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# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY FOR WOMEN IN  
GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

December 2000

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## SPACE COAST CHAPTER, FEW

2000 - 2001

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*stride. But just think of all the good things we do accomplish. The angels have all been picked for Baxley and now we are about to start filling stockings for the Domestic Violence Center for the Salvation Army. I would like to thank Dawn Partlow for undertaking all that she has done for FEW in the Outreach Projects! I know it is a difficult task when you have small children and a busy job and Dawn has certainly done a great job this year. Look in the Newsletter for further info about the Stocking Stuffing Project.*

*Can you believe the Christmas holidays are here already? The hustle and bustle of the end of the year and the holiday season has just begun. I urge each of you to be extra careful and cautious as you are out and about, especially leaving malls and in parking lots.*

*I would also like to thank you all for your continued support for Baxley Manor residents. Most of those people do not have a family and NASA has become their family. Remember the thoughts of the elderly lady at Baxley when she said, "NASA don't just launch shuttles, they think about us! When we had a fire, NASA was here to help with our needs, and they think of us every month to help us day to day, and when our apartments needed painting NASA showed up! You see NASA cares about the people! They make our Christmas every year. We would not have a Christmas without them". I will be taking our monthly donation items to them on the 15<sup>th</sup> of December. You may bring your items to the Christmas party at Clara's or drop them off in my new office in room 2529F in HQ. The angel delivery will be on the 22<sup>nd</sup>, but would like to have them by the 15<sup>th</sup>, so that I may check to make sure everyone got a gift.*

*Please mark on your calendar one the most important upcoming events, our Christmas party. Clara Anderson has most generously offered to have it at her beautiful home in Rockledge again. It is something that I look forward to every year and I am sure you do also. I hope to see you there.*

## PRESIDENT'S MESSAGE



*Where has this year gone? One thing for sure is that we as a Chapter have sure been busy. It seems like we go from one community project to the next with little break in*

*Happy holidays,*

*Aneta*



Cup	Toy Car (boys)	Underwear
	Small Ball	Barrettes

<u>7-8-9</u>	<u>10-11-12</u>	
Tooth Brush	Tooth Brush	
Tooth Paste	Tooth Paste	
Socks	Socks	
Pencils	Pencils	
Fun Pads (Book)	Circle Word or Cross Word	
Ruler	Ball Cards	
Markers	Markers	
Note Book Paper	Nail Polish	
Pocket Size Kleenex	Chap Stick	
Wallet	Comb	
Comb	Brush	

Thank you on behalf of the children who will receive them. May God bless you. If you would like to donate items for the stockings, please deliver them to Dawn Partlow, 867-2895, M6-486 (M&O) Rm 141E; Aneta Ott, 867-8548, M6-399, 2529F; Vickie Hall, 867-9100, M6-399, 2615B; Christy Vanasse, 867-4886, M7-355, 2038A; Jan Corbin, SSPF, 3065J; Penny Young, OSB, 6401; Jan Hall, Logistics Bldg., 2620M; or Sandy McCandless, LCC, 4P23.

Also any member that would like to join us in stuffing please come meet us at the FEW office located in Headquarters Room 1460 on Tuesday, December 12th at 11:30am.

**LEGISLATION**  
**Connie Dobrin**



**Retirement Contribution Rollback Approved:**

President Clinton has signed into law (PL 106-346) the transportation appropriations bill, which contains a rollback of the higher contributions toward retirement that federal and postal employees have been paying since last year. The language was added to the transportation bill because of continued hang-ups over the major funding bill for federal employment programs, the treasury-postal measure. The language would repeal, effective January 1, 2001, the additional contributions required by an earlier budget law. This year, employees are paying an additional 0.4 percent of salary into the retirement fund, and an additional 0.1 percent increase would have started January 1 without the repeal. The action means that employee contributions will revert to their traditional levels.

**Buyout In Your Future?**

Although the skills mix problem is considered the most severe at the Defense Department, other agencies too are facing similar problems after years of hiring restrictions. Thus, the use of buyouts of work force shaping could be extended outside of DoD after the test

program is finished there, or possibly even before. As with getting buyout authority in order to avoid RIFs, it likely will be a matter of each agency making the case to Congress that it needs the authority. Chances don't appear good of creating a government-wide work force shaping buyout authority, since Congress has resisted blanket buyout programs in recent years while granting such authority when agencies demonstrated specific need for it.

**Flexitime, Sick Leave Rank High**

Flexible work schedules and the ability to use sick leave for family care rank at the top of the most important family-friendly workplace policies among federal employees, says the Merit Systems Protection Board, based on data from a government-wide survey the agency is compiling. Asked which policies are important or very important to them, 86 percent of employees named flexible work schedules, 85 percent named sick leave for family care and 71 percent named compressed work schedules. Leave sharing, employee assistance programs and telecommuting were named by about half of the respondents while about a quarter named onsite child care, part-time work schedules, child care referral services, job sharing and elder care referral services.



**2002 FEW National Training Program (NTP)**  
**Clara Anderson**

It's official, *Magic and Space – Dreams In Progress* is the theme of the 2002 NTP to be held July 21-26, 2002, at the Rosen Centre Hotel in Orlando, Florida. The FEW Executive Committee met October 13-14, 2000, in Chicago, Illinois and approved the theme, logo, budget, and Financial Incentive Program submitted by the Southeast Region. Resumes were presented and approved for Clara M. Anderson as NTP Chair, Patricia Leonard as Finance Chair, and Pamela Steel as Treasurer. Space Coast Chapter at Kennedy Space Center will host this National training event. The Steering Team is working to provide FEW with an exciting program.

**22<sup>ND</sup> ANNUAL TRAINING SEMINAR**  
**Becky Fasulo**

**“Partnering for a New Future”**

We are well underway with the planning of the training seminar and everything is going very smoothly. Jean Grenville has our speakers and workshops all lined up with signed contracts. Cindy Gooden has graphics busy with the selected style of posters and program cover. The Seminar will be held at the Holiday Inn, Cocoa Beach on March 7 and 8,

2001 and we are partnering with the FWPWG to celebrate Women's History Month. Be on the watch for e-mails providing details as to when and where our meetings will be held. Please contact me if you would like to work on a committee and have not said so yet. There are plenty of jobs for everyone! Becky Fasulo – 867-4046 or [rebecca.fasulo-1@ksc.nasa.gov](mailto:rebecca.fasulo-1@ksc.nasa.gov).

### Recipe For Christmas Joy

1/2 cup of Hugs  
4 teaspoons Kisses  
3/4 cup of Smiles  
4 cups of Love  
1 cup of Special Holiday Cheer  
1/2 cup of Peace on Earth  
3 teaspoons of Christmas Spirits  
2 cups of Goodwill Towards Men  
1 Sprig of Mistletoe  
1 medium size bag of Christmas Snowflakes

Mix Hugs, Kisses, Smiles, and Love until consistent. Blend in Holiday Cheer, Peace on Earth, Christmas Spirit and Goodwill Toward Men. Use the mixture to fill a large, warm heart where it can be stored for a lifetime, for it never goes bad! Serve as desired under Mistletoe, sprinkle liberally with Christmas Snowflakes. It is especially good when accompanied by Christmas carols and family get-togethers.

Serve to one and all!

### NASA NEWS AND INFO Connie Dobrin and Patricia Leonard

#### RESEARCH PROPOSALS SELECTED FOR TECHNOLOGY DEVELOPMENT

NASA has selected 111 proposals as part of its Cross-Enterprise Technology development Program. The agency will spend more than \$120 million seeking high-payoff technologies to support future space-flight systems. According to NASA, over the next one-to-three years, principal investigators in 30 states, chosen from a field of more than 1200 applicants, will explore promising new ideas that could lead to the agency's achieving many of its long-range goals in space science, Earth science and human exploration of space. Forty-nine percent of the selected proposals are from universities. Examples of the innovative ideas include new sensors, which will be developed for the gathering of previously unavailable science data from remote sources. The automation of spacecraft functions will be studied to enable complex new missions with greatly reduced human intervention. New component technologies including advanced materials, micro-devices and support systems will be developed that can significantly reduce

the mass, cost and on-board resource needs of future spacecraft.

#### \*\*NASA UNDERGRADUATE STUDENT RESEARCH PROGRAM ANNOUNCEMENT\*\*

Paid internship opportunity for those employees that have children in college. The National Aeronautics and Space Administration is pleased to announce the NASA Undergraduate Student Research Program (NASA-USRP) offering undergraduates across the United States mentored research experiences at nine participating NASA Centers during 2001. The NASA-USRP seeks applications from undergraduates enrolled full-time in an accredited U.S. college or university. Applicants must be rising juniors or seniors at the completion of the Spring 2001 semester/quarter. Eligible fields of study are academic major or demonstrated coursework concentration in engineering, mathematics, computer science or physical/life sciences. For your convenience, the NASA-USRP program announcement with application is attached (also downloadable directly from website). Please visit the NASA-USRP website at <http://education.nasa.gov/usrp> for further program information and updates. APPLICATION DEADLINE: JANUARY 26, 2001

#### QUESTIONS?

Heidi B. Davis  
NASA-USRP National Coordinator  
Virginia Space Grant Consortium  
[hbdavis@odu.edu](mailto:hbdavis@odu.edu)  
757) 865-0726

#### *THANKFUL*

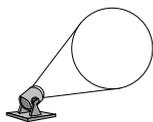
**Submitted by Mary Gross,  
friend of Mavis Timmons**

- For the teenager who is not doing dishes and watching T.V., because that means he is at home not on the streets.
- For the taxes that I pay, because it means that I am employed.
- For the mess to clean after a party, because it means that I have been surrounded by friends.
- For the clothes that fit a little too snug, because it means I have enough to eat.
- For my shadow that watches me work, because it means I am out in the sunshine.
- For a lawn that needs mowing, windows that need cleaning, and gutters that need fixing, because it means I have a home.

- For all the complaining I hear about the government, because it means that we have freedom of speech.
- For the parking spot I find at the far end of the parking lot, because it means I am capable of walking and that I have been blessed with transportation.
- For my huge heating bill, because it means I am warm.
  
- For the lady behind me in church that sings off key, because it means that I can hear.
- For the pile of laundry and ironing, because it means I have clothes to wear.
- For weariness and aching muscles at the end of the day, because it means I have been capable of working hard.
- For the alarm that goes off in the early morning hours, because it means that I am alive.

And finally....for too much e-mail, because it means I

- have friends who are thinking of me.



**MEMBER SPOTLIGHT**  
**Melodie D. Tucker**

Melodie has been a member of the Space Coast Chapter of FEW four (4) years. She was born in Willard, Ohio and relocated to Florida in 1972. Melodie began her professional career in 1973 as a Clerk Typist, for Bendix Launch Support Division, right here at Kennedy Space Center. By 1979 Melodie was working for Rockwell as a Test Operations Coordinator then transitioned to Lockheed Martin in 1984. Today she is employed by United Space Alliance as the Manager for Work Package Build where they compile and distribute work packages used as flight element and GSE WADs (work authorization documents), maintain masters and incorporate changes via deviations, maintain and control the GSE Repeatable Maintenance Recall System and provide Office of Primary Responsibility for the Integrated Operations Systems.

Melodie has been married to Charles, an employee of NASA Communications, since 1976, and they are planning to celebrate their 25<sup>th</sup> Wedding Anniversary on May 22, 2001. The Tucker's have two daughters, Hillary 21, who lives on Merritt Island, works at the Olive Garden, and attends college, majoring in Management Information Systems and Hayley, who will be graduating from high school with the class of 2001.

In her spare time Melodie likes to travel, whether it is cruising or camping. She especially enjoys crafts, reading, billiards,

ballroom dancing ("we're not very good, but we have fun!") and entertaining friends with fine food and wine. (Next party is at her house). Melodie is a member of the National Management Association, and active in the Unitarian Universalist Congregation of Cocoa.

As far as future aspirations Melodie stated "My career at KSC has been very gratifying over the years, but not without turmoil. I faced layoffs twice; once from Bendix when they lost the contract, and once from Lockheed Martin after the Challenger accident when I returned from an assignment at

Vandenberg AFB in California. It taught me the lesson that it is always smart to have a back-up career plan because NOTHING is truly secure. So, I became a small business owner as well—presenting "Men are from Mars, Women are from Venus" workshops. I became a Mars-Venus Facilitator in February 1997, and have since discovered great pleasure in helping couples learn to understand their differences and improve their relationships. So my aspiration is to travel to exciting and exotic destinations, offering these enriching, insightful and fun workshops to everyone who will listen."

**HEALTH CORNER**  
**Submitted by Vickie Hall**

**Preventing Colds and Flu**

By Sally Eauclaire

Vegetarian Times. Dec 1996; null

Sniffles and sneezes may figure prominently in winter time humor, but they are hardly joking matters for the millions of Americans who experience an average of two to four colds each year. We spend billions of dollars annually on over-the-counter drugs with promises of quick relief from cold symptoms. Most experts agree, however, these remedies not only do not help but often make matters worse. As witty sufferers are fond of pointing out: A cold untreated lasts seven miserable days, treated it goes away promptly in just one week. Colds tend to disappear without a trace, after running their course from stuffy head to drippy nose.

Flu, in contrast, is nothing to sneeze -- or laugh -- at. Unlike colds, flu comes on rapidly, with the telltale arrival of symptoms such as muscular aches and pains, chills and fevers, sore throats and dry coughs, headache, exhaustion and depression. More severe than colds, flu can cause death in the elderly and chronically ill, but typically, sufferers feel wiped out for a few days and tired for a few weeks.

Though not the same illness, both colds and flu are caused by viruses. And for those who think a "cure for the common cold" or a fail-safe flu shot is on the scientific horizon, some bad news: There are hundreds of distinct cold and flu viruses out there. Unfortunately, these "bugs" differ from one

another sufficiently -- and mutate so quickly -- that no medical "magic bullets" are likely.

Because science is unlikely to keep you free of colds and flu, your best defense is to boost your immune system so it is strong enough to keep bugs at bay. With a prevention strategy that combines diet, supplements and lifestyle management, you may make it through the winter with nary a crumpled tissue. And if you're unlucky enough to get sick despite your hard work, we've rounded up some natural therapies to see you through.

### **Antimicrobial Eats**

Why some people get sick with colds and flu repeatedly and others rarely, is a question scientists are investigating. One of the possible answers is that what you eat (or don't eat) may help you stave off colds and flu or get over them more quickly.

In the controversial arena of cold and flu prevention, one food's value is not in dispute -- garlic. Garlic has been shown to kill several types of bacteria and viruses. It also boosts immunity. Indeed, garlic possesses such potent antimicrobial properties that John Long, Ph.D., professor of microbiology at Brigham Young University in Provo, Utah concludes if you eat enough soon enough you might not get the cold or flu you feel coming on.

If you've maxed out on garlic pasta and broccoli with garlic sauce, Michael Janson, M.D., president of the American Preventive Medical Association in Great Falls, Va. and author of the book, *The Vitamin Revolution in Health Care* (Arcadia Press, 1996) says the most potent garlic preparations on the market are the "deodorized forms" (not "odorless"), which contain the equivalent of many cloves of garlic in each pill. Deodorized garlic powder doesn't leave you with telltale "garlic breath" but contains the active allelic sulfide compounds. It is available in 350 to 500 milligram (mg.) capsules that Janson recommends twice per day.

While garlic can help prevent a bout of cold or flu, once you're smitten, a speedy recovery may depend not only on what you're eating but on how much. Remember the old saying, "feed a cold and starve a fever," attributed to the father of Western medicine, Hippocrates? Well, it turns out what he really advised was: "If you feed a cold, you will have to starve a fever," which implies that eating regular fare will not help that cold or flu and may even make matters worse. Hippocrates reasoning: A body busy with digestion might have less energy for fighting off germs. Many alternative physicians subscribe to this reasoning and recommend at the first sign of a cold or flu, you go on a modified fast, limiting the diet to diluted fruit or vegetable juices, potassium broths, garlic or miso soup plus lots of herb tea and water.

Conventional doctors and the editors of the Tufts University Diet and Nutrition Letter disagree with practitioners of alternative medicine on this matter. They say, whether you have a cold or flu, and particularly when you have a fever, starving an illness is a bad idea because the body needs adequate calories to fight back against the proliferating invader germs. Martin Milner, N.D., a naturopath on the faculty of the National College of Naturopathic Medicine faculty in Portland, Ore., replies to this theory: "I've watched it both ways, and I would definitely recommend eating lightly. At the very minimum, stay away from protein and fat-rich entrees, sweets and dairy products," which Milner believes add to a cold's congestion.

### **"C" Is for "Cold"**

By far the most popular cold and flu preventive is the ubiquitous vitamin C. The untiring efforts of the late Linus Pauling, Ph.D., the two-time Nobel laureate whose persistent promotion of the benefits of vitamin C (ascorbic acid) supplements led to what is now a voluminous research literature. Pauling demonstrated vitamin C's wide range of useful effects: as a potent antioxidant protecting against free radical damage; in reducing wrinkling and sagging of skin and in decreasing chances of getting cataracts as we age; by boosting interferon (a natural antiviral substance) and antibody levels in the body and maintaining a strong immune system.

There is tremendous disagreement in the scientific community, however, about how much vitamin C one needs. While Pauling recommended a whopping 2,300 to 10,000 mgs. daily, a National Institutes of Health study published in the *Proceedings of the National Academy of Sciences* (April 16, 1996) suggests that 200 mg. daily is more appropriate. Vegetarians easily meet this recommendation by eating at least five generous servings of fresh fruits and vegetables each day, including rich C sources such as citrus fruits, bananas, berries, greens, peppers, tomatoes and potatoes.

But many preventive medicine specialists say 200 mg. is way too low to maintain a strong immune system. "For some people, 500 mg. is plenty, but others may need as much as 5,000 mg. a day," says Alan Gaby, M.D., a Seattle-based, medical nutritionist who is a member of the board of the American Holistic Medical Association and a frequent contributor to alternative medicine research journals. "You have to evaluate each patient's need on a case per case basis."

Emanuel Cheraskin, M.D., D.D.S., a physician, dentist and author of the popular classic, *The Vitamin C Connection* (Harper & Row, 1983), recommends 1,000 mg. to as much as 3,000 mg. per day. "Needs vary," says Cheraskin, but everyone's need for vitamin C goes up dramatically when a cold or the flu is imminent. Like Pauling, Cheraskin

recommends taking 1,000 mg. per hour, at the first hint of a sneeze or scratchy throat. Any delay diminishes the likelihood of success. No matter whose advice you take, be sure the pills you're using are fresh and potent, not leftovers from last year's supply. Vitamin C is easily oxidized when exposed to light, heat or air. Most natural health practitioners recommend using a buffered form of vitamin C to prevent acid burn in the stomach and suggest a product complete with bioflavonoids, which are also powerful antioxidants.

### **Zinc Yourself Well**

If "C" is the "super immunity" vitamin, then zinc may just be the super immunity mineral. Nearly every American's diet is low in this trace element, according to the Journal of the American College of Nutrition, which reported in 1995 that zinc intake has declined among American adults resulting in widespread immune problems. Zinc levels of vegetarians tend to be somewhat lower than those of meat eaters because animal products, meat in particular, provide about 70 percent of the zinc in American diets and because the absorption of zinc from plants is lower than that from animal products. The richest nonmeat sources of zinc include whole grains, beans, nuts and nut butters and pumpkin and sunflower seeds.

Perhaps the most exciting news on the prevention front is the effectiveness of zinc lozenges. Recent studies at Dartmouth College and the Cleveland Clinic Foundation indicate that they can, if not stop colds and flu in their tracks, reduce their life span by half. But be careful, not all mass-marketed zinc lozenges are created equal. Gaby advises you avoid products with fillers and sweeteners included to enhance palatability. "Zinc gluconate or acetate is what you want, not zinc picolinate or citrate," says Gaby. "Make sure there's no sugar, citrate or tartrate fillers because the zinc binds to these fillers and becomes less available." The dose that helped cold and flu sufferers in the Cleveland study was 13.3 mg. of zinc every two hours.

Prefer herbs? Echinacea, which naturopaths and herbalists use to jump-start the immune system, is the top seller. Beware, however, of taking it every day, all winter long. "It can overstimulate the immune system," says Gaby, "and that can eventually lead to a depressed immune system." Most herbalists recommend that you take courses of echinacea, three weeks on, followed by one week off.

For preventive use, don't buy your echinacea in formulas with goldenseal, warns Daniel Gagnon, a well-known herbalist and president of Herbs, Etc. of Santa Fe, N.M. "Goldenseal is most useful for toning the membranes of the nose and sinuses and reducing inflammation. In other words, there must be an existing problem for it to be useful. It's not optimal for prevention."

Gagnon's favorite program for preventing colds and flu includes taking two herbal formulations simultaneously for a

period of at least one month. The first, a combination of reishi and shiitake mushrooms, which have powerful immune-boosting properties, strengthens the immune system, Gagnon says. He recommends taking 10 to 20 drops of a tincture made from the two mushrooms (available commercially), twice a day, between meals. The second tincture, a combination of the herbs astragalus and echinacea, can be taken at the same time, to build up interferon reserves that help cells defend against viral or bacterial attack. As Gagnon explains it, "In the same way Paul Revere warned the colonists that the British soldiers were coming, interferon goes to neighboring cells to warn them of impending danger." Gagnon recommends 30 drops of the echinacea-astragalus combination twice a day.

Gagnon says you can begin a cold and flu prevention program as early as August, "because prevention is not achieved overnight." That way, you can take several courses of herbs with breaks in between throughout the cold and flu season. But no matter what the calendar says, it's not too late. As Gagnon puts it, prevention is better late than never.

### **Mind Over Sniffles**

An ounce of prevention may be worth a pound of cure, but what's the best prevention strategy? The right attitude of mind, according to James S. Gordon, M.D., director of The Center for Mind-Body Medicine in Washington, D.C. and author of *Manifesto for a New Medicine* (Addison-Wesley, 1996). "If you live a sane, stress-free and balanced life you are less likely to get colds, flu or anything else," says Gordon.

The *New England Journal of Medicine* (Aug. 29, 1991) published proof of what Gordon considers self-evident: Colds and flu are most likely to strike when people are under psychological stress, are overworked or experiencing pre-holiday, pre-exam or pre-deadline jitters. The study found what we all know from experience, that working too hard and not getting enough sleep exhausts the body and leaves it more vulnerable to infection.

If stress reduction seems like a low-priority goal this season, consider the emotional, physical and financial toll of repeated colds and flu, much less the high blood pressure, heart disease and host of other stress-related illnesses. As Gordon puts it, "Illness is a part of, and not apart from, life. Learning to understand ourselves, heal ourselves and maintain our health is a great spiritual teacher."

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## **SPACE COAST CHAPTER WEBSITE**

**Debbie Ward**

Don't forget to visit our FEW website at <http://www.ksc.nasa.gov/groups/few/>. If you have additional info for the website please contact me at 867-0832 or e-mail at [Deborah.Ward-1@kmail.ksc.nasa.gov](mailto:Deborah.Ward-1@kmail.ksc.nasa.gov)



## **Space Coast Chapter Newsletter Editor**

**Rutha Williams/Vickie Hall**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Rutha Williams at QA-D or e-mail [Rutha.Williams-1@kmail.ksc.nasa.gov](mailto:Rutha.Williams-1@kmail.ksc.nasa.gov)

**Seasons Greetings from Your Editorial Staff!**

**FEDERALLY EMPLOYED WOMEN, INC.  
SPACE COAST CHAPTER  
MEMBERSHIP APPLICATION**

<b>New Applicant</b>		<b>Renewal</b>		<b>Previous Member</b>		<b>Change of Membership Info</b>	
<b>Name</b>							
			<b>Membership Number</b>				<b>Birth Date</b>
<b>Home Address</b>							
City, State, Zip							
<b>Home Phone</b>							
<b>Agency/Company</b>							
<b>Mail Code/Address</b>							
City, State, Zip							
<b>Work Phone</b>				<b>E-mail Address</b>			
<b>Committees you would like to work on or Chair</b>							
<b>Finance</b>		<b>Bylaws</b>		<b>Seminar</b>		<b>Programs</b>	
<b>Legislative</b>		<b>Historian</b>		<b>Scholarships</b>		<b>Sunshine</b>	
						<b>Community Outreach</b>	
						<b>Environmental</b>	
<b>If interested in serving as a Chapter Officer, please indicate which office</b>							
<b>President</b>		<b>President Elect</b>		<b>Vice President</b>		<b>Secretary</b>	
						<b>Treasurer</b>	
<b>If you would like Space Coast Chapter to address a specific issue or provide a program covering a specific topic, please let us know here:</b>							

The following information is requested by the National Office for statistics only.

Position/Title: \_\_\_\_\_ Series/Grade: \_\_\_\_\_

Circle One:    SES    GM    GS    WG    Military    Other

<p>Membership dues are to be paid February 1<sup>st</sup> of each year. However there is a pro-rated fee schedule for those joining after March 1<sup>st</sup>. Please contact the Membership Chairperson, Patricia Leonard, 867-8147, XA-D1, if you have questions concerning your dues.</p>
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