



# THE WISE ONE

a Great Plains Publication

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## A Message from the Editor

By: Angelica M. S. Heiderich (Φ/E)



Dear Readers,

As we come to the conclusion of Women's History Month, this issue of the Great Plains Publication (GPP) has been dedicated to bringing you not only the accomplishments of the Women in the Great Plains Region of Chi Upsilon Sigma National Latin Sorority, but to also share with you different organizations out there who also dedicate their time and energy towards the betterment of all women.

Fortunately for Women as a whole there are so many more organizations and articles out there that discuss women's history and the accomplishments of women, compared to 10, 20 or 30 years ago. In fact there were so many good articles that we felt our readers would enjoy, we had difficulty deciding which ones would make our issue. So as you browse through this issue you will see that some of the articles presented, will only include excerpts of the entire associated press articles. For your convenience however, we have included links that will take you to the full length version of each article as well as a few links that will take you to other related sources for that topic. We encourage each of you to learn as much as you can from our March issue and about Women's History.

*On a Side Note!* Since this will be the first time that anyone from our staff has directly discussed with you any specific topic relating to our newsletter, I wanted to take some time to talk about a much overdue topic - THANK YOUS! A huge THANK YOU to everyone who has supported our newsletter both from the Great Plains Region and all over the nation. The GPP started back in May of 2009 and this issue marks the completion of our second year of publication. Starting from our very first issue until now I feel we have accomplished our mission of producing an informative and entertaining publication every quarter. Of course I didn't do this alone! I would like to take time to say thank you to our wonderful staff who made this dream a reality.

A huge thanks goes out to MiAlicia Amaya (Φ/Γ) who helped me get the word out about starting a newsletter for the Great Plains Region and for being my right-hand woman as co-editor. I also would like to thank the following women for volunteering to help mold the GPP from an idea into a publication: Anna Castillo (Π/A), Jennifer Ramirez (Φ/A), Kris Delgado (Φ/A), Lisa Cano (AZ/A), Narcely Ruiz (AZ/E), Natalia Alejandro (Φ/A), and Norma Sanchez (AT/A). Lastly I would like to say thank you to all our readers (especially sisters from across the nation) who have sent e-mails showing their support and appreciation for our newsletter.

As we move into another year, we hope to still bring you quality articles and informative updates on the happenings of the Great Plains Region. If you are interested in being part of our staff please see our advertisement on page 8 for more information! Again, Thank you to everyone who has made our first two years a huge success!

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Region V  
SIGMA

The Great Plains Region  
CHI Upsilon



# A STORY ABOUT SERVICE

By: Narcely Ruiz (AZ/E)

This article is about another sisterhood that I admire for their service, but before I get to that, let me share with you how I came to know these women. I, along with 11 students from The University of Texas at Dallas, was sponsored to travel to Wichita, Kansas as part of a service-driven alternative spring break experience. The leadership program is truly alternative.

Prior to the trip students were responsible for planning the itinerary, creating the budget for the trip, and learning about the organization we would be working with among other things. I was very excited to go on this mini vacation (which was no vacation at all) as it was my first time to participate. I asked with excitement, "Which hotel will we be staying in?" The program director replied, "St. Mary's Convent". "A CONVENT?!"

Immediately, we turned to *Sister Act* (yes... the movie) for guidance. While most of us did not admit it, we were all secretly looking forward to meeting Whoopi dressed in her habit and to meet the young nun that had the angelic voice. We did not find the young girl nor did we find Whoopi dressed in her habit... or any of the Sisters there for that matter. What we found were women 2-3 times older than us and 99% more able than we were. The baby of their sisterhood was in her 50s. They weren't much different from us. The majority of them had professional degrees and worked as social workers, counselors, educators, pastoral ministers, nurses, environmentalists, musicians, etc.

Our job while we were there was to prepare handrails at different homes to help an 89-year-old nun go up the stairs while delivering food to the poor. Some of us cleaned a home used to conduct support groups for victims of domestic violence, and we watched the children while their mothers attended their group session. Others prepared the gardens in the Convent, cleared the leaves off different yards that were not picked up from last fall, and prepared the community garden so the community could grow their crops. We even picked up horse manure and spread it over the soil.

The aforementioned are only a few of the projects we worked on. We worked hard for five consecutive days. Yet our service was of no comparison to the countless hours of service these women put in. They give up their lives daily for the betterment of the people or their "dear neighbor". They are advocates for peace, justice and change. Through their social ministry they serve a low income community adjacent to the Convent. The women, many of them in their 80s and 90s, provide services by assessing the needs of the community, visiting homes and delivering food as needed. They provide assistance with rent and utilities, offer free income tax preparation, and maintain a community garden to assist the poor in growing their own food.



The convent is unique in that it is a workplace and a home. They are responsible for maintaining the housekeeping and affairs of their home. They are the leaders within their congregation, the administrators and the caretakers of their sisters who cannot take care of themselves.

There is no way to convey the love and passion for service that these women shared; no words could do it justice. These women were amazing and truly inspirational!

The Sisters of the Congregation of St. Joseph are not too different from the sisters of Chi Upsilon Sigma. Both sisterhoods have united their hearts (always or eternally) in the name of something greater than themselves. They carry out their mission daily. Are we?

# TOP SECRET ROSIES

## The Female Computers of World War II

### Rediscovering WWII's female 'computers'

February 08, 2011 | By: (AP) Jamie Gumbrecht, CNN

In all the interviews and conversations, it hadn't come up. To the sisters, it was just a job they'd held a long time ago, when they were teens with a talent for numbers.

To filmmaker LeAnn Erickson, it was history rediscovered.

It was 2003 and Erickson was interviewing sisters Shirley Blumberg Melvin and Doris Blumberg Polsky for her documentary, "Neighbor Ladies," about a woman-owned real estate agency that helped to peacefully integrate a Philadelphia neighborhood. The twins, long-retired by then, reluctantly mentioned a different sort of job they'd held during World War II: Female "computers."

Computer, at that point, was a job title, not a machine. Long before the sisters were businesswomen, community activists, mothers or grandmothers, they were recruited by the U.S. military to do ballistics research. They worked six days a week, sometimes pulling double or triple shifts, along with dozens of other women.

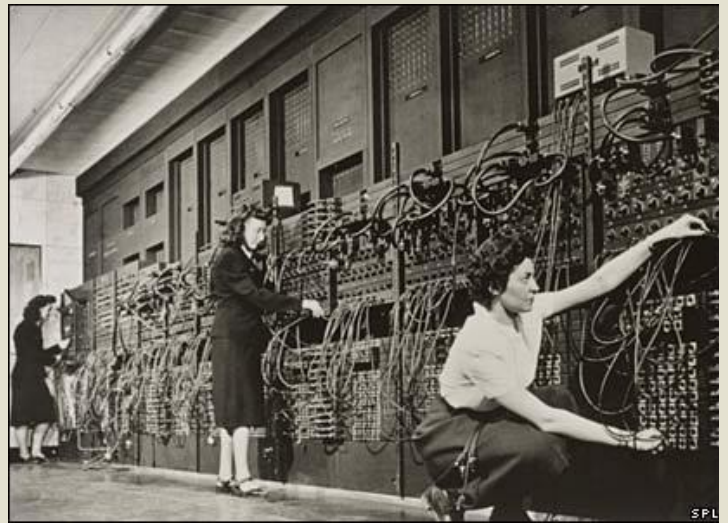
The weapons trajectories they calculated were passed out to soldiers in the field and bombardiers in the air. Some of their colleagues went on to program the earliest of general-purpose computers, the ENIAC.

It wasn't factory work, but they were "Rosies" nonetheless, filling jobs that men would've taken if they hadn't been at war or wrapped up in other military research.

"I said 'What are you talking about?' " Erickson recalled. "I'm an amateur women's historian, but I'd never heard about this -- white-collar women who worked doing math and science under the radar? I didn't know."

Erickson, an associate professor at Temple University, didn't think others knew the story, either.

The memories and witnesses were fading, she realized, and with them, the truth behind women in technology and the first computer programmers would go, too.



### Sharing their story

Erickson's mission to recover the past became "Top Secret Rosies: The Female Computers of World War II," a documentary that debuted last year and was released on DVD last month.

"There were lots and lots of women, thousands of women doing this kind of work all across the United States," Erickson said. "We just don't know it."

Erickson's documentary focused on women plucked from high schools and colleges to work at the University of Pennsylvania in the 1940s. They moved into dorms and apartments and went through a rigorous introduction to ballistics calculations in order to do the job. It paid well, and the women were close. They played bridge, shared dinners and danced together in the university gardens when the war in Europe ended.

Still, they struggled with the knowledge that their calculations -- so precise they measured whether an enemy soldier was standing up or lying in a trench -- were used at war.

Jean Jennings Bartik was one of the women computers. In 1945, she was a recent graduate of Northwest Missouri State Teachers College, the school's one math major. She lived on her parents' farm, refusing the teaching jobs her father suggested, avoiding talk of marrying a farmer and having babies. Bartik was waiting on a job with the military.

When a telegram arrived asking her to come right away, she took a late-night train and began a new career in Philadelphia.

She learned the hand calculations, and saw the clunky old analyzer used to speed up the process. Its accuracy depended on the work of her colleagues, and a mechanic who serviced its belts and gears.

The war ended in 1945, but within a couple months of arriving in Philadelphia, Bartik was hired to work on a related project -- an electronic computer that could do calculations faster than any man or woman. The Electronic Numerical Integrator and Computer, created by Penn scientists John Mauchly and J. Presper Eckert Jr., weighed more than 30 tons and contained about 18,000 vacuum tubes. It recognized numbers, added, subtracted, multiplied, divided and a few other basic functions.

Men had built the machine, but Bartik and her colleagues debugged every vacuum tube and learned how to make it work, she said. Early on, they demonstrated to the military brass how the computer worked, with the programmers setting the process into motion and showing how it produced an answer. They handed out its punch cards as souvenirs. They'd taught the massive machine do math that would've taken hours by hand.

But none of the women programmers were invited to the celebratory dinner that followed. Later, she heard they were thought of as models, placed there to show off the machine.

Other than a shared certificate of commendation from the military, the programmers and their hand-calculating counterparts got no recognition.

"We thought that was terrible," said Bartik, now 86. "It was not a secret. The only problem was nobody was interested. They didn't know anything about it."

To view the full length article - click [here!](#)

For more info on WWII Rosies visit: <http://www.topsecretrosies.com>

# 150 Women Who Shake the World

*Newsweek and The Daily Beast Honor 150 Extraordinary Women*

They are heads of state and heads of household, angry protesters in the city square and sly iconoclasts in remote villages. With a fiery new energy, women are building schools, starting businesses, fighting corruption, harnessing new technologies and breaking down old prejudices. Whenever a woman or girl gains control of her destiny, the local standard of living goes up and the values of human rights spread. So this year, and every year, Newsweek and The Daily Beast will honor local heroes, and the growing network of powerful women who support their efforts.



Click on the picture above to view the list! Plus, read more about the [Women in the World](#) conference

## Shout Outs!!

Just wanted to CONGRATULATE my LS **Priscilla Benitez** (BE/A #2) on getting an internship at Health Bridge Children's Hospital in the child life sector!

**Alice Valdez**

BE Chapter at U of H  
Beta Epsilon / Alpha #4

**Felisha Trevino** (AZ/K FA'10) received several awards from TCU Army ROTC!!

She earned one for having a 3.5+ GPA last semester, one for having one of the highest GPAs in the battalion, and one for being MS-II Cadet of the Semester!

Your Pledge Mistress is so proud of you! Keep up those amazing grades! -- **Amanda L. Kruse**, AZ Chapter at TCU



## IS YOUR DIET MAKING YOU FAT?

By: Norma Sanchez (AT/A)

As we get older, some of us who are not lucky enough to have the skinny genes and whose activity levels go down, begin to put on pounds. Has the government encourage it? As I started my new weight-loss/get-fit endeavor I came upon a documentary that demonstrated that almost everything we have been told about obesity and healthy eating is wrong. The film, called *Fathead*, was a reply by a comedian (and former health writer) Tom Naughton to Morgan Spulock's "Super Size Me," due to his losing weight on a fat-laden fast food diet.

Still a little skeptical about how a high fat diet can help you lose weight versus a low fat diet? I was also, until I saw in the film an explanation of how carbs, which the government recommends we eat about 2000 daily, turns into sugar in our bodies. The sugar then turns into stored fat versus fat which the body uses for energy and almost immediately since it is easier to break down.

Though this film is not the first to point out that low-fat foods actually make you gain weight, it's important to look at what we're eating and what it does to our body. One of the reasons that a high-fat diet "works" is because fatty foods make one feel full faster and longer than low fat foods. A Cornell study found that people ate an average of 28% more total calories when they ate low-fat snacks than regular ones. The film further explains how processed foods like bread, cereal and other grains are converted into sugar and stored by our bodies. So whatever your dietary lifestyle is, remember that a low-fat diet may be overrated.

I also have found from different resources that low-fat foods are just simply inferior to their less-processed, full-fat counter parts. Something has to replace the fat and it's usually sugar, corn syrup, sweeteners or other chemicals. Of course you may be thinking, isn't this all common sense? It may be, but a lot of people look at calorie intake instead of fat or carb grams, which are the key to weight gain and loss. But then why are government officials and other health associations like the American Heart Association pushing processed foods to us? And a high carb diet? Another thing to keep in mind when you hear about our obesity epidemic, is that the BMI standards that the government follows were lowered in 1998. Lowering the standards put more people in overweight and obese categories, myself included.

Now I am not saying that we do not have a problem in America with obesity; I am saying perhaps we need to look at what we are consuming. I will be trying a high-fat diet, and report my results in the next GPP Newsletter, so stay tuned!

## MORE SHOUT OUTS!!

Congratulations

### Regional Board Members 2011-2013

The women below will be serving our region for the next term.

#### Region 5:

Regional Vice President - **Rachel Ganceres**

Regional Expansion Officer - **Norma Sanchez**

Regional Administrative Officer - **Janeese Pons**

Regional Intake Officer - **Danita Gallegos**

Regional Alumni Delegate - **Sonya Rena**

Regional Undergraduate Delegate - Vacant

*Please take the time to congratulate them!*

I wanted to send out a FORMAL CONGRATULATIONS to my Little, **Emely Torres**, for being cast in the Vagina Monologues!!

It's no surprise to me that you had the talent, energy and gumption to get cast. I want you to know I am so very proud of you!

I can't wait to see you on stage!!

**Roxy** - AZ Chapter at TCU

Congratulations to my linesister **Alice Valdez** for getting accepted into Order of Omega at the University of Houston!!!! You are the true definition of a Woman of Wisdom! :)

**Miranda N. Jasso** - BE Chapter at U of H



## Latinas Must Work Through History to Arrive at a New Beginning

By: (AP) Rocío Arango Giraldo

COLOMBIA: Ever since Eve offered the apple to Adam, every woman has had the same destiny regarding her place in the world, and more so if we are Latina women.

For this reason, I want to share with you what it means to be a woman — how I understand womanhood from my point of view in Medellín, Colombia.

The main point of the discussion between women and men is the roles that throughout history we have been made to assume.

Shakira, in her last song in Spanish titled “*Las de la intuición*,” says that women are the ones with intuition while men are related with action.

According to the song, intuition is related to intelligence: Eve had curiosity, an interest to seek the unknown, which then moved her closer to the Tree of Knowledge. Later, history deemed that version incorrect and instead blamed women for unleashing God’s anger and, in turn, sentencing humanity to live out of paradise.

All the cultural stories throughout history recount how we were inside our houses while the men were hunting; we were cooking the food and relating with other families. Supposedly, for this reason we are bad at parking cars because we didn’t develop our eyes and didn’t learn how to orient ourselves, since our best capacity was to make friends and talk.

During the time of the greatest civilizations, we have had to resign ourselves to being the toys of the emperors and militarists. It was as if we hadn’t been the promoters of many important decisions or hadn’t had the role of being the loyal and wise consultant of men every night. While they told us their problems and challenges for the next day, did they not wait for our good advice on what to do?

When they went to war, we were in charge of keeping everything safe for their return — to keep things working. During the First and Second World Wars when the women started working in the factories and Europe was being rebuilt, women did all of this in addition to waiting to welcome back their soldier men arrive home either with many traumas, or never arriving home, or being greeted with the news that they had found another love during the war.

The Latin-American women have become experts in representing mythology’s long-suffering wife, Penelope, when it comes to waiting.

Shouldering the cost of war in our countries, patiently waiting through bad dreams or insomnia and many, many tears that are now reflected in the dull eyes in the faces of the moms, daughters, sisters, cousins, wives, girlfriends, and friends that wait and wait for the end of wars to welcome home our men.

For Colombian women such as the group Candelaria’s Moms, the families of the kidnapped, the policemen, the *guerrilleros*, and the women who cried in front of Cali Delegates after eleven corpses were received — what they all waited for and missed the most from their kidnapped and murdered loved ones were five years of kisses and hugs.

Please see *Latinas* on page 7

I'm also talking about the First May Mom's in Argentina, and the victims of that country's past dictatorship, civil war and the ongoing victims of drug trafficking.

Shakira also says in her song: "I strive to be your almost perfect victim." I don't think that women should become the victims, but rather put themselves in the shoes of other victims throughout history.

This isn't an invitation to start a female revolution, but an opportunity to think about the meaning of being a Latina woman.

To be a woman born in Latin America is more than just dancing with a swing, more than being the mail-order wife for foreigners through websites, more than being a "mule" carrying drugs or being a perfect model for fashion designers.

We, the Latina women, carry in our veins the blood of the natives and the Spanish woman — the indigenous strength to resist and the curiosity of the Spanish woman adventurer discovering a new land.

We encompass the wisdom of the Incas, Aztecs, Mayas, Chibchas, Mapuches, Guaranies, and all of the Spanish cultures spread among Muslims, the Mediterranean Sea and Europe.

Latina women have all that is needed to become more than just victims. Even if women have almost perfected the role of being a victim, we still strive to become those who use their intuition and are individuals of action.

## MORE SHOUT OUTS!!

I wanted to congratulate the chapters and individuals who walked away with awards for programming and personal contributions to CUS in Region 5!!! All of you did a great job with the programming. Let's see you all bring it next year with even better programs!!!

### Awareness Programs

*Political:* Beta Epsilon Chapter at U of H

*Educational:* Beta Epsilon Chapter at U of H

*Cultural:* Alpha Zeta at TCU

*Social:* Beta Epsilon Chapter at U of H

### Individuals with GPAs at 3.0 or higher:

Emely Torres

Eva Briones

Alice Valdez

Laura Hernandez

### Women of Wisdom (Chapter with Highest GPA):

Beta Epsilon Chapter at U of H

### Community Service Award

Beta Epsilon Chapter at U of H with over 400 hours

-- Griselda Mendoza - Great Plains Regional VP

## National Women's History Project



The stories of women's achievements are integral to the fabric of our history. Learning about women's tenacity, courage, and creativity throughout the centuries is a tremendous source of strength.

In 1980, the National Women's History Project (NWHF) was founded in Santa Rosa, California to broadcast women's historical achievements.

The NWHF started by leading a coalition that successfully lobbied Congress to designate March as National Women's History Month, now celebrated across the land.

Today, the NWHF is known nationally as the only clearinghouse providing information and training in multicultural women's history for educators, community organizations, and parents - for anyone wanting to expand their understanding of women contributions to U. S. history.

[Visit HERE to learn more about NWHF!](#)

**Corazaones Unidos Siempre**

Chi Upsilon Sigma  
National Latin Sorority Inc.

**Founded:**

April 29, 1980  
Rutgers University–New  
Brunswick

**Chapters/Colonies**

Over 40

**Colors:**

Red, Black, Beige

**Motto:**

“Wisdom through Education”

Want to know more about the sisters of CUS?  
Do you want to learn what’s on our minds?  
Are you interested in what we have to say?  
Want a chance to tell us what’s on your mind?

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Great Plains Region  
Quarterly Newsletter!!!!*

To join the listserv visit:

<http://groups.yahoo.com/subscribe/GPPsubscription>

**We’re on the WEB: [www.JustBeCUS.org](http://www.JustBeCUS.org)**

**Become A GPP Staff Member**

Must be a sister in the Great Plains Region and be able to commit at least one year on staff. We are looking for sisters to fill the following positions: General GPP Staff Member, Support Member and Column Writer. Contact Angelica Maria S. Heiderich at [nubylalala@hotmail.com](mailto:nubylalala@hotmail.com) for more information.

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