

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



June 2007

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815

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

## President's Message

*Sandy Eliason*

Hello All! Space Coast had a very busy May. Marlene arranged a great program on Diversity brought to us by Bonnie McClure, from the NASA Office of Diversity and Equal Opportunity. Bonnie presented our program with a little bit of a different spin and I really enjoyed hearing her presentation.

Bonnie's statements on Diversity that I really enjoyed and apply to all of us were:

1. Awareness of differences
2. Ability to accept new approaches, opinions, and viewpoints opens creativity
3. Assumptions, impressions, and personal responsibility
4. Enhancing our competitive hiring power by valuing diversity builds stronger organizations and people who choose to work here

Several of us were fortunate enough to observe our FEW National Board at work at the World Marriott in Orlando. Also, because of Clara's thoughtful preparation we were able to participate in the tour of the World Marriott which will be the training site for NTP 2009. I have only been able to view them at the end of our National Training Program, never on location. I would like to give a big thanks to Marlene Satterwaite and Clara Anderson for scheduling our May programs.

We are heading into summer and our Chapter Annual Awards Ceremony as well as the National Training Program are just around the corner. If you haven't already signed up for the National Training Program, it's a great training and networking opportunity. If you're planning to go, please go into the FEW website at [www.few.org](http://www.few.org) and sign up now. If you are a NASA employee you will also need to go into Saturn. It's sure to be a rewarding experience for you and your organization.

I hope to see you all and your bright smiling faces at this years Award Ceremony, June 19, 2007, place TBD. Take care of yourself and each other, see you soon!

*"Life can be understood only by looking behind,  
but can be lived only by looking ahead."*

*- Soren Kierkegaard*

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## Programs

### *Marlene Satterthwaite*

Here are our upcoming programs and events.

WHAT: FEW Awards Dinner  
WHEN: Tuesday – 6/19/07  
TIME: TBD  
WHERE: Holiday Inn Express in West Cocoa 520 and 95

We look forward to seeing you at our monthly meetings and value all your inputs that keep our Chapter running so smoothly.

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### **FEW National President Testifies**

Excerpt from Govexec.com

#### **Lawmakers probe agencies' diversity efforts**

By Brittany R. Ballenstedt [bballenstedt@govexec.com](mailto:bballenstedt@govexec.com)  
May 11, 2007

Outreach to the broadest possible pool of applicants is essential to increasing diversity in the senior levels of government, agency officials said Thursday.

At a hearing before the House Oversight and Government Reform Subcommittee on the Federal Workforce, representatives from six agencies and the U.S. Postal Service indicated that while they have made great strides in increasing the number of women and minority employees at their respective agencies, their greatest challenge is drawing a more diverse pool of applicants.

"This issue is important because the federal workforce should be as diverse as the people it serves," said Rep. Danny Davis, D-Ill., chairman of the subcommittee. "It is simply good business and good government."

The hearing came as officials are becoming increasingly concerned over the government's aging workforce, with 90 percent of senior executives eligible to retire within the next decade.

Rhonda Trent, president of Federally Employed Women, argued that agencies also need more training programs for women and minorities, providing them with the skills necessary to move into the senior ranks.

## Sunshine Committee

*Eva Coffman*

# Happy Birthday!

A special Happy Birthday to the following Chapter member(s)

*Mavis Timmons – June 1*

*Ana Contreras – June 24*



Space Coast Chapter extended get-well wishes with flowers to Becky Niemi (Vickie Hall's mother) on her recent surgery. Also a card was sent to Jean Grenville for her husband's surgery.

Please notify me (639-4881) or Becky Fasulo (636-8525 or [beckyjf@yahoo.com](mailto:beckyjf@yahoo.com)) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

I am missing birthdates (month and day only) for the following members: Kimmarie Barrett; Martha Carroll, Sandra Getter, Patricia Hyland, Helen Kane, Mary Mells, Eleanor Miller, Daisy Morales, Kristin Nighswonger, Teresa Parham, Teresa Piatuch, Ann Piepenbrink, Rose Rayne, Marilee Tewksbury, and Carrie Tillman. Please send Becky Fasulo your birth date, so that we can celebrate with you – [beckyjf@yahoo.com](mailto:beckyjf@yahoo.com)

Trent and representatives of other groups also said the federal government lacks a mentoring program for women and minorities. They recommended that OPM promote such a program across government and make incentives available for senior leaders to participate.

Davis said he planned to ask the Government Accountability Office to conduct a new study on diversity in the SES and the Postal Career Executive Service. "The purpose of the study will be to continue to track agency results in increasing diversity," he said.

You can read the entire article on the hearing at [http://www.govexec.com/story\\_page.cfm?article\\_id=36895&dcn=e\\_gvet](http://www.govexec.com/story_page.cfm?article_id=36895&dcn=e_gvet)

## Women in History

*Submitted by Vickie Hall*

### Clara Barton

#### ***Her Life and Fight for Humanity and the American Red Cross***

The youngest of five children in a middle-class family, Clara Barton was born on Christmas Day 1821 in Oxford, Massachusetts. Although she was educated at home, Clara began teaching school herself at the age of fifteen in various elementary schools in Massachusetts and New Jersey between the years 1836 and 1854. Prior to the Civil War, Clara's most noteworthy achievement was the establishment of a free public school in Bordentown, New Jersey. Additionally, her only medical experience prior to the war was when she cared for her invalid brother David for two years.



At the outbreak of the Civil War, Clara lived in Washington, D.C., where she worked at the U.S. Patent Office. Following the Baltimore Riots, upon the 6<sup>th</sup> Massachusetts Regiment arriving in Washington, it was Clara who organized a relief program for the soldiers, starting her lifelong career as a nurse and humanitarian.

After the First Battle of Bull Run at the start of the Civil War, Clara soon learned that many of the wounded soldiers had suffered from a lack of medical supplies. Devoting herself to correcting this problem, she advertised for donations to buy supplies in Worcester, Massachusetts and began her own operation to distribute these supplies. Her operation a success, she was soon given a general pass by the U.S. Surgeon General, William Hammond, to travel with army ambulances.

For the next three years Barton traveled along with the army operations throughout Virginia and South Carolina, especially in the area of Charleston. Following the Battle of the Wilderness, she cared for

the wounded at Fredericksburg, Virginia, so well that she attracted national attention. From this point she then served as superintendent of nurses in Major General Benjamin Butler's command. In addition to nursing, Clara also formed a program at Camp Parole, Maryland, whereby she attempted to locate any soldier who was listed as missing in action. In order to carry out this program, she generally talked with Union soldiers who had returned from Southern prisons, and in doing so, often was able to determine the status of the missing and would then notify their families.

Upon war's end in 1865, Clara established an information center which served war-torn families, as well as aided in locating missing soldiers, and identifying and marking thousands of graves. Meanwhile, Clara lectured quite frequently, and as a result of her varying responsibilities, three years later in 1868, she suffered a breakdown, brought on by exhaustion, and went to Switzerland to recover.

While in Switzerland during her recuperation, she became aware of the International Red Cross that had been established there in 1864. Its Treaty, founded in Geneva, guaranteed neutrality of hospitals in all future wars, and thus was ratified by eleven countries, but the United States could not take part. This was because the Monroe Doctrine prohibited international treaties. Barton, knowing that the US would benefit greatly by having a Red Cross, returned home and began a crusade to establish the Red Cross in America. She worked tirelessly, traveling to Washington for support, and gave speeches and wrote articles in an attempt to solicit the support of the public. In doing so, she reminded the public at large, as well as the politicians, that the Red Cross was not only functional during times of war, but was also invaluable in peacetime, providing relief to victims of droughts, floods, and other disasters. This seemed to get the attention of both the public and the politicians, and thus the American Association of the Red Cross was founded in 1881.

Clara Barton was the organization's president, and in this role, she directed and presided over it with a firm hand. One of the first examples of help the Red Cross provided not long after it began was when it provided relief to people in Michigan as a result of a forest fire, and other case was due to a hurricane that hit the East Coast of the United States. In its early years of operation, it even reached as far as Russia, helping victims of a famine.

The American Red Cross was offered government funding, but Clara refused citing the fear of political control. Consequently, she relied on donations from

private citizens. Additionally, it was also the private sector that donated food, medical supplies, clothing and tools and various materials for rehabilitation activities.

Clara, the strong-willed, determined lady that she was even rode a mule wagon at the age of seventy-seven during the Spanish-American War, handing out various provisions and providing medical care.

Because of her personal devotion and strict participation, combined with her informal methods, her small group of helpers could not keep up with the demand, and became ineffective. This saddened Clara, and as times in America changed and progressed, her small group could not provide adequate care and response. Consequently, in 1904, with some feelings of bitterness, she resigned as head of the Red Cross. Others felt that although Barton was truly a great and compassionate woman, who processed a big heart, she had stayed too long. It seemed that she was a better organizer and founder than a manager.

Upon her resignation, she retired to her home in Glen Echo, Maryland, where she died on April 12, 1912. Clara Barton was truly a great American who dedicated her life to humanity.

## Membership

*Charmel Anderson*

**"Last Call for Membership Renewal"** – For those of you that still have not paid your Chapter dues, you are late but can still pay them to keep you Membership in FEW in a "Good Standing" status.

Dues can be paid by cash, check, credit card, or money order. If you plan to pay your dues by credit card, please contact Clara Anderson at 321-867-2087. If you are submitting a check or money order, please make it payable to "FEW" and on the memo line, please state "2007 SCC FEW dues." Please submit your checks to me so that as I receive the money, I can log it on the membership renewal form that I have to submit to FEW National. After I log you into my renewal sheet, I will then forward the checks/money to our chapter treasurer.

For those that are on the NASA/KSC base, all correspondence can be sent to mailcode: **SA-D1, Attn: Charmel Jones**. For those that are not on base, please mail dues to:

**FEW**

**P.O. BOX 21201**

**Attn: FEW Membership**

**Kennedy Space Center, FL. 32815**

If you should need to contact the membership chairperson, please feel free to give me a call at 321-867-2938 or e-mail me at [Charmel.L.Jones@nasa.gov](mailto:Charmel.L.Jones@nasa.gov).

Thanks for your support and here's to another great year with FEW!!!

## Differences Between Men and Women

### *ON BATHROOMS*

The average number of items in the typical woman's bathroom is 337. A man would not be able to identify most of these items.

A man has six items in his bathroom: a toothbrush, tooth paste, shaving cream, razor, a bar of soap, and a towel from the Holiday Inn.

### *ON ARGUMENTS*

A woman has the last word in any argument.

Anything a man says after that is the beginning of a new argument.

## Cultural Diversity

*Muzette Fiander*

### Four Companies Recognized For Efforts to Promote Women

*By Dana Mattioli*

While women are still scarce at the highest levels of management -- typically outnumbered by men five to one -- some companies have adopted noteworthy initiatives to change that.

Last week, Catalyst, a New York research organization that seeks to expand workplace opportunities for women, presented awards to Goldman Sachs Group Inc., PepsiCo Inc., PricewaterhouseCoopers LLP and Canada's Scotiabank for approaches that have significantly increased female representation in senior-level positions.

Catalyst picked the companies because they created original and replicable programs to promote women that had measurable results, says Ilene Lang, Catalyst's president. To be eligible for the awards, which have been presented annually for 20 years, applicants must undergo a year-long evaluation that includes on-site visits and interviews.

Though the companies' initiatives differed, their efforts shared certain themes:

### **Identifying Role Models**

Recognizing that women moving up the ladder might be frustrated by the lack of senior-level role models, the companies focused on identifying female mentors for employees to emulate.

"I grew up in corporate America without having a role model," says Marie Quintana, vice president of ethnic sales development for PepsiCo in Dallas. Ms. Quintana, who is of Cuban descent, says she is proud now to be able to mentor several women at PepsiCo as part of the company's Women of Color Multicultural Alliance. Since 2001, PepsiCo executives who are women of color have doubled from 72 to 144. In the same period, women of color among the company's external directors increased to 14.3% from 7.1%.

Scotiabank introduced an executive speaker series in which high-level women from the bank are interviewed before an audience of mid- and upper-level female managers. The interviews are then made available to all employees online.

"By representing these women in such a human light and talking to them one on one about their challenges and successes on a personal and professional level, it gives the audience some insight on how they can attain these results," says Sue Graham Parker, the bank's senior vice president of retail and small-business banking in the Ontario region.

While female employees accounted for about 70% of Scotiabank's work force in Canada in 2003, women held only 18.9% of senior-management positions, says Sylvia Chrominska, an executive vice president. Since then, the bank says, it has increased that number to 31%.

### **Promoting Advancement**

Ensuring that female employees aren't overlooked for promotion was at the core of most of the companies' initiatives.

At Pricewaterhouse, a chief diversity officer helps identify and groom candidates for potential promotions. That officer also contributes to succession-planning reviews, making sure that female employees are equally considered, says Jennifer Allyn, managing director of gender, retention and advancement with Pricewaterhouse in New York. Since the initiative was started in 2001, the accounting and consulting firm says, women's representation at the partner level has increased 30%.

Goldman Sachs says it adopted a similar program in which top managers assess women in high-level positions for potential advancement. "I think the reviews helped make firm leadership more aware of who I am and my commercial contributions," says Clare Scherrer, a managing director in investment banking who was recently elected partner.

"The program ensures that women are in the vision of senior management in a way that they may not have been," says Edie Hunt, a managing director and a co-chief operating officer of human capital management. The number of women at partner level has doubled from 7% to 14% since the program was created in 2001.

At Scotiabank, for every promotion at the vice president level and above, the hiring boss must provide an assessment of all of the candidates considered for the position, Ms. Chrominska says. Decisions on promotions are challenged in the new system, she says. "We wanted to make sure they are not using the 'old boys' network of men promoting men."

### **Supporting Working Mothers**

Last year, Pricewaterhouse created a program called Full Circle, which Ms. Allyn says is designed to keep new mothers "connected" with the firm for up to five years while they are home raising their children or providing care for elderly relatives. Full Circle members, whether they are taking a temporary leave or have left indefinitely, get coaching and keep up training and credentials on the firm's dime. They also participate in such events as "moms' nights out" to allow for an easier transition back into the firm. By 2006, Ms. Allyn says, the firm's turnover rate among female employees had declined to 17% from 26% in 2001.

Paula Loop, a partner at Pricewaterhouse's Stamford, Conn., office, says she wishes the program had been available when she returned to the company after leaving for eight years to raise her children. When she returned in 1997, she says, she felt overwhelmed

getting up to speed on new technology and brushing up her computer skills.

-- Ms. Mattioli is an editorial assistant at CareerJournal.com.

## **Space Coast Mini Retreat – Marriott World Orlando**

*Marlene Satterthwaite*

May 17-19, 2007, eleven FEW Space Coast Chapter members participated in a mini-retreat at the Marriott World Orlando where FEW was holding its National Board meeting. Nine of us were able to join National Board members, to include Karin Biega and Becky Fasulo, and sit in on the National Board proceedings both Friday and Saturday as each board member presented their yearly report. We who were tasked as “tellers” and “pages” were able to observe that the National Board members spend long hours and lots of hard work in their respective positions.

Friday we were also given a tour of the Marriott convention facilities by their Marketing Director, Tim Swan. Plans are to hold the 2009 NTP at this location.

Additionally, we met to discuss a Theme for the Spacecoast March 5-7, 2008 ATP in order to prepare an advance flyer for distribution at this year’s National Training Program (NTP) Washington DC. We all agreed on the '08 theme: MAKE WAVES – A SEA OF OPPORTUNITIES.

**Three grand essentials to happiness  
in this life are  
something to do,  
something to love, and  
something to hope for.**

*- Joseph Addison*

## **Government News & Legislation**

*Arden Belt*



### **Congress Approves FY2007 Supplemental Bill**

On May 24, Congress cleared the FY2007 emergency supplemental spending bill (H.R. 2206) after first adopting two House amendments. The first amendment, sponsored by Rep. David Obey (D-WI), was adopted by the House and allocates \$22.152 billion for domestic spending programs. The second amendment, also sponsored by Rep. Obey, provides \$97.844 billion, primarily for Department of Defense activities in Iraq and Afghanistan. The Senate agreed to the House amendments later the same day. President Bush signed the bill into law on May 25.

### **House Approves Housing Reform Bill**

On May 22, the House passed the Federal Housing Finance Reform Act (H.R. 1427), which would create an affordable housing fund for very and extremely low-income families, and would establish an Office of Minority and Women Inclusion.

### **House Approves Immigration Bill with Increased Penalties for Trafficking**

On May 22, the House approved legislation (H.R. 2399) that would strengthen the prosecution and punishment of those who smuggle illegal immigrants into the United States.

### **House-Passed Competitiveness Package Includes STEM Provisions**

On May 21, the House approved the 21st Century Competitiveness Act (H.R. 2272), a bill that combines several science, mathematics, engineering, and technology measures.

### **Senate Committee Examines Trade Preferences, Effect on Women**

On May 16, the Senate Finance Committee held a hearing on trade preference programs, including their effects on women in developing countries.

On May 16, the Senate Finance Committee held a hearing on trade preference programs. The hearing focused on the upcoming expiration of several key trade preference programs and the potential effect on United States trade with developing countries.

“Throughout the developing world, women face the greatest challenges to participating in global

trade and are among the most vulnerable economic participants," said Katrin Kuhlmann, senior vice president for global trade at the Women's Edge Coalition. Ms. Kuhlmann continued, "In certain sectors, including many types of manufacturing [jobs] and agricultural production, women do the bulk of the world's work. The current system of preference programs, including the [GSP], the African Growth and Opportunity Act, the Andean Trade Promotion and Drug Eradication Act, and the Caribbean Basin Initiative/Caribbean Basin Trade Partnership Act, has led to job creation for impoverished women and low-skilled workers in sectors such as apparel in Africa, jewelry production in Asia, and some agricultural production in the Andean, African and Asian countries. Jobs for women mean support for families: it is estimated that one woman's job in the apparel sectors supports up to 15 people." Ms. Kuhlmann added that "U.S. preference programs have helped promote better working conditions in developing countries through eligibility requirements, such as protections for worker's rights. Extending these to include protection against discrimination in the workplace would help ensure that the benefits of the preference programs reach all members of society."

### **House Panel Examines State Child Welfare Systems**

On May 15, the House Ways and Means Subcommittee on Income Security and Family Support held a hearing on the "Challenges Facing the Child Welfare System."

### **Bills Introduced**

The House is expected to consider the FY2007 supplemental spending conference report (as-yet-unnumbered); the 21st Century Competitiveness Act (H.R. 2272), which contains provisions for math and science education; and the Veterans Outreach Improvement Act (H.R. 67). The Senate also is expected to consider the FY2007 supplemental spending conference report, and the Comprehensive Immigration Reform Act (S. 1348).

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### **Annual Training Program and the Southeast Regional Training Program**

***Marlene Satterthwaite***

Looking for a FEW Good Women!!

Opportunity is knocking and the FEW Space coast Chapter is looking for more volunteers!! Come join in on the PLANNING COMMITTEE for the next FEW ATP/RTP, "**MAKE WAVES, A SEA OF OPPORTUNITIES**". The Annual Training Program, to be held at the Holiday Inn, Cocoa Beach, FL on **March 5-7, 2008** is also playing host to include the FEW SE Regional Training Program (thus the 3rd day addition). Connie Dobrin and her team did a great job for the '07 ATP. The 2008 Chair would certainly welcome back any of those '07 committee chairs for a repeat performance and, of course, new volunteers to chair and or support respective committees.

To refresh your memories, the following committees are looking for support: 1)Registration; 2)Logistics; 3)Exhibits; 4)Hospitality; 5)Publicity; 6)Volunteers & Hostesses and last but not least a Recorder for the meetings.

It takes a great team effort to coordinate this event and this FEW chapter couldn't do it without the support of our members. Consider taking the challenge! We need YOU!

Thank you to those you who have already volunteered.

### **Scholarships**

***Aneta Ott***

On behalf of the Space Coast Chapter I am proud to announce that we have awarded three \$350.00 Educational Scholarships to the following: Ana Contreras, Joette Feeny and Joylene Ware. I would like to congratulate each of them on behalf of our Chapter. We are really proud of you for making that commitment to gain new knowledge and improve yourselves. We know that they will represent us well in the work place as well as in our Chapter.

### **NASA Facts**

***Vickie Hall***

At Launch Pad 39A, operations are proceeding on schedule for a June 8 launch of Space Shuttle Atlantis on Mission STS-117.

The hypergolic propellants were loaded into the orbiter and solid rocket boosters in the past week.

Spacesuits 1 and 2 were installed in the orbiter airlock for use during spacewalks planned for the mission.

Functional testing of the external fuel tank camera is complete and the lens cover has been installed. Loading of the liquid oxygen and liquid hydrogen storage tanks, which will provide fuel for the shuttle's external fuel tank, is complete.

NASA managers will hold a news conference at Kennedy Space Center no earlier than 2 p.m. EDT, Thursday, May 31, to discuss the status of the upcoming space shuttle mission. The news conference will begin after the end of a Flight Readiness Review, a two-day meeting to assess preparations for Atlantis' mission.

## Community Outreach

### *Sandra Gettler*



Just a note to remind you that **Friday, June 15th** 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, and Carol Moore HQ 3490 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 a list of suggested 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...  
Canned meats, chicken tuna and 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, razors, nail files, clippers, socks, stockings, earrings

#### Other Items

Reading material such as books or magazines

Thanks again for your support of this worthy cause!

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## Change in Time Limit for Using Compensatory Time Off and Final Regulations on Compensatory Time for Travel

*Submitted by Vickie Hall*

This is for all the Federal Workers. Beginning Monday, May 14, 2007, there is now a government wide standardized time limit of 26 pay periods for using compensatory time off earned. The 26-pay period time limit will be applied to both employees not covered by the Fair Labor Standards Act (FLSA-exempt) and employees covered by the FLSA (FLSA-nonexempt). There is no requirement for DHS HQ to amend the current compensatory time policy as it has already been written to abide by the OPM change.

The Office of Personnel Management (OPM) has issued final regulations on compensatory time off for travel. The regulations are available at <http://www.opm.gov/fedregis>.

Compensatory time off for travel is earned by an employee for time spent in a travel status away from the employee's official duty station when such time is not otherwise compensable.

For additional information, please see the OPM fact sheet, questions and answers, and examples of creditable travel time at [http://www.opm.gov/oca/pay/HTML/compensatory\\_time.asp](http://www.opm.gov/oca/pay/HTML/compensatory_time.asp).

**"Training Today, Leaders Tomorrow"**  
**FEW's 38<sup>th</sup> National Training Program**  
**July 16- 20, 2007**

Federally Employed Women's (FEW), 38th National Training Program (NTP), "Training

Today, Leaders Tomorrow," will take place at the Hilton Washington Hotel, July 16 – 20, 2007.

This dynamic, professional, and fast paced training program offers more than 100 workshops on the most current subjects. Leadership workshops are closely aligned with the Office of Personnel Management (OPM) leadership competencies. Training is designed to provide all federal, private, and public employees, including military personnel, with the tools necessary to establish and build a successful career. FEW's NTP offers a wide-range of activities from motivational speakers to networking opportunities. **On-line registration is now available at [www.fewntp.org](http://www.fewntp.org).**

Our opening session, Monday, July 16, will feature "A Morning with Kim Olson," USAF (Ret) Colonel, a highly decorated military leader, pilot, and winner of the 2000 Good Housekeeping Award for Women in Government.

Again this year, FEW will host

- an Education/Career Fair on Monday, July 16, 2007, from 1:00 pm to 5:00 pm, and
- an Expo Hall with over 50 vendors

Monday evening, Desi Williamson, who will thrill you with his highly energized stories of making a habit of overcoming obstacles in his life and winning, will address us at our Awards Program

Tuesday, July 17, James Bradley, "Flags of our Fathers," will present the keynote address at a celebration honoring women in the military.

For more information about FEW, visit [www.few.org](http://www.few.org)

### Thoughts to Ponder

Money will buy a fine dog, but only kindness will make him wag his tail.

If you don't have a sense of humor, you probably don't have any sense at all.

A good time to keep your mouth shut is when you're in deep water.

## For Your Health

Submitted by *Becky Fasulo*



### STROKE IDENTIFICATION

During a BBQ, a friend stumbled and took a little fall. She assured everyone that she was fine and had just tripped over a brick because of her new shoes. Friends offered to call paramedics, but she declined. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital. At 6:00 pm, Ingrid passed away. She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead. It only takes a minute to read this....

*A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.*

### RECOGNIZING A STROKE

*Remember the "3" steps, STR . Read and Learn!*

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S** \* Ask the individual to **SMILE**.

**T** \* Ask the person to **TALK to SPEAK A SIMPLE SENTENCE** (Coherently) (I.e. . . It is sunny out today).

**R** \* Ask him or her to **RAISE BOTH ARMS** .

*NOTE : Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, go to the hospital **immediately!!** And describe the symptoms to the dispatcher.*

## Nominations Committee

### *Jean Grenville*

The Space Coast Chapter starts a new tradition this year in the planning of an Awards Dinner in June without an installation ceremony for new officers. Our next installation ceremony will be held in 2008 after election of new officers for 2008 – 2010. This Awards Dinner will be a great opportunity to celebrate our award winners and to acknowledge their efforts and contributions to the Chapter. It will also be a great networking event and we look forward to seeing all of you there.

Speaking of new officers for the next term, please notify the Nominations Committee or any of the Space Coast Chapter officers if you are interested in becoming an officer in the future or if you have any questions concerning nominations. We can help you understand the positions and arrange for training or shadowing if you desire. And "We won't let you fail." Time is going so quickly that it will soon be time to start on a new slate and we hope to have some great candidates to present.

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## Member Spotlight

### *Carrie Tillman*



Carrie Tillman was born in Sylvania, GA. She is active in the local community and the church her and her family attends, Mt. Moriah Baptist Church in Melbourne, FL. At Mt. Moriah, Ms. Tillman serves as the Second Vice-President of the Mission Department, assistant Youth Director, Orientation Director for the new members, and assistant Sunday school teacher for ages 14-18. She is married to a native of Lake Placid, FL, Willie J. Tillman, U.S. Army, retired. They have two children, two grand children, and three God sons. The Tillman's reside in Melbourne, FL.

Carrie Tillman is an education and training technician serving in the J-9 at the Defense Equal Opportunity Management Institute (DEOMI), Patrick Air Force Base Florida. Mrs. Tillman is responsible for all administrative aspects of student surveys to include monitoring a 360 degree feedback program (student>staff>student). Additionally, she serves as the Institute's test proctor for all cognitive testing of over 1,000 students annually.

Carrie has an associate degree in Business from Miami Dade Jr. College, Miami, FL. She has completed three semesters toward her bachelor's degree, two with Florida A&M, Tallahassee, FL, and one at the University of Maryland, Europe. She is a graduate of the Equal Opportunity Advisor Course (16 weeks) at DEOMI.

Carrie received the DEOMI Junior Civilian of the quarter award for the time frame, April-June 2003. She received DEOMI Junior Civilian of the quarter award for the time frame, June-August 2006 resulting in her being selected as the DEOMI Junior Civilian of the Year (2006).

Carrie's career spans from Lake Placid Elementary School, Fayetteville, NC. where she was a teacher's assistant and also the owner and operator of Shoes House Nursery and Pre-School. Upon a transfer to Europe, she served as a teacher's assistant, in the math lab for grades 6<sup>th</sup> through 8<sup>th</sup>, in the Department of Defense elementary school in Vicenza, Italy. Her next career move was to Aschaffenburg, Germany where she worked as an education and training technician at the education center. Upon her return stateside, she began her tenure at DEOMI as an education and training technician where she has served the Institute with distinction for the past 17 years.

## Word of the Day

**flagitious** \fluh-JISH-uhs\, *adjective*:

1. Disgracefully or shamefully criminal; grossly wicked; scandalous; -- said of acts, crimes, etc.
2. Guilty of enormous crimes; corrupt; profligate; -- said of persons.
3. Characterized by enormous crimes or scandalous vices; as, "flagitious times."

These men were reported to be heretics . . . , seducers of youth, and men of **flagitious** life.

-- Isaac Taylor, *History of the World*

*Flagitious* comes from Latin *flagitiosus*, from *flagitium*, "a shameful or disgraceful act," originally, "a burning desire, heat of passion," from *flagitare*, "to demand earnestly or hotly," connected with *flagrare*, "to blaze, to burn."

## Watchdog group wants FDA to put health warnings on sodas

*Submitted by Sandy Eliason*

By Ely Portillo, Knight Ridder Newspapers Wed Jul 13, 5:04 PM ET

WASHINGTON - Sodas should follow alcohol and cigarettes and bear a federally mandated warning label detailing the dangers of consuming too many, a food watchdog group said Wednesday in filing a petition with the Food and Drug Administration.

The Center for Science in the Public Interest, which has fought for clear nutrition labeling on foods and published information about the poor nutritional content of fast food, says Americans, especially young ones, are getting too much refined sugar from soft drinks.

Sweetened drinks are the "quintessential junk food: all calories, no nutrients," said Michael Jacobson, the executive director of the CSPI.

The CSPI also re-released its 1998 "Liquid Candy" report on soda consumption Wednesday, updated with the most recent government dietary data, from 1999 to 2002. While there had been a slight overall decline in the consumption of soft drinks, teens were drinking more sodas than ever, the CSPI found.

Among the 85 percent of teens ages 13 to 18 who drink soft drinks, boys consumed an average of 32 ounces and girls an average of 23 ounces every day, making up about 15 percent of their total daily calories, according to the report.

Labels on soda packaging should contain warnings about obesity, tooth decay and diabetes, which the CSPI says are all potential complications of excessive soft-drink consumption. The group released sample labels that read "To help protect your waistline and your teeth, consider drinking diet sodas and water" and "The U.S. Government recommends that you drink less (non-diet) soda to help prevent weight gain, tooth decay, and other health problems."

FDA spokeswoman Kimberly Rawlings said the agency couldn't say whether warning labels

would be enacted until the petition was thoroughly reviewed.

Not everyone agrees that labels are a good idea.

"This is nothing but another freedom-sucking proposal from CSPI," The Center for Individual Freedom said in a news release. "The nutrition nannies are at it again."

The Center for Consumer Freedom ran full-page ads in The Washington Post and The Washington Times on Wednesday, accusing the CSPI of being a "hysterical" group that uses "junk science, scare tactics, sensationalism, sound bites, doom and gloom prophecies, sanctimony (and) self-righteousness" to advance its views.

Jacobson derided both consumer-freedom groups as funded by food corporations - a charge they don't deny - to fight better nutrition labeling and regulation that could hurt their business.

Although the FDA has acted on CSPI proposals in the past, Jacobson said finalizing rules on trans-fatty acids took the agency 10 years. Although he thinks that federally mandated soda labeling could happen, he expects it to be enacted and litigated more widely on a state level first.

Getting such rules passed "takes forever," Jacobson said.

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Just a reminder you can make a difference every day. Help save lives today with the gift of early detection!

Simply click the "**Fund Free Mammograms**" button at [The Breast Cancer Site](http://www.thebreastcancersite.com) to help provide free mammograms to underprivileged women.

<http://www.thebreastcancersite.com/BCSreminder>

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FEW always comes to the aid of people in need - how about our 4-legged friends??

It takes less than a minute to go to Animal Rescue Site and click on "feed an animal in need" for free. This doesn't cost you a thing. Their corporate

sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising. Here's the web site!  
<http://www.theanimalrescuesite.com>

**Got an IDEA?? --  
 Looking for some NEW Program Topics**

Please send your suggestions to Marlene Satterthwaite @ [Marlene.E.Satterthwaite@nasa.gov](mailto:Marlene.E.Satterthwaite@nasa.gov)



**Newsletter**  
*Vickie Hall*

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 Vickie Hall, IT-D1, or e-mail at [Vickie.C.Hall@nasa.gov](mailto:Vickie.C.Hall@nasa.gov). If you are interested in joining this vital organization, a Membership Application is attached.

**Calendar of Events**

**June**

- 8 STS-117 Launch
- 15 Baxley Manor
- 17 Father's Day
- 19 FEW Awards Dinner, Holiday Inn Express, Cocoa
- 22 KSC BEST BBQ, KARS Park, 3 - 6 pm

**July**

- 4 Independence Day
- 16-20 NTP in Washington, D.C.

- 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.

**SPACE COAST CHAPTER, FEW  
 2006- 2008  
 Officers and Committees**

**Chapter**

- President
- VP for Programs
- VP for Membership
- Treasurer
- Secretary
- Nominations Officer
- Immed. Past President
- Compliance
- Diversity
- Legislative
- Annual Trng Program
- Finance
- Scholarships
- Newsletter Editor
- Parliamentarian
- Environmental
- Community Outreach
- Sunshine
- Historian
- Webmaster

- Sandy Eliason
- Marlene Satterthwaite
- Chamel Anderson
- Clara Anderson
- Barbara Powell
- Jean Grenville
- Dawn Partlow
- Becky Fasulo
- Muzette Fiander
- Arden Belt
- Connie Dobrin
- Johanna Velasquez
- Aneta Ott
- Vickie Hall
- Carolyn Burnham
- Martha Carroll
- Sandra Getter
- Eva Coffman
- Ana Contreras
- Debbie Ward

**Regional**

- Nominations
- Compliance

- Jean Grenville
- Vickie Hall

**National**

- VP for Mbrship & Chapters
- Bylaws & Resolutions

- Becky Fasulo
- Karin Biega

**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

