



# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

June, 2002



## PRESIDENT'S MESSAGE Connie Dobrin

Remember that old adage, you never have time to do it right, but there is always time to do it over. In this age of down-sizing, right-sizing or whatever you want to call it, trying to get the job done right within the time constraints that most of us are bound by is always a challenge. I can never thank the members of FEW enough for all they have done in the past year. FEW members are always there when needed.

However, we are about to begin anew. Planning for the National Training Program in Orlando has definitely created a challenge for our local chapter. What gives me hope and reason for optimism is the tremendous strength and potential of all our FEW members. When I am in a room filled with talented, resourceful, energetic and intelligent members of FEW, I feel a surge and enthusiasm about the possibilities that exist for us in the future. We have the resources and capabilities to expand our membership, and we facilitate high quality professionalism through our training and development programs. Even more important, we all have a critical role to play in creating an environment that values diversity and the participation of all our members.

We must strive to create an environment that fosters lasting relationships, growing networks of resources and opportunities. I believe that now, more than ever before, we all must be active participants in our communities and step outside of our immediate worlds to create a whole greater than the sum of each of us as individuals. We must focus on creating a team environment for our NTP. We must be willing to go the extra mile.

I look forward to building new relationships and to help all of you in any way I can. Please volunteer to assist in NTP duties and invite your friends. A new slate of officers will be in place soon (June 18). Please offer them the same assistance you provided me. **Every one of you is special and wonderful.** Thank you and God bless. Hope to see you Tuesday, June 18 at the Doubletree Ocean Front Hotel.

### SPACE COAST CHAPTER, FEW 2001 - 2002

#### Officers and Committees

President	Connie Dobrin
Finance	Karin Biega
Newsletter	Sharon White
NTP/RTP Planners	Barb Powell/Dawn Partlow
Nominations	Arden Belt
Parliamentarian	Carolyn Burnham
President Elect	Barbara Powell
Seminar	Becky Fasulo
Compliance/Diversity	Sue Gaines
Webmaster	Debbie Ward
Vice President	Dawn Partlow
Programs/Publicity	Jean Grenville
Community Outreach	Aneta Ott/Patti Rissman
Bylaws	To Be Assigned
Treasurer	Muzette Fiander
Membership	Clara Anderson
Environmental	To Be Assigned
Sunshine	Christy Vanasse
Secretary	Suzanne Worland
Scholarships	Jane Eitel
Legislation	Vickie Hall
Historian	Carolyn Burnham
Past President	Aneta Ott
National Legal Chair	Karin Biega
NTP 2002 Chair	Clara Anderson
Regional Awards	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Vickie Hall

## Choosing a nail salon

- Check for licenses. Both the salon and nail technicians should be licensed. If licenses are not posted, ask to see them.
- Find out how nail implements are sanitized. Heat sterilization is ideal, but most states permit chemical sterilizing as long as the implements are immersed in the solution for a minimum of 10 minutes between customers. When chemical solutions are used, check the product's label for words like "germicidal" to indicate that it is strong enough to kill germs. The safest thing to do is to bring your own implements.
- Wash your hands before nail work begins and insist that the nail technician do the same.
- Observe whether customers are given a fresh bowl of soapy water to soak their nails in. A new nail file should be used, as well.

Source: *University of Alabama at Birmingham*

## MEMBERSHIP COMMITTEE

*Clara Anderson*

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Muzette Fiander at TA-E1.

We are truly glad to have our members support our Chapter and if anyone has any questions, call Clara Anderson at: 321-639-3154 (voice); 321-638-4228 (fax) or E-mail [cmanderson8@cfl.rr.com](mailto:cmanderson8@cfl.rr.com)

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### Do You Know How to Protect Yourself From Bone Fractures?

- *Do Strengthening Exercises* – Walking, jogging, playing tennis and weight lifting can slow or even reverse bone loss. Tai chi or yoga is also excellent as they maintain balance and flexibility.
- *Get Enough Calcium* – Under 40 you need 1,000 mg a day. Over 40 you need 1,500 mg a day.
- *Get Enough Vitamin D* – It's essential for your body to absorb the calcium. You need 400 to 800 IUs a day.
- *Get Enough Protein* – Protein is utilized in the making and maintaining muscles. You need 35 to 55 grams a day.

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## PROGRAM COMMITTEE

*Jean Grenville*

Our next event is the Installation Banquet at the Doubletree Ocean Front Hotel on June 18, 2002.

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## SCHOLARSHIP COMMITTEE

*Jane Eitel*

The Space Coast Chapter of Federally Employed Women recently completed reviewing 57 scholastic applications.

According to the scholarship committee-Chairman Jane Eitel, Karin Biega, and Christy Vanasse, this is the largest number of application the chapter has ever

received, providing the committee with a very tough job in selecting the winners.

Students were required to have a minimum grade point average of 3.0. In addition, the students had to show their extra-curricular and community activities, plus they had to submit a one-page essay.

The following students were presented with cash awards totaling \$7,250: Lindsay Parker, \$1,000; Shanin Leeming, \$1,000; Ashley Moran, \$1,000; Peter Salib, \$750; Andrew Lieb, \$750; Amanda Wheeler, \$750; Elizabeth Trang, \$750; Mark Mallak, \$750; and Sara Super, \$500.

### **NOMINATION COMMITTEE**

*Arden Belt*

The nominations for the Space Coast Chapter, FEW, Slate of Officers officially closed May 31, 2002. The election results are as follows:

|                       |                                                                        |
|-----------------------|------------------------------------------------------------------------|
| President             | Barbara Powell                                                         |
| President-elect       | Dawn Partlow                                                           |
| Vice President        | Patti Rissman                                                          |
| Secretary             | Suzanne Worland                                                        |
| Treasurer             | Karin Biega                                                            |
| Nominations Committee | Carolyn Burnham<br>(Chair)<br>Charlotte Becker<br>Marlene Satterthwait |



### **SUNSHINE**

*Christy Vanasse*

The following members have birthdays this month:

|                 |         |
|-----------------|---------|
| Mavis Timmons   | June 1  |
| Linda Bradley   | June 4  |
| Shannon Roberts | June 19 |

**Happy Birthday!**

Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other

significant events in our members' lives, so please send information to Christy Vanasse at [Christy.Vanasse-1@ksc.nasa.gov](mailto:Christy.Vanasse-1@ksc.nasa.gov). Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Christy know.

### **GOVERNMENT NEWS & LEGISLATION**

*Vickie Hall*



### **MORELLA INTRODUCES BILL TO RAISE GOVT'S SHARE OF FEHBP CONTRIBUTION**

Representative Connie Morella (R-Maryland) has introduced legislation that would, among other things, have the federal government pay a larger share of the Federal Employees Health Benefits Program (FEHBP) cost. Currently, the government pays, on average, about 72 percent of the FEHBP premium cost while the federal employee is responsible for paying the rest. Under the new legislation, the government would pick up approximately 76 percent of the tab for the premiums. Over the past four years, FEHBP premiums have risen almost 50 percent. Premium costs for 2002 alone rose by more than 13 percent. The legislation is H.R. 4580. It was introduced on April 24th and referred to the House Government Reform Committee.

### **TSP OPEN SEASON REMINDER**

Don't forget the Thrift Savings Plan open season dates are May 15th through July 31st. To enroll or change your contribution amount, you should submit Form TSP-1, Election Form, to your agency if you are in civilian service, or Form TSP-U-1 to your service if you are a member of the uniformed services. The forms are available on the TSP web site at <http://www.tsp.gov> or from your agency or service. Since some agencies or services may be using an electronic version of Form TSP-1 or Form TSP-U-1 (in Employee Express, PostalEASE, or Employee/Member Self-Service System (E/MSS), for example, you may want

to check with your agency personnel office or your service TSP representative for guidance.

### **COMMERCIAL ACTIVITIES PANEL REPORT URGES NEW OUTSOURCING PROCESS**

The Commercial Activities Panel (CAP), created by Congress to study the procedure through which government agencies outsource work to the private sector, formally issued its report Wednesday, recommending that Congress jettison the current contracting process and replace it with a new one. For years outsourcing policy has been conducted in accordance with Office of Management and Budget (OMB) Circular A-76, the rules by which federal work is submitted to public-private competition. The CAP report recommends adoption of a new method based on the Federal Acquisition Regulation (FAR). Rather than winnowing the private sector candidates down to a single firm that competes against in-house employees, as now occurs under A-76, the new process would entail a one-step, "free-for-all" in which in-house federal employees compete with a number of private firms at once. The heads of the two major unions representing federal workers, both of whom served as members of the panel, immediately criticized the new proposal. American Federation of Government Employees (AFGE) President Bobby Harnage said immediately replacing A-76 "with an entirely untested and subjective FAR-based approach" without a trial period would be "irresponsible." <http://www.gao.gov/a76panel/dcap0201.pdf>.

### **JAMES URGES FEDERAL EMPLOYEES TO BECOME ORGAN, TISSUE DONORS**

In conjunction with National Organ and Tissue Donor Awareness Week, Office of Personnel Management Director Kay Coles James has asked federal agency officials to encourage employees to register as organ and tissue donors. Since 1999, the Organ Donor Leave Act has allowed federal workers to use 30 days of paid leave to become a donor. In a memorandum to department secretaries and directors, James said that longer absences should be accommodated through sick or annual leave when medical procedures and recuperation warrant that.

### **CALENDAR OF EVENTS**

#### **June**

18 **Installation Banquet, Doubletree, CB**

#### **July**

22-26 **National Training Program - Orlando**

### **Preventing Skin Cancer (and Wrinkles)**

**What's the big deal about getting a sunburn?** People who've had severe, blistering sunburns (especially as kids or teens) are at higher risk for the most deadly kind of skin cancer, melanoma. People with more constant sun exposure who have not gotten such serious burns are still at higher risk for the more common skin cancers. Either way, sunburns are painful in the short term and increase cancer risk in the long run.

**I've heard that tanning booths help protect your skin.** Wrong. They use ultraviolet (UV) radiation just like the sun, and they damage your skin just like the sun does.

**I tan easily, so I don't need to worry about the sun, right?** It's true that people who tan easily have lower skin cancer risk than people who always burn, but that doesn't mean they can't get skin cancer or prematurely age their skin. There's no such thing as a healthy tan. A tan is not protective. It's a sign that skin damage has already happened.

**But I look better with a tan!** Not in the long run. If you don't believe it, compare the skin on parts of your body that never get any sun to the skin on your face and hands. Most of what we call aging is actually due to sun exposure, which robs the skin of its elasticity and causes sagging, wrinkles and leathery skin.

**How common is skin cancer?** Skin cancer is the most common kind of cancer in the U.S. Almost half of all Americans will have had at

least one skin cancer by the time they reach age 65.

### **What are the different types of skin cancer?**

- Nonmelanoma (Basal or Squamous Cell) is the most common kind of skin cancer. It rarely spreads to other parts of the body and can almost always be successfully treated if it's detected early. That usually means removing the cancerous area, which can leave a scar.
- Melanoma is the most dangerous type of skin cancer, causing 79% of skin cancer deaths. About 4% of skin cancer cases are of this type. It's almost always curable when it's detected early enough, but it can spread quickly.

**What can I do to prevent skin cancer?** In the summer months, putting on sunscreen in the morning should be as much a part of your daily routine as brushing your teeth. Use a lotion containing sunscreen on your hands, face and other exposed skin year-round if you live in a sunny climate. Buy sunscreen with a sun protection factor (SPF) of at least 15 or higher. Put more on after you swim or sweat. But don't put sunscreen on newborns under 6 months of age. Keep them covered and out of the sun.

In addition to using sunscreen, wear protective clothing (broad-brimmed hats, long sleeves and pants) and limit your time in the sun between 10am and 4pm. Seek the shade. While you're at it, help prevent cataracts and protect the skin around your eyes by wearing UV-shielding sunglasses.

### **What are the risk factors for skin cancer?**

According to the American Cancer Society they are:

- Unprotected and/or excessive exposure to ultraviolet (UV) radiation
- Fair complexion
- Occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium
- Family history of skin cancer
- Multiple or atypical moles
- Severe sunburns as a child

**What should I be on the lookout for?** Get checked by a health care provider for any of the following symptoms:

- Any change in the skin like a new growth or a mole that changes size or color
- A bump on your skin that is scaly, bleeding or oozing
- Dark color that spreads past its old border

An itchy, painful or tender spot



## **Florida History and Culture**

**Submitted by Vickie Hall**

### **THE HOME FRONT**

The Civil War was completely disruptive to the home front. Before the end of the conflict some 15,000 Floridians out of a population of just 78,000 whites fought in the Civil War. Some 1,209 whites and 1,044 African-Americans from Florida served in the Union Army. Despite exemptions on overseers, government workers, salt makers, and cattlemen, Florida produced more than its share of combat troops.

Since much of the war was miles north in Virginia and Tennessee, few Floridians could have advantage of leaves to return to Florida. Florida's leadership believed Florida was often mistreated by policy which seemed to favor the larger states.

Women administered many of the farms and stores with the men folk at war. As a state of small farmers, the suffering caused by absentee workers was great. Ancestral looms and crude tools replaced manufactured items.

Women collected their old linen, dresses, tablecloths, draperies, and sheets to make bandages for the wounded. Women wore Dixie

bonnets of plaited palmetto leaves and sandals made from corn shucks for heels. Huge fund raisers helped build soldiers' lodges in Tallahassee and Monticello.

Even the household of the large plantations faced grave shortages caused by the blockade, the destruction of the South's transportation system, and lack of skilled laborers. Candles burned where gas lanterns were once lit. Homegrown vegetables and pork headlined the diet, since quality foods went to the military. Whites discovered the food items of slave menus. Soaking cottonseed in water made coffee. Wallpaper was removed to make writing tablets. Turpentine became a medical mouthwash and every town had a spider house to grow cobwebs to cause wounds to clot more quickly.

Everyone from planter to slave felt the impact of the Civil War. Despite the fears that slaves would rebel, most slaves remained on the plantation, often assuming all roles of field and barn management. While many slaves headed to Jacksonville to join the Union Army, others were hired by the State of Florida to rebuild roads and bridges.

The Florida Saga continues next month.

## SPACE COAST CHAPTER NEWSLETTER

**Sharon White**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail [Sharon.White-1@ksc.nasa.gov](mailto:Sharon.White-1@ksc.nasa.gov)

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

|                                                                                    |  |                          |  |                                          |                                |                                  |                    |
|------------------------------------------------------------------------------------|--|--------------------------|--|------------------------------------------|--------------------------------|----------------------------------|--------------------|
| <b>New Applicant</b>                                                               |  | <b>Renewal</b>           |  | <b>Previous Member</b>                   |                                | <b>Change of Membership Info</b> |                    |
| <b>Name</b>                                                                        |  | <b>Membership Number</b> |  | <b>Birth Date</b>                        |                                |                                  |                    |
| <b>Home Address</b>                                                                |  |                          |  |                                          |                                |                                  |                    |
| <b>City, State, Zip</b>                                                            |  |                          |  |                                          |                                |                                  |                    |
| <b>Home Phone</b>                                                                  |  |                          |  |                                          |                                |                                  |                    |
| <b>Agency/Company</b>                                                              |  |                          |  |                                          |                                |                                  |                    |
| <b>Mail Code/Address</b>                                                           |  |                          |  |                                          |                                |                                  |                    |
| <b>City, State, Zip</b>                                                            |  |                          |  |                                          |                                |                                  |                    |
| <b>Work Phone</b>                                                                  |  | <b>FAX #</b>             |  |                                          |                                |                                  |                    |
| <b>E-mail Address</b>                                                              |  |                          |  |                                          |                                |                                  |                    |
| <b>If interested in serving as a Chapter Officer, please indicate which office</b> |  |                          |  |                                          |                                |                                  |                    |
| <b>President</b>                                                                   |  | <b>President Elect</b>   |  | <b>Vice President</b>                    |                                | <b>Secretary</b>                 | <b>Treasurer</b>   |
| <b>METHOD OF PAYMENT</b><br>(Credit Cards only available Jan-Mar)                  |  |                          |  |                                          |                                |                                  |                    |
| <b>Total Amount Due: see schedule below</b>                                        |  |                          |  |                                          |                                |                                  |                    |
| <b>Cash or Check</b>                                                               |  | <b>Check No.</b>         |  | <b>Credit Card</b>                       |                                | <b>Visa</b>                      | <b>Master Card</b> |
| <b>Card Number</b>                                                                 |  |                          |  |                                          | <b>Expiration Date (MM/YY)</b> |                                  |                    |
| <b>Print Cardholders Name<br/>(as it appears on card)</b>                          |  |                          |  | <b>Signature<br/>(Credit Cards Only)</b> |                                |                                  |                    |

Please place an X by the month dues are paid and pay the indicated amount.

|  | Month    | Amount Due |  | Month     | Amount Due |  | Month   | Amount Due |
|--|----------|------------|--|-----------|------------|--|---------|------------|
|  | February | \$30.00    |  | March     | \$28.00    |  | April   | \$26.00    |
|  | May      | \$24.00    |  | June      | \$22.00    |  | July    | \$20.00    |
|  | August   | \$17.00    |  | September | \$15.00    |  | October | \$13.00    |
|  | November | \$11.00    |  | December  | \$9.00     |  | January | \$7.00     |

The National Office requesting the following for statistics only:

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

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

Circle if Applicable:    **FWP Full-time**    **FWP Part-time**    **EEO**

**Demographics**

Sex [F/M] : \_\_\_\_\_ Race: \_\_\_\_\_ Years of Service: \_\_\_\_\_ Retired [Y/N]: \_\_\_\_\_