



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

April, 2002



PRESIDENT'S MESSAGE Connie Dobrin

Each year the National Committee on Pay Equity (NCPE) organizes the national observance of Equal Pay Day to raise awareness about unfair pay in America. In 2002, Equal Pay Day will be held on Tuesday, April 16. Tuesday is symbolic of the point into the new week that a woman must work in order to earn the wages paid to a man in the previous week. In other words, because women on average earn less, they must work longer for the same pay.

One of the most incredible changes within the U.S. that occurred during wartime was a change in identity. World War II enabled people to learn about each other and themselves. War, for many women, was about gaining strength and mobility. As more and more men left to fight in battle, women started taking over traditionally male responsibilities. During WWII women in high numbers were asked to work outside as well as inside the home. For many women WWII became a symbol of freedom. It was a time where women were no longer forced into the roles society had created for them. They became free to create their own lives and sense of self. With this increase in freedom also came an increase in equality. WWII gave women the chance to prove they are just as capable as men.

In 1999, women were paid 72 cents for every dollar men received. It's not like we get charged less for rent or food or utilities. In fact, we pay more for things like haircuts and dry cleaning. Because we are paid less now, we have less to save for our futures and we'll earn smaller pensions than men. Half of all older women

SPACE COAST CHAPTER, FEW 2001 - 2002

Officers and Committees

President	Connie Dobrin
Finance	Karin Biega
Newsletter	Sharon White
NTP/RTP Planners	Barb Powell/Dawn Partlow
Nominations	Arden Belt
Parliamentarian	Carolyn Burnham
President Elect	Barbara Powell
Seminar	Becky Fasulo
Compliance/Diversity	Sue Gaines
Webmaster	Debbie Ward
Vice President	Dawn Partlow
Programs/Publicity	Jean Grenville
Community Outreach	Aneta Ott/Patti Rissman
Bylaws	To Be Assigned
Treasurer	Muzette Fiander
Membership	Clara Anderson
Environmental	To Be Assigned
Sunshine	Christy Vanasse
Secretary	Suzanne Worland
Scholarships	Jane Eitel
Legislation	Vickie Hall
Historian	Carolyn Burnham
Past President	Aneta Ott
National Legal Chair	Karin Biega
NTP 2002 Chair	Clara Anderson
Regional Awards	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Vickie Hall

receiving a private pension in 1998 got less than \$3,486 per year compared with \$7,020 per year for older men. (Statistics from Equal Pay for Working Families: National and State Data on the Pay Gap and Its Costs)

Sounds depressing, but then I look at the world and realize the Afghanistan women have been discriminated against for years. The Conference for Women in Afghanistan drafted in 2000 the Declaration which affirms women's right to personal safety, the right to physical and mental health, the right to institutional education, the right not to wear the burqa, and the right to equal protection under the law. This declaration demonstrates the route Afghanistan wants to take.

Women who are fortunate to reach their goals must reach out and mentor those who are less fortunate. I am thankful I live in the USA. Equal pay may still be an issue, but our rights to equal protection under the law are not in doubt. We have a strong obligation to support other women not only in the USA but also in other countries. Make it a point to reach out and help someone. It not only benefits the receiver, but also the giver.

Be sure to mark your calendar for July 22-26 at the Rosen Centre Hotel in Orlando for the National Training Program. FEW's National Training Program is one of the largest training programs for federal and contractor employees, and offers a wide variety of training and development techniques. The NTP will feature over 125 workshops designed to help you acquire knowledge of career planning and development initiatives; enhance personal effectiveness; provide leadership and teambuilding skills; and offer training and supervisory and management techniques. Submit your training request now.

Hope your Easter was joyful and your health is superb.

Congratulations!!!!

The Space Coast Chapter, FEW recently sponsored a one-time special scholarship for the FEW 2002 NTP to be held at the Rosen Centre Hotel in Orlando, FL on July 23-26, 2002. The award consists of a free hotel room for three nights and registration fees for the training program. The scholarship was open to all NASA and Contractor personnel.

The Space Coast Chapter, FEW is proud to announce that Pamela S. Krueger of Space Gateway Support at the Kennedy Space Center was the winner of the NTP scholarship. The scholarship was awarded at the Space Coast Chapter's 23rd Annual Training Seminar in March 2002. Ms. Krueger's community and volunteer activities at Gardendale Elementary and other schools, her work related special honors and awards, and her essay on benefits she anticipates gaining from attendance at this training program were outstanding and she is a worthy recipient of the award.

The chapter congratulates her and looks forward to her attending the NTP – Magic and Space – Dreams in Progress in July 2002.

MEMBERSHIP COMMITTEE

Clara Anderson

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Muzette Fiander at TA-E1.

We have the following new members:

Nancy Clark	CSR at Patrick AFB
Selyna Hopkins	USA/USK-N38
Margaret Cubero	USA/USK-670
Peggy Seiler	NASA/AJ
Shannon Roberts	NASA/XA

Welcome to Space Coast Chapter.

We are truly glad to have our members support our Chapter and if anyone has any questions, call Clara Anderson at: 321-639-3154 (voice); 321-638-4228 (fax) or E-mail cmanderson8@cfl.rr.com

The following members have birthdays this month:

Marion Patak	4/03
Karin Biega	4/08
Aneta Ott	4/15
Betty Loudermilk	4/21
Lynn Heggs	4/24
Pam Steel	4/24

Happy Birthday!

Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other significant events in our members' lives, so please send information to Christy Vanasse at Christy.Vanasse-1@ksc.nasa.gov.

Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Christy know.

KEEPING YOUR BRAIN ALIVE

Neurobics is a program introducing the unexpected to your brain. An active brain is a healthy brain.

Involve one or more of your senses in a novel context – blunt the sense you normally use and force yourself to rely on other senses to do an ordinary task. Try getting dress for work with your eyes closed.

Engage your attention – get your brain in the alert mode by engaging in an activity to surprise it. Turn the pictures on desktop upside down and think about them from a whole new perspective.

Break a routine activity in an unexpected way – do an activity backwards or come at it from another direction. Reverse your normal supermarket pattern, start at your normally end. Take a completely new route to work.

Wake up and smell the vanilla – change your normal morning olfactory message. Wake up to vanilla, citrus, peppermint, or rosemary.

Brushing roulette – Try doing a routine activity such as brushing your teeth or hair, or apply makeup with your nondominant hand.

By trying new activities, we are activating new neural pathways and keeping our brains alive.

GOVERNMENT NEWS & LEGISLATION

Vickie Hall



HOUSE BUDGET COMMITTEE TO ASK FOR 4.1 PERCENT CIVILIAN RAISE

It appears as though the House Budget Committee will ask Congress for a 4.1 percent pay increase for federal civilian employees for fiscal year 2003. A pay raise of this size would provide pay parity with the Bush Administration's proposed 2003 pay raise for members of the military. Last week, the committee accepted a proposal to amend the non-binding FY 2003 House budget resolution to reflect a federal civilian pay raise that is higher than the Administration's proposed civilian raise of 2.6 percent for next year. Representative Jim Moran (D-Virginia) raised the pay parity issue in Budget Committee deliberations last week. Previously, Representatives Tom Davis (R-Virginia) and Steny Hoyer (D-Maryland) had secured more than 80 co-sponsors for a "sense of Congress" resolution calling for military-civilian pay parity.

AFGE URGES ADMINISTRATION TO LEAVE FEDERAL EMPLOYEE SAVINGS ALONE

American Federation of Government Employees National President Bobby L. Harnage has implored the Bush administration not to borrow

money from federal employee retirement funds as an alternative to enacting a new debt limit now. Members of Congress don't want to raise the public debt as a means of avoiding a government default. "Refusing to increase the debt ceiling is nothing more than a political ploy to hide the fact that the surplus was squandered on tax cuts for big corporate contributors," Harnage said in a statement. With lawmakers so far declining to pass a stand-alone increase in the debt limit, the administration is set to borrow billions of dollars in the retirement funds. The borrowing is expected to come from the Civil Service Retirement and Disability Fund and the Thrift Savings Plan's G Fund. This move, according to Harnage, would constitute raiding the pension contributions of federal workers to pay for the tax reductions.

OLDER WORKERS MAY GET TO MAKE TSP "CATCH-UP" CONTRIBUTIONS

Under legislation passed by the Senate Governmental Affairs Committee last week, federal workers aged 50 or older would be entitled to make additional contributions to their Thrift Savings Plan (TSP) accounts. Under the bill, S. 1822, the TSP limit in 2003 for these employees would be \$2,000 higher than for workers under the age of 50. In 2004, the limit would be \$3,000 higher, rising by \$1,000 each year thereafter until it reaches \$5,000 above the normal limit in 2006. After 2006, federal workers aged 50 and older would continue to be able to contribute \$5,000 more each year to the TSP than younger federal employees. In 2003, current law will allow federal employees in the Federal Employees Retirement System (FERS) to contribute up to \$12,000 annually to the TSP or up to 13 percent of their salary each pay period, whichever is less. Civil Service Retirement System (CSRS) employees will be able to contribute up to 8 percent of their salary each pay period or up to \$12,000 annually, whichever is less. Under the bill, older federal employees may also be permitted to make an additional contribution this year of \$1,000 to their TSP accounts. The legislation mirrors a law passed last summer that lets older private sector employees make extra contributions to their

401(k) retirement savings plans. We'll let you know how the bill progresses.

C, S TSP FUNDS CONTINUE TO FALL IN FEBRUARY, OTHERS UP SLIGHTLY

The C and S Thrift Savings Plan (TSP) funds continued to fall in February, with the C Fund declining 1.92 percent and the S Fund dropping 2.64 percent. The remaining funds rose slightly last month, however, with the G Fund increasing 0.40 percent, the F Fund rising 0.98 percent, and the I Fund gaining 0.66 percent. Over the last twelve months, the F Fund continues to post the largest gains, increasing 7.79 percent. The G Fund has also risen by 5.36 percent over that same period. The C and S Funds both fell over the past 12 months, by 9.58 percent and 6.32 percent respectively. The fund that has fared the worst in the past year has been the I Fund, dropping by 19.55 percent.

HEALTH COST BILL INTRODUCED IN SENATE

Sen. Barbara A. Mikulski, D-Md., has introduced legislation in the Senate to reduce the employee portion of the Federal Employee Health Benefits Plan (FEHBP). The bill's intent is to lower out-of-pocket health care costs for federal employees. "Providing health care insurance at competitive rates is also an important tool in recruiting and retaining a high quality work force," she said. Rep. Steny Hoyer, D-Md., has submitted a similar measure in the House-H.R. 1307. Federal workers now pay 28 to 30 percent of premiums, compared to employees at large private companies who pay about 20 percent. The Mikulski bill would increase the government's share of the premium to 80 percent. Health insurance premiums for federal employees and retirees increased an average of 13.3 percent this past year and are almost 50 percent greater than they were five years ago.

OPM URGES FEHBP CARRIERS TO CONTAIN COSTS, MAINTAIN QUALITY

Office of Personnel Management Director Kay Coles James put Federal Employees Health Benefits Program (FEHBP) carriers on notice that they can expect "very, very tough negotiations"

with OPM this year. James made the remarks to health care providers during last week's Federal Employees Health Benefits Program Carrier Conference. She challenged the carriers to contain costs while maintaining quality and keeping the federal government's program "on the cutting edge of employer-provided health benefits." OPM has come under fire in recent years from federal employee labor unions that charge that FEHBP premium costs are rising too quickly. OPM's response has been that the increased costs for federal employees and their families mirror rising costs of health care nationwide.

OPM UNVEILS LTC EARLY ENROLLMENT FOR FEDERAL EMPLOYEES

The Office of Personnel Management has formally introduced its long awaited long-term care (LTC) insurance program for some 20 million federal workers and military personnel, as well as retirees of both groups and certain family members. The program was unveiled last Monday at OPM headquarters in Washington, marking the start of an early enrollment period that will run until May 15. It then will be followed by a more traditional "open season" starting July 1, featuring seminars and educational materials and running through the end of the year. During the early enrollment, premiums for individuals ages 18 to 30 are \$8.40 per month. After 30, premiums will vary based on age, amount of coverage, length of coverage and other factors. Early enrollees will be able to pick a daily benefit amount of between \$50 and \$300 in \$25 increments, and a benefit period of either three years or five years. Enrollees can also select an automatic inflation protection option built into the premium. Those who sign up during the early enrollment will be able to upgrade their policies in July. Unlike standard premiums, which can be paid from pre-tax income, federal employees must pay their LTC premiums with after-tax income. But they can deduct the cost if their medical and dental expenses for the year, including the premiums, add up to more than 7.5 percent of adjusted gross income. For additional information, OPM has set up a Web site at: www.opm.gov/insure/ltc

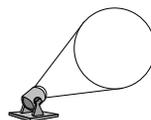
Question of the Month

Do You Remember Valentina V. Tereshkova?

As Americans, we take great pride in remembering Sally Ride who in 1983 became the first American woman in space.

But Soviet cosmonaut [Valentina V. Tereshkova](#) beat her into orbit by 20 years. In 1963 Tereshkova rode the Vostok 6 spacecraft into orbit and circled the Earth a whopping 48 times during her three-day mission.

To put this in perspective, Tereshkova spent more time in orbit than all the U.S. Mercury astronauts combined.



“Prelude to 2002 Magic & Space – Dreams in Progress” 23th Annual Seminar

Once again we had a successful Training Seminar. We had 485 attendees for both days. I have not received the final tally on the money side, but I'm sure we did OK. I have received many favorable comments; not only during the Seminar, but I am still receiving them. The workshops and keynote speakers were well liked, and we had great exhibitors. I cannot take the credit, this is a team effort and, as usual, the team came through with flying colors. I want to thank all the members and also the women of FWPWG for all of their work and support. We can put the Annual Seminar away for a few months while we concentrate on the National, but we will start again for next year before we know it. I am gladly turning over all the books and info to Christy Vanasse and Karin Biega to chair next year's event. Thanks again to everyone for their help and support.

Submitted by Vickie Hall

Think you know the ins and outs of good-for-you eating, drinking, exercising and all-around wellness? Take our quiz and find out if you have what it takes to stay healthy and fit all year long.

1. Snacks totally blow your metabolism; don't eat between meals.
 - a. True
 - b. False
2. Each day the average woman should consume:
 - a. 2,000 calories
 - b. 1,800 calories
 - c. 1,500 calories
 - d. 1,200 calories
3. What is the proper amount of weight to use during a workout?
 - a. Five to eight pounds
 - b. Three to five pounds
 - c. As long as you're up and moving, weights aren't necessary
 - d. Depends on your skill level
4. Which of the following is **not** an appetite suppressant?
 - a. Water
 - b. Grapefruit
 - c. Wine
 - d. Brushing your teeth
5. Of the following foods, which contains more vitamin C than an orange?
 - a. A lime
 - b. A kiwi
 - c. A tomato
 - d. A grapefruit
6. The order in which you do your exercises matters?
 - a. True
 - b. False
7. For each gram of _____ consumed, you can subtract about nine calories from your total calorie intake. (Fill in the blank.)
 - a. Soy
 - b. Spinach
 - c. Fiber
 - d. Protein

Answers are: 1. b; 2. c; 3. d; 4. c; 5. b; 6. a; and 7. c. You can check out the following website for more health articles and information:

http://womencentral.msn.com/fitnesshealth/tools/ltv_bodyquizscore.asp

CALENDAR OF EVENTS

April

04 Launch – Atlantis/STS-110
17 Florida Coalition Against Sexual Violence Conference – Melbourne Beach Hilton
23 **Membership Meeting –Kelsey's/PSJ**

May

2 International Space Day
28 **Membership Meeting**

July

22-26 **National Training Program - Orlando**

COMMUNITY OUTREACH **Aneta Ott & Patti Rissman**

As I write this, I realize that there is only **26** more days before **Walk America for the March of Dimes**. The March of Dimes sponsors several events each year to raise monies to fund research to save babies born prematurely and babies who struggle just to stay alive. The **FEW** Space Coast Chapter has obligated itself to participate as we have in the past. Our goal is to surpass what we did last year, and that total was \$1558.00. We have set \$2000.00 for our goal and we need as many people as possible to participate. In the past, the idea was for you to take a pledge envelope and get as many people to pledge for you to walk. Now, the idea is we/they know not all of us are able to walk 5 miles, but we are all able to gather pledges for the walk. Last year we had 13 people who walked and this year we are again hoping for 15 people. Bring your families and friends to join in this march to help save babies. I have plenty of envelopes for you to obtain pledges, whether you walk or not, you can help raise the money for the walk, please let me know if you want an envelope to fill it up with pledges, and come back and asked for another. I know we can do it, but I must have the pledges back by April 16. Time is running out... Patti has already collected \$80.00 in donations. It's easy - if you start early. Thanks everyone.

Where: Lori Wilson Park, Cocoa Beach.

When: **Saturday, April 20th**

Time: 6:00 p. m. - until

Who to contact for information: Aneta Ott at 867-8548 or e-mail Aneta.Ott-1@ksc.nasa.gov.

Baxley Manor

Delivery to Baxley was on the 22 of March; I have to say more each day that I believe in miracles. I have a dear friend who is retired and keeps a close eye on sales. She has been able to get Charmin for under a \$1 a four pack. She has been getting me great deals on items every month, for instance this month she got 10 tubes of Colgate tooth paste with a tooth brush attached for a dollar each, you can't beat that! Each month I worry that I will not raise enough money to pay for these great deals, but you and others have come through with flying colors. I can never thank you enough for your money donations as well as your donations themselves. You make a lot of people happy, I can assure you of that! The next delivery date is April 19, and I know that they can count on you!

2002 FEW National Training Program (NTP)

Clara Anderson

Everything's ticking off like clockwork. As scheduled, Debbie Ward had the website up and running in early March with the entire registration book. We've gotten many compliments on the Registration Book and the how great the website looks. I sent out 158 e-mails notifying people who have contacted me since Indy that the website was loaded with all information they needed to register for the 2002 NTP Registration forms can be printed out and mailed or faxed to us. We had a wonderful surprise - the 2002 NTP Registration Book was delivered nearly 4 weeks earlier than we expected. The Registration Books were taken to the Brevard Achievement Center (BAC) and they have completed mailing of the 2532 people on our mailing list. One box of books was shipped

to the Federal Women's Program Interagency Council in Washington, DC; they are going to distribute within the DC area to agency council members.

The credit card software is loaded and working properly and we have successfully registered with the Central Contractor Registration in order to accept purchase orders from those agencies that don't yet have credit cards. Immediately after the website was updated with the Registration book, we began receiving registration forms. I have completed loading information into the Peopleware registration program and we are ready to begin registering of NTP attendees. A group of volunteers will be trained so that we can get everyone registered in a timely manner.

I have sent follow up faxes to Governor Bush and Mayor Hood to get commitments for them or a representative to give welcoming remarks at the opening session. Jeanette Hite, the Chair of the NTP Advisory Team, is working with FEW Coalition Partners so that representatives from BIG, FAPAC and IMAGE will take part in our opening session. The NOTU Color Guard will present the colors and Suzy Cunningham will sing the National Anthem. We will have a video from the Director of OPM, Kay Coles James.

We will be working with Conferon, the contractor FEW has hired to help produce the NTPs following us. We are the last group of volunteers scheduled to run the NTP. Conferon will be writing the RFP for audiovisual equipment rental. That will be a great help to us. Aneta Ott is working to fill our Trade Show (or exhibits as we usually call them) with a good mix of Federal, Corporate, non-profit and other vendors. Barbara Powell will be working with all the Ads that will be part of the Program Book. Becky Fasulo and Ann Gary will be getting the Program Book ready to go to the print contractor.

We have a list of names and e-mail addresses from the SE Region members that attended the

recent RTP in Louisville, KY. Jean Grenville is collecting names of people that would like to

help us during the week of July 22-26. The 2002 NTP Steering Committee needs your help for hundreds of small tasks. Please contact any of us to offer to help. More information to follow – less than 4 months to go.

FLORIDA



In 1861 Florida became an independent state. By February seven Southern states had seceded and elected to meet in Montgomery, Alabama, to form the Confederate States of America. They would not wait for Virginia to secede nor would they wait for Lincoln's inauguration to find out what Republican policies would be adopted. Governor Perry ordered the seizure of Federal arsenals in St. Augustine, Fernandina, and Chattahoochee, to provide the state militia with weapons. Many hoped the show of force would convince the North of the South's determination to protect its institutions.

Union forces in Florida abandoned such undependable locations at Fort Barrancas and Fort McRee in Pensacola Bay. After spiking the cannon in those two forts, the Union troops fled to Fort Pickens on Santa Rosa Island. Rebel groups from Alabama occupied the deserted Pensacola Navy Yard with its key dry-docks. Yet, this shipyard is useless without access to the Gulf of Mexico, past Fort Pickens.

The South awaited the new President's actions and discovered that Lincoln was determined to preserve the Union and to maintain, if only for symbolic status, whatever Federal sites were left in the South. The firing on Union supplies at Fort Sumter in Charleston Harbor official placed the North and the South in a Civil War. It was almost a relief to Florida leaders to know the fate of the Confederacy. Virginia left the Union and as

richest and largest Confederate state got the capital switched to Richmond.

Florida was requested to recruit 5,000 soldiers. In three months, Florida had 6,772 volunteers. Ironically, the majority of the South's volunteers were small farmers who owned no slaves.

SPACE COAST CHAPTER NEWSLETTER **Sharon White**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail Sharon.White-1@ksc.nasa.gov

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

FEDERALLY EMPLOYED WOMEN, INC.

Space Coast Chapter 009

Membership Application

New Applicant		Renewal		Previous Member		Change of Membership Info	
Name				Membership Number			Birth Date
Home Address							
City, State, Zip							
Home Phone							
Agency/Company							
Mail Code/Address							
City, State, Zip							
Work Phone				FAX #			
E-mail Address							
If interested in serving as a Chapter Officer, please indicate which office							
President		President Elect		Vice President		Secretary	Treasurer
METHOD OF PAYMENT							
(Credit Cards only available Jan-Mar)							
Total Amount Due: see schedule below							
Cash or Check		Check No.		Credit Card	Visa		Master Card
Card Number					Expiration Date (MM/YY)		
Print Cardholders Name (as it appears on card)				Signature (Credit Cards Only)			

Please place an X by the month dues are paid and pay the indicated amount.

	Month	Amount Due		Month	Amount Due		Month	Amount Due
	February	\$30.00		March	\$28.00		April	\$26.00
	May	\$24.00		June	\$22.00		July	\$20.00
	August	\$17.00		September	\$15.00		October	\$13.00
	November	\$11.00		December	\$9.00		January	\$7.00

The National Office requesting the following for statistics only:

Position/Title: _____ **Series/Grade:** _____

Circle One: SES GM GS WG Military Other

Circle if Applicable: FWP Full-time FWP Part-time EEO

Demographics

Sex [F/M] : _____ Race: _____ Years of Service: _____ Retired [Y/N]: _____

Membership dues are to be paid February 1 st of each year. However there is a pro-rated fee schedule for those joining after March 1 st . Please contact the Membership Chair, Clara Anderson, 639-3154 if you have questions concerning your dues. <p align="right">Form Revised (07/01)</p>
