



# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL  
<http://www.ksc.nasa.gov/groups/few/>

MARCH 2006

## SPACE COAST CHAPTER, FEW 2005 - 2006 Officers and Committees

<b>President</b>	Sandy Eliason
Finance	Johanna Velasquez
Newsletter Editor	Muzette Fiander
NTP/RTP Planners	Jean Grenville Marlene Satterthwaite
Nominations	Aneta Ott Arden Belt Connie Dobrin
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Diversity	Delores Abraham Theresa Kroning
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Nat'l Treasurer	Clara Anderson
Nat'l Bylaws & Resolutions	Karin Biega
Regional Awards	Barbara Powell
Regional Nominations/ Elections	Vickie Hall
Regional Secretary	Jean Grenville

## PRESIDENT'S MESSAGE

*Sandy Eliason*

March has brought us the 27<sup>th</sup> Annual Training Program, and what a success it was! This conference was filled with knowledge and career-boosting insight for everyone. Over the last several months Barbara and her committee worked relentlessly to present speakers and workshops that would have a positive impact on the workforce. Rita Murray kicked off the day with a challenging presentation on "Multi-Generational" in the workplace. I really had never heard of the other generations introduced in such a way. It makes us stop and think about the pathways and pitfalls of other people who work around us. It was delightful and knowledgeable. Great Job Ladies!

If you haven't done so, please mark your calendar to attend our Annual Membership Meeting, which will be held Tuesday, April 18, 2006. We will be looking forward to visiting with our new members at the Holiday Inn in Cocoa Beach. The group will be gathering between 4:30 – 5:00 P.M., so don't miss out! Our meetings are always a fun way to network and maybe get in some laughs. Every member has a specific area of expertise so it's easy to identify with someone as you mingle. See you there!

This year's winner of the Jane Eitel Scholarship is Daisy Morales. Daisy works for Homeland Security in Orlando. Daisy completed a 200-word essay on how FEW has influenced her. Congratulations Daisy! We look forward to you attending the Southeast Regional Training Program (RTP) with us in Atlanta. This will be an excellent opportunity for us to expand and network with our region. The RTP dates are March 24<sup>th</sup> and 25<sup>th</sup>.

Congratulations to all of you for your hard work! Even with all the work, the emphasis is good on our awareness and our continued gratitude to each other for creating events in our lives that define ourselves.

"We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along

these sympathetic fibers, our actions run as causes and return to us as results." - *Herman Melville*

Have a great month!  
Sandy



**SUNSHINE**  
*Eva Coffman*

Celebrating birthdays in March:

Clara Anderson	March 16
Johanna Velasquez	March 18
Selyna Hopkins	March 19
Jean Grenville	March 29

**Happy Birthday!**

If you notice anyone missing please email Muzette Fiander at [Muzette.B.Fiander@nasa.gov](mailto:Muzette.B.Fiander@nasa.gov)

Space Coast Chapter thoughts and sympathy have been extended to Patricia Wolfe, National President, on the loss of her mother.

A get-well card, along with our thoughts for a speedy recovery, was sent to Sharon White.

Please notify me (639-4881) or Becky Fasulo (867-4436 or [Rebecca.J.Fasulo@nasa.gov](mailto:Rebecca.J.Fasulo@nasa.gov)) of any members that have extended illnesses, hospital stays, or news that deserve congratulations.

### **Space Coast Chapter Federally Employed Women Annual Membership Meeting**

After "Training for a Successful FEWture" with us in March, please join us for our Annual Membership Drive Meeting in April to learn how FEW has contributed to our success:

When? Tuesday, April 18, 2006  
Where? Holiday Inn, Cocoa Beach  
Time? Gather between 4:30 and 5:00 pm.  
Refreshments? A light dinner will be provided

Pam Conner, Community Relations Officer, with the Brevard County Sheriff's Office, will present current updated information on **Identity Theft**.

RSVP Ellie Miller, Membership Chair, 853-6444 ([Eleanor.Miller@jbosc.ksc.nasa.gov](mailto:Eleanor.Miller@jbosc.ksc.nasa.gov)) or Karin Biega at 784-2890 ([kbiega@bellsouth.net](mailto:kbiega@bellsouth.net))

Please invite your friends and co-workers. Feel free to bring anyone, who has an interest in joining FEW, to this informative and interesting meeting.

Hope to see you there!

### **FEW Scholarships Available for the 2006 National Training Program**

*Barbara Powell*

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

Applications must be postmarked by **April 7, 2006**. The scholarship criteria, forms, and submission procedures are posted on the FEW web site at [www.few.org](http://www.few.org), click on the menu button on the left of the home page under scholarship – NTP/Retiree. Additional information can be found in FEW's National Policy and Procedures Manual (NPPM), Part 3 – Activity and General Procedures, in the National Training Program Scholarship Section.

#### **NTP General Scholarship:**

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

#### **NTP Retiree Scholarship:**

(a) A regular member of FEW for at least five years prior to retirement and have maintained continuous membership since retirement; (b) An active member continuing to participate in FEW activities at chapter,

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

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

### **Collegiate Scholarship:**

To qualify for this Scholarship, you must meet the following criteria: (a) be a member of FEW in good standing and demonstrate your active participation with FEW for three years or more; (b) complete an essay on the topic "Why I Should be Awarded a FEW Collegiate Scholarship" (no longer than two double-spaced pages); (c) submit three letters of recommendation, preferably from a Chapter President, Regional Manager, Community Leader and/or Supervisor; (d) must be a GS-10 or below (or equivalent in alternative pay systems) and provide a copy of your most current SF 50 (Notice of Personnel Action); (e) attending an accredited 2 or 4-year college/university and have a minimum grade point average of 2.5; (f) copy of all recorded grades or college transcript (this may include high school transcript if applicant has never attended a college or university); (g) be pursuing your first Associate Degree or first Bachelor's Degree at an accredited institution; (h) Mail each member of the National Scholarship Committee one copy of each application form and other documentation; (i) not been a scholarship recipient in the past 3 years; (j) you must use the Official Collegiate Scholarship Forms; (k) applicants must meet all eligibility requirements by the postmark deadline (as stated); and (l) include all required supplemental material and other documentation.

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

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

Wanda V. Killingsworth  
National Scholarship Chair  
3805 Newark Road

Brentwood, MD 20722

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

Jeanette Hite  
6107 Peggy Ann Court  
Suitland, MD 20746

Barbara Y. Powell  
2585 Raintree Lake Circle  
Merritt Island, FL 32953

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

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

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

### **ATP 2006 REGISTRATION COMMITTEE** **Karin Biega/Jean Grenville**

We couldn't let this opportunity go by without thanking all those who stepped up and helped us with the registration for the ATP 2006. Vickie Hall, thank you for registering all the last minute attendees coming at you from every direction. Thank you also for preparing the late attendees confirmation letters and preparing the reports we needed at registration. They worked great! Clara, thank you for registering most all the NASA attendees and processing all the credit cards received after the due date and closing out the accounts and for everything you do. Joette, thank you for checking the FEW office for late faxes and getting them to Vickie to register the last few days before the seminar and for offering your assistance for whatever we needed. During registration on March 1 and 2 a really big THANK YOU to Arden Belt, Lee Furis, Sandy Shaheen, Connie Dobrin, Becky Fasulo, Eva Coffman, Aneta Ott, Vickie Hall, and Clara Anderson. The smoothness of this operation made us realize what a wonderfully well-experienced team you are.

## COMMUNITY OUTREACH

Vickie Hall



### KSC All American Picnic

Still looking for volunteers for the KSC All American Picnic to be held **April 22, 2006**, at KARS Park. Even if you don't want to have a sip or two of beer, it's usually a lot of fun. So we've made a commitment to staff the beer booth for the entire day. We will be doing three shifts 9:30 a.m. – 12:00 p.m.; 12:00 – 2:00 p.m.; and 2:00 – 4:00 p.m. Looks like the morning shift is covered but we need some more volunteers for the afternoon, especially the last shift. Please send me an email [Vickie.C.Hall@nasa.gov](mailto:Vickie.C.Hall@nasa.gov) or give me a call at 321-867-9100 if you are willing to help.

## FLORIDA HISTORY AND CULTURE



Submitted by Martha Carroll

### Florida Archeology Month, March 2006

Throughout time the land has provided essential materials for subsistence and survival: stone and wood for tool-making; varieties of plants for food, fibers for basket making, and turpentine and wood for shelter; clay for pottery; and animals provided food, clothing and tools. Native Americans respected the land. It is important that we continue to protect and respect the land so that it will provide for us in the future.

Did you know that Federal law requires that archeological sites on federal lands be protected and preserved? A sizeable number of archeological sites are located in Brevard County, including CCAFS. Many of these sites are concentrated along the river and consist of Indian burial mounds and shell middens. It is known that the Ais Indians once inhabited this area of Florida. By studying the archeological evidence left behind at these sites, we can learn about these ancient cultures. For more information about Florida's earliest inhabitants, go to <http://dhr.dos.state.fl.us/archeology/education/archmonth> and <http://fasweb.org>.

## FOR YOUR HEALTH

Submitted by Vickie Hall



### March is Endometriosis Awareness Month

#### Millions Affected, Millions Undiagnosed

Monday, March 6, 2006

*New Online Tool Kit Helps Women Get the Diagnosis and Treatment They Need*

RED BANK, NJ--A new online information kit on endometriosis, a condition that affects more than 5.5 million American women of reproductive age, is now available online from the not-for-profit National Women's Health Resource Center (NWHRC) at its Web site, [www.healthywomen.org](http://www.healthywomen.org). The new online tool kit is being issued in conjunction with Endometriosis Awareness Month and includes an updated "Understanding Endometriosis," the latest in the series of "Fast Facts for Your Health."

"The typical woman with endometriosis has visited at least four doctors over the course of five to seven years before getting a correct diagnosis," according to Elizabeth Battaglino Cahill, RN, and executive director of the National Women's Health Resource Center. "Our goal is to ensure that women have the information they need to get diagnosed and treated as quickly and thoroughly as possible. The more women know, the more they can work with their health care professionals to shorten the time between the onset of symptoms and effective treatment."

Perhaps the biggest challenge that health care professionals face in accurately diagnosing endometriosis is the fact that the condition can present itself in many different ways. Common symptoms of endometriosis are chronic pelvic pain, menstrual cramps, excessive menstrual bleeding, pelvic pain apart from menstrual cramps, backache, pain during intercourse, painful bowel movements, pain in the pelvic region with exercise and painful pelvic examinations. It also can be difficult to diagnose because many of these symptoms can be caused by conditions other than endometriosis.

The [Endometriosis Awareness Month Tool Kit](#) includes: Fast Facts: Understanding Endometriosis; Questions to Ask Your Health Care Professional about Endometriosis; Lifestyle Tips; a menstrual cycle diary; and resources.

The publications and online kit were made possible by an educational grant from TAP Pharmaceutical Products, Inc. To access any of the free information

on endometriosis, please visit  
[www.healthywomen.org](http://www.healthywomen.org).

## DECISION IS DESTINY

*Submitted by Marlene Satterthwaite*

Mommy, what happens when a car gets too old and banged up to run?" a little girl asked.

"Well," her mother said, "someone sells it to your father."

I think I have bought a couple of cars like that! Like most people, my life is punctuated by decisions that did not turn out the way I'd hoped. But we cannot always be expected to make the best decisions. Sometimes we simply don't have enough information. And other times, there just isn't a good decision anywhere to be found! All we can really do is make decisions the best way we know how and act on them. Things change only when decisions change.

Before his rise to political fame, Maryland Congressman Kweisi Mfume walked a path of self-destruction. He dropped out of high school. A few years later, he robbed a pedestrian in order to join a street gang. Mfume spent the following years drinking and troublemaking with the gang.

A turning point came one summer night when he abruptly decided he could no longer continue on his present course. He decided to earn his high school equivalency certificate and later graduated magna cum laude from Morgan State University in Baltimore. He then went on to earn a graduate degree at Johns Hopkins University.

When Mfume ran for Congress in 1986, his opponents tried to use his old mistakes against him. But his achievements since he left a troubled past behind captivated an electorate who voted him into office by an overwhelming 87 percent. He was on a collision course with total failure until he made a decision.

What changes your life is not learning more, though education is important. What changes your life is making decisions - the best decisions you can make - and acting on them. It's been accurately said: "Your decisions determine your direction, and your direction determines your destiny." Or put another way, "The decisions you make... make you."

## How to do Business Safer Online in 6 Easy Steps

*Submitted by Vickie Hall*

**Secure your PC.** Your home machine should be running good anti-virus protection, operating system

and anti-virus automatic updates, anti-spyware protection (like SpyBot or Ad-Aware), and have a personal firewall. If someone is looking over your shoulder and sees you type in your credit card information, they can steal it regardless of encryption. The same is true of spyware installed on your machine; it steals the information as you type it.

**Use reputable vendors.** Even if the web session is secure, there is nothing keeping the merchant from taking your information and selling it. In addition, these vendors are prone to losing backup tapes. Mistakes happen, but repeated mistakes may mean negligence. Deal only with trusted, reliable vendors.

**Always type the URL in manually.** Clicking on e-mail advertisements may make life easier, but they often redirect to someplace else. There are many tricks to make you think you are going to <http://www.amazon.com> but end up someplace else. Or worse, have malware, spyware or adware installed on your machine. Not using e-mail as a venue to buy things will also reduce spam in the long run.

**Always use secure sites.** Look for <https://> in the URL not <http://>. This indicates that the session is encrypted between you and the merchant. It prevents people from snooping on the transaction and stealing information. Be cautious of any "security" warnings that may come up when making an online purchase. Make sure that you read them – not just click ok. More attentive users should double-click the "padlock" icon in the bottom corner of web browsers and verify the digital certificate information.

**Use a low-limit credit card.** While in some countries credit cards are more difficult to get, credit cards come with additional protections that debit cards don't. Credit cards limit liability and allow you to reverse charges. Debit cards make this more difficult. The big problem is that debit cards are really a cash transaction and once the cash is removed, it's a new ballgame. Use one low-limit credit card to limit the amount of damage someone can do if that card is compromised. If you must use a debit card, have an account with a small balance for online transactions.

**Pay attention to your credit report as well as your credit card bills.** If your identity is stolen and you don't complain, no one will know the difference. It is up to you to notice that someone has made fraudulent purchases and to reverse the charges. Watch your bills for purchases you didn't make and follow up on them. Some merchants may catch massive fraud, but by and large it is up to the consumer to realize that their credit card information has been misused. Sign up for a credit monitoring service (where available) and watch for new accounts that you did not sign up for.

## CALENDAR OF EVENTS

### March

1	Ash Wednesday
17	St. Patrick's Day
20	Spring Begins

## SPACE COAST CHAPTER NEWSLETTER

*Muzette Fiander*

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to Muzette Fiander, TA-E1, or e-mail at [Muzette.B.Fiander@nasa.gov](mailto:Muzette.B.Fiander@nasa.gov)

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

## RECIPE CORNER

*Submitted by Muzette Fiander*

### Crusty Oven-Fried Chicken Thighs

3 T. butter or margarine  
8 large skinless chicken thighs (about 3 lbs.)  
½ cup plain yogurt  
1½ cups, give or take, crushed whole wheat crackers  
(I use Wheatsworth)

In 13 x 9 baking dish, in 425 degree oven, melt butter or margarine. Remove baking dish from oven.

In large bowl, coat chicken thighs with yogurt, and then coat with cracker crumbs.

Place chicken thighs in melted butter in baking dish, turning to coat with butter. Bake 35 to 40 minutes until golden brown and fork-tender.

Moist and delicious!!

### Insight for the Day

*Submitted by Vickie Hall*

Integrity is what we do, what we say, and what we say we do.

*- Don Galer*

The first step toward change is acceptance. Once you accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow.

*- Will Garcia*

Who knows what women can be when they are finally free to become themselves.

*- Charles de Gaulle*

And then a little humor.....

You know you're getting old when everything hurts. And what doesn't hurt doesn't work.

*- Hy Gardner*

