

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



January 2009

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815  
<http://www.ksc.nasa.gov/groups/few/>

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## President's Message

*Marlene Satterthwaite, President*

Happy New Year! It's hard to believe 2008 has zoomed by us and that now is the traditional time to ponder those New Year's resolutions. Dust off the cobwebs on that stationary bike or, better yet, put air in the tires of that bike stashed in the corner of the garage and GET MOVING! Of course, walking is all around one of the best physical activities – just 30 minutes a day – a minimum of 3 times a week (5 is better). Walking is no real expense to your budget and you may lose a pound or two!

Health clubs and gyms thrive on January –that's when they see the most traffic – but by Valentine's Day, a majority of them have dropped out.

People often base their resolutions on fantasies.

1. Get Real – Set resolutions, don't pray for miracles. If you stick to a workout regimen, you will develop a healthy habit in a few months.
2. Think Short Term – set obtainable milestones. Each week add a few minutes more to your walk/bike ride or other workout regimen.
3. Buddy System – having a walking/riding/workout buddy helps you stay on track and makes it more fun.
4. Avoid Boredom – incorporate some easy floor exercises – especially on rainy days. Change your walk or biking route.
5. Make Time – think of it as a fun job you enjoy doing. Your paycheck will be in the form of feeling better and possibly looking better.
6. Get Started Now!
7. Get More Involved with your FEW Space Coast Chapter – not exactly a physical exercise – but a GREAT RESOLUTION for the New Year.

Have a Happy, Healthy and Prosperous New Year!

A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities." – William Arthur Ward

## FEW's Mission Statement

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- Encouraging diversity and equity in the workplace
- Enhancing career opportunities for women
- Establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- Improving the quality of life for women by influencing Congressional and Administration actions
- Committing to achieve and maintain a unified and diverse membership; and
- Providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

## Thank You!

*Submitted by Marlene Satterthwaite*

There are so many members to thank for the past year's accomplishments that it would take the entire Newsletter to mention all those names. Without your generosity in both time and dollars, we would not be the strong chapter that we are today. Thank you to all who contributed in 2008 and we look forward to your continued support in the New Year.

Thank you, Karin Biega, for hosting this year's Christmas Party. What a great turnout and the food, as always, was yummy and plentiful. I know your "committee" helped with this event and they did an outstanding job. If you left hungry, it was your fault. The gift swapping was rather calm this year – not near enough swapping back and forth on this tradition as we had in former years! Karin's new condo was a great and spacious setting for this fun event. For those who missed it – so sorry!

Thanks to Vickie Hall, Ana Contreras, Angela Solorio for organizing the Salvation Army stocking stuffing project, the Make a Difference Day Project and all the other community programs the chapter supported this past 2008. (I hate to mention names since I know many more contributed to this undertaking.) Aneta Ott and Sandra Getter have been faithful collectors for the Baxley Manor adult community – even though it's not a chapter project, I do believe they need recognition for their cause.

I was very happy to receive my Lifetime Membership plaque and card from Becky Fasulo, Space Coast Chapter Membership Chair, at the Christmas celebration. The other new Lifetime Members will be presented with their plaques and cards at the next available opportunity.

Again, there are too many to thank – I just had in mind to mention those contributors in the most recent activities. We, the Space Coast Chapter, collectively share a pat on the back for making 2008 a very successful year. Let's keep up the great work!

## A Message from our National FEW President, Sue Webster

President-Elect Obama has set up a website to share a lot of information about the new administration. One area on the site "Open for Questions" allows people to post issues and questions and also allows others to vote on the importance of these issues/questions. This provides a real opportunity for FEW to step forward and be recognized for our legislative agenda.

FEW's Washington Representative Janet Kopenhaver submitted a question to the Transition Team and as of today, 15 people have voted in support of Janet's question to President-Elect Obama: "Huge numbers of federal workers are expected to retire within 5 years which will adversely impact services the government provides. To combat this, do you support easing restrictions on rehiring retirees, an SES Diversity Act and Paid Parental Leave?" a priority."

The top vote-getting questions will receive a response from the President-Elect and his transition team. This will not only increase FEW's visibility with the new Administration, but also greatly put our organization in the limelight on Capitol Hill and with the media.

But we need LOTS of votes!

With FEW member participation, we have such great potential to increase this number substantially. It is easy to do and just takes a minute.

Simply follow these instructions:

1. Click on this link

[http://change.gov/page/content/openforquestions\\_20081217\\_private\\_url](http://change.gov/page/content/openforquestions_20081217_private_url)

2. Click on Sign In. If you don't already have an account, create one!

3. Then, in the SEARCH bar, add a few key words - Paid Parental Leave works well.

4. Find the question above and click on the dark blue check mark to register your support of this issue as important!

If you have problems accessing the site, contact Janet at [janetk@few.org](mailto:janetk@few.org).

Thanks in advance for increasing the visibility of and making FEW the organization of choice for leadership, equity, and the advancement of women!

Happy New Year to you and yours!

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## LEGISLATION

FEW Washington Update – December 16, 2008

Tier I Issues

### • Equal Employment Opportunity:

The new Americans with Disabilities Act (ADA) Amendments, which President Bush signed into law, went into effect on January 1, 2009. The new Amendments make

important changes to the definition of the term "disability" by rejecting the holdings in several Supreme Court decisions and portions of the Equal Employment Opportunity Commission's (EEOC) ADA regulations.

The Amendments retain the ADA's basic definition of "disability" as an impairment that substantially limits one or more major life activities. However, it changes the way that these statutory terms should be interpreted in several ways; most significantly, the Amendments:

1. Direct the U.S. EEOC to revise that portion of its regulations defining the term "substantially limits."
2. Expand the definition of "major life activities" by including two non-exhaustive lists: The first list includes many activities that the EEOC has recognized (i.e., walking), as well as activities that EEOC has not specifically recognized (i.e., reading, bending and communicating). The second list includes major bodily functions.
3. Clarify that an impairment that is episodic or in remission is a disability if it would substantially limit a major life activity when active.
4. Provide that an individual subjected to an action prohibited by the ADA (i.e., failure to hire) because of an impairment will meet the "regarded as" definition of disability, unless the impairment is transitory and minor.
5. Provide that the definition of "disability" should be interpreted broadly.

EEOC officials say they will be issuing guidance on these changes soon.

### • Retirement/Pension:

President-Elect Obama recently released a letter calling for the repeal of Social Security Offsets. In his letter, the Senator states:

Nobody should be penalized for serving our children, and that's why I support repealing the GPO/WEP and will work to do so as President... The Windfall Elimination Provision and the Government Pension Offset have a serious detrimental impact on

hundreds of thousands of Americans and their spouses. That's why as a Senator I co-sponsored the Social Security Fairness Act which would repeal these provisions.

I believe we have a responsibility to take care of workers who have devoted their lives to public service and that we shouldn't discourage young people from working in these essential jobs at a time when so many are at or near retirement.

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## Sunshine Committee

*Barbara Powell*

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Space Coast Chapter was fortunate this past month in that we did not have to send any cards of sympathy, or get well cards to any of our membership.

I'm the new Sunshine Chair, so please contact me at 504-6086 or email me at [noahsark@cfl.rr.com](mailto:noahsark@cfl.rr.com) if you are aware of any of our members that need our thoughts and prayers, i.e. extended illnesses, hospital stays, or news that deserve our best wishes. I would especially like to get an accurate list of birthdays, so if your birthday has been omitted from the list below, please let me know.

### HAPPY BIRTHDAY TO:

Connie Dobrin – 1/5  
Lenny Fasulo – 1/14  
Tara Miller – 1/30

**Commemorative Holiday**  
**January 19, 2009 – Martin Luther King, Jr.**

*Submitted by Marlene Satterthwaite*

### **A HISTORICAL SNAPSHOT**

Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was an African American clergyman, activist and prominent leader in the American civil

rights movement. His main legacy was to secure progress on civil rights in the United States and he is frequently referenced as a human rights icon today. A Baptist minister, King became a civil rights activist early in his career. He led the 1955 Montgomery Bus Boycott and helped found the Southern Christian Leadership Conference in 1957, serving as its first president.

King's efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech. There, he raised public consciousness of the civil rights movement and established himself as one of the greatest orators in U.S. history. In 1964, King became the youngest person to receive the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other non-violent means. By the time of his death in 1968, he had refocused his efforts on ending poverty and opposing the Vietnam War, both from a religious perspective. King was assassinated on April 4, 1968, in Memphis, Tennessee. He was posthumously awarded the Presidential Medal of Freedom in 1977 and Congressional Gold Medal in 2004; Martin Luther King, Jr. Day was established as a U.S. national holiday in 1986.

### Quote of the Day

**"Another fresh new year is here...  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!**

**This bright New Year is given me  
To live each day with zest...  
To daily grow and try to be  
My highest and my best!**

**I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!"  
- William Arthur Ward**

## PROGRAMS

*Submitted by Teresa Jean Piastuch*

Space Coast Chapter of Highly Successful Women,

Your president and I have been working on a schedule for business meetings to occur once a month. We will publish as soon as it is confirmed. January, however, is confirmed for the fifteenth at 5:00 p.m. at the CIAO on State Road 3 in Merritt Island. One of the hot topics on the agenda is the scholarships and attendance to the Regional Training Program (RTP) in Atlanta. If you are interested, this is the meeting to attend. All of the decisions should be finalized that day.

Rob Grant of the NASA EEO office has graciously agreed to speak to us in the beginning of February. We had hoped to meet at [Cafe Chocolat](#) in Titusville but they decided to remodel. If you have any suggestions for a meeting place, please send them to me at [biteleja@bellsouth.net](mailto:biteleja@bellsouth.net), [teresa.piastuch-1@ksc.nasa.gov](mailto:teresa.piastuch-1@ksc.nasa.gov), or call my cell 321-536-9473.

Also, two of our own members, Lynn Garcia and Tracy Smith, have agreed to come all the way from the VA in Orlando to speak to us about women's health. Again this is in the works so if you have special topics for them or a desired location or date let us know. After all the board is here to make it happen for you.



## Community Outreach

*Submitted by Vickie Hall*

### Salvation Army Stockings and Domestic Violence Center

Well, once again, the Kennedy Space Center workers opened their hearts and wallets to help make wishes and the holidays a little brighter for more than 600 kids in the

Brevard County area. We delivered eight or nine (I lost count) fully loaded vehicles to the Salvation Army. Then Nancy Bray and I took another vehicle load over to the Domestic Violence Shelter.

It's amazing the dedication and support we get from some of our fellow employees every year for all of our outreach projects. Renee Debing, IT, has probably already started collecting for next year. Renee shops the entire year to support the Salvation Army Christmas Stocking Project.

Besides those who filled stockings, I would like to thank Sandra Getter and Angela Solorio for being my right and left hands. We also had some new folks that helped us distribute and collect stockings this year, so thanks to all our elves: T.J. Piastuch, Val Franklin, Truemilla Johnsons, Brian Luther, Charmel Jones, Mena Walters, Joette Feeney, Levenia Nieman, Carol Moore, Jan Palin, Bonnie Martin, Wendy Hughes, Jessica Smith, Fayann Hull, Joanna Johnson, Laurie Brown, Martha Carroll, Anjanette Wicks, Carolyn Freeman, Jennifer Abernathy, Lisa Zuber, Renee Debing, and Catherine Hope. Our drivers were: Tushar Patel with Alex DiCamargo, My Le, Angel Solorio and Ana Contreras, T.J. Piastuch, Sandra Getter, myself, Nancy Bray and Tony Edwards.

## Save Lids to Save Lives Campaign

Sandy Eliason has been collecting pink Yoplait lids since mid-October or November in support of Save Lids to Save Lives Campaign, which is sponsored by Yoplait who donates .10 cents to the Susan Komen Foundation for every pink Yoplait lid that is submitted to them, up to \$500,000. Through Sandy's efforts of advertising in the KSC Daily News, she collected 2,272 lids in support of this effort. And the last time I looked at the Yoplait website, 4,676,418 lids had been submitted to Yoplait. Thanks Sandy for coordinating this and thanks to all who sent in their pink yoplait lids.

## Annual Training Seminar

*Submitted by Barbara Powell*

Keys to Success is a one-day seminar designed to help you deal with the challenges of the future. The training has been developed for both government and contractor employees. This training will provide several workshops on Leadership Skills, Managing Multiple Priorities, Self Awareness and Style, It's A Jungle Out There plus provide you with a great networking opportunity. Training will be held at the Cocoa Beach Holiday Inn on March 4th and then repeated on March 5th and the cost is only \$109.00 per training day. For more information, please contact me at 504-6086 or Vickie Hall at 867-9100.

## NASA News and Events

*Submitted by Vickie Hall*

### NASA in Review for 2008

NASA landed on Mars, photographed distant worlds, added to the International Space Station, took part in a lunar science mission with India and made major progress toward returning astronauts to the moon as the agency celebrated its 50th birthday in 2008. Here on Earth, NASA researchers recorded the continued decline of Arctic sea ice, won awards for aviation breakthroughs, discovered the cause of storms that brighten the Northern Lights and helped create state-of-the-art swimsuits worn by Olympic gold medallists.

### NASA to Participate in Nation's 56th Inaugural Parade

And in 2009, NASA will participate in the 56<sup>th</sup> Inaugural Parade. The Inauguration Committee for President-elect Barack Obama officially extended an invitation for NASA to be part of the 56th Inaugural Parade on January 20<sup>th</sup>.



NASA has a history of parade participation, including the Apollo 7 capsule and crew in 1969, a lunar rover in 1973, a NASA float in 1977 and a

shuttle in 2001.

The STS-126 shuttle crew will join representatives from across the country and the armed forces in the inaugural parade down Pennsylvania Avenue in Washington following swearing-in ceremonies on the steps of the Capitol.

STS-126 commander Chris Ferguson will be joined by pilot Eric Boe and mission specialists Donald Pettit, Steve Bowen, Heidemarie Stefanyshyn-Piper, Shane Kimbrough and Expedition 18 flight Engineer Greg Chamitoff, who returned to Earth on Endeavour after more than five months on the International Space Station.

In addition to the Endeavour crew, the NASA contingent will include the next-generation lunar rover, which astronauts will take with them when they return to the moon by 2020.

## Women's Health

*Submitted by Vickie Hall*

Much is known about how we can stay safe and healthy. As children, our family taught us to brush our teeth, wash our hands, eat our vegetables, look both ways before crossing the street, and wear our seatbelts. All of these, and more, were steps to keep us healthy. It still works the same way today.

Doing simple things everyday, throughout our day, helps to keep us safe and healthy. Learn more about what you can do on a daily, weekly, monthly and yearly basis to help you be the best that you can be. Here are a few recommendations for daily safety and health.

### Eat Healthy

Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories, and they are filling. Drink lots of water and go easy on the salt, sugar, alcohol, and saturated fat. Choose snacks that are nutritious and filling.

**Maintain a Healthy Weight**

To lose or maintain weight, you should eat a balanced diet, eat less saturated fat, make healthy food choices, go easy on extra portions or serving sizes, and exercise.

**Get Moving**

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and it decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

**Be Smoke-Free**

Quitting smoking is one of the most important things you will ever do. You will live longer and live better. Quitting will lower your chance of having a heart attack, stroke, or cancer. If you are pregnant, quitting smoking will improve your chances of having a healthy baby. The people you live with, especially your children, will be healthier. You will also have extra money to spend on things other than cigarettes.

**Manage Stress**

Job stress has become a common and costly problem in the American workplace, leaving few workers untouched. Short-lived or infrequent times of stress pose little risk. But when stressful situations go unresolved, the body is kept in a constant state of being "on," which increases the rate of wear and tear to body systems. Ultimately, fatigue or damage results, and the body's ability to repair and defend itself can become seriously compromised.

**Know Yourself and Your Risks**

Do you neglect to wear seat belts every time you drive or are a passenger in a vehicle? Do you work at a job that exposes you to hazardous substances or agents? Are you a sun worshiper? Do you have a family history of diabetes, heart disease, or cancer? These

are the types of things that may place you at risk for injury, disease, or disability. Your genes (family history), environment (at work, home, and play), and your daily lifestyle choices and behaviors help to define your health and your risks. Be aware of what they are and take steps to reduce your risk.

**Be Safe – Protect Yourself**

Take steps to protect yourself from injury, one of the leading causes of death regardless of age. Also, protect your health by washing your hands, wearing sunscreen, wearing a helmet (i.e. while riding a bicycle/motorcycle or skating), having a plan for possible emergencies, and following safety tips at work.

**Plan Ahead for Pregnancy**

Are you thinking about getting pregnant? Make sure you take folic acid daily before, during, and after pregnancy to decrease the risk for certain birth defects.

**Be Good To Yourself**

It's not all about work. Take time for yourself. Get enough rest and sleep. Spend time doing something you like.

**Check your Progress**

If you are starting a new exercise routine, start slowly to prevent injury. Check with your health care provider before you start a strenuous or difficult routine, or if you have any concerns about your health. Praise yourself for getting on track and living healthy.

**Keep Trying**

If you've slipped, no problem. Start again. You know something now that you may not have known before about what works or doesn't work for you. Discover new opportunities to take advantage of and learn more about yourself.

url:

<http://www.cdc.gov/women/owh/works/action.htm>

## Remember our chapter member – DEPLOYED TO IRAQ

*Submitted by Marlene Satterthwaite*

From Carrie Andolina who was deployed on December 26.

“Hope you all had a great time at the Christmas Party last night, as I did. Karin's place is lovely and the food was wonderful. Sorry I had to leave early. You can reach me at my yahoo address:

andi\_975@yahoo.com while I'm deployed. My mailing address is below. I'll miss you all and have a very Merry Christmas and Happy New Year. Will see you in late April or May.

Carrie A. Andolina  
MNC-I C2 CACE  
Unit 91400  
APO, AE 09342-1400  
r/  
Carrie”

Carrie A. Andolina  
MAJ, USAR  
CCJ2-Eastern Mediterranean Team  
SE-ARISC Orlando  
407-854-4781

## ENVIRONMENTAL

*Submitted by Martha Carroll*

Well I hope you all had a wonderful holiday season and I wish you all a happy and “green” new year. Here are some tips from the Florida Department of Environmental Protection on how you can become more “green” for 2009. My resolution is to submit to this newsletter each month with more tips and information on minimizing our impact on the environment. Please pass these on to others. Spread the word. We can make a difference.

JANUARY: Ecycle – With the holidays came many new electronics under the tree but it is important not to dispose of the old gadgets in your garbage. Instead consider ecycling – recycling unwanted electronics to recover and reuse the product itself or materials like copper, steel, glass that the product contains. Some other tips include: keeping old televisions for games, videos or DVDs; donating working televisions to a charitable organization or giving them to a friend; or offering televisions through a local

“freecycle” group at <http://www.freecycle.org> <<http://www.freecycle.org>> , Nearly two million tons of used electronics, including computers and televisions, are discarded each year, and an estimated 128 million cell phones are retired from use annually. For more tips on recycling electronics visit <http://www.dep.state.fl.us/waste/categories/electronics/default.htm> <<http://www.dep.state.fl.us/waste/categories/electronics/default.htm>> .

Here are a few ways you can save money and be “greener”.

-- Put the car in park: Save fuel and money by leaving your vehicle at home. Try carpooling or taking the bus to work just one day a week. To find the lowest gas prices, tips on saving gas and your car's energy impact, go to [www.fueleconomy.gov](http://www.fueleconomy.gov). Walking and bicycling are even cheaper, and healthier, options.

-- Save rain water: Rain water, also called storm water, carries pollutants such as soil into storm sewers that empty into lakes and streams. By using rain barrels to collect water for your lawn or garden, you can save money on your water bill while protecting lakes and streams. More information is available at [www.extension.umn.edu/info-u/environment/BD459.html](http://www.extension.umn.edu/info-u/environment/BD459.html).

-- Junk the junk mail: Eliminate tempting offers and reduce your recycling or garbage load by taking your name off mailing lists. Go to [www.reduce.org](http://www.reduce.org) to find out how to remove your name from junk mail lists.

-- Watch the grass grow: Let your grass grow a little longer in between mowings and save money on fuel. According to the University of Minnesota Extension Service, the typical yard of Kentucky bluegrass and fine-leaved fescue should be 2.5 to 3 inches tall. That's a little taller than a business card. Even better, convert part of your yard to native plants, further reducing the area that needs to be mowed and the fuel needed for mowing. For ideas, try [www.dnr.state.mn.us/gardens/nativeplants/index.html](http://www.dnr.state.mn.us/gardens/nativeplants/index.html).

-- One bulb at a time: As light bulbs burn out, replace them with energy-efficient compact fluorescent light bulbs (CFLs). Fluorescent light bulbs use less energy than traditional incandescent bulbs, and last up

to 10 times longer. The fluorescent bulbs may cost more, but they will save money in energy savings over the long run. For details, go to [www.pca.state.mn.us/waste/lightbulbs.html](http://www.pca.state.mn.us/waste/lightbulbs.html)

-- Pack a no-waste lunch: When packing lunches, use plastic containers that can be washed and used repeatedly. The containers will cost less in the long run than disposable plastic bags. Also, students can use silverware from the hot lunch line instead of plastic silverware, saving parents a little money and the environment a little trash. For more ideas, see [www.reduce.org/school/index.html](http://www.reduce.org/school/index.html).

-- Stay close to home: If a vacation will strain your budget in 2009, consider a day trip or weekend excursion close to home. Minnesota offers more than 100,000 acres of camping in 66 state parks and private campgrounds, along with more than 700 miles of paved trails, which is more than any other state. For ideas, go to [www.exploreminnesota.com](http://www.exploreminnesota.com). For more tips, sign up to receive the Living Green 365 e-newsletter at [www.livinggreen.org](http://www.livinggreen.org).

## Merritt Island Christmas Parade December 6, 2008



## Regional Training Program (RTP) Atlanta - Prospective Attendees take ACTION!

*Submitted by Marlene Satterthwaite*

Request updates to the listing below. Are you still interested in attending, OR are you

wanting to be added to this list - let Marlene ([mbsatt44@aol.com](mailto:mbsatt44@aol.com)) know ASAP. Provide cc's to Teresa Piastuch ([biteleja@bellsouth.net](mailto:biteleja@bellsouth.net)), Johanna Velasquez ([Johanna.Velasquez@boeing.ksc.nasa.gov](mailto:Johanna.Velasquez@boeing.ksc.nasa.gov) or [johannavel@yahoo.com](mailto:johannavel@yahoo.com)) and Karin Biega ([Karin@bocabanana.com](mailto:Karin@bocabanana.com)).

Tentatively, we are planning on renting a 15-passenger van and departing on Tuesday, February 17, time TBD and returning on the 21<sup>st</sup>. If you are not able to leave the 17th and return with us on the 21st, you would obviously have to make your own travel arrangements (at your expense.) We want to make a decision at the January 15 meeting as to who will be chapter-funded - again let me know NOW. You will be expected to register yourself by January 30 for a cost savings. Early registration fee for FEW members is \$135.00 postmarked on/before January 30, 2009. You do not have to be a member of FEW to attend training. Non-FEW members are also encouraged to attend. (See 12/2/08 email I forwarded attaching the SE Regional Program Training Registration Brochure)

Suggestions were made that we stay for the National Board Meeting on Friday/February 20 which would mean we would not depart until Saturday morning, February 21 for the drive back to the Space Coast. We have 5 rooms reserved allowing 10 attendees. If more are interested in going, we will revisit our budget and space allowance to see what the chapter can afford .....but first, inquire with your agency about funding. We hope you had a chance to apply for one of the RTP scholarships. The Martha Lyle scholarship application had to be postmarked by January 7. Amazingly enough, there are not always that many applicants; you may have a good chance to win the scholarship. That would certainly defray the chapter's cost and possibly allow another attendee.

Extracted from the Oct/2008 Regional newsletter --- The RTP will be February 18 – 20th, with NBOD meetings starting on Friday, Feb. 20th. The schedule currently is a regional meeting the afternoon of Feb. 18th, a full day of training on Feb. 19th, and a half-day (morning session) on Feb. 20th.

1. Barbara Powell
2. Jean Grenville
3. Connie Dobrin
4. Marlene Satterthwaite
5. Vickie Hall

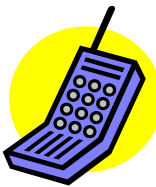
6. Teresa Jean Piastuch
7. Lynn Garcia
8. Charlotte Becker

Note: Karin Biega and Becky Fasulo will also be attending the RTP – but are funded by the FEW National Board.

**This is some really good information. You never know when this could happen to you.**

*Submitted by Aneta Ott*

<http://www.switched.com/2007/08/15/how-to-save-a-wet-cell-phone/>



## **BAXLEY MANOR**

*Submitted by Sandra Getter*

First of all, thank you to all of you who so graciously contributed to the Baxley Manor Christmas angels. It was a wonderful success and such a joy to see the smile on so many faces!

The 23rd of this month has been designated as delivery day for Baxley Manor. For those of you that are not familiar with Baxley Manor, the people we serve there are mostly elderly or disabled. I am sure that all of you recognize that we are in hard times and these people for the most part survive on food stamps. Food stamps do not cover anything of a personal nature and we try to fill that gap. We hope that you can help by making any small donation that you can. Any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

I am coordinating the contribution for Baxley Manor here on Center with the help of some

other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, Carol Moore HQ 3490, Ana Contreras HQ 3531F and Charmel Jones O&C 1073M2 can take your contributions and items. I am in EDL 2134 and can coordinate a pick up from you if you call or email me. For those of you who are off Center, please call Aneta Ott or myself to arrange for pickup of any items you would like to donate. Perhaps we could arrange for a pickup point in Merritt Island near Baxley Manor on Delivery Day.

Here is the list...suggestions [Needed Items](#)  
[Food Items](#)

Small cans of vegetables & fruits

Jell-O & pudding snacks

Graham crackers, Saltine crackers

Any meat or meal in a can with the flip top lid...

Lunchmeats, tuna, Spam, chicken, Vienna sausage, ham, deviled ham, Sardines, beef stew

### [Personal Items](#)

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)

Toothbrush, toothpaste, mouthwash

Hand lotion, hair spray, mousse or gel, comb/brush

Razor, Nail files, clippers, Socks, stockings, earrings

Reading material such as books or magazines

Thanks again for your support of this worthy cause.

## **A few words for the New Year from A past Dear Abby column:**

*Submitted by Jean Grenville*

Just for today, I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

Just for today, I will be happy. I will not dwell on thoughts that depress me. If my

mind fills with clouds, I will chase them away and fill it with sunshine.

Just for today, I will accept what is. I will face reality. I will correct those things I can correct, and accept those I cannot.

Just for today, I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

Just for today, I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I will not speak ill of others. I'll improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today, I'll refrain from improving anybody except myself.

Just for today, I will do something positive to improve my health. If I'm a smoker, I'll quit. If I'm overweight, I'll eat healthily - if only for today. And just for today, I'll get off the couch and take a brisk walk, even if it's only around the block.

Just for today, I will gather the courage to do what is right and take responsibility for my own actions.



## Newsletter

***Jean Grenville & Karin Biega***

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest to Jean Grenville at [jeangrenville@aol.com](mailto:jeangrenville@aol.com) and Karin Biega at [Karin@bocabanana.com](mailto:Karin@bocabanana.com) by the last Monday of each month. If you are interested in joining this vital organization, go to [www.few.org](http://www.few.org) and join on-line.

## January Holidays:

**January 10 – Save the Eagles Day**

**January 11, 2008 Amelia Earhart Day**  
January 11, 1935, Amelia Earhart became the

first person, man or woman, to fly solo across the pacific. Another famous flight was her nonstop solo flight across the Atlantic, May 20-21, 1932, the first for a woman.

### **January 17 – Ben Franklin’s Birthday**

Some schools start Thrift Week on his birthday because he recommended thrift

### **January 19 – Martin Luther King, Jr.**

(Legal Holiday observed the third Monday of January) Observed to honor Martin Luther King Jr. His birthday January 15, 1929.

### **January 20 - Inauguration Day**

Recognizes the swearing in to office of a newly elected President of the United States.  
January 20, 2009, 2013, 2017, 2021, 2025

### **January 26**

Australia's holiday to look back proudly on their achievements and celebrate the prospect of a successful future

### **January 26**

Chinese New Year also known as Lunar New Year or Spring Festival is the first day of the [Chinese \(Lunar\) calendar](#). Celebrated by Chinese people around the world, it is a major holiday where friends and family gather for a reunion dinner and celebration. Red clothing is worn to ward away evil spirits and bad fortune and new clothing symbolizes starting the year anew.

### **January 28 - Christa McAuliffe Day**

Observed to commemorate Christa McAuliffe and the other 6 astronauts killed when the space shuttle Challenger exploded after take-off on January 28, 1986.

## Calendar of Events

### January

1	New Year's Day
15	January 2009 Business Meeting (CIAO), SR 3
23	Delivery to Baxley Manor

26 February Newsletter articles due

### February

12 February Program Meeting, Location TBD

18 – 20 RTP 2009 – Atlanta, Georgia

20 – 21 FEW National Board Meeting

20 Delivery to Baxley Manor

23 March Newsletter articles due

### March

March 4-5 ATP 2009 – Cocoa Beach, FL

TBD Annual Membership Meeting, Location TBD

### Future

July 20-24 NTP 2009 – Orlando, FL

### SPACE COAST CHAPTER, FEW 2008 - 2010 Officers and Committees

#### Chapter

President	Marlene Satterthwaite
VP for Programs	Teresa Jean Piastuch
VP for Membership	Becky Fasulo
Treasurer	Johanna Velasquez
Secretary	Cassandra Getter
Nominations Officer	Aneta Ott
Immediate. Past President	Sandra Eliason
Compliance	Connie Dobrin
Diversity	Charlotte Becker
Legislative	Connie Dobrin
Annual Training Program	Past Presidents Task Force, Vickie Hall, Lead
Finance	Karin Biega
Scholarships	Joette Feeney
Newsletter Editor	J. Grenville/K. Biega
Parliamentarian	Clara Anderson
Environmental	Martha Carroll
Community Outreach	Vickie Hall/Ana Contreras
Sunshine	Barbara Powell
Historian	Muzette Fiander
Webmaster	Debbie Ward

#### Regional

Nominations	Connie Dobrin
Awards	Marlene Satterthwaite
Secretary	Jean Grenville

#### National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
2009 NTP Finance Chair	Clara Anderson