. That was the word Congressman Sanford Bishop used to sum Jeanette McElhaney's journey in life to date. "Lives of great ones all remind us we can make our lives sublime and leave behind us footprints in the sands of time," began Georgia's Second District Representative, paraphrasing poet Henry Wadsworth Longfellow.

Bishop was the presiding official for McElhaney's retirement ceremony June 8 at the Museum of Aviation. "Jeanette is leaving remarkable footprints in the annals of federal government service. She will leave footprints here at Robins, footprints with AFGE, footprints with Federal Employed Women, footprints at New Smyrna Baptist Church, footprints with her family, footprints in her community. Indelible footprints in the hearts of all of those who have got to know her during this incredible journey."

McElhaney retired with more than 50 years of civil service. She started out as a woodworker – using saws, hammers and nails with the best of them in building crates for aircraft wings.

She was a preservation packer, an equipment cleaner, a materiel expeditor – driving half ton trucks while pulling a 10-foot trailer in the process.

She worked with roads and grounds, "planting flowers to beautify the base," Bishop said. She worked as a

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AFGE Local 987 Secretary Sharon Kornegay displays the training certificate she received for completing AFGE's Equalizer Training Certification.

In memory ...

Carla Harris
 Member since April 2011

Calendar

Membership meeting

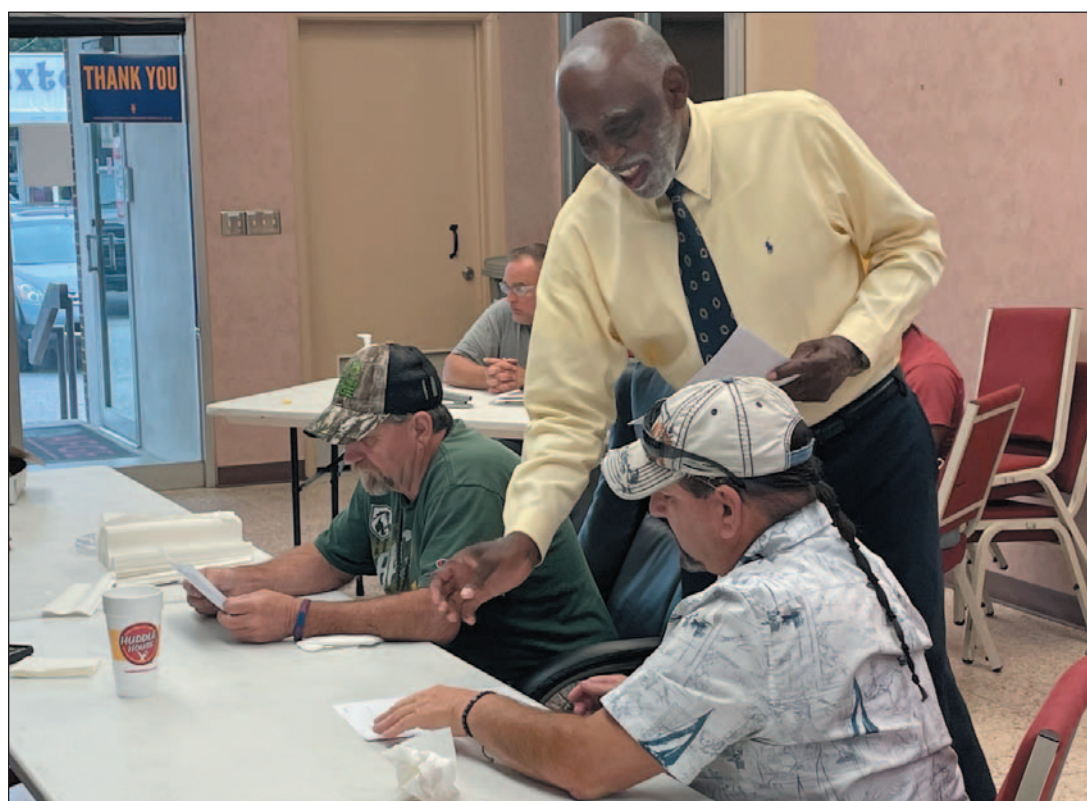
Local 987 will have a membership meeting **June 17 at 5 p.m.** It will be held via Zoom. Membership will be verified before you are admitted into the meeting/teleconference. To that end, you must ensure you have a current email on file or you will not be able to call in. You can make updates by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

Training for the 'OIC' moment

By **DON MONCRIEF**
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The "OIC" moment. Not, as some – military, retired, et cetera – might think: "Officer in charge," but a little more dramatic, a little more like a light bulb coming on above a head. The: "Oh, I see!" moment, said AFGE Local 987 Executive Vice President Henry Brown. The moment that means you've got it. "It's that moment of clarity," he continued. "That's the best information you'll get. When it rings and you go, 'Oh, I see! I got it now!' That in and of itself will last you far longer than the laws that will be changed. Because no matter how they change it (the laws, et cetera), you still have a baseline from which to operate from. So it's important."

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AFGE Local 987 Executive Vice President Henry Brown hands out information during a stewards training session at Union Hall May 31.

Women, Fair Practices Departments hold LGBTQIA+ panel discussion

By **DON MONCRIEF**
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In connection with June being "Pride" month, AFGE's Women's and Fair Practices Departments held a LGBTQIA+ panel discussion June 9 on Facebook Live and Zoom.

The event featured six AFGE members from across the country. They self-identified in a number of ways: gay, lesbian, non-binary, etc. They were asked a number of questions. One of the first was: "Why come out anyway?" For retiree Virginia Hemingway, "it was about me being me" – most echoed her answer in some way, shape or fashion. "I knew for many, many years that some-



thing just wasn't right within me. I wasn't fitting into the world.

"I've got to tell you the truth. Had I had a concept of transgender when I was much younger, I might have identified as a trans person. I've made a conscious not to identify that way

today because I'm 72 years old. My life is the way it is, and you know what, it's okay. I'm alright."

"I also came out," she continued, "because it was important to other people who couldn't or wouldn't or were afraid to come out. It was important in my opinion that I was a visible reminder that that does exist."

The panelists also addressed a number of issues. One was tension they experienced in the workplace. "Pronouns – 'he', 'she', etc – was one problem/concern encountered by most. They also told stories of blatant discrimination/attacks – i.e. security clearances being denied – i.e. subtle discrimination to microaggression

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OSHA issues mandatory safety rules to protect healthcare workers from COVID-19

By AFGE Leadership

After working through the COVID-19 pandemic for more than a year, healthcare workers, including those working for the federal government, will finally have enforceable safety measures that protect them from getting sick on the job.

The Occupational Safety and Health Administration on June 10 issued an emergency temporary standard to require health care facilities, including nursing homes, to follow its safety rules to protect health care workers from COVID-19.

“OSHA has determined that employee exposure to SARS-CoV-2, the virus that causes COVID-19, presents a grave danger to workers in health care settings where people with COVID-19 are reasonably expected to be present and has issued an Emergency Temporary Standard to address the hazard,” OSHA said in the announcement.

Although AFGE supports the ETS for healthcare workers, we will continue to call on OSHA to protect all workers including front-line workers who were among those hit the hardest during the pandemic.

Here's what in the ETS:

The ETS applies to:
 ■ Employees in hospitals, nursing homes, and assisted living facilities
 ■ Emergency responders
 ■ Home healthcare workers

Employees in ambulatory care facilities where suspected or confirmed COVID-19 patients are treated.

But there are a number of people the ETS doesn't apply to, including home care workers who have been vaccinated.

Here are some of the high-

lights of the new requirements. For more details, click here.

1. COVID-19 plan

Develop, implement, and update a plan. Conduct a workplace hazard assessment. Seek the input of employees and their unions in the development and implementation of the plan. Designate workplace safety coordinators.

2. Screening everyone who enters the facility

Limit and monitor points of entry. Screen and triage patients and everyone who enter the facility for COVID-19 symptoms.

3. Personal protective equipment

Provide and ensure employees wear facemasks when being indoors and in a work vehicle. Provide and ensure employees use respirators and other PPE if they're exposed to people with suspected or confirmed COVID-19 and for aerosol-generating procedures on a person with suspected or confirmed COVID-19.

4. Physical distancing

Make sure employees stay at least 6 feet from one another when indoors.

5. Physical barriers

Install cleanable or disposable solid barriers at each fixed work location in non-patient care areas where employees cannot stay at least 6 feet apart.

6. CDC's cleaning guidelines

Follow the Centers for Disease Control and Prevention's guidelines for cleaning and disinfection of surfaces and equipment in patient care areas and all other areas.

7. Ventilation

Make sure that air filters are rated Minimum Efficiency Reporting Value 13 or higher if possible. Maintain airborne infection

isolation rooms.

8. Vaccination

Provide reasonable time and paid leave for employees to get vaccinated and recover from vaccine side effects.

9. Training on workplace transmission

Make sure employees receive training in a language and at a literacy level that they understand to prevent disease transmission and infection in the workplace.

10. Recordkeeping

If there are more than 10 employees, record all cases of COVID-19 and make records available to employees.

For those who have been vaccinated

Employees who have been fully vaccinated are exempted from wearing a mask, social distancing, and barrier requirements when they are in an area where they don't expect to encounter a person with suspected or confirmed COVID-19.

Why we need these safety measures

These new safety measures will take effect immediately after being published in the Federal Register, which is expected to be sometime after June 14. Employers have 14 days to comply with most provisions.

These specific measures are needed because COVID-19 guidelines issued by the CDC are not enough -- in large part because employers can choose whether they follow them.

AFGE members were told by their employing agencies that they were following CDC guidance, but, in reality, that was not always the case. We filed several OSHA complaints, especially those at the Department of Veterans Affairs, but OSHA couldn't do much without having something to cite. With this new standard, that could change.

BBB: Don't let ransomware hold you hostage

Ransomware scams are again becoming popular and seem to be more vicious than ever. Just look at what happened with our gas prices recently.

Ransomware is a virus that freezes your computer, holding it hostage until you pay a “ransom” to unlock it. Victims are consumers, businesses, and even government offices. Victims are reporting losses in the tens of thousands in versions of this scam that encrypts their files.

The larger losses are incurred by businesses due to requirements to protect their network and their customers' personal information.

The scam begins when you click on an infected advertisement, link or open an email attachment. Suddenly, a pop up appears. The screen tells you that all the files on your computer have been encrypted, making them useless unless you have a key to decode them.

For victims of ransomware, decoding your files doesn't come free or cheap. Victims report that total losses from the different versions range anywhere from \$200 to \$500,000.

Most versions of this scam demand payment in Bitcoin. Bitcoin is an online currency that is decentralized, unregulated and anonymous, making it a new favorite method of payment for scammers. Like pre-paid debit cards and wire transfers, if you pay with Bitcoin, it's like paying in cash because it isn't tracked.

To remove the virus without paying the scammers, try running a full system scan on your computer to identify and delete the malicious files. If you are unable to remove the malware, you may need to contact a trustworthy computer repair shop for assistance.

Victims may even have to wipe the machine's hard drive and reinstall files and software.

While completely avoiding ransomware



Kelvin Collins

scams may not be possible, you can take steps to minimize your risks by not downloading one. Here are some suggestions:

■ Always use anti-virus software and a firewall. Protect your computer (and your cell phone) by using antivirus software and a firewall from a reputable company.

■ Update your software regularly. The regular reminders to update your browsers and other software are annoying, but they are for a good reason. These patches and updates protect against the constantly evolving viruses and system vulnerabilities. Most of these have automatic updates available.

■ Enable popup blockers. Popups are regularly used by scammers to spread malware. Prevent them from appearing in the first place by adjusting your browser settings.

■ Be skeptical. Don't click on email links or open attachments you don't recognize and avoid going to suspicious websites.

■ Always back up the content on your computer. If you back up your files, ransomware scams will have limited impact. If you are targeted, you can simply have your system wiped clean and reload your files.

■ Change default passwords on devices connected to your network. Some hackers troll the Internet looking for easy access to devices that still have the default passwords. Take the time to change any factory default passwords to a stronger unique password that cannot be easily guessed.

Victims of ransomware scams can file complaints with the FBI's Internet Crime Complaint Center at www.ic3.gov and find trustworthy computer repair shops at BBB.org.

Attorney General encourages all to learn signs of elder abuse

Special to The Union Advocate

The Office of the Attorney General is encouraging all Georgians to learn the signs and how to report instances of abuse.

What is elder abuse?

Elder abuse includes physical, sexual and emotional abuse, neglect, and financial exploitation. Below are explanations, signs of abuse to look out for, and resources for reporting abuse and protecting loved ones.

Physical abuse

Not only does physical abuse include hitting, beating or intentionally hurting someone; it also includes the improper use of restraints or medications, forcing someone to remain in a bed or chair, or forcing someone to remain in a room (including locking them in).

Signs of such abuse can include unexplained burns, cuts, bruises, and bleeding; sprained or broken bones; and injuries that happen over and over. Another suspicious sign is when the person doesn't want to see a doctor about his/her injuries.

Sexual abuse includes inappropriate touching, rape, or making someone watch pornography or take off his or her clothes.

Signs of sexual abuse include torn or bloody clothes, especially under-

wear; sexually transmitted diseases; bruises, especially on both sides of the body or around the breasts or genitals; or bleeding from the vagina or bottom.

Neglect

This happens when caregivers don't tend to an older person's needs. That can include not giving the person enough food, water, clothing, housing and medications or abandoning him/her.

Signs of neglect include the person being messy or unclean; having dirty clothes, unkempt hair or skin rashes; sudden weight loss or loss of appetite; bedsores; or missing or broken dentures, eyeglasses, hearing aids or walkers.

Emotional/psychological abuse

Emotional/psychological abuse includes threatening someone with violence, nursing home placement, abandonment or neglect; threats, insults, harassment, name calling or intimidating; isolating the person from friends, family or activities; excessively criticizing; ignoring; making derogatory or slanderous statements; repeatedly raising the issue of death; and excluding the older person from decision making when he or she is capable and wants to be included.

The victim of emotional or psychological abuse may

act withdrawn or frightened, have behavior changes that you can't explain, have trouble sleeping, rock back and forth or mumble to him/herself, act depressed, confused or show no interest in things he/she used to enjoy.

Financial exploitation

Financial exploitation is the misuse of financial resources for gain.

Signs include: missing money or valuables, credit card charges the individual did not make, unusual activity in bank accounts, unpaid bills, rent or taxes, eviction notices, legal documents (such as will or power of attorney) signed by an elderly person who could not have understood what he or she was signing, and signatures on checks/documents that appear to be forged.

Reporting elder abuse:

To report abuse, neglect, and exploitation of an older adult or disabled adult who lives in a private residence, contact your local police by dialing 911 or contact Adult Protective Services at 1-866-55AGING - Press “3.” Additionally, you can visit aging.ga.gov then click the “Report Elder Abuse” tab.

To report abuse, neglect, and exploitation of an older adult, disabled adult or resident in a facility, contact Healthcare Facility Regulation: 1-800-878-6442.

Fuel Safety Month - tips to keep people, pets and property safe

(StatePoint) During Fuel Safety Month in July, experts offer the following fuel safety tips:

At the pump

■ Put fuel in the proper container. Universally, red containers are for gasoline, blue are for kerosene, and yellow are for diesel.

■ Never allow children to operate pumps. Never smoke at the pumps.

■ Follow proper filling instructions for containers with Flame Mitigation Devices.

■ To refill containers, remove them from your vehicle, turn off the engine and place them on the ground a safe distance away.

■ Fuel containers can build static electric charge during transport. Touch the container with the gas dispenser nozzle before removing its lid to ground the static electricity charge.

■ Keep the nozzle in contact with the container when filling to prevent static charge build-up. If a static-caused fire occurs, leave the nozzle in the fill pipe. Immediately move away from the vehicle and notify the station attendant.

■ Secure containers in your vehicle against tipping and sliding. Never leave them in a trunk or flat bed,

or in direct sunlight.

Outdoor activities

■ Never start or accelerate a bonfire, barbecue or grill with gasoline.

■ Don't allow children near fuel containers or running equipment.

■ Don't guess. Check the fuel type recommended for lawn and sports equipment. Follow all safety recommendations by the product's manufacturer.

■ Never use fuel for killing ant hills, wasp nests and beehives. Use only appropriate pesticides.

■ Never use gasoline as a cleaning agent or to wash hands.

■ Choose the right container for outdoor activities. While a Scepter SmartControl container is ideal for family chores, easy to transport Scepter Marine Containers are designed for boating needs.

Outdoor chores

■ Use fuel only in well-ventilated areas outside where you won't breathe in fumes.

■ Don't smoke when near fuel containers. One spark can cause vapors to ignite.

■ Never fuel running equipment. If you run out of fuel during a project, let the motor cool before refueling. Fuel accidentally spilled on

a hot surface could ignite and potentially explode.

■ If a flammable liquid spills, immediately contact your fire department or local authorities for cleaning instructions. Restrict access to the area from children and pets.

Disposal

■ Know your fuel. Winter fuel is heavier, and a unique blend. Fuel available in spring and summer is different and should be used for lawn and sporting equipment.

■ Dispose of any winter mix of gasoline by funneling it in your car. It will easily mix with the gasoline in your tank.

Storage

■ Store fuel containers in a secure, dry location away from furnaces, hot water tanks, potential heat sources, pets and children - never in vehicles or living spaces.

■ Inspect existing fuel containers regularly for leaks or cracks. Spot signs of aging? Carefully dispose of the container and purchase a new one.

There are many aspects of handling fuel to know to keep people, pets and property safe. This Fuel Safety Month, brush up on these crucial safety precautions.

The fourth is: Legal Writing Motion for Summary Judgment.

The training, according to the website, will end with a graded writing assignment. Completion of all of the above is necessary to receive the Equalizer certification.

For more information or to sign up, visit the aforementioned website or contact WFP Program Specialist Denver Supinger at DenverSupinger@afge.org.

TRAINING

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(found at afge.org/leaders-activists/womens-fair-practices/equalizer-training/).

The first week's module is: EEO I - Theories of Discrimination and Burdens of Proof. The second is: EEO II - Discovery. The third is: EEO III - Preparing for Hearing/Pre-hearing Reports/Damages.

THE UNION ADVOCATE

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Please submit articles, photos, etc to don.moncrief@afgelocal987.org. For questions about story content, to pass on story ideas or to request coverage, please contact the aforementioned.



TRAINING

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The OIC moment is what Brown said he strives for every time he trains someone else/others. The most recent example came May 31 at Union Hall when President Marion Williams and he offered, as part of the Local's ongoing effort to train its stewards/members, a session for the first (stewards).

It, Brown explained, piggybacked off an online training held by District 5. The Local's training, he continued, was, by intent, a mixture of old and new. (He added he preferred the term "seasoned" versus "old" but said he used it because it best fit the message he was trying to get across.)

"What we did (for this particular training session) was found those stewards who are the newest and needed the training the most," he said. "But what you'll see is a mixture of old and new. Old and new is primarily because if there's a question that's being generated, and because this was online (the earlier, District 5 portion), some things get lost in translation.

"(So,) you can have someone who's a seasoned steward who will be able to address some of the questions that went over your head."

He continued: "Sometimes in academia we really don't know what questions to ask. (For example) How many times have you been to training and you walk in and start unraveling the package called 'education and training' and you start looking at things and you don't have this understanding of it. But you're in this mass (of people), you're keeping low but don't want to appear uneducated.

"So we have to eliminate that. How do you do that? You do that by putting a seasoned steward in there.



So if something comes up you say: 'Hey what was he or she talking about when this information was given?' (The response): 'Here. Go here (to this guidance, etc). This is what you have.'

Again, this was just the latest in the Local's "ongoing" efforts to train its stewards/members. Those have been obviously hindered somewhat this past year due to COVID

- limitations in space at the Hall, social distancing being a major concern, etc - but Brown Williams and he have still been able to do a considerable amount of "one-on-one" training.

In August, he said, "group" training is anticipated to increase as "(we) open up the Hall so we can have a venue, or we can have an increased number (of people and make that available to them)."



To all AFGE Local 987 members: Please ensure your contact information is current. This is critical in ensuring you receive the most up to date information the Local periodically mails out - during times of election, et cetera.

You can make updates via email by sending them to Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

You can make them in person by visiting the Union Hall at 1764 Watson Boulevard (upstairs and please see Linda Baxter)

AFGE



DISCUSSION

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(indirect, subtle or unintentional). (To listen to the full discussion, visit AFGE's Facebook page).

Finally, each was asked to share "one simple thing" people can do to be an ally to them and the LGBTQIA+ community.

"I think the best thing we can ask anybody to do is recognize us and identify us as we chose to identify ourselves," said Hemingway. "And honor that. Respect. That's all I ever want from anybody. Respect."

Adia Damayanti piggybacked on that to say "just to respect our choice of living our truth. And even when we're not in their presence, our family members to have our backs. When someone speaks ill of us or forgets our gender, to correct them."

Hope Berndt, who identified as non-binary, said it would be to educate yourself, as well as "while you're growing in respect and acknowledge there is a wealth of information out there.

"One of the worst things I've ever heard from an EEO lawyer was: 'One of the reasons why we can't represent you all is that the non-binary keep changing your definition and keep popping out different ones every day.'

"No. There are definitions coming out, but the (the base/foundational ones) are there. Go to Wiki pages. Google and you will definitely find a wealth of information. And it's pretty much agreed upon by the community.

"So don't be afraid (to educate yourself)."

Patrick Holmes agreed. "Just do more research. Educate yourself more. And if you don't know, just ask. Don't assume. Educate yourself and be more supporting. If you have a question. Do I prefer pronouns? There's no harm asking. 'I'm going to call you this or that.' No. You come and ask me. You're not going to call me this or that."

He added: We've got a long way to go, but I have seen progress. That's one of the reasons why people are more accepting in me, because I know who I am.

"So, educate (yourself). Never be too old to learn." Matthew Uchaker also suggested simply listening, but added: "But not just sit there and listen with a blank face. Listen with the intent to understand and not just the words that are coming out of my mouth.

"Understand them but maybe learn from them. If somebody is having a deep conversation with you, there has to be a meaning to it.

WHAT DO THE LETTERS MEAN IN LGBTQIA+?

Sexuality is a spectrum in which anyone can identify themselves within. Outside of heterosexuality, where one gender is attracted to the opposite gender (ie. a male to a female) there is a variety of sexualities and gender identities that a person may align themselves with. Identities within the spectrum continue to grow as cultures become more accepting and individuals are free to express themselves.

- L LESBIAN**
The term lesbian is used to describe female-identified people attracted romantically, erotically, and/or emotionally to other female-identified people.
- G GAY**
The term Gay is used in some cultural settings to represent males who are attracted to males in a romantic, erotic and/or emotional sense. Not all men who engage in "homosexual behavior" identify as gay, and as such this label should be used with caution.
- B BISEXUAL**
Bisexual refers to a person who emotionally, physically, and/or sexually attracted to males/men and females/women. This attraction does not have to be equally split between genders and there may be a preference for one gender over others.
- T TRANSGENDER**
The term transgender refers to a person who lives as a member of a gender other than that expected based on anatomical sex. Sexual orientation varies and is not dependent on gender identity.
- Q QUEER OR QUESTIONING**
The "Q" in the LGBTQIA+ acronym has two meanings: "queer" and "questioning." But the former is the most common.
Queer is an umbrella term that embraces a matrix of sexual preferences, orientations, and habits of the not-exclusively heterosexual-and-mono-gamous majority.
Questioning is a term that refers to non-heterosexual people who are still "questioning" their place within the queer community—whether that means that they are still unsure of their sexual orientation or gender identity.
- I INTERSEX**
The term "intersex" is used to describe people who are born with reproductive or sexual anatomy that doesn't fit the typical definitions of male and female.
- A ASEXUAL, AGENDERED OR ALLY**
Those who identify as asexual people are simply defined as those who do not feel a sexual attraction to others. This term is not to be confused with "aromantic," which refers to individuals who feel little or no romantic attraction to others. Asexual people can often be romantically attracted to someone, but sexual attraction doesn't play a role in the relationship.
Agendered refers to a person who is internally ungendered (i.e. doesn't prescribe to any gender).
Ally is a term used to define someone who confronts heterosexism, homophobia, biphobia, transphobia, heterosexism, and genderstraight privilege in themselves and others.
- + PLUS (OTHER IDENTITIES)**
The "+" in the LGBTQIA+ acronym is used to symbolize and explain a number of different gender identities and sexual orientations that are not already present in the lettered acronym. The "+" includes pansexuals who are people who can feel a sexual, romantic, and emotional attraction toward a person, regardless of their gender identity or orientation. The "+" also includes genderqueer term is used to define those whose gender identity is outside of the strict male and female binary.

"So sit there and learn from what that person is saying to you."

Steven Johnston's suggestion was to go to the Human Rights Campaign website (hrc.org) as well as the National LGBTQ Task Force website (thetaskforce.org) and/or to the AFGE Pride website (afge.org/pride).

"That's the first step. (Then,) look around. Are there LGBT people around you? Then that's a sign. Go from there. We need to reach out (to them) and extend seats at the table. It's really just educating and listening and then acting on that."

Added Jeremy Lannan, National Vice President for Women and Fair Practices: "Sometimes we have to share our experiences and our identities and our expectations in the spaces we're in. We've come a long way in our union but I think we

all recognize we have a long way to go.

"And I think we also have to address (that) sometimes when we in our own community tear each other down. Or don't take the time to get to educate ourselves and learn about one another and what's considered respectful for ourselves and one another.

"Because we have these expectations of our allies but we have to have those same expectations for ourselves. Especially in a 'union' space I think. As AFGE we see ourselves as very diverse but we have to ask ourselves: Are we being an inclusive union that we present ourselves to be?"

"And I think we have a lot of work (to do) and that's been established in some of the comments. But I'm willing to do the work and I know you are as well."

JOIN AFGE IN 4 EASY STEPS

STEP 1:

Go to www.joinafge.org

STEP 2:

Select your Agency and Local Number

STEP 3:

Fill out the one-page membership form and click "Join"

STEP 4:

If you're a new member, select a rebate campaign and fill out the brief form (local participation may vary)

AMERICAN FEDERATION OF GOVERNMENT EMPLOYEES, AFL-CIO

Let Tea Take You for an Adventure

FAMILY FEATURES

Visiting a new or favorite destination is one way to travel, but that's not always possible. If you can't escape to a new location, consider taking a mental break in the comfort of your own home with tea as your companion.

With many different varieties of tea to choose from, you can infuse your journey with flavor while enjoying wellness and relaxation benefits. Enjoy virtual travels – wherever you are – with these tips from the experts at Buddha Teas.

Rejuvenating Getaway

Even when you can't get to a spa, tea can help you focus on wellness and refresh your body and mind. While yoga, meditation and massages can aid in recharging you physically and mentally, teas like chaga, detox dharma or mushroom wellness can further help you unwind. Chaga, a medium-bodied mushroom tea, can be enjoyed with honey or milk for a nurturing, peaceful escape. It can also help reset your center and give you a boost of healing energy without any caffeine. Mushroom teas blending flavorful herbs and spices can bring power and pleasure to your cup with remarkable immune boosting, wellness potential – no honey or milk is needed. If you're seeking a total recharge, look for teas with organic ingredients such as ginger root, turmeric and black pepper blended with the super cleanser, burdock root, to create the perfect environment for your body to rid itself of all toxins.

Exploring Nature

If you enjoy hiking and connecting with nature, flower teas like Japanese cherry blossom, chamomile and lavender can be ideal companions. An option like Buddha Teas matches your appreciation for nature. The teas are 100% unaltered, organic and wildcrafted. They're made from fresh herbs and tea leaves and packaged in bleach-free bags, so you can enjoy the purity of natural teas without harmful chemicals or additives.

Emotional Experience

Some journeys are more emotionally charged than others, from reminiscing trips down memory lane to quiet getaways intended to let you free your mind. A heightened sensory reaction to these kinds of emotionally significant destinations is best balanced with chakra teas. "Chakra" is the ancient Sanskrit word for the seven central points of energy that reside within, helping balance your physical, emotional and spiritual states.

Connecting with History

Seeing historical sites and learning about ancient people may inspire you to immerse yourself more fully in an unfamiliar culture. Root teas can help give you a taste of the unknown, such as green tea (Japan), dong quai (China), ashwaganda (India) or black cohosh (North America).

Find more ways to experience the true taste of tea at buddhateas.com.



Photos courtesy of Getty Images



How to Make a Perfect Cup of Tea

Creating a cup of tea that perfectly pleases your taste buds and accentuates the flavor of the variety requires patience and diligence. Consider these steeping steps from Buddha Teas, crafters of beverages using high-quality, fresh herbs and leaves from fresh, organic and wild plants. The sources are harvested, gathered and packaged with conscious care to help you experience the true taste of tea.

Step 1: Water

Use fresh, preferably filtered, water. Many teas, especially herbal, include subtle flavors that can be lost or altered if prepared using unfiltered water.

Step 2: Temperature

Measure the temperature of heated water using an electric kettle with a variety of settings or a cooking thermometer. Consider these temperature guidelines for different types of teas:

- Black (200-205 F)
- Green (175-180 F)
- Blends (190-205 F)
- Matcha (175 F)
- Herbal (205 F)
- Oolong (185-205 F)
- Pu-erh (195-205 F)
- White (175-185 F)

Step 3: Steep

Once water reaches the proper temperature, pour water over one teabag per 8 ounces of water. (For a stronger brew, use additional teabags). Most teas require a 3-6-minute steep, depending on the type of tea and preferred strength. Herbal teas may take longer to reach full strength than black, green or white teas, sometimes up to 10 minutes. One thing to keep in mind: Each tea presents its own unique flavor profile, some naturally trending toward bitter. However, teas that are not naturally bitter will often become so if steeped at too high a temperature or for too long.

A Natural Solution for Summer Hydration

FAMILY FEATURES

Fun in the summer sun can mean anything from poolside play and outdoor exercise to simply relaxing in the shade. While these activities make the season special for people of all ages, the heat also leads to the inevitable: sweat.

Electrolytes, critical for the human body to function, are lost via sweat throughout the day. Drinking plenty of fluids, such as water, helps keep you hydrated. However, adding 100% orange juice to your diet can help replace those lost electrolytes in addition to aiding hydration. According to a study published in the "Journal of Nutrition and Health Sciences," drinking 100% orange juice following exercise contributes to hydration equally as well as water and sports drinks, making the beverage a viable alternative for recovery.

"Electrolytes include nutrients such as potassium, sodium, magnesium and calcium," said Dr. Rosa Walsh, scientific research director at the Florida Department of Citrus. "In fluids, these nutrients carry an electric charge, which allows muscles to contract and nerves to transmit signals, and are critical for the human body to function. Plain water contains few if any electrolytes, so you must replace lost electrolytes by consuming foods or beverages that contain these nutrients. Drinking fluids that contain both water and electrolytes, such as 100% orange juice, may help support hydration."

In fact, 100% orange juice contains about 90% water and can contribute to overall water intake. With no added sugar,

it's an ideal way to support hydration by drinking it on its own or by adding it to recipes like this Healthy Broccoli Salad with Miso Orange Dressing or Pineapple Orange Smoothie.

Consider these major electrolytes found in orange juice:

- **Potassium:** The major electrolyte within all cells, it helps balance fluid in the body with a strong relationship to sodium, the major electrolyte in the blood and outside the cells. Potassium is especially important for regulating heart rhythm and function. An 8-ounce glass of 100% orange juice provides 10% of the recommended daily value for potassium.
- **Magnesium:** The fourth-most abundant mineral in the body and essential in the regulation of muscle contraction, cardiac excitability, blood pressure and other vital processes. An 8-ounce glass of 100% orange juice contains 6% of the recommended daily value for magnesium.
- **Calcium:** Found in fortified varieties of orange juice, calcium plays an important role in muscle contraction, nerve transmission and the contraction and relaxation of the cardiovascular system. As an excellent source of calcium, an 8-ounce serving of fortified orange juice provides 30% of the recommended daily value.

Visit floridajuice.com to find more recipes that aid in summer hydration.



Pineapple Orange Smoothie

Servings: 2

- 1 cup Florida Orange Juice
- 1/2 cup plain almond milk
- 1 frozen banana
- 1 cup frozen pineapple
- 1 teaspoon turmeric
- 1 scoop walnuts
- 1/8 teaspoon cayenne
- 2-3 ice cubes
- 1 scoop plain protein powder (optional)

In large blender, blend orange juice, almond milk, frozen banana, frozen pineapple, turmeric, walnuts, cayenne, ice cubes and protein powder, if desired, until smooth. Portion into two small glasses.



Healthy Broccoli Salad with Miso Orange Dressing

Servings: 1

- Salad:
- 2 heads broccoli, cut into small florets
 - 2 cups purple cabbage, chopped
 - 1/2 cup golden raisins
 - 1/2 cup slivered almonds
 - 1/2 cup chopped green onions

Miso Orange Dressing:
1 cup Florida Orange Juice

- 2 tablespoons canola oil
- 2 tablespoons miso
- 2 tablespoons almond butter
- 1 shallot

To make salad: In bowl, toss broccoli, cabbage, raisins, almonds and green onions.

To make miso orange dressing: In food processor or blender, pulse orange juice, canola oil, miso, almond butter and shallot until smooth.

Pour dressing over salad, tossing to coat. Serve immediately or chill in refrigerator.



AFGE Local 987 photo/Don Moncref
McElhaney's sons, Hosea Allen and Freddie McElhaney place the retirement pin.



AFGE Local 987 photo/Don Moncref
Warner Robins Mayor Randy Toms presents her with the key to the city. He also gave her the official city coin.

MCELHANEY

From page 1

packaging inspector, an Equal Employment Opportunity assistant, a management assistant, and capped her career, Bishop said, as a base records manager – one of only four in the Air Logistics Center.

“This speaks to the fact that she is indeed a multi-talented individual who is definitely not afraid of work,” said Bishop. “It has been said that service is the rent we pay for the space that we occupy on this earth. Jeanette has paid her rent and she has paid it well.

“She has been a staunch advocate for federal workers and their issues. A 49-year member of AFGE and a member of Federal Employed

Women where she currently serves as president of the greater Atlanta chapter.

“She has served as a voice for the voiceless and has given hope to the hopeless. She has provided help for those who have felt helpless. She has certainly helped me, to educate me as congressman on issues that relate to the scope and employment of fed workers.

“Jeanette has always been real. She has always been blunt and she has always been to the point. Jeanette never told me what she thought I wanted to hear but she always told me what I needed to hear. And for that I am grateful.”

AFGE Local 987 presented her with a large engraved eagle. She also received a certificate signed by President Joe Biden, a cer-



tificate signed by 78th Air Base Wing Commander Col. Brian Moore on behalf of the Air Force, a Letter of Appreciation and Certificate of Appreciation from Bishop, a Letter of Appreciation from Congressman Austin Scott, Representative for

Georgia's Eight District and a key to the city and coin from Warner Robins Mayor Randy Toms.

The 78th Communications Directorate gave her a gift featuring a large number of unit coins and a U.S. flag framed. AFGE District 5, represented by District Manager Kevin Harper, also gave her a certificate. Knowledge Management gave her a purse – in Northside High School “orange” so, they said, she would be dressed appropriately while attending sporting events. (She has a huge connection with the school while being involved as her children and grandchildren attended.)

Federal Employed Women gave her a Letter of Appreciation – a proclamation read by AFGE Local 987 Secretary Sharon Kornegay. (She also sang the National Anthem.)

Her sons did the honor of placing the retirement “pin” on her dress and a flag folding ceremony was also presented in her honor. She was presented the flag following. (Note: The list was not all-inclusive. It didn't count the gifts others gave her personally, et cetera.)

“When you talk about Jeanette,” said AFGE Local 987 Executive Vice President Henry Brown, “and all the great comments that have been levied on her today, I think apropos to echo the words of Omar Khayyam (poet, philosopher, etc): ‘The moving finger writes; and, having writ, moves on: nor all thy piety nor wit shall lure it back to cancel half a line, nor all thy tears wash out a word of it.’

“So, your achievements have been great. Your accomplishments have been equally great. But absolutely the most important thing is she is an advocate.

“Jeanette makes a difference. Whether your politics agree or not, the work she puts in is commendable. And I'm telling you. She does herculean work no matter the task.

“If you're interested in finding out how things work, spend five minutes with her.

“So, great job. Enjoy your retirement ... (then tongue-in-cheek and with a laugh) For a week and then we'll see you back up at the (Union) Hall.”



AFGE Local 987 photo/Don Moncref
Congressman Sanford Bishop presented McElhaney with a Letter of Appreciation and a Certificate of Appreciation.



AFGE Local 987 photo/Don Moncref
Michelle Delaney, Middle Georgia Field Representative for Congressman Austin Scott presents McElhaney with a Letter of Appreciation from him.



AFGE Local 987 photo/Don Moncref
Above two photos: Members of her family look on during the ceremony.



AFGE Local 987 photo/Don Moncref
The 78th Communications Directorate gave her a gift featuring a large number of unit coins and a U.S. flag framed.



AFGE Local 987 photo/Don Moncref
Members of the Knowledge Management section acknowledged her long ties with Northside High School by providing her with a special purse - in "Eagles" orange.

