



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/>

JANUARY 2006

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Newsletter Editor	Muzette Fiander
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Regional Awards	Barbara Powell
Regional Nominations/ Elections	Vickie Hall
Regional Secretary	Jean Grenville

PRESIDENT'S MESSAGE

Sandy Eliason

It's 2006...Wow can you believe it is the middle of January? I imagine you can, but still in this day of high tech and scurrying around it's hard to keep up with things. Do you find that you put new data in your head but forget the other 90 percent that needs to go into our brain's memory fields just to complete that day?! I'm glad and very thankful that we have each other for support and help to guide our way.

Over the last several months we have had many members who have had deaths of family members. It feels to me to be a fairly large number, more than usual given the time frame. One of the hardest things for us to do in these landmark moments is to articulate our compassion for each other; it's hard to see that our sister's souls are sad. As I hear the details of their heart I am ever so reminded that the most important position/role we have is to build each other as a team, friend, comforter, help mate, support group.

Together we celebrate and enjoy innumerable experiences that often happen unnoticed. While moving from one moment in time to the next is seldom considered a significant occurrence, it is during those in-between times that we are most in tune with life's most profound, albeit simple joys. Between birth and death, triumph and sorrow, beginnings and endings, we enjoy innumerable experiences that often happen unnoticed. As we start this New Year let's be mindful to take these in-between times and celebrate them by paying special attention when they happen, rather than taking them for granted. It's our focus of attention that can change an in-between time into celebration.

Let's try to slow down and allow our heart and mind to take in all of our life's wonders. Far too often, we can let those simple moments of awe pass us by. The in-between times are when life happens to us between the pause that we take to honor our milestone occasions. Without the in-between times, there would be no big moments to celebrate. Let us celebrate the simple facts that we are alive and that

every day is a chance to spend time with each other. When we look at the good that exists in our life it will become clear that there are many reasons to celebrate.



SUNSHINE

Eva Coffman

Celebrating birthdays in December:

Theresa Kroning	December 7
Daisy Morales	December 10
Muzette Fiander	December 15
Jane Drinkhouse-Demars	December 25
Patti Rissman	December 26

Celebrating birthdays in January:

Connie Dobrin	January 5
Sammie Martin	January 16
Maria Caban	January 29



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

Space Coast Chapter thoughts and sympathy have been extended to the following members:

Barbara Powell on the loss of her father
Mavis Timmons on the loss of her brother
Clara Anderson on the loss of her uncle
Liz Wise on the loss of her mother
Jean Grenville on the loss of her sister
The family of Carol Schiller, past president and friend of Space Coast Chapter

A get-well card was sent to Marilyn Reames, Southeast Regional Representative and past SE Regional Manager. Marilyn was hospitalized, but is getting better.

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.

27th Annual Training Program

Sponsored by the Space Coast Chapter,
Federally Employed Women
Barbara Powell

WHEN: Wednesday, March 1, 2006 repeated on Thursday, March 2, 2006

WHERE: Holiday Inn, Cocoa Beach, FL

THEME: "TRAINING FOR A SUCCESSFUL FEUTURE"

TIME: Registration begins each day at 8:00 a.m. (Continental Breakfast)

There is exciting news coming from the ATP Committee. All five of our speakers have been selected. The Keynote Speaker, is Rita M. Murray, President, Performance Consulting, and her topic is "Survive and Thrive in a Multi-Generational World." Rita comes highly recommended. Workshop speakers are Mariam Hull, President, Hull Associates speaking on "Mastering Change;" Tina Shepherd, President, Real Life Nutrition, will be offering her workshop entitled "Nutrition for Working Women." Carol Clendinen, President, Bearin' Up, will present her workshop on "Putting People First in a Diverse Workplace", and last but not least is Marc DeSimone, Senior Consultant, International Leadership Development Consortium, presenting "Moving Beyond Resistance."

Sounds like an exciting roster of speakers. Will keep you informed about our progress. Just mark the dates on your calendar, and by all means if you want to help make this ATP another success, come join us at a Committee Meeting, or call Barb, the Committee Chair at 867-7384. REMEMBER - BUSY HANDS ARE HAPPY HANDS.

FEW Scholarships Available for the 2006 National Training Program

Barbara Powell

The National Scholarship Committee is currently accepting applications for the 2006 National Training Program (NTP) and Retiree Scholarships Programs. The NTP scholarship program provides an opportunity for deserving individuals, who meet the requirements, to participate in the NTP who might not otherwise be able to attend.

Applications must be postmarked by **April 7, 2006**. The scholarship criteria, forms, and submission procedures are posted on the FEW web site at www.few.org, click on the menu button on the left of the home page under scholarship – NTP/Retiree. Additional information can be found in FEW's National Policy and Procedures Manual (NPPM), Part

3 – Activity and General Procedures, in the National Training Program Scholarship Section.

NTP General Scholarship:

All application packages MUST BE SUBMITTED in accordance with the NPPM procedures and applications must meet ALL of the following requirements: (a) An individual employed at the salary equivalent of a GS-09 or less; (b) Must have been a regular member of FEW for at least one year; (c) An active officer, committee chair or member participating in meetings, programs, etc., of a chapter; or a member-at-large that actively supports or participates in FEW; (d) Not been a NTP scholarship recipient in the past three years; (e) You must use the Official NTP Scholarship Forms; (f) Postmarked NO LATER THAN April 7, 2006; (g) Applicants must meet all eligibility requirements by the postmark deadline (as stated); (h) Include all required supplemental material, and (i) Mail each member of the National Scholarship Committee one copy of each application form and other documentations.

NTP Retiree Scholarship:

(a) A regular member of FEW for at least five years prior to retirement and have maintained continuous membership since retirement; (b) An active member continuing to participate in FEW activities at chapter, region and national level or, if a member-at-large, support or participate in FEW activities; (c) Not been an NTP Scholarship recipient in the past three years; (d) Nominations postmarked NO LATER THAN APRIL 7, 2006; (e) You must use the Official NTP Scholarship Forms; (f) applicants must meet all eligibility requirements by the postmark deadline; (g) Include all required supplemental material, and (h) Mail each member of the National Scholarship Committee one copy of each application form and other documentation.

The committee will analyze the applications using the ranking worksheets. Applicants must score a minimum of 15 points to be eligible for a scholarship. Incomplete applications will not be considered.

Applicants must submit packages NLT April 7, 2006 to the following: (ONE COPY TO EACH)

Wanda V. Killingsworth
National Scholarship Chair
3805 Newark Road
Brentwood, MD 20722

Sylvia D. Brown
165 Bill Steward Blvd
LaVergne, TN 37086

Jeanette Hite
6107 Peggy Ann
Court
Suitland, MD 20746

The scholarship winners will be recognized at the 2006 National Training Program in Atlanta, GA.

Questions can be directed to one of the following Scholarship Committee members:

- Wanda Killingsworth at (202) 874-0678 or email wanda.v.killingsworth@irs.gov or wvkillingsworth@aol.com
- Sylvia Brown at (615) 736-5686 or email sylvia.d.brown@lm02.usace.army.mil
- Jeanette S. Hite at (301) 443-1847 or email at jhite@samhsa.gov
- Barbara Powell at (321) 867-7384 or email Barbara.Y.Powell@nasa.gov

NATIONAL TRAINING PROGRAM (NTP) 2006

Marlene Satterthwaite

Plan ahead! "Catch the Vision" is the theme for the FEW 37th NTP that will be held in Atlanta, GA, July 17-21, 2006. The NTP is a great opportunity for networking with women and men business professionals from all over the U.S. (over 2000 attendees last year). This Program offers training sessions that will enhance and energize your skills with focus on expanding your career possibilities/opportunities. Check the website www.fewntp.org/ for information posted to date. **On-line registration begins March 15, 2006.** Register before May 26 and save \$\$\$. Share this web site with your Training Coordinators. Don't let this opportunity slip by. See YOU in Atlanta!

COMMUNITY OUTREACH

Vickie Hall



Salvation Army Christmas Stockings

The Space Coast Chapter of Federally Employed Women (FEW) began filling stockings for the Salvation Army Christmas Kids in 1999. The first year or so, the stockings were filled by Chapter members and members filled between 35 – 50 stockings. Many of our co-workers became interested in the project and volunteered their help. So now each year, FEW solicits support for filling the stockings from our fellow KSC co-workers.

Collection points were set up throughout the Center: Headquarters Bldg - Barbara Powell, Rm 2451, 867-7384 and Marlene Satterthwaite, Rm 2649H, phone 867-4105; O&C – Becky Fasulo, Rm 2038, 867-4436

and Charmel Anderson, Rm 3147E3, 867-2938; SSPF – Joette Feeney, Rm M036C, 867-5944/861-2016; LCC - Sandy Eliason, Rm 4P23B, 861-9309; OSB – Sandy Shaheen, Rm 6403N2, 861-4168; or CCAFS/R&D – Ellie Miller, Rm 121, 853-6444.

This year FEW delivered 6 completely full SUV loads including 400 stockings, plus many other shoe boxes and gift bags filled with goodies and other gift items to the Salvation Army, with at least one more vehicle to go. The UB Directorate, under the guidance of Joette Feeney, and with the support of Tip Talone has exceeded the expectations of FEW, filling 100+ stockings, gift bags, and shoe boxes. Many other organizations, such as Indyne, took this opportunity to come together and make this a group project for their office.

A special Thank You goes out to all the KSC individuals who took the time to hand out stockings, serve as collection points, and shopped to fill stockings, boxes and gift bags. Your caring and sharing certainly represents the spirit of the holiday season.

Save Lids to Save Lives Campaign

Once again Federally Employed Women, Space Coast Chapter was proud to participate in the Save Lids to Save Lives Campaign. This was our seventh year and through the efforts of our organization, as well as the support of Kennedy Space Center employees, we donated 1,071 pink Save Lids to Save Lives lids and 99 Pink Race for the Cure lids to the Yoplait Save Lids to Save Lives Campaign. For every lid sent in, Yoplait will make a 10 cent donation to the Susan G. Komen Breast Cancer Foundation, up to \$1.5 million, with a guaranteed minimum donation of \$500,000. Every lid brings us closer to a cure.

Thanks for all your support for both of these projects.

Membership

Ellie Miller

Let's Start this NEW YEAR With Corrected Information on the Roster

You are probably wondering what makes a difference this year, and why is it important that the information be correct?

This year FEW is having elections. We all are aware of the importance of voting and how our vote can make a difference. One person, one vote. That is what this country is built upon, that is the American way. For quite a long time now, we have elected our officials, we have had a say in how things are run, in what is going to happen next, and we have that

opportunity once again. FEW is for the advancement of our issues and we as women have a responsibility to see that we are able to provide the leadership necessary to further the goals of FEW.

Your vote is needed to accomplish this task. Your vote is needed to make it happen. Without your vote, your opinion is never heard, your views not contemplated and your voice is silent.

If the information on the roster is not correct, you may NOT get a ballot. It is so important that the information be correct so that you can vote. Please exercise your right to vote. Please send me the corrections necessary so that you get your ballot. Please do it now.

Baxley Manor

Aneta Ott

I would like to thank everyone that helped make Christmas for Baxley Manor. We were told that there were 44 and it turned out to be 45 but thanks to all your generosity all 45 got gifts. As I told you many times many of these people do not have a family and this is the only Christmas that they have. Several of the people did not open their gifts at the party on December 22nd because that was they only thing that they had to open on Christmas Day! Thanks to many of you that donated items so they all had a Christmas stocking. Thought that I would share a story with you, we (have many elves helping me) were all supposed to meet at Baxley at 11:30, and I was delayed getting there because of a late gift pickup. When I arrived at Baxley this older lady in a wheel chair was saying this can't be all the gifts I was supposed to get a gift card from Publix's!" But like the mail, (thanks to you) rain, snow or storm would not keep us away and she got her Publix's gift certificate. Once again thanks for making this a Happy Christmas for the elderly and mentally impaired! Happy New Year All!



GOVERNMENT NEWS & LEGISLATION

Charlotte Becker

Nov. 30, 2005

<http://www.govexec.com/dailyfed/ebird.htm>

Nation: FEMA Documents Reveal 'Broken' Katrina Response

- "The United States is preparing for a worst-case scenario if bird flu causes a human pandemic, with a projected 92 million people sick, schools closed, and businesses disrupted,"

Health and Human Services Secretary **Michael Leavitt** said Monday. According to [Reuters](#), "Leavitt said he was scheduling 50 state-by-state meetings with state and local officials to begin pinning down how each community will plan for the possible pandemic."

- "The Federal Emergency Management Agency realized its response to Hurricane Katrina was 'broken' and braced for rioting over woefully low supplies in Mississippi in the days just after the storm, according to documents released" Monday, [AP](#) reports. "The correspondence among FEMA officials... follows the release last week of more than 100,000 documents" by Louisiana Gov. **Kathleen Blanco** (D). "Taken together, the details from both states offer evidence that FEMA was unable to provide fast help at disaster sites -- even when the needs were obvious."

Congress backs 3.1 percent raise, competitive sourcing measures

By Amelia Gruber
agruber@govexec.com

A compromise version of the fiscal 2006 Transportation-Treasury bill approved by the House includes language designed to help federal employees whose jobs are placed up for competition with private firms under the Bush administration's competitive sourcing initiative.

House-Senate negotiators adopted union-backed competitive sourcing provisions almost identical to those [approved by the Senate](#) in mid-October.

The competitive sourcing language, advanced by Kit Bond, R-Mo., and Barbara Mikulski, D-Md., would require agencies to let in-house employees form a team and defend their jobs against outside bidders any time more than 10 positions are at stake. In those contests, federal employee teams would be granted a cost advantage amounting to either 10 percent of personnel-related costs or \$10 million--whichever is lower.

The conference committee also passed a 3.1 percent pay raise for federal white collar employees in 2006. That was the number included in both the Senate and House bills, providing pay parity between civilians and military service members. The Bush administration had proposed a 2.3 percent increase, but has not threatened to veto the bill over this issue.

In recent years, the White House has succeeded in last-minute attempts to alter conference committee language considered detrimental to the competitive sourcing effort. However, the House approved this year's conference report Friday by a vote of 392-31, leaving little time for adjustments.

Once the Senate approves the conference version, the bill ([H.R. 3058](#)) will head to President Bush's desk for his signature.

The Bush administration cited the Bond-Mikulski competitive sourcing language and threatened to veto the Transportation-Treasury bill if the final version were to "significantly erode" the President's Management Agenda. Competitive sourcing is one of five main items on that agenda.

But Office of Management and Budget spokesman Alex Conant said that "in further discussions with Congress," the administration has determined that the provisions don't "significantly erode" its agenda. "We will, however, continue to monitor their impact over the coming year and, if they are found to limit the benefit the taxpayers get from the PMA, we will work with Congress to fix them," Conant said in an e-mail statement.

November 17, 2005

NASA receives full funding for moon-Mars effort

By Beth Dickey
bdickey@govexec.com

Congress on Wednesday approved a \$16.5 billion budget for NASA, fully funding the administration's moon-Mars exploration initiative for a second consecutive year.

The Senate passed the 2006 spending bill by a vote of 94-5 and sent it to President Bush for his signature.

NASA Administrator Michael Griffin thanked lawmakers for their endorsement, saying in a statement, "We will work to ensure the president's exploration priorities are maintained as we move forward in setting program and investment priorities."

The space agency's appropriation for the fiscal year that began Oct. 1 amounts to 0.7 percent of the federal budget and represents a \$260 million increase over 2005 funding.

The spending bill ([H.R. 2862](#)) includes \$3.1 billion for NASA to continue developing the rockets and spacecraft that will take astronauts back to the moon late in the next decade, \$912 million to restore the

agency's aeronautics research program, and \$6.7 billion for operations involving the space shuttle and International Space Station.

The bill also includes \$271 million to plan a space shuttle mission to service the celebrated Hubble Space Telescope. The Hubble mission is awaiting Griffin's approval, pending a successful outcome in spring 2006 of the second of two space shuttle "return to flight" missions.

Although appropriators smiled on NASA's budget request, they issued stern warnings about financial affairs at the space agency.

On Nov. 3, Griffin reported to the House Science Committee that NASA needs \$3 billion to \$5 billion more than is currently budgeted to fund the space shuttle through its anticipated retirement in 2010. But committee chairman Rep. Sherwood Boehlert, R-N.Y., suggested NASA may be trying to do more at once than its budget can support.

A week earlier, NASA Chief Financial Officer Gwendolyn Sykes said she would not certify the agency's financial statements if she were bound by the 2002 Sarbanes-Oxley Act, which penalizes private sector officials for financial misstatements.

Sykes' comment came during a joint hearing conducted by the House Science Subcommittee on Space and Aeronautics and the House Government Reform Subcommittee on Government Management, Finance and Accountability.

FLORIDA HISTORY AND CULTURE



Submitted by Vickie Hall

Florida covers a total area of 58,560 square miles, 54,252 square miles of land & 4,308 square miles covered by water. The tidal shoreline covers a great 2,276 statute miles with beaches covering a further 663 miles.

The 4,308 square miles covered by water include 7,700 lakes covering over 10 acres, 27 springs and within these areas you will also find 4,500 islands of varying size.

North to South Florida covers 447 miles in length (St. Marys River to Key West) & 361 miles (Atlantic Ocean to Perdido River) East to West in width.

Other Information

Smallest county - Union, 245 square miles

Largest county - Palm Beach, 2,578 square miles

The Florida capital is Tallahassee

Florida has 67 counties

The Florida Museum of Hispanic and Latin American Art is the only museum in the America that is dedicated to the preservation of Hispanic and Latin American Art.

The highest elevation is Walton County in the Panhandle - 345 ft.

In 1967 orange juice was proclaimed the official state beverage of Florida.

The first graded road built in Florida was Old Kings Road, built in 1763 it was named after King George (England).

New England Congregationalists founded Rollins College in Winter Park in 1885. Now the oldest college in Florida.

The Benwood in the Florida Keys is known as one of the most dived shipwrecks in the world.

I am looking for a volunteer that will start submitting a monthly article on Florida History and Culture. You can be as creative as you want. Please let me Vickie.C.Hall@nasa.gov or Muzette Fiander Muzette.B.Fiander@nasa.gov know if you would be interested in picking up this monthly article. My source of information for names and origins is <http://dhr.dos.state.fl.us/facts/> but there are tons of sites and newspapers available to provide you information for a monthly article.

WOMEN'S HEALTH

Burning the Candle

Submitted by Marlene Satterthwaite

Women are born jugglers.

We juggle family and career, work & recreation, our own health and care giving for others, and we do a remarkable job until we step over the line between multi-tasking and burnout.

Men are wired to focus on one thing at a time until it's done; women, though, come into life with the ability to be everywhere at once, address everyone's needs simultaneously, and handle several things at the same time. This innate talent has, historically, made us the glue that holds families and organizations together. However, this extraordinary skill can be both a blessing and a curse. Because we are able to do numerous things at once, the tendency is often to take on more than is healthy or effective. After all, we know we can handle it, so why not?

Taking on too much means spreading ourselves so thin we can't be fully present in anything (and partial presence leads to partial results), and no matter what we're doing, even sex, a part of us is thinking about the other things we need to do. "Too much" means staying so busy there's no time to replenish the energy we put out each day; it means being pulled in many directions and feeling anxious and out of control. Doing too much means losing sign of our own passion, of who we are and what we want because we're so focused on what everyone else wants from us. It can even mean giving ourselves away in the interest of someone else's needs, goals, or dreams and paying a dangerous emotional, physical, and spiritual price.

We burn the candle at both ends when: our choices are motivated by fear ("there isn't enough, & I must constantly do more or I won't be safe:" "I can only feel good enough if I'm always productive" "if I say 'no', I will lose my job or someone will stop loving me or some other bad thing will happen") and/or we are unfocused and scattered, without a well-defined goal.

Both of the above result in depression, anxiety, and the feeling of spinning your wheels faster and digging a deeper hole. Fortunately, with a strong commitment to yourself, all this can be changed.

There are several keys to maximizing your potential while living a peaceful, passionate, and even joyful life:

Do a self-respect check.

People whose self-respect is shaky often feel like doormats for others. Loving and respecting yourself will result in healthy boundaries and the ability to say "NO" without guilt.

Set a goal for yourself and create an action plan to reach it.

If you've been burning your candle at both ends, chances are much (if not most) of your time and energy have been focused on other peoples' goals. While you will always spend some time helping others create what they want, it's unwise to put your own life on hold. By moving toward a goal of your own you shift your focus from meeting someone else's expectations to honoring yourself.

Combine "busy" and "balanced"

"Busy" often means out of control, and over-committed. Being busy can feel noble, as if our lives have more meaning when every minute is committed somewhere; in truth, however, busy can simply indicate that we don't know when or how to say "no", and our effectiveness has probably been diminished. "Busy but balanced" means we have chosen where to put our attention and energy, and we are wise enough to value and nurture all aspects of our lives

equally. Remember what happens to anything that loses its balance---eventually it crashes.

Live with intention

Without intention, life feels arbitrary and we feel powerless. Living without intention means living passively, hoping you can make the best of whatever happens rather than deliberately creating what you want. When you set an intention, things begin to fall into place with purpose. Living an intentional life puts you in control.

Clear about your values and beliefs

When you aren't clear about what matters to you it's easy to get pulled off track. Values create a structure within which you can make effective choices. Negative values and beliefs, however, prevent you from living a rewarding life. If yours fall in the negative category, it's time to replace them with those that support what you really want.

Live congruently

Make sure your actions, words, and values are aligned. When you say something you don't mean, or take actions that are not congruent with who you are, you undermine your own credibility, not only in the eyes of others but, most importantly, in your own.

Look for the gift

What you focus on is what you'll get more of. When you choose to look for and focus on the positive elements in a situation, fears and negative thoughts can't get a foothold.

<u>CALENDAR OF EVENTS</u>	
January	
1	New Year's
16	Martin Luther King, Jr. Day
17	FEW Business/Program Meeting Piccadilly's, Merritt Square
24	ATP Meeting, Kelsey's, Port St. John

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.

RECIPE CORNER

Submitted by Muzette Fiander

Shrimp Corn Corder

Saute one medium onion in 2 tablespoons butter.
Season w/ small amount of cayenne and garlic powder.

Stir in:

2 cans cream of potato soup(condensed)

1 ½ soup cans milk

1 can (niblets) corn, including juice

2 oz. Cream cheese

6-8 oz. Frozen tiny cooked shrimp

Cook until cream cheese has melted. Simmer 10-15 minutes, or until heated through.

Garnish w/ parsley.

Insight for the Day

Submitted by Vickie Hall

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.

- *James Branch Cabell*

When you feel that you have reached the end and that you cannot go one step further, when life seems to be drained of all purpose: What a wonderful opportunity to start all over again, to turn over a new page.

- *Eileen Caddy*

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk beside me and be my friend.

- *Albert Camus*

