

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



July 2008

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



President's Message

Marlene Satterthwaite

Greetings! This is my first communiqué as FEW Chapter President!!

Wow! What a June – hot summer days, hurricane season start-up and installation of the NEW FEW Chapter '08-'10 Board of Directors (BOD).....any similarities to those 3 events are purely coincidental!

Thirteen hard-working members retreated to a lovely 7-bedroom rental home in Orlando for an extended weekend June 12-15. Karin Biega provided a packed agenda where we started our 9 am to 4 pm meeting days to tweak & re-tweak Chapter by-laws, the Policies and Procedures Manual, discuss Budget, Programs, the Annual Training Program, membership and even a FEW cruise. Also, we voted two new Lifetime members – congratulations to Connie Dobrin and Johanna Velasquez! At the end of the day's business, the evenings were enjoyed with movies, card playing, spa and pool time. We even witnessed alligator wrestling poolside..... performed by Teresa Parham, Ana Contreras, Connie Dobrin and yours truly. Well, all right, it was an inflatable alligator but still provided laughs for the spectators and, unfortunately, captured on film by Jean Grenville. We all feasted on the culinary delights provided by our FEW chefs.....we ate quite well! Thanks to all those who put this weekend together: Clara Anderson, Karin Biega and the "food" organizers: Barb Powell, Jean Grenville, Becky Fasulo and Karin Biega. Sunday morn, we finished up most of the food, packed and headed east looking in our rear view mirrors back at that poor deflated & defeated alligatorit wasn't pretty!

The Installation & Awards' Ceremony was held the evening of June 26th at the Hilton Inn, Cocoa Beach. Kudos to the Past Presidents' Task Force on a very well planned evening. The site, the dinner, the program were complemented with Marie Argana (past FEW National President) performing the Installation. Thank you, Marie.

This new board is comprised of both experience/seasoned members (notice I didn't say "old") and newly-to-serve members which is a great mix. Blending experience with fresh new ideas is a great asset to complement any organization. Congratulations and good luck to all the members of the new BOD and thank you to the new Committee Chairs for accepting your new positions. Additionally, CONGRATS to those honored with awards and scholarships that evening.

To circumvent repetition, please note that the new Board Members and Committee Chairs/co-chairs name are mentioned elsewhere in the Newsletter.

Onward and upward.....July 12, several FEW members will be traveling west to the National Training Program (NTP) for a week's stay. Stay tuned, next issue – I'll report on the NTP and any news, events or happenings! Have a Happy & Safe 4th of July!

P.S. Have YOU "capwized" today?

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FEW's Mission Statement

Federally Employed Women (FEW) is 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.

COMPLIANCE

Submitted by Becky Fasulo

WHAT IS COMPLIANCE?

Compliance, in its broadest meaning, is conformance on the part of a federal department or agency with existing laws. Compliance assistance is for everyone in the federal sector and is a cornerstone to protect wages, health, benefits, retirement security, employment rights, as well as the safety and health of America's workforce.

FEW's compliance activities allow us to acquire information and data to determine conformance and to work toward ensuring that weaknesses in the application of existing laws surface and are remedied. The Compliance Program complements FEW's legislative mission to endorse the concerns and interests of women in the federal work force and present them to the legislative bodies. Ideally, Compliance Program activities should serve as a catalyst for input/changes to FEW's National Legislative Agenda. More importantly, the FEW Compliance Program

serves as a means to be aware of government performance with the Congressional intent to ensure Equal Opportunity

Legislation and Diversity House Okays bills to promote telework, executive diversity

By Stephen Losey, Federal Times.com - June 3, 2008

The House approved a bill Tuesday that aims to increase the number of women and minorities in the Senior Executive Service.

HR 3774, The Senior Executive Service Diversity Assurance Act, sponsored by Rep. Danny Davis, D-Ill., will create an office within the Office of Personnel Management intended to improve diversity. The office will track and publish statistics on the makeup of the SES, create a program to recruit minorities and women, establish mentoring program, and set standards and policy for SES performance management systems.

Sen. Daniel Akaka, D-Hawaii, is sponsoring a similar bill in the Senate, S 2148, Federally Employed Women issued a statement today that pledged to help get Akaka's bill passed. We have been working on this issue for many years," FEW President Rhonda Trent said, "We are so happy to see it come to fruition and urge the Senate to follow suit."

The House also passed HR 4106, the Telework Improvements Act, also sponsored by Davis. The bill would allow eligible employees to work at home or at a telework center for at least 20 percent of their two-week pay period.

The Senate Homeland Security and Governmental Affairs Committee approved its version of the bill in November.



Favorite 4th of July Quotes

Submitted by Charlotte Becker

Then join hand in hand, brave Americans all!
By uniting we stand, by dividing we fall. *By John Dickson*

My God! How little do my countrymen know
what precious blessings they are in
possession of, and which no other people on
earth enjoy! *By Thomas Jefferson*

We need an America with the wisdom of
experience. But we must not let America
grow old in spirit. *By Hubert H. Humphrey*

Where liberty dwells, there is my country.
By Benjamin Franklin

If our country is worth dying for in time of
war, let us resolve that it is truly worth living
for in time of peace. *By Hamilton Fish*

May the sun in his course visit no land more
free, more happy, more lovely, than this our
own country! *By Daniel Webster*

Freedom has its life in the hearts, the
actions, the spirit of men and so it must be
daily earned and refreshed- else like a flower
cut from its live-giving roots, it will wither
and die. *By Dwight D. Eisenhower*

Those who won our independence believed
liberty to be the secret of happiness and
courage to be the secret of liberty. *By Abraham Lincoln*

Let every nation know, whether it wishes us
well or ill, we shall pay any price, bear any
burden, meet any hardship, support any
friend, oppose any foe, to assure the survival
and success of liberty. *By John F. Kennedy*

So, please join me on this 4th of July and
every day to thank God for our country and
our first leaders.

MEMBERSHIP

Submitted by Becky Fasulo

Now that I have been installed as the Vice President for Membership, I am please to welcome two new members to Federally Employed Women, Space Coast Chapter: Tracy Smith, e-mail Tracy.Smith2@va.gov and Lynn Garcia, e-mail Lynntgarcia@yahoo.com. We were glad to meet them at the Awards Installation Dinner. Also, joining our chapter from the MacDill Tampa Chapter is Carrie Andolina, e-mail joor375@jricp.osis.gov. Welcome to all of you and please, everyone, make them feel welcomed to our chapter.

If I can be of assistance or should you have any questions or concerns regarding membership, please contact Becky Fasulo, VP for Space Coast Chapter Membership by e-mail at beckyjf@yahoo.com or by phone at 636-8525.



Scholarships

Submitted by Aneta Ott

It has been indeed gratifying to serve as the Chapter's Scholarship Chair for the past two years. I always receive great pleasure in helping people and through this role I have been able to help many. There are many Scholarships available for all chapter members who qualify. They range from the Jane Eitel and Martha Lyle Scholarships to attend the Regional Training programs to Scholarships (active and retired) to attend the National Training Program as well as Educational Scholarships at both National and Chapter levels.

This year, Space Coast awarded two \$500 Educational Scholarships to Joylene Ware and Ana Contreras. They will use their funds to further their education goals. The member scholarships were announced at the recent Installation and Awards Banquet.

I am also pleased to announce our FEW donation of \$5,000 to the Career and Family Success Center (formally known as "WENDI") at Brevard Community College has helped many people this past year. Kieta Osteen-Cochrane, Executive Director Institute for Business Training & Community Education reported that some of the classes students were able to attend with our donation were Career Analysis, Keyboarding, Intro to Computers, Excel, Word 1 & 2 Quick Books 3

& 4, Windows and Intro to PC Trouble Shooting.

The Demographics of the Scholarship Recipients are: under-employed, recently divorced parent in need of life transition guidance, all ages ranging from 25-60 years, low self esteem and need tools to better their lives, new residents who have not been able to find employment, live in low income housing and are trying to better themselves, older and younger who need computer skills to find employment, have financial problems and need tools to better their family's lives, victims of domestic violence, need a way out of the despair they are feeling about themselves, mentally or physically challenged. Since our beginning donation to BCC in 2006 we have helped a total of 123 students.

Because of these donations FEW Space Coast Chapter has received two appointments to a board that BCC sponsors that is called The Institute of Business Training and Community Education. This board meets annually and will meet again in the fall. The purpose for this board is to help with the needs in the community as far as the classes that are offered.

Again I would like to thank all of you for giving me this opportunity to help others in search of knowledge and to change their life styles.

U.S History

Submitted by Vickie Hall

U.S. Constitution Primer

Balancing the rights of the federal government, the states, and individuals

We, the people of the United States, in order to form a more perfect Union, establish justice, insure domestic tranquility, provide for the common defence, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.

So begins the Constitution of the United States, written in 1787 to replace the nation's first guiding document, the 1777 Articles of Confederation. The Federalists had

been clamoring for a stronger central government, and the Constitution was designed to provide this while balancing it with the rights of individual states—both large and small—and individual citizens. To meet all these requirements, it set up a bicameral legislature and independent judicial and executive branches. Much of this had been proposed by James Madison in his Virginia Plan earlier that year.

The Constitution was signed on September 17—now known as Constitution Day and Citizenship Day—and was submitted to the states for ratification. Over the course of the following three years, it was ratified by all the existing thirteen states. The first ten amendments—the Bill of Rights—were added by the first Congress and ratified in 1791, to more explicitly safeguard individual rights.

Article written by Samuel Ross

Sunshine Committee

Barbara Powell



Space Coast Chapter sent their sympathy with a card and dish garden to Sue Webster, incoming National President, on the recent death of her father. Flowers were sent to Becky Denis, on the occasion of her retirement from NASA. A card of sympathy was sent to Bob Sieck and his family, on the passing of his beloved wife, Nancy.

Barbara Powell will be the new Sunshine Chair, so please contact her at 504-6086 or noahsark@cfl.rr.com of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

Happy Birthday to:

Arden Belt	July 15
Sandy Eliason	July 26
Charlotte Becker	July 31
Carolyn Burnham	August 8

If we have missed your birthday, please send it to me, so that we can celebrate with you – noahsark@cfl.rr.com

July – August Horoscopes from the Brevard County Hometown News: Week of 6-27-2008

Cancer – June 22 – July 22

You know you are moving in the right direction when you feel and hear warm feelings coming from friends and associates. Be generous with your thanks. All this joy lays a great foundation for more to come. Yours is a wonderful abundant well of life. Let your attitude be one of gratitude. Your life is a rich blessing and a great example for all of us.

Leo – July 23 – Aug 22

Passion for life is the greatest gift for a Leo. There is no middle-of-the-road for you. When you love, you love all the way. When you suffer, it is just as much. Your basic nature is to give your all. Just keep on refining and defining your talents. Refuse to let negativity pull you away from your deep inner guidance. Your happiness depends on it.



ANNUAL AWARDS & INSTALLATION

Submitted by Barbara Powell

The Space Coast Chapter of Federally Employed Women recently held their Annual Awards and Installation Banquet at the Hilton Cocoa Beach Oceanfront. The theme for the evening was carried forward from the Annual Training Program that was held earlier in March “Making Waves – A Sea of Possibilities.” The Past Presidents Task Force was responsible for the coordination of the event and met and welcomed chapter members and guests as they arrived.

Carolyn Burnham provided the invocation, after which the attendees enjoyed a dinner, served with a first course of fresh garden salad followed by an entrée of beef, chicken, or fish. The dinner was completed with red

roasted potatoes, fresh seasoned vegetables, and dessert was a slice of silky key lime pie. The Horizon Room of the hotel provided a most delightful atmosphere and came complete with a beautiful backdrop view of the roaring Atlantic Ocean.

Becky Fasulo, a member of the Task Force, and Sandy Eliason, the outgoing President awarded the service pins. Those recognized were: 5 years – Sandra Getter and Johanna Velasquez; 15 years - Sandra Eliason; 20 years – Jane Drinkhouse-Demars and Jean Grenville; 25 years – Karin Biega; and 30 years – Clara Anderson.

The 2008 Member of the Year Award was presented to President, Sandy Eliason. In her nomination, Sandy was recognized for her service for the past three years. She was cited for her deep and provoking thoughts in her messages through the chapter newsletter, “A View from FEW,” which were always inspirational and well thought out. Quoting from the nomination: “She inspires us to do better and be better people than we ordinarily would be. Sandy is fun, she is crazy, and we enjoy being in her company. She always looks for the good in people and keeps things moving on to a better day.” The award was well deserved.

The Distinguished Service Award will be awarded at the Southeastern Regional Meeting in Anaheim, CA during the National Training Program in July 2008. Rhonda Trent, the current National FEW President was selected to receive this recognition.

In paraphrasing the nomination “Rhonda has recognized that there is a need for more training opportunities for women, and throughout her career, she has touted the value of all training, especially that from FEW. These training opportunities alone have reached in excess of 2000 women a year. In her role as the President of FEW, she has appointed women to her Board of Directors who have excelled in their leadership roles which has inspired them to reach higher levels of management in their own agencies. Rhonda has searched for the potential within the members of FEW and appointed them as policy makers or committee heads to carry out policies that affect all of the members of this organization. Rhonda has for many years conducted training that has given women the tools to obtain upward mobility positions and

promotions. She is the first person to offer to mentor anyone wishing to advance his or her career.

Rhonda, through FEW, was invited to participate in congressional hearings on the lack of diversity in the Senior Executive Service and testified in front of the committee three (3) times. The House had recently passed this bill and the committee chair acknowledged Rhonda for her tireless efforts and expressed his appreciation for her work in moving the bill forward. During her tenure as the National President she has made it a point to visit all eleven (11) FEW Regions, conducted 63 agency visits promoting women and FEW, and has initiated a letter writing campaign to Congress on the status and downhill slide of the Federal Women's Program in the government. Rhonda has proven to be an ally and supporter of the Space Coast Chapter, traveling here to attend our Membership Luncheon in 2006, and as a legislative speaker for the FEW portion of the 2008 Southeast Region Training Program. She has been a wonderful mentor to all of the members of the Space Coast Chapter who have found her accessible to them when needed."

Following these awards, Sandy Eliason presented the President's Award. This year Sandy selected three of the outstanding, hard working, mentoring members of the Chapter. Honored were Clara Anderson, Karin Biega, and Jean Grenville. Sandy stated that when she first joined the Chapter, these three were very instrumental in her moving through the chairs to the Presidency. Sandy then presented her 2007-2008 Annual Report that outlined the formal and informal activities the Chapter participated in during the year. Sandy also thanked the Officers and Committee Chairs for their outstanding work for the Chapter during her tenure. "I couldn't have done it without you all" said Sandy as she concluded.

The next order of business was the Installation of the new Officers. The introduction of Marie Argana as a participant in our Chapter activities is always a pleasure, and the privilege to introduce her as the Installation Officer fell to Barbara Powell. Marie has been a member of FEW since 1971 and of our Chapter since 2002. She is a Past National FEW President and continues to

serve FEW at the National Programs as a part of that outstanding group of Past National Presidents. We appreciate her efforts to drive from Stuart, FL (125 miles south) to attend our meetings and perform special tasks like installations for us. The theme "Make Waves – A Sea of Possibilities " was used for the installation of each officer and each was presented with a sun catcher window art disc representing their office, and specifying their responsibilities as follows:

Past President – Sandy Eliason – A Moon, - The Moon is significant of something valued, and Sandy's many years of service to the Space Coast Chapter were something that was valued by all of us.

New Officers:

Nominations Chair – Aneta Ott – A star – A star which is significant of something that brightly shines, as Aneta does, with her many years of service to the Space Coast Chapter and to the Community.

Secretary – Cassandra Getter – Waves – The Ocean Waves are symbolic of vigilance and alertness. These are qualities Cassandra possesses and needs to carry out the duties of Secretary.

Treasurer – Johanna Velasquez – Sand – Beach Sand is a symbol of truth and loyal service and are the qualities Johanna possesses and needs to carry out the duties of Treasurer.

Vice President for Membership - Becky Fasulo – A bird – As Birds are symbolic of faithfulness and constancy, these are qualities Becky possesses and needs to carry out the duties of Vice President for Membership.

President Vice President for Programs
Teresa Jean Piastuch - A fish – As the Fish is a symbol of allegiance and fidelity, these are qualities Teresa possesses and needs to carry out the duties of Vice President for Programs.

President - Marlene Satterthwaite - A Sun – As the Sun is symbolic of vision, leadership and courage, these are qualities Marlene possesses and needs to carry out the duties of President.

Newly installed President, Marlene presented Sandy with the Past President's plaque. At

this point in time, Sandy was to present the incoming President with the President's Pin and the Chapter gavel but, in lieu of those two traditional rights of passage, Marlene was presented with a claw headed hammer until a new gavel and pin can be procured.

Scholarship Chair, Aneta Ott, was unable to attend but an announcement was made of the chapter's 2008 \$5,000 scholarship to the Career and Family Success Center at BCC (formerly WENDI Program) and two member scholarships of \$500 each to Joylene Ware and Ana Contreras

In closing, the newly installed President outlined her hopes and goals for the chapter for the next two years, and acknowledged the other members of her administration who have been appointed for the 2008 – 2010 term. (See Officers and Committee Chairs listed below.)

Community Outreach

Submitted by Sandra Getter

Just a note to remind you that **Friday, July 18th** will be delivery day for Baxley Manor. Remember these folks are on food stamps and 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!!

Although Aneta continues to coordinate from off center and is present at each delivery, 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 203 and can coordinate a pick up from you if you call or email me.

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.

Southeast Region Nominations Committee

Submitted by Jean Grenville

Following were the results of the SE Region election of officers and committee chairs.

Regional Manager

Sylvia Brown, Greater Middle Tennessee

Assistant Regional Manager

Barbara Powell, Space Coast

Nominations & Elections Committee

Edna Garnett, River City, Chairman

Connie Dobrin, Space Coast, Committee Member

Judy Dillander, Derby City, Committee Member

Awards Committee

Mary Lou Andres, Chairman

Marlene Satterthwaite, Committee Member

Other appointments have been made by the Incoming Regional Manager and will be announced at the Regional Meeting at the NTP in Anaheim, CA on Tuesday, July 15, from 5:30 p.m. to 7:30 p.m. We will be reviewing and voting on changes to the SE Region bylaws at that time also. The Regional Manager will be installed at the

2008 NTP in Anaheim, CA. Thanks for your participation in this important election.

Nominations Committee – Space Coast Chapter

Submitted by Jean Grenville

Thanks to all of you who participated in the Space Coast Chapter Election of Officers. Officers have now been installed and are ready to start their work for the year. Outgoing Officers - Don't forget to get together any information you have on your office and turn it over to the new officers. Space Coast Chapter members; please try to participate in some of the planning meetings so we'll know your thoughts and ideas for the coming year. We would love to have you join a committee or shadow an officer for training for the future. It's a lot more fun when you're involved!

NTP 2008

Submitted by Jean Grenville

See attachment below as a guide to NTP 2008 activities.

Quote from June 24 Page-A-Day Calendar

Submitted by Clara Anderson

"One of the most exhausting things we can do is try to control the uncontrollable."

For Your Health

Submitted by Vickie Hall

How much Do You Know About High Blood Pressure?

1. Which of the following is the most desirable blood pressure reading?

- a. 130 / 90
- b. 180/110

- c. 140/80
- d. lower than 120/80

2. The main cause of high blood pressure is:

- a. Stress
- b. Obesity
- c. Unknown
- d. Aging

3. Which of the following groups has the highest rate of high blood pressure?

- a. Caucasians
- b. African American
- c. Hispanic
- d. Asian/Pacific Islanders

4. A person with high blood pressure:

- a. Has high cholesterol
- b. Has a high risk of stroke and heart attack
- c. Has a nervous condition
- d. May experience erratic heartbeats

5. High blood pressure medication is usually prescribed to be taken:

- a. Under stressful situations
- b. As a lifelong way to manage high blood pressure
- c. When activities require physical exertion
- d. Whenever a patient feels bad

Answers:

1. d) Lower than 120/80 mm Hg is the most desirable reading in this list. The American Heart Association recommends this as optimal. 120–139/80–89 is considered pre-hypertension. Systolic blood pressure of 140 or higher or diastolic pressure of 90 or higher is considered high and should be evaluated by a physician immediately. If your blood pressure is 140/90 or higher,

you're at high risk for stroke, heart attack and other complications from high blood pressure.

2. c) Unknown. In 90 to 95 percent of high blood pressure cases, the cause is unknown. In fact, you can have high blood pressure for years without knowing it. That's why it's called the "silent killer" — it creeps up on you. Even though doctors only rarely know what causes high blood pressure, you can take steps to control it and reduce your risk for stroke, heart disease and kidney disease. These steps include eating a low-salt, low-saturated-fat diet, getting 30–60 minutes of physical activity on most or all days and limiting your alcohol intake. If these lifestyle changes don't get your blood pressure down to a normal level, your doctor may prescribe a blood-pressure-lowering medication. [Learn more](#) about these medications.

3. b) African Americans. The rate of high blood pressure in African Americans in the United States is among the highest in the world. African Americans are at higher risk for this serious disease than whites and have higher prevalence rates than Mexican Americans and Asian/Pacific Islander adults. High blood pressure tends to be more common, happens at an earlier age and is more severe for many African Americans. Consequently, they have a higher risk for heart attack, stroke, heart failure and kidney complications from high blood pressure. If you're in a high-risk category, [learn more](#) by reading the 10 Ways to Control Your High Blood Pressure.

4. b) Has a high risk of stroke and heart attack. High blood pressure is a major modifiable risk factor for stroke, the No. 3 killer and a leading cause of severe, long-term disability in the United States. High blood pressure is also a key risk factor for heart attack.

5. b) As a lifelong way to manage high blood pressure. Blood pressure medication is a way to manage high blood pressure and is taken every day — not just under certain "conditions." High blood pressure is a lifelong disease. It can be controlled but not cured.

If your doctor has prescribed medication

for you, **take it EXACTLY as prescribed for as long as the doctor tells you to take it.** Decreasing dosage or not taking the medication at all is dangerous. If you change the dose or go off the medication, it won't be effective and your blood pressure will rise, putting you at risk for heart attack, stroke, heart failure and kidney failure. Medication should be combined with lifestyle changes such as eating a low-saturated-fat, low-salt diet, maintaining a healthy weight, getting plenty of physical activity (30–60 minutes on most or all days of the week) and not using tobacco products.

Please visit the following website to continue the test and learn more about high blood pressure: <http://www.americanheart.org/presenter.jhtml?dynamicPage=/quizzes/quiz.jhtml&dynamicPageNumber=10&identifier=1200000&requestid=974239>

Thought of the Day

Submitted by Vickie Hall

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

'How old are you?' I'm four and a half!' you're never thirty-six and a half. You are four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' I'm gonna be 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. . You become 21. Even the words sound like a ceremony. . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's

all slipping away. Before you know it, you REACH 50.

And your dreams are gone. But wait!!! You MAKE it to 60. You didn't think you would.

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing, you HIT Wednesday.

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; 'I Was JUST 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again.' I'm 100 and a half!'

May you all make it to a healthy 100 and a half!

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Author Unknown

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 for this Newsletter to Jean Grenville at jeangrenville@aol.com and Karin Biega at kbiega@bellsouth.net by the last Monday of each month. If you are interested in joining this vital organization, a Membership Application is attached. We are still looking for those member bios so we can learn more about each of you.

Calendar of Events

July

12 - 19	NTP 2008 in Anaheim, CA
18	Delivery to Baxley Manor
28	Newsletter articles due

August

9	Program Brainstorming Meeting (Clara Anderson's home)
TBD	Delivery to Baxley Manor
25	Newsletter articles due

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 Karin Biega
Finance	Joette Feeney
Scholarships	J. Grenville/K. Biega
Newsletter Editor	Clara Anderson
Parliamentarian	Martha Carroll
Environmental	Vickie Hall/Ana Contreras
Community Outreach	Barbara Powell
Sunshine	Muzette Fiander
Historian	Debbie Ward
Webmaster	

Regional

Nominations	Connie Dobrin
Awards	Marlene Satterthwaite
Secretary	Jean Grenville

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
2008 NTP Finance Chair	Clara Anderson

Attachment

NTP 2008 SCHEDULE OF EVENTS**Sunday, July 13**

9:00 a.m. –	3:00 p.m.	National Board of Directors Orientation
12:00 p.m. –	6:00 p.m.	Open Registration
12:00 p.m. –	6:00 p.m.	Break Point Book Store
1:00 p.m. –	4:00 p.m.	Basic Employee and Labor Relations
5:00 p.m. –	6:00 p.m.	Newcomers Orientation and Networking Event
7:00 p.m. –	9:00 p.m.	Opening Reception – Lanai Deck

Monday, July 14

7:00 a.m. –	6:00 p.m.	Open Registration
7:00 a.m. –	6:00 p.m.	Break Point Book Store
8:00 a.m. –	9:30 a.m.	Opening Session with Keynote Speaker
10:00 a.m. –	4:00 p.m.	Agency Forums
10:00 a.m. –	12:00 p.m.	“How to Get a Federal Job” Workshop
10:00 a.m. –	12:00 p.m.	“What You Should Know About FEW” Workshop
10:00 a.m. –	12:00 p.m.	Mentoring: “Securing a Partnership for Your Future”
12:00 p.m. –	4:00 p.m.	Career/Education Fair
1:00 p.m. –	4:00 p.m.	“Building a High Performance Work Team”
1:00 p.m. –	4:00 p.m.	“Basic Employee and Labor Relations”
4:00 p.m. –	5:00 p.m.	Newcomers Networking Event
7:00 p.m. –	9:00 p.m.	FEW Awards Program with Keynote Speaker

Tuesday, July 15

7:00 a.m. –	6:00 p.m.	Open Registration
7:20 a.m. –	7:30 a.m.	Exhibit Hall Opening Ceremony
7:30 a.m. –	6:00 p.m.	Exhibit Hall Open
7:30 a.m. –	6:00 pm.	Break Point Book Store
7:30 a.m. –	8:30 a.m.	Light Refreshments in Exhibit Hall
8:30 a.m. –	11:30 a.m.	Training Courses
12:30 p.m. –	1:30 p.m.	Vendor Drawings in Exhibit Hall
1:30 p.m. –	4:30 p.m.	Training Courses
5:30 p.m. –	7:30 p.m.	Regional Meetings

Wednesday, July 16

7:00 a.m. –	5:00 p.m.	Open Registration
7:30 a.m. –	4:30 p.m.	Break Point Bookstore
7:00 a.m. –	8:30 a.m.	Diversity Program
8:30 a.m. –	11:30 a.m.	Training Courses
9:30 a.m. –	6:00 p.m.	Exhibit Hall Open
12:30 p.m. –	1:30 p.m.	Vendor Drawings in Exhibit Hall
1:30 p.m. –	4:30 p.m.	Training Courses

Thursday, July 17

7:00 a.m. –	2:30 p.m.	Open Registration
7:30 a.m. –	1:30 p.m.	Exhibit Hall Open
8:30 a.m. –	11:30 a.m.	Chapter Presidents Meet with National President
8:30 a.m. –	11:30 a.m.	Training Courses
11:30 a.m. –	12:30 p.m.	Meet FEW’s New Board in Exhibit Hall
1:30 p.m. –	4:30 p.m.	Training Courses
1:30 p.m. –	4:30 p.m.	Past Presidents Forum
7:00 p.m. –	10:00 p.m.	40 th Anniversary Celebration

Friday, July 18

7:00 a.m. –	7:30 a.m.	Credentials Open
7:30 a.m. –	9:30 a.m.	Annual Membership Meeting
10:00 a.m. –	1:30 p.m.	FEW Friday Celebration – Installation of New Officers
1:45 p.m. –	2:30 p.m.	Credentials Open
2:30 p.m. –	5:30 p.m.	National Board of Directors Meeting

- **Saturday, July 19**

8:30 a.m. –	6:00 p.m.	National Board of Directors Meeting
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