



A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL
<http://www.ksc.nasa.gov/groups/few/>

APRIL 2006

SPACE COAST CHAPTER, FEW 2005 - 2006 Officers and Committees

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Regional Awards	Barbara Powell
Regional Nominations/ Elections	Vickie Hall
Regional Secretary	Jean Grenville

PRESIDENT'S MESSAGE

Sandy Eliason

Daylight savings time is now here and I don't know if you feel the lack of that one extra hour of sleep or not, but I know I sure do! Maybe some of my overwhelmness is because of the Regional Training Program (RTP). Six of us went to Atlanta, Georgia, to the Crowne Plaza hotel, what a treat...I guess I don't get out much because those beds were wonderful! I found I was clipping the tags out of the pillows to duplicate the feelings at home.

The Great "Atlanta" chapter did a fantastic job hosting their first RTP. We had very good classes, along with some fun and laughs. One of my classes was on "Changing the Guard" which was a take off from the "Keynote" speaker we used at our ATP. Until our ATP I had never heard of anything but Baby Boomer and now I'm eager to learn more. The Elvis impersonator had us laughing. What an enjoyable experience!

I have received news that the Equal Rights Amendment is at the first tier issue here in the state of Florida. Please go into www.4ERA and look over the amendment. Cap Wiz is available to contact your state legislators. The national campaign to ratify the Equal Rights Amendment has a growing number of advocates all around the nation...in both the ratified and unratified states...working to achieve this vitally needed constitutional guarantee for women. Endorsements and support for the ERA comes from civil rights organizations, labor unions, women's associations, churches and many more. Collectively their memberships represent the millions of Americans who believe the Equal Rights Amendment should be added to the US Constitution. Alabama, Arizona, Arkansas, Florida, Georgia, Illinois, Louisiana, Mississippi, Missouri, Nevada, North Carolina, South Carolina, Oklahoma, Utah and Virginia are the states that have not yet ratified the amendment.

The ERA is the only constitutionally guaranteed right that women have to vote. 72% of Americans mistakenly believe that the U.S. Constitution already specifies that male and female citizens are entitled to equal rights but it doesn't. I believe that our rights should be guaranteed to us by the U.S. constitution.

Well now that I have gone off on my soapbox on the ERA (please visit the web site). I hope to see you all on March 18th, at the Holiday Inn, for our membership meeting. We will have a short business meeting after. Please bring your friends.

Sandy



SUNSHINE
Eva Coffman

Celebrating birthdays in April:

Aneta Ott	April 5
Karin Biega	April 8

Happy Birthday!

If you notice anyone missing please email Muzette Fiander at Muzette.B.Fiander@nasa.gov

Space Coast Chapter thoughts for a speedy recovery have been extended to Sharon White and Sandy Eliason.

Please notify me (639-4881) or Becky Fasulo (867-4436 or Rebecca.J.Fasulo@nasa.gov) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

**Space Coast Chapter
Federally Employed Women
Annual Membership Meeting**

Ellie Miller

After "Training for a Successful FEWture" with us in March, please join us for our Annual Membership Drive Meeting in April to learn how FEW has contributed to our success.

When: Tuesday, April 18, 2006
Where: Holiday Inn, Cocoa Beach
Time: Gather between 4:30 and 5:00
Refreshments: A light dinner will be provided

Pam Conner, Community Relations Officer, with the Brevard County Sheriff's Office, will present current updated information on Identity Theft.

RSVP Karin Biega at 784-2890
(kbiega@bellsouth.net)

We look forward to seeing you there and would be pleased if you brought a guest.

Membership Renewal

If you have not renewed your membership, now is the time to do it. Please be sure that you have reviewed your information and made whatever changes need to be made.

Remember we have an election quickly approaching and if you have not updated your information, you may not receive a ballot. It is important to remember that we only have ONE vote per member. As a chapter, we want to be well represented, so now more than ever, you must renew your membership.

At present, we have about half of our members renewed. This is a dismal number for us because we've usually done much better by this time.

IF YOU HAVE NOT RENEWED, NOW IS THE TIME TO DO IT.

Send your check in the amount of \$30.00, made out to FEW, to Johanna Velasquez, IDI-001, or if you are not on center, send it to FEW, P.O. Box 21201, Kennedy Space Center, FL 32815.

RTP 2006
Jean Grenville

The Southeast Region Training Program in Atlanta, GA, on March 23-24, 2006, was a great success. Nine of the sixteen SE region chapters were represented. The Southeast Region board meeting was held on March 23rd followed by a celebration of the Greater Atlanta Chapter's first anniversary. The day of training on the 24th was very informative also.

Highlights of the regional board meeting were:

The region is in good financial shape. The region donated \$1,000 to Katrina relief.

Nominations were taken from the floor for new officers for 2006 – 2008. Anne Ramsey has agreed to run for Regional Manager, Sylvia Browne and Janet Picha for Assistant Regional Manager, Beverly Schultz and Janet Lewis are nominees for the Awards Committee. Jean Specht and Mary

Hammonds are nominees for the Nominations Committee. Nominations will close April 14. Please contact Vickie Hall if you would like to be considered for the elected positions or the appointed positions of Secretary, Treasurer, or Legislative.

Chapters represented gave their reports. Everyone is struggling to keep their members and obtain new members but they continue to be enthusiastic and excited about their programs and community projects.

RTP 2007 will be in Louisville, KY. Still looking for a chapter to conduct the 2008 RTP.

The next SE regional meeting will be at the NTP in July in Atlanta, GA. Officers and Committee chairs should bring any material they have to turn over to the new officers.

COMMUNITY OUTREACH

Vickie Hall



KSC All American Picnic

Still looking for a couple more volunteers for the 2:00 – 4:00 p.m. shift for the KSC All American Picnic to be held **April 22, 2006 at KARS Park**. Please send me an email Vickie.C.Hall@nasa.gov or give me a call 321-867-9100 if you are willing to help.

FOR YOUR HEALTH

Submitted by Vickie Hall



Allergies

It's hard to believe that items as unrelated as shellfish, [pollen](#), animals, bee venom, peanuts and [mold](#) can all potentially lead to the same type of problem. What these substances have in common is that they are common allergens- they cause allergic reactions in some people.

With so many substances potentially causing so many problems, it's no wonder allergic diseases are among the major causes of illness and disability in the U.S., and the sixth leading cause of chronic disease in the U.S. Allergies affect as many as 60 million Americans, or one in every five adults and children, and are as common in women as in men. Thirty-five million people suffer from upper respiratory

symptoms that are allergic reactions to airborne pollen; up to 10 million Americans are allergic to cats; and two million develop severe allergic reactions to insect stings. Food allergies are less common; and while about one out of three people say they have a food allergy, only about three percent to eight percent of children younger than three years old, and one percent of adults have true allergic reactions to foods. Unfortunately, about 200 deaths per year are attributed to food allergies.

An allergy is a reaction of a person's [immune system](#) to a normally harmless substance, one that doesn't cause problems for most people. In the allergic woman, the offending substance causes the immune system-which functions as the body's defense against invading agents such as bacteria and viruses-to respond to a "false alarm." Her immune system treats the allergen as an invader by generating large amounts of a type of [antibody](#)-a disease-fighting protein known as IgE-that attaches to the body's tissue and blood cells. The cells are then triggered to release powerful inflammatory chemicals like [histamine](#), cytokines and leukotrienes. These chemicals act on tissues in various parts of the body, such as the respiratory system, and cause the symptoms of the allergy.

Allergies can be more than just bothersome. While some allergies cause symptoms of [rhinitis](#) like sneezing, runny nose and watery eyes; skin irritations like itching and [hives](#) or [eczema](#); or gastrointestinal distress; in some people, the allergic response can lead to anaphylaxis or anaphylactic shock-a sudden and sometimes deadly drop in blood pressure. Anaphylactic shock can potentially stop the heart or lead to complete closure of air passages, causing death by suffocation.

Allergies that result in respiratory symptoms can be caused by pollens, molds and fungi, [dust](#) or [dust mites](#), animals, medications, foods, latex and other substances. Food allergies, which can cause a wide variety of symptoms, are most commonly caused by shellfish and other fish, peanuts and other nuts, wheat, soy, dairy and eggs. Contact allergies, or allergic reactions caused by a person's skin coming in contact with a substance, are most usually caused by, nickel, polishes, rugs, fabric softeners, deodorants, cosmetics, perfumes, preservatives, dyes, and

foam insulation. And don't forget plants like poison ivy, poison oak and sumac. There is a compound in these plants that can cause severe skin reactions in people who are allergic-up to 85 percent of Americans.

Allergies have a genetic component. If one parent has allergies, chances are one in three that each child will have an allergy. If both parents have allergies, it is much more likely (seven in 10) that their children will have allergies. Adults usually do not lose their allergies, but children can sometimes outgrow them. In addition, while people are born with a genetic predisposition to allergies, sometimes they don't develop them until well into adulthood. Exactly what turns these genes on and when remains a bit of a mystery. Some researchers speculate that the more you are exposed to a potential allergen, the more antibodies to that allergen you can build up, until finally one day, they are released in an allergic reaction. Once you become "sensitized," you're going to get recurring symptoms every time you are exposed to the allergen. www.healthywomen.org.

Did You Know?

Submitted by Aneta Ott

If you are 60 and have children (grandchildren) involved in school projects such as plays, softball, or football in the local school system, the Brevard School System has a card known as "the gold card" which can be issued to you from the front office of the high school (you must show your driver's license to prove that you are indeed 60) that will gain you entry to these activities for free. Of course if the activity is not put on by the school you can not use it.

NO ROOM FOR FENCES

Submitted by Marlene Satterthwaite

You may know that Jackie Robinson was one of the first African Americans to play major league baseball. In his first season with the Brooklyn Dodgers, Robinson faced hostility nearly everywhere he traveled because of his race. Pitchers threw fastballs at his head. Runners spiked him on the bases. Brutal epithets were written on cards and shouted by players in the opposing dugouts. Even the home crowds in Brooklyn saw him as an object of reproach.

During one game in Boston, the taunts and racial slurs seemed to reach a peak. To make matters

worse, Robinson committed an error and stood at second base humiliated while fans hurled insults at him. Another Dodger, a Southern white man by the name of "Pee Wee" Reese, called timeout. He walked over to Robinson and, with the crowds looking on, put his arm around his friend's shoulder. The fans grew quiet. Robinson later said that arm around his shoulder saved his career. Jackie Robinson eventually went on to become one of baseball's all-time greats.

An arm around his shoulder made the difference. It said to the crowd and anyone who cared to notice, "We are one."

Though we have made headway, race still divides us. As does religion and politics and ideologies. And, though we are learning better how to "put our arms" around people who are different, our global community is not yet unified.

It's been said, "There is just enough room in the world for all the people in it, but there is no room for the fences which separate them."

CALENDAR OF EVENTS

April

2	Daylight Savings Time begins
9	Palm Sunday
14	Good Friday
16	Easter Sunday
18	Membership Meeting, Holiday Inn, Cocoa Beach
26	Administrative Professionals Day

SPACE COAST CHAPTER NEWSLETTER

Muzette Fiander

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to Muzette Fiander, TA-E1, or e-mail at Muzette.B.Fiander@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.

Insight for the Day

Submitted by Vickie Hall

"The ideas that have lighted my way have been kindness, beauty and truth."

Author: Albert Einstein

"There's something wonderfully rewarding in being part of an effort that does make a difference."

Author: Brian O'Connell

"If you light a lamp for somebody, it will also brighten your path."

Author: Buddhist saying

And then a little humor.....

The Devoted Wife

A devoted wife had spent her lifetime taking care of her husband. Now he had been slipping in and out of a coma for several months, yet she stayed by his bedside every single day. When he came to his senses, he motioned for her to come near him.

As she sat by him, he said, ""You know what? You have been with me all through the bad times. When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you gave me support. When my health started failing, you were still by my side. You know what?""

""What, my dear?"" she asked gently.

""I think you bring me bad luck.""