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## A Day of Remembrance

Many of us will enjoy festivities and special events on Memorial Day weekend, including the concert on the Mall, but let's not forget why Memorial Day was established. Memorial Day, originally called Decoration Day, is a time to remember and honor those who have died in service to our country. It was proclaimed officially on May 5, 1868, by General



John Logan, national commander of the Grand Army of the Republic and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. This tradition continues, as on the Thursday before Memorial Day, the 1,200 soldiers of the 3rd US Infantry (the Old Guard) place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. Then they patrol 24 hours a day during the weekend to ensure that each flag remains standing.

In another Memorial Day tradition, many of you might see a veteran who hands you a poppy. Did you ever wonder what the poppy means? Well, in 1915, inspired by the poem "In Flanders Fields," Moina Michael replied with her own poem:



***"We cherish too, the Poppy red  
That grows on fields where valor led,  
It seems to signal to the skies  
that blood of heroes never dies."***

She then decided to wear red poppies on Memorial Day in honor of those who died serving the nation during war. She wore one and sold them to her friends and co-workers. The money was used to benefit servicemen in need. Today, the poppies are made by veterans in "poppy shops" in cooperation with Veterans Affairs Medical Centers and other veterans' facilities. When you receive a poppy, remember to offer a small donation. The Poppy Fund is used to help disabled veterans and their families, so you are donating to a most worthy cause.

In May 2000, President Clinton directed all executive departments and agencies to promote a "National Moment of Remembrance" to occur at 3 p.m. (local time) on each Memorial Day." So please take moment a Memorial Day, to stop and reflect about our military dead and the sacrifice they made for our country.

## ERWA Spring Vendor Fair May 26 GTN Auditorium

ERWA will be hosting its Spring Vendor Fair on May 26. Everyone is welcome to attend! This is the perfect time for you to drop by the Germantown Auditorium between 11:00 and 2:00 and check out what our service vendors have to offer. Many will have giveaways, so you don't want to miss out.

Our favorite Dogfish Head Ale-house will provide a sampling of food around noon; and we expect other vendors will bring some tasty goodies as well. We will have Costco at this Fair, so if you want to become a member, here's your opportunity. We also have some new vendors—Home Instead Senior Care, which offers many levels of care for in-home health care.

The Manhattan Club will describe its property in New York City for those of you who love Broadway and New York and want to consider owning a piece of this property right across from Central Park. T-Mobile will be here to discuss its government discount programs and Long Home Products will be here—if you haven't checked out their new energy savings products, you are missing out on saving your hard-earned money. Plus, for you meeting planners, local hotel properties will also be participating. So please mark your calendars for this fun, educational event.



## May is National Bike Month



The League of American Bicyclists is promoting Bike-to-Work Week 2010 from May 17-21 and Bike-to-Work Day on Friday, May 21.

Bike-to-Work Day is an annual event held on the third Friday of May across the United States and Canada that promotes the bicycle as an option for commuting to work. Leading up to Bike-to-Work Day, national, regional, and local bicycle advocacy groups encourage people to try bicycle commuting as a healthy and safe alternative to driving by providing route information and tips for new bicycle commuters.

So please leave your car at home and hop on your bike to have a positive impact on your health, on air quality, and reduce traffic congestion.



You CAN make a difference. Please contact Dan Adkins, [Daniel.adkins@eia.doe.gov](mailto:Daniel.adkins@eia.doe.gov), to learn more about the DOE bicycle advocacy group and how you can participate.

### DOE LOGO Items from ERWA



Check The ERWA shops at FORS & GTN for prices and availability.

## Mother's Day - May 9, 2010 How To Get the Most Out of Your Teenager on Mother's Day



Since most holidays mean so much work for the moms of the world, the second Sunday of May is the only true day of rest that you can enjoy. Now that your children aren't little anymore, here's how to get the most out of them.

### Time required: two weeks, if possible

1. Teenagers learn through repetition, so remind them early and often. Use notes, discuss it at dinner and tape a poster on the ceiling above their bed. A simple "Mother's Day is coming!" repeated 1000 times will go a long way.
2. Set clear expectations. Place a note with your wants on the refrigerator. Be concise. Example: 1.) Breakfast in Bed - complete with dishes washed afterwards; 2.) Flowers - from a florist, not the neighbor's garden; etc.
3. Avoid mixed messages. Let your teen know, loud and clear, that although you have been harping on them to clean their room for the last month, if they do this on Mother's Day it will **NOT** be considered a gift to you.
4. Don't miss any opportunity for open communication. When your teenager asks for something, like a ride somewhere, start your answer with, "You know, Mother's Day is only (insert # of days) days away." Do this before you answer them.
5. It takes a whole village to raise a teenager. So get on the phone with your teenager's friend's mom and share your strategies.
6. Create a unified front with your husband. If he is unwilling at first to help with your cause, remind him that whatever your teenagers are unable to do for you on Mother's Day, he will be expected to accomplish.
7. Set the consequences beforehand. Do this by reminding your teenager that not only will you always be their mother, you will also someday be the grandmother to their children. The possibilities for revenge here are endless.
8. If your teen expresses how uncool it is to conform to the commercialism of society by observing Mother's Day, tell them that you are proud of their views. Then inform them that K-Mart is having a sale on jeans.
9. If all else fails, guilt should be employed. No need for exaggeration, the detailed story of their birth, including the number of hours you were in labor, will do.
10. Keep in mind that you're in this for the long haul; should anything fall short of your expectations this Mother's Day, begin your strategy for next year a little earlier. The Monday after should work.

### Famous Quotes about "Mom"

- "My mother had a great deal of trouble with me, but I think she enjoyed it." ~ Mark Twain
- "My mother's menu consisted of two choices: Take it or leave it."  
~ Buddy Hackett
- "There is only one pretty child in the world, and every mother has it."  
~ Chinese Proverb
- "Mothers of teenagers know why animals eat their young."  
~ Author Unknown

## Mayday, Mayday, Mayday!

Mayday is an emergency code word used internationally as a distress signal in voice procedure radio communications. It derives from the French *venez m'aider*, meaning "come (and) help me". It is used to signal a life-threatening emergency by many groups, such as police forces, pilots, firefighters, and transportation organizations. The call is always given three times in a row ("mayday-mayday-mayday") to prevent mistaking it for some similar-sounding phrase under noisy conditions and to distinguish an actual mayday call from a message about a mayday call.

The mayday call sign was originated in 1923 by Frederick Stanley Mockford (1897–1962). A senior radio officer at Croydon Airport in London, Mockford was asked to think of a word that would indicate distress and would easily be understood by all pilots and ground staff in an emergency. Since much of the traffic at the time was between Croydon and Le Bourget Airport in Paris, he proposed the word *mayday* from the French word *m'aider*.

Making a hoax mayday call is a criminal act in many countries because of the danger to the rescuers' lives that a search-and-rescue operation can create, as well as the very high costs of such rescue efforts. For example, making a false distress call in the U.S. is a federal crime carrying sanctions of up to six years imprisonment and a fine of \$250,000.

**For Additional  
Vendor Savings**

**Visit the ERWA  
Updated Web Site**

**<http://www.recgov.org>  
then click on  
the energy button.**

## GTN May Vendors

05/03	Barb Omholt, Barb's Baubles
05/04	No vendor
05/05	Linda Truax, Crocheted Towel Toppers
05/06	Beth Taylor, Bella Jewelry
05/07	Sidney Katz, Katz International Gifts and Accessories
05/10	Hebe Wiseman, Handcrafted Wire Jewelry
05/11	Gary and Renee Poston, Light My Fire
05/12	Patricia Johnson, Fashion Jewelry
05/13	Jennifer Bassler, Tastefully Simple
05/14	Yvonne Prevost, Mary Kay Cosmetics
05/17	Cartwright, Citi Financial
05/18	Marla Sabin, Sparkling Ideas
05/19	Karen Gurksnis, Sky Loom - Native Amer. Silver Jewelry & Gifts
05/20	Nancy Nicola, Pursenalities
05/21	Yvonne Prevost, Mary Kay Cosmetics
05/24	Nancy Nicola, Pursenalities
05/23	Gerry Goldgraben, Purse Strings N Things
05/26	Git Gidda, Men's and Women's Accessories
05/27	Barb Omholt, Barb's Baubles
05/28	Lorraine Fowlkes, Tastefully Simple

## FORS May Vendors

05/03	Trudy Gibbs, Mary Kay Cosmetics
05/03-04	Paul Cheng, Diamond & Gold Jewelry
05/04-05	Gary Cassinis/Lou Cassamassa, Ladies Shoes
05/05-06	Lenny & Tina Steiner, Children's Clothes <b>NEW</b>
05/06	King Twitty, Sports Memorabilia & Pictures
05/07	Hanna Weinstein, Hand Made Jewelry; and Harold Bydume, Fancy Findings, LLC <b>NEW</b>
05/10	Ghazel Amir, Sterling Silver Jewelry
05/10-11	Cathy & Stan Clark, Seasoning & Jewelry & Oils
05/11	Sharon Scott, Lotions, Perfumes, Oil Burners & Oil
05/12	Sharonda Stewart, Books; and Leslie Lerman, Jewelry & Gifts
05/13	Mirgana Varga, Bread & Pastries <b>NEW</b>
05/13-14	Harold Griffin, Women's Clothes & Purses
05/14	Gerri White, Hand-made Betty Boop Fashion
05/17	Indu Shama, Jewelry & Gifts
05/17-18	Ellen Hawkins, Plus Size Women's Clothes, Towels
05/18	Irick/Hollinshead, Handbags & Gold & Silver Jewelry
05/19	Paul Bruno, Raw Shea Butter & Soaps
05/19-20	Casey People, Pictures and Frames
05/20	Annmarie Lewis, Men's & Women's Lounge & Sleepwear <b>NEW</b>
05/21	Goldengraben/Blum, Watch Sales & Repair; and Satnam/Singh Gidda, Perfumes & Neckties
05/24	James Johnson, American Financial; and Sydney Katz, Leather Bags for Work & Travel
05/25	Marla Sabin, Sterling Silver Jewelry; and Barbara Mayo/Marie Spencer, Jewelry, Gifts & Shaklee Products
05/26	Denise Bently, Hand-made Baby & Children's Clothes; and Ty Ford, Figurines, Sports Mugs, Scented Fruit Gel Candles
05/27	Michelle Freeman, Hand Made Sports Memorabilia, Cars & Shirts
05/27-28	Valeria Miller, Ladies' Apparel
05/28	Lamario Chez Jackson, Hand-painted Pictures

# The Advertiser

## CARPOOLS/VANPOOLS

CT/MD Vanpool, save \$\$\$, eco friendly, and relieve stress. Currently 9 passenger van can move up. Looking for Charles Town, WV or Brunswick residents. Meeting place Food Lion parking lot, Charles Town, WV departure at 5:45a and Park n Ride, Brunswick, MD (off rt 340, exit# 1, Knoxville, MD) departure at 6:05a. Work schedule 7a-4:30p. Contact: Janet Tatterson at 304-261-4092.

Van Pool Riders Wanted! Laurel, MD (BW Parkway & Rt. 197) Mall Area, Washington DC. Depart Laurel 6:45AM, Arrive Laurel 5:50-6:10PM Contact Shirley 202 586-2218. METRO CHECKS ACCEPTED AS PARTIAL PAYMENT!

CP needs driver/rider from Reston to FORS, 7-4:30 AWS, Jim 7-1370.

CP Hagerstown to FOR, 6:30-4:00 Jim 6-4441 or Peter 6-8116.

CP needs rider/driver from Frederick to FORS, 7-4:30 AWS, Melinda 6-0012.

## FOR SALE

INSANITY! The Workout; 13 DVDs, used 1 week! Comes with Nutrition Book and instructions, Original Box. \$75.00 (Retail: \$120). Call Donna 240 481-1101

David White Construction Level: \$85. Precision optical tool for laying out your construction project, leveling foundations, floors, pipes, walls, turning corners, setting grades, etc. Made in USA model. Can bring to GTN. Tom Anderson, 301 831-8674.

100% Alpaca Bears and yarn for sale, natural colors. Personalized Golf Markers (pewter) In stock only \$4, Lisa German 301 829-0599.

## SERVICES

Stan's Spring Massage Special!! All massages are now just \$55/hour. Conveniently located in FOHO, Tues & Thurs 2-7 PM. Call 202/746-1479 or email bodytech@verizon.net.

Former Maryland Home Improvement Contractor now focusing on simple home repairs and maintenance. Part-time business. Have 20+ years experi-

ence. Can do a variety of tasks depending on job (portable welder, dry-wall hoist, pump jacks, garden tiller, snowblower). Call Matt at 240 285-1090 to discuss the work you need.

Dog Walking: Bonded and Insured couple available for mid-day dog walks/pet sitting. References available. Call 301 540-7292 for more info.

Stork Express: Announce the arrival of a newborn in a BIG way! 7 ft. tall lawn storks with personalized keepsake bundle, delivery included. Call 301 540-7793 for more info.

## HOMES/Vacation - Sale/Rent

For rent, Efficiency apartment. Just constructed. Month-to-month lease. Very large deck, A/C, dishwasher, garbage disposal, all utilities included, free basic cable (with \$100 equipment deposit), free wireless internet access. \$675/month. Call John at 310 473-2907

GERM. CONDO FOR RENT: lg. 2BR, 2FBA, Cath Ceil, new paint, \$1250 + util. Sec. dep. req, NS, NP 301 885-8512.

## ERWA ADMINISTRATIVE CONTACTS

**ERWA President:** Ruth Watkins

**ERWA Offices:** Germantown; E-101, 301 903-5440 Wed., Thurs., and Fri. 11:30 am to 1:30 pm, Forrestal; GE-139, 202 586-0330, Thurs., 11:30 am to 1:30 pm

**Mailing Address:** USDOE, ERWA, Room E-101, 19901 Germantown Road Germantown, MD 20874, or 1000 Independence Avenue SW, Washington, D.C. 20585-1290

**FORS Directors:** Shirley Cambrel at 202 586-3173 or Deborah Bullock at 202 586-2126.

**ERWAYS Editor:** E-066 GTN or ERWA@hq.doe.gov

## ERWA HOTLINE 301 903-8500

### How to Submit Ads & Articles

Due to a shortage of space CP/VP and other continuously running Ads may NOT always appear in each issue. Please try to limit ALL Ads to three issues and be as brief as description allows. Also, if your continuously running Ad (CP/VP for example) is no longer needed, let us know.

Office phone number for CP/VP ads & gov. business **ONLY**. Home number **ONLY** for personal ads—**INCLUDING AREA CODE**. Personals run one issue, then must be re-submitted. For Ads and Articles please send Disk in MS WORD or Word Perfect with any WP file extension (example AD.WP5 or WP6), send E-mail to ERWA@hq.doe.gov, or typed legible copy to: Editor, E-066/GTN. Include your name & current ERWA membership number. Your disks will be returned asap. **NEWSLETTER DEADLINE IS ONE MONTH IN ADVANCE** (e.g., Jan. 1st for the Feb issue). - ED.

## ERWA Club and Activity Contacts

**Travel** Ruth Watkins 301 903-2644 GTN

**Toastmasters** Dan Marsick 301 903-3954 GTN, Eric Thomas 202 586-2242 FORS

**Vendor Hotline** 301 903-1222 GTN

**Softball** Joe Gazda 202 586-2075 FORS

**Golf** John Panek 301 903-4295 GTN

**Soccer** Ken Kellar 301 903-9420 GTN

**Bicycle Advocacy** Dan Adkins 202 586-5990 FORS

"DOE and ERWA do not endorse products or services advertised in ERWAYS nor endorse or guarantee products purchased from lobby vendors."



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## U.S. Department of Energy Energy R & W Association Membership Application

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Rt. Sym. \_\_\_\_\_

Duty Station (Bldg.) \_\_\_\_\_

Send \$4.00 & this completed form to:

ERWA Membership, E-066 GTN.

Membership good for 1 year from issue date.