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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

January 2001

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**SPACE COAST CHAPTER, FEW  
2000 - 2001  
Officers and Committees**

<b>President</b>	<b>Aneta Ott</b>
<b>Finance</b>	<b>Clara Anderson</b>
<b>Newsletter</b>	<b>Rutha Williams/ Vickie Hall</b>
<b>NTP/RTP Planners</b>	<b>Connie Dobrin/ Barb Powell</b>
<b>Nominations</b>	<b>Arden Belt</b>
<b>Parliamentarian</b>	<b>Carolyn Burnham</b>
<b>President Elect</b>	<b>Connie Dobrin</b>
<b>Seminar</b>	<b>Becky Fasulo</b>
<b>Compliance/Diversity</b>	<b>Sue Gaines</b>
<b>Webmaster</b>	<b>Debbie Ward</b>
<b>Vice President</b>	<b>Barb Powell</b>
<b>Programs/Publicity</b>	<b>Jean Grenville</b>
<b>Community Outreach</b>	<b>Dawn Partlow</b>
<b>Bylaws</b>	<b>Jane Eitel</b>
<b>Treasurer</b>	<b>Christy Vanasse</b>
<b>Membership</b>	<b>Patricia Leonard</b>
<b>Environmental</b>	<b>Valarie Franklin</b>
<b>Sunshine</b>	<b>Suzanne Worland</b>
<b>Secretary</b>	<b>Jane Eitel</b>
<b>Scholarships</b>	<b>Christy Vanasse</b>
<b>Legislation</b>	<b>Connie Dobrin</b>
<b>Historian</b>	<b>Carolyn Burnham</b>
<b>Past President</b>	<b>Vickie Hall</b>
<b>National Legal Chair</b>	<b>Karin Biega</b>
<b>NTP 2002 Chair</b>	<b>Clara Anderson</b>
<b>Regional Awards</b>	<b>Becky Fasulo</b>
<b>Regional Nominations</b>	<b>Jane Eitel</b>
<b>Regional Legislation</b>	<b>Vickie Hall</b>

**Membership Committee  
Patricia Leonard**

All **Membership Dues** are due February 1st so they can be forwarded to National by March 1st. Since we use the prorated scheduled this should include everyone and the dues should be \$30 for all members. Also you now have the option of paying

dues by credit card. If anyone has any questions, call or email Patricia Leonard at: 321-867-8147(voice); 321-867-2097 (fax) or E-mail [Patricia.Leonard-2@kmail.ksc.nasa.gov](mailto:Patricia.Leonard-2@kmail.ksc.nasa.gov)

**PROGRAM COMMITTEE**

Jean Grenville

**FEW SPACE COAST CHAPTER - JANUARY 2001 PROGRAM AND BUSINESS MEETING** - Mr. Bruce Clarke of New Horizons Diversity Consultants in Melbourne, FL will outline his programs on Diversity, EEO Services, Executive Coaching, Special Emphasis Programs, Sexual Harassment Prevention and Mediation-Alternative Dispute Resolution for our review for future seminars.

**MONDAY, JANUARY 22, 2001  
RED LOBSTER, MERRITT ISLAND, FL  
Gather between 4:30 and 5:00 pm  
Order from the Menu**

Hope to see you there!

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**Smiles for the Day**

If you have a lot of tension and you get a headache, do what it says on the aspirin bottle, "Take two and Keep away from children."

It's a very strange name they picked for Social Security. For what they actually send you, you can't afford to be "social" nor can you really feel "secure."

Short skirts have a tendency to make men polite. Have you ever seen a man get on a bus ahead of one?

It is hard to understand how a cemetery raised its burial cost and blamed it on the Cost of Living.

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## Calendar of Events

### January

- 1 Happy New Year!
- 11 Seminar 2001 Mtg, Hqs, 1460, 4:30 pm
- 16 NTP 2002 Mtg, Hqs, 1460, 4 pm
- 20 Presidential Inauguration
- 22 FEW Program Mtg, Red Lobster, Merritt Island, 5 pm

### February

- 6 STS-98 Shuttle Launch
- 7 African-American History Lunch
- 12 Seminar 2001 Mtg, Hqs 1460, 4:30 pm
- 14 Valentine's Day
- 17 STS-98 Shuttle Landing
- 19 President's Day

## SUNSHINE Suzanne Worland



The following members have birthdays during the month of January

Connie Dobrin                      January 5

# Happy Birthday!

And if you are not listed on the Birthday list, it's because we do not have your birthday in our books, please send an e-mail to Suzanne Worland with the day so that we can honor you on your special day. [Suzanne.Worland-1@ksc.nasa.gov](mailto:Suzanne.Worland-1@ksc.nasa.gov)



to Pat Lowry as she recovers at home from recent surgery and also to Christy Vanasse who has had some recent health problems!



Please keep Millie King's family in your thoughts and prayers. Millie, a former President of Space Coast Chapter, passed away Wednesday, January 10, 2001. Donations may be made to the American Cancer Society, 4256-B, West Melbourne, FL 32904.

## LEGISLATION Connie Dobrin



**C Fund Posts Worst Year Ever** - The Thrift Savings Plan common stock (C) fund posted a slight gain in December but that was not enough to prevent the fund from suffering by far its worst year in its 13-year history, finishing calendar year 2000 down 9.14 percent. The bond (F) fund, meanwhile, had its fourth-strongest year ever in 2000, gaining 11.67 percent while the government securities (G) fund gained 6.42 percent, the fourth lowest of its returns in that period. In December, the C fund gained 0.5 percent while the F fund was up 1.86 percent and the G fund was up 0.48 percent. Meanwhile, money in the G fund is being invested at a 5.375 percent annual rate in January.

**3.7 Percent Raise Finalized** - President Clinton has reaffirmed his support for a 3.7 percent average general schedule raise in January 2001, which will be payable beginning at the start of the first full pay period of the new year-for most employees, January 14. Clinton decided to divide the raise as 2.7 percent across-the-board pay, going to all GS employees worldwide, plus an additional 1 percent divided up as locality pay for those eligible for such pay (basically, GS employees in the contiguous 48 states).

**POSTAL SERVICE AND FEDEX JOIN FORCES** - FedEx Corp. and the U.S. Postal Service are joining forces in a unique public-private alliance that is causing concern among FedEx's competitors, and on Capitol Hill. Under the arrangement, FedEx will be permitted to put collection boxes in post offices across the nation in exchange for use of FedEx's vast air transportation network. Currently, the Postal Service moves mail by renting space on commercial planes and leasing its own planes. The alliance with FedEx will allow the Postal Service to discontinue leasing planes, with an expected savings of more than \$1 billion. FedEx will receive more than \$6 billion over a 7-year period from the Postal Service to fly Priority and Express Mail. While the partnership is slated to start this August, there are significant hurdles that must be overcome. Capitol Hill lawmakers and private sector competitors, such as the United Parcel Service, question whether the deal violates antitrust laws. In addition, the agency is currently under fire from Emery Worldwide Alliances, which is suing the Postal Service in federal district court, alleging the contract with FedEx violates procurement rules. That suit is expected to be decided this spring.

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

### “Partnering for a New Future”

#### 22nd Annual Training Seminar “Partnering for a New Future”

Things are really coming together for the Seminar, which is scheduled for Wednesday, March 7 and Thursday, March 8 at the Holiday Inn, Cocoa Beach. All of the workshops and speakers have signed contracts. The lunchtime program is being sponsored by the FWPWG to help celebrate “Women’s History Month”. Col. Carol Boone (ret. USAF) will be our guest speaker. She comes highly recommended by our friends at DEOMI. The registration packages have been mailed to the training coordinators. We will be stuffing the folders on Monday, March 5 after work in our FEW office, Hqs. Rm. 1460. The next planning meeting will be Monday, February 12, 4:30 PM in Hqs. Rm. 1460. If you have any questions, please contact me 867-4366 or email: [Rebecca.Fasulo-1@ksc.nasa.gov](mailto:Rebecca.Fasulo-1@ksc.nasa.gov)

### Self Defense

Submitted by Karin Biega

Hello Friends! I just finished taking the most amazing self-defense class, sponsored by Shandwick, and I wanted to share some really valuable info with you before it goes out of my head. The guy who taught the class has a female friend who was attacked last year in the parking garage at Westport Plaza in St. Louis one night after work and taken to an abandoned house and raped. He started a women's group and began teaching these classes soon after. This guy is a black belt in karate and trains twice a year with Steven Segall. He and the others in this group interviewed a bunch of rapists and date rapists in prison on what they look for and here's some interesting facts:

The #1 thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. The #1 outfit they look for is overalls because many of them carry scissors around to cut clothing and on overalls the straps can be easily cut.

They also look for women on their cell phone, searching through their purse or doing other activities while walking because they are off guard and can be easily overpowered.

The time of day men are most likely to attack and rape a woman is in the early morning, between 5 and 8:30 a.m.

The number one place women are abducted from/attacked at is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms. The thing about these men is that they are looking to grab a woman and quickly move her to a second location where they don't have to worry about getting caught. Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming. These men said they will not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

Several defense mechanisms he taught us are:

If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk, I can't believe it is so cold out here, we're in for a bad winter. Now you've seen their face and could identify them in a lineup, you lose appeal as a target.

If someone is coming toward you, hold out your hands in front of you and yell Stop or Stay back! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

If you carry pepper spray (this instructor was a huge advocate of it and carries it with him wherever he goes), yelling I HAVE PEPPER SPRAY and holding it out will be a deterrent.

If someone grabs you, you can't beat them with strength but you can by outsmarting them. If they grab your wrist, pull your wrist back so your hand is in a waving position (palm facing forward) and twist it toward yourself and pull your arm away. It is hard to hold onto wrist bones that are moving in that way. They stumble toward you and you stumble back, so you can use that momentum to bring the same out and backhand them with your knuckles in the forehead, nose or teeth. If you are grabbed around the waist from behind, pinch the attacker either under the arm between the elbow and armpit or in the upper inner thigh. HARD.

One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle

strands - the guy needed stitches. Try pinching yourself in those places as hard as you can stand it. It hurts. After the initial hit, always go for the groin. I know from a particularly unfortunate experience that if you slap a guy's privates, it is extremely painful. You might think that you'll only make the guy more angry and make him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble and he's out of there.

When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible. The instructor did it to me without using much pressure and I ended up on my knees and both knuckles cracked audibly.

Of course the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and if you see any odd behavior, don't dismiss it, go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

## 2001 African-American History Month Rutha Williams

**Feb. 2, 9, 16, & 23** Relish Lackmann's African-American traditional foods in all KSC cafeterias.

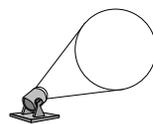
**February 7** **African-American History Month Luncheon**  
Debus Conference Facility, KSC Visitor Center  
Tickets available in January thru Distributors listed below

**February 25** **Fellowship**  
Antioch Missionary Baptist Church  
311 E. Broadway St., Oviedo  
Pastor Charles Jones

### Ticket Distributors

Distributor	Area	Location	Phone No.
Hewitt McKinney	O&C	O&C/2037	867-4656
Bill Gary	O&C	O&C/1251	867-3021
Wanda Petty	HQ	HQ/2545	867-9165
Maggie Starke	HQ	HQ/3257J	867-3305
Barbara Lockley	SSPF	SSPF/3002E	867-6151
Rose Austin	SSPF	SSPF/M036U	867-6481
Javan Banks	CIF	CIF/304A	867-7103
Shirley Smith	OSB	OSB/3121U	861-4233
Mary Davis	Logistics Bldg.	Logistics/3540J	861-1351
Valeria Cobb	OPF	High Bay Security	861-7049
Vera Pettis	Cape Side	MRL/105B	853-3664

For additional information contact Michelle Amos (867-6681) or Michael Bell (867-1160).



## MEMBER SPOTLIGHT M. Jean Rhodes

Jean has been a member of the Space Coast Chapter of FEW for two (2) years. She was born in New Jersey, but was transplanted to Cocoa Beach, then to Titusville, FL at the young age of three. Jean began her Civil Service at Indian Springs Air Force Auxiliary Field, Nevada - then Europe. From 1974 to 1980, the Rhodes family moved as military dependents to Langley AFB, Va. then back to Titusville in 1981 when Roger retired. Prior work experience before moving overseas was in the banking and real estate businesses. Before taking her currently position in the Kennedy Space Center Equal Opportunity Officer, Jean worked in the Public Affairs Office as a Public Relations Assistant from 1985 to 1994. Today Jean wears many hats in the EO Office, from the Federal Women's Program Manager, Native American Intertribal Council Advisor, Discrimination Complaints Manager, to the alternative Dispute Resolution Manager. Jean has been married for 39 years to her high school sweetheart, and they have two grown children, Gina and Jack. As for hobbies, Jean just recently moved into her dream home on the river, where she enjoys fishing, reading, fishing, boating and fishing. Her aspiration: "To be happy and share my good fortune."

## YOPLAIT FIGHT AGAINST BREAST CANCER Letter from Yoplait

Dear Vickie,  
We did it! Together, we reached our goal of collecting 5 million pink lids and raised \$500,000 for the Susan G. Komen Breast Cancer Foundation. Add that to Yoplait's guaranteed donation of \$550,000 to Komen Race For The Cure® and the total jumps to over \$1 million!

This success is due to the dedication of people like you. In fact, the pink lids collected by your team, FEW, Space Coast Chapter, raised \$38.60 for the Komen Foundation.

Check out all the final Team Standings at [www.YoplaitUSA.com](http://www.YoplaitUSA.com). To help us make next year's program even stronger, give us your feedback on Save Lids to Save Lives™. We eagerly await the chance to team up with you next year. Thank you.

Your partner in the fight against breast cancer,  
**Yoplait**

## **SPACE COAST CHAPTER WEBSITE**

**Debbie Ward**

Don't forget to visit our FEW website at

<http://www.ksc.nasa.gov/groups/few/>

We are also linked from the FEW National website to our Chapter.

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)

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

#### **Headache Quiz**

As many as three hundred different medical conditions can cause headaches. There are tension headaches, cluster, sinus and others, but when it comes to sheer pain, migraines are in a class by themselves.

If you suffer from headaches, you're not alone. Headache is the seventh leading presenting complaint in ambulatory medical care in the U.S. and accounts for over 18 million outpatient visits per year. Attacks can be triggered by stress, diet, heredity and many other factors. Educating yourself about headache causes and identifying your individual triggers can help you prevent -- and treat -- painful attacks in the future.

1. How often does diet play a role in migraines?
  - a) 90% of the time
  - b) 40% of the time
  - c) 10% of the time
  - d) almost never
2. Which of the following is most likely to trigger a migraine?
  - a) chocolate
  - b) red wine
  - c) aged cheese
  - d) bologna
  - e) all of the above
3. Does caffeine make headaches better or worse?
  - a) better
  - b) worse
  - c) depends

4. What is the most common headache type?
  - a) migraine
  - b) tension
  - c) cluster
  - d) sinus
5. Who tends to have worse headaches, women or men?
  - a) women
  - b) men
  - c) equal
6. Which mineral may help ease migraines?
  - a) chromium
  - b) magnesium
  - c) iron
  - d) manganese
7. Which of the following helps prevent migraines?
  - a) anti-glare computer screens
  - b) acupuncture
  - c) sticking to regular routines
  - d) a and c
8. Which of the following doesn't help a hangover?
  - a) honey
  - b) bananas
  - c) painkiller in the morning
  - d) painkiller at bedtime
  - e) water

**Answers to Quiz:** 1 – b; 2 – e; 3 – c; 4 – b; 5 – a; 6 – b; 7 – d; and 8 - d

Article taken from the following website:  
<http://www.prevention.com/healing/spotlight/headache/>

### **Space Coast Chapter Newsletter Editor** **Rutha Williams**



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)

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

This Newsletter is dedicated in memory of Millie King,  
Space Coast Chapter President 1973 - 1974

**FEDERALLY EMPLOYED WOMEN, INC.  
Space Coast Chapter  
Membership Application**

New Applicant		<input checked="" type="checkbox"/> <b>Renewal</b>		Previous Member		Change of Membership Info	
Name		Membership Number		Birth Date			
<b>Home Address</b>							
<b>City, State, Zip</b>							
Home Phone							
Agency/Company							
Mail Code/Address							
<b>City, State, Zip</b>							
Work Phone		E-mail Address					
<i>Committees you would like to work on or Chair</i>							
Finance		Bylaws		Seminar		Programs	
Legislative		Historian		Scholarships		Sunshine	
						Community Outreach	
						Environmental	
<b>If interested in serving as a Chapter Officer, please indicate which office</b>							
President		President Elect		Vice President		Secretary	
						Treasurer	
<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>							
METHOD OF PAYMENT							
Total Amount Due: \$30							
Cash or Check		Amount Paid		Check No.			
<u>Charge to the following Credit Card</u>				Visa		Master Card	
Card Number		Expiration Date (MM/YY)					
Please Print Cardholders Name (as it appears on the card)				Signature (Credit Cards Only)			

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

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

**Circle One:**    **SES**    **GM**    **GS**    **WG**    **Military**    **Other**

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.