

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



May 2008

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



## President's Message

*Sandy Eliason*

One of the most exciting and rewarding times for me is when we are able to get together for an event. When we do, imagine all the possibilities we have if we would just push ourselves to meet at least one new person. That person has the potential of generating an abundance of extraordinary opportunities for you. What a great way of marketing with all the laughter, love and just plain enjoyment of being together.

With FEW, you don't have to be worried about meeting other folks who don't have your same goals, most of us work right here at the Space Center. Most of you aren't uncomfortable initiating a conversation, but please remember to make an effort to greet the new members. Be ready to maybe ask them at least five questions about themselves or what office and who they work for. I hope they, in return, ask you the same questions. Ladies, networking is the smart way to build strong professional relationships.

Take notes. Ask permission to give someone your business card. If they agree to accept it, it will give more value to your card. Possibly ask for their card before they have a chance to give you one. Make notes so that when you look them up or run into them again, it helps you remember them. If you are like me, I can't remember things easily so I try to ask something unique about them.

After our meetings are over, look at their card and follow up. At the very least, send an e-mail thanking them for coming and letting them know how nice it was to spend some time together.

### ***Reflections:***

***"I am only one; but still I am one. I cannot do everything, but still I can do something; I will not refuse to do the something I can do."***

***— Helen Keller***

## 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.

## Legislative

### **A MESSAGE FROM FEW PRESIDENT RHONDA TRENT:**

On Wednesday, April 23, 2008, the Senate considered the Lilly Ledbetter Fair Pay Act. This bill, which already passed the House, was filibustered by a handful of senators and prevented from receiving a full vote. But it's not over. The majority of the Senate understands the original intent of pay discrimination policy and seeks to redress the Supreme Court's Ledbetter decision. We had a strong showing of support and together, Take Action Now! Please check to see how your senators voted  
<http://civilrightscoalition.org/ct/a1shqG71qzSi/>.

Then give them a call at (202) 224-3121 and thank those who voted for the bill and ask for their continued support. For those who opposed or who did not vote, we hope you will call and express your deep disappointment. We will push our senators until this bill becomes law!

The Ledbetter Supreme Court decision shows why Americans need to know their judges. Laws rule the land but judges interpret laws. The current Supreme Court has interpreted good, long-standing worker protection laws in strange ways that actually take away Americans' job and salary protections.

Newsletter Highlights	
President's Message	1
Membership	6
Compliance Diversity	4 3
Legislative	2
Programs Community Outreach	6 5
Nominations Committee	6
Calendar of Events	13
Officers & Committees	13
Membership Application	14

On behalf of all American workers, the Leadership Conference on Civil Rights (LCCR) thanks you for your devotion, time and energy in helping bring the Lilly Ledbetter Fair Pay Act to the Senate floor. Together, we had tens of thousands of phone calls and letters sent to Congress! Your perseverance and actions - whether through phone calls, emails, letters or visits, sent a clear message to the Senate and the White House - all workers deserve to have their fair pay protections ensured.

While Lilly may never be paid what she is owed, she has often said that the "richer reward" is that her daughters, granddaughters, and all workers, will get a better deal. "It's what makes this fight one we have to win." And with your help, we will. Thanks again!

The Leadership Conference on Civil Rights

Be sure to tell your friends, colleagues and fellow activists to contact their senators about this important bill by going to: [http://www.civilrights.org/action\\_center/the-fights-not-over-yet.html](http://www.civilrights.org/action_center/the-fights-not-over-yet.html) and asking them to call their senators today!

## From the National Organization for Women website

The Ledbetter Act was drafted to overturn the Supreme Court's May decision in the case of *Ledbetter v. Goodyear Tire & Rubber Co.*, which dealt a near-fatal blow to underpaid workers' ability to use the protections of civil rights laws to remedy pay discrimination.

Lilly Ledbetter had worked at Goodyear for 19 years when she discovered she was being paid significantly less than every single one of her male counterparts. A jury agreed that she had been paid unfairly, and awarded her \$223,776 in back pay, and over \$3 million in punitive damages, but a judge cut that to only \$300,000 because of a 1991 law that limited a company's liability for damages — even when found guilty of willful wage discrimination.

In an "off with her head" moment, the U.S. Supreme Court took away every penny of the back pay and damages awarded to Lilly Ledbetter, saying incredibly that the 180 day filing limit had begun way back when the very first paycheck showed lesser pay. Eighteen years of continuing wage discrimination against Ledbetter by Goodyear held no sway with the Roberts court.

## Asian Pacific American Heritage Month

*Forwarded by Anne Ramsey from Cathy Fletcher, VP for Diversity*

May is Asian Pacific American Heritage Month. Just as we celebrate the rich history and contributions of our Black, Latino, and American Indian brothers and sisters, so too should we recognize, appreciate, and celebrate the vibrant and diverse culture of Asian Americans." The 2008 Theme is "Leadership, Diversity, Harmony - Gateway to Success." Please take advantage of events you find in your local area to commemorate this celebration.

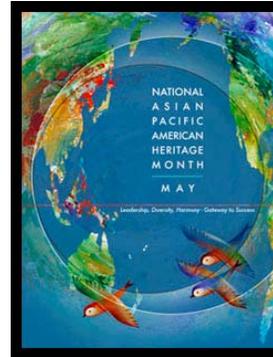
The President has not yet issued/posted the 2008 Asian Pacific American Heritage Month White House Proclamation. Please visit the website below over the next 2 weeks in order to obtain the 2008 signed Proclamation by President Bush.

<http://www.whitehouse.gov/news/proclamations/>

Following is the 2008 Asian Pacific American Heritage Month Poster. The website for the posters is: [www.oneamerica.net](http://www.oneamerica.net) Diversity - 2008 National Asian Pacific American Heritage Month Poster.doc

## 2008 National Asian Pacific American Heritage Month Poster

**Leadership, Diversity, Harmony - Gateway to Success**



Please click on the websites below for detailed information on the Asian Pacific American Heritage

\* Asian Nation <http://www.asian-nation.org/heritage.shtml>

\* Asian Pacific American Heritage Association <http://www.apaha.org/>

\* Asian Pacific Islanders in the US Army

<http://www.army.mil/asianpacificsoldiers/>

\* Federal Asian Pacific American Council <http://www.fapac.org/>

\* Filipino American Centennial Commemoration

<http://www.apa.si.edu/filamcentennial/>

\* National Museum of American History

<http://americanhistory.si.edu/events/programdetail.cfm?newskey=38>

In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta

<http://www.infoplease.com/id/A0880282> of California introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian/Pacific Heritage Week. The following month, senators Daniel Inouye

<http://www.infoplease.com/cgi-bin/id/A0825272.html> and Spark Matsunaga introduced a similar bill in the Senate. Both were passed.

On October 5, 1978, President Jimmy Carter

<http://www.infoplease.com/id/A0760623> signed a Joint Resolution designating the annual celebration.

signed a Joint Resolution designating the annual celebration.

signed a Joint Resolution designating the annual celebration.

### **APA Becomes Month-long Celebration**

In May 1990, the holiday was expanded further when President George H.

W. Bush

<http://www.infoplease.com/id/A0760625>

designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad

<http://www.infoplease.com/cgi-bin/id/A0849261.html> on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asian Pacific American Heritage Month is celebrated with community festivals, government-sponsored activities, and educational activities for students.

## **Compliance**

*Submitted by Becky Fasulo*

### **TIPS FOR FINDING A GOOD LAWYER, SEEKING JUSTICE & MOVING FORWARD**

(The information below is an excerpt from the [www.Seekingjustice.Org](http://www.Seekingjustice.Org) web site, note: This web site is for employees who face hostility in the workplace. Moving forward is the organization establishing and maintaining this web-site.)

#### **Expectations**

Do not start out with the expectation that finding a lawyer will be easy. Take your time to find someone without hidden motivations, i.e., publicity, profit. If you are going to file an action, you are placing your working conditions and even your employment in jeopardy. Don't settle for any attorney short of someone with whom you will succeed, even if it means searching far outside your geographical area.

#### **Questions to Ask When Interviewing a Prospective Lawyer**

- Ask what experience s/he has with your type of case. Has s/he won any cases? How many? How many taken were not won? How were the cases won – through a negotiated

settlement, a grievance/complaint proceeding, a lawsuit?

- Ask how often this person has taken a case that hinged on the law you'll be filing under. The goal is to determine how familiar the prospect is with Title VII or a state anti-discrimination law or a MSPB law and legal proceedings, or whichever law covers your situation. A lawyer familiar with the proceedings, who has worked your type of case extensively, will know far better how to protect your long-range interest NOW.
- Ask the prospect to describe for you the judicial climate in your state as it relates to employee vs. employers/gender discrimination/sexual harassment/unjust firings, or whatever. As how it might affect your case. You'll be asking, basically, "Assuming I have a strong case, how will the realities of the judicial climate affect the outcome of my case. What are the chances of my winning, based on past like-cases?"
- Ask the prospect what s/he thinks constitutes discrimination/unjust firing/workplace hostility/or whatever. For instance, if you're a women facing gender discrimination, it's better to know now that the lawyer prospect doesn't consider disparate training [the guys are all sent to fire training; you are sent to public-speaking training] as an indication of anything wrong. If the prospect doesn't understand the nature of what you're experiencing, you are better off looking for a different lawyer, as you're unlikely to have the support you need.
- Find out how s/he would want you to handle future situation – file more EO complaints, wait and file several together, or do nothing. What about retaliation? Can you live with recommendations?
- Ask him/her what your chances are of winning. Don't settle for an answer of "You've got a strong case, but there are no guarantees." Before you commit thousands of dollars and place you job on the line, you deserve a better assessment of your chances. You need to know how strong your

case is in terms of legal requirement and your evidence. But you also need to know your chances in terms of your employers' record of settling discrimination claims, in terms of your lawyers' record, in terms of the judicial climate. If the lawyer you are interviewing doesn't know, that's a good indication you should be looking elsewhere. (Will be continued next issue.)

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### Sunshine Committee

*Eva Coffman*

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Space Coast Chapter sent their get-well wishes to Mavis Timmons with a flower arrangement for her recent hospitalization. We are wishing Mavis a speedy recovery.

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

Happy Birthday to:

Janet Burke	May 1
Lisa Singleton	May 5
Sue Gaines	May 9
Dawn Partlow	May 16
Maxi Johnson	May 27
Barbara Powell	May 27
Mavis Timmons	June 1
Angel Solorio	June 1
Sandra Getter	June 7
Ana Contreras	June 24

If we have missed your birthday, please send it me, so that we can celebrate with you – beckyjf@yahoo.com

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### 2008 Installation and Awards Banquet

*Submitted by Barbara Powell*

Ladies: The time has come for the Past Presidents Committee to begin making arrangements for the Installation of the 2008-2010 Officers, and also the Annual Awards Ceremony. The Committee is already looking into a number of the facilities in the area, as well as considering some places that we have used in the past, i.e. the Rockledge Country Club, Holiday Inn Express on RT 520, etc. We are suggesting an evening the week of June 23, 2008. Hopefully we can come to a decision at our Apr 29<sup>th</sup> meeting at the Central Industry Assistance Office after work. What we need from the Chapter Members are your nominations for a Member of the Year, and also one for the Distinguished Service Award. The President is also reminded that she needs to choose a recipient for the President's Award. The award nomination forms will be sent out in the next week or so, and they need to be sent to Jean Grenville, Becky Fasulo or myself, Barbara Powell, by May 13, 2008, in order for the plaques to be ordered. Look forward to hearing from a number of you. There are some fantastic members in our Chapter.

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### Community Outreach

*Submitted by Sandra Getter*

Just a note to remind you that Friday, May 16<sup>th</sup> 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

### **Membership**

*Submitted by Charmel Jones*

Welcome to our new members! If I can be of assistance to you or should you have any questions or concerns regarding membership or would wish to volunteer for the upcoming membership drive, please contact Charmel L. Jones, VP for Space Coast Chapter Membership by e-mail at Charmel.L.Jones@nasa.gov or by phone at 867-2938.

### **PROGRAMS**

*Submitted by Marlene Satterthwaite*

#### **SPACE COAST CHAPTER, FEDERALLY EMPLOYED WOMEN MAY BUSINESS MEETING**

When: Wednesday, May 21, 2008  
(after work – 4:30 – 5:00)

Where: Central Industry Assistance Office (CIAO)  
7110 North Courtenay Parkway  
Merritt Island, FL 32953

Please contact Sandra Eliason at [Sandra.K.Eliason@nasa.gov](mailto:Sandra.K.Eliason@nasa.gov) to add any agenda items for the business meeting.

**DIRECTIONS:** If you are coming from south of KSC, the CIAO is 6.3 miles north of the Beach line (SR 528) on Courtenay (SR 3). The building would be on the right side, large parking area in front & on sides - enter on south side of building. Look for tall old rocket on north side of building. If you are coming from KSC, exit from gate 2, and the building is just a few miles and would be on the left side.

### **Nominations Committee**

*Submitted by Jean Grenville*

A Slate of Officers for 2008 – 2010 was presented at the March 25, 2008 Membership Meeting. Nominations were open until the April 29, 2008 Program Meeting and then were closed. Ballots will be mailed in the near future to determine our officers for 2008 – 2010. Following is the Slate of Officers:

#### **President:**

Marlene Satterthwaite  
Barbara Powell

#### **VP for Programs**

Teresa Jean Piastuch

#### **VP for Membership**

Becky Fasulo

#### **Treasurer**

Johanna Velesquez

#### **Secretary:**

Cassandra Getter

#### **Nominations:**

Aneta Ott  
Joylene Ware  
Teresa Parham  
Vickie Hall

Thank you to all who assisted in bringing this together.

### **NTP 2008**

*From the FEW.org website*

**40th Anniversary Keynote Speaker:**  
**Vernice Armour**

It 's time to celebrate, recognize, and reflect on 40 years of dedicated service by the members of Federally Employed Women (FEW). 2008 marks the 40th anniversary of FEW. Under the leadership of Michelle Crockett and Brenda Hagar, 40th Anniversary Committee Co-Chairs, FEW kicked off its yearlong celebration with a press conference and commemorative event in April 2008 in Washington, DC, where it all began. Events will be held throughout the year at FEW's chapters and regions.

A gala celebration is being planned to recognize the accomplishments of an organization that has been at the forefront of advancing women in the federal workplace. The gala banquet celebration is planned for Thursday evening, July 17th, in Anaheim during FEW's 39th National Training Program (NTP). FEW's past presidents are being invited as special honored guests and will be participating in the Past President's Forum earlier in the day.

These commemorative activities will certainly make the 2008 NTP an event to remember and one that you don't want to miss! Plan to be part of the celebration!

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## **Southeast Region Elections**

*Submitted by Jean Grenville*

Ballots have been sent to the Southeast Region officers and chapter presidents for distribution to all members. Please mark your ballots as soon as possible and return to [JeanGrenville@aol.com](mailto:JeanGrenville@aol.com) by e-mail or to Sandy Eliason by hard copy for consolidation in one package. The elections are very important and we ask that you give them your immediate attention. The new Southeast Regional Manager will be looking for volunteers for Secretary, Treasurer, Compliance, Diversity, Legislative, Newsletter, Parliamentarian, and Regional Reps, Please consider volunteering for one of these important offices.

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## **Common Traits of a Good Manager**

*Submitted by Johanna Velasquez*

The Gallop Organization has examined the issue of what common traits make a good manager through a massive in-depth survey based on interviews and studies they conducted with about 80,000 managers. They arrived at a set of four characteristics worth knowing and thinking about. What is interesting is that "attitude" of the supervisor is directly or closely associated with three out of the four. That is an argument for examining any personal issues and how they help or impede your ability to be a good manager.

The four common denominators are as follows: Wanting to see employees grow and succeed; matching the right people with the right roles; defining desired outcomes while being willing to give people the latitude to accomplish them in their own ways; and focusing on what is best in people, not what is worst. (M. Buckingham and C. Coffman, 1999, *First, Break All the Rules: What the World's Greatest Managers Do Differently.*)  
*From "Frontline Supervisor April 2008" DFA Publishing & Consulting, LLC*

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## **Energy Tips**

*Submitted by Vickie Hall*

### **Earth Day 2008: Doing simple things can help save the earth**

"Think Globally, Act Locally." It's one of those catch phrases in the environmental movement. Yet the words ring true.

There are many steps individuals can take to enrich the earth and stem the tide of waste. April 22, Earth Day, was a perfect time to make a commitment to make changes. Most changes do not require any cost or, at most, a minimal expenditure. Most end up not only saving energy, but also easing the burden on the family budget. Going green can also mean more green.

#### **Things that show savings**

- take shorter showers. Keep showers to 10 minutes or 30 gallons of water. Weekly savings: 600 to 800 gallons of water. A five-minute shower would save more than 1,000 gallons of water. Install a low-flow showerhead and save another 250 gallons a week.

- Turn the water off when you brush your teeth, wash your face or shave. A typical faucet releases 4 gallons of water a minute. Weekly savings: 150-250 gallons of water. Faucet aerators can cut that down to 1.5 to 2.5 gallons per minute.
- Wash full loads when doing the laundry. Weekly savings: 150-175 gallons of water. Just these three changes would save more than 3,000 gallons of water per week or 54,000 gallons per year, which is about as much water as the average person uses every year.
- With the summer cooling season upcoming, for every degree or two higher you adjust your thermostat, the savings is 3 percent to 4 percent on cooling costs. Savings: Depending on usage and the monthly bill, it could add up to \$50 to \$100 savings per degree during the summer season.
- Recycle clothes, furniture and other household items at local church thrift stores or the Salvation Army. Savings: Deductions at tax time – and more space in your closet.
- Use rechargeable batteries. Savings: From 10 to 20 times the cost of buying new batteries over and over again – even with the small amount of electricity used in the recharge system.
- Plant a tree. The value of trees is far reaching. Not only do they provide habitats for wildlife, produce oxygen and remove carbon dioxide from the air, they can increase the value of a home from 15 percent to 20 percent, and help reduce the need for air conditioning up to 30 percent and reduce cooling bills 20 percent to 50 percent. The appraised value of a mature tree has been placed at \$1,000 to \$10,000.
- The debate over the safety of compact fluorescent bulbs (CFB) continues because of the minute amount of mercury contained in the bulbs and how to dispose of them. The bulbs last 10 times longer and use 25 percent less energy than conventional bulbs. Over the lifespan of a bulb, you could save as much as \$40 on energy costs – even with the high cost of the bulbs. For a disposal checklist, check out the EPA website at [www.epa.gov](http://www.epa.gov) and click on “mercury” in the

quick finder box. Federal law will phase out incandescent light bulbs between 2012 and 2014.

### **Curbside recycling now single-stream process**

Curbside recycling has come to homes throughout Delaware. The Delaware Solid Waste Authority's single-stream program offers twice-a-month pick-ups for \$6 a month. Those taking part in the program receive a 65-gallon cart and they do not need to sort recyclables.

You can phone 800-404-7080 for more information. To date, about 29,000 residents have signed up, or about 10 percent of the households in Delaware. Recycling centers are placed throughout the Cape Region in each town and at the Route 5 transfer station near Harbeson. The Route 5 site accepts electronic goods (the only location in the county) and used motor oil and filters. Other centers accepting used motor oil include Cape Henlopen State Park and Milton Ace Hardware. Check out [www.dswa.com](http://www.dswa.com) for a complete list of collection sites and what they accept.

### **Use common sense approach to go green**

- Walk or ride a bicycle whenever possible.
- If you need to idle your vehicle for more than 45 seconds, turn it off and restart the engine.
- Buy recycled products whenever possible. Look for the recycled label.
- Stay away from disposable products and products with a lot of packaging. If you must buy disposable items, shop for those wrapped in paper instead of plastic.
- Recycle everything possible including metal, newspapers, junk mail, bottles and glass jars, used household batteries, used oil and filters, cardboard boxes, plastic bags, plastic bottles, paper, magazines, paperboard (cereal boxes, tissue boxes, etc.).
- It's estimated that nearly 1 trillion plastic bags are used each year – that's 150 bags each year for every person living on the earth. Reuse bags whenever possible or use “green” bags when shopping.
- Going “green” is the buzzword circulating today. To find out how to go green in everything from your wedding to garden, pets to car, cleaning to sex life, check out

www.treehugger.com. Those with water meters will see an additional dollar savings in the amount of water usage. Others will see extended life to pumps and equipment based on less usage.

Contact Ron MacArthur at [ronm@capegazette.com](mailto:ronm@capegazette.com)

BEHIND EVERY SUCCESSFUL  
WOMAN IS HERSELF

### Things to Ponder

CAN YOU CRY UNDER WATER?

HOW IMPORTANT DOES A PERSON HAVE TO BE BEFORE THEY ARE CONSIDERED ASSASSINATED INSTEAD OF JUST MURDERED?

WHY DO YOU HAVE TO "PUT YOUR TWO CENTS IN".. BUT IT'S ONLY A "PENNY FOR YOUR THOUGHTS"? WHERE'S THAT EXTRA PENNY GOING?

### Career Strategies

*Submitted by Vickie Hall*

#### Get a Mentor to Help You Learn the Ropes

Being mentored by the right person is an important and viable bridge to achieving your career goals. Mentors can serve as role models and gateways, introducing you to the right people. Having savvy mentors is one of the key levers that can lift you from obscurity and fruitless toil to success. Because top leadership posts are occupied primarily by men, women must build the skills to enlist men as allies and mentors. As Jack Welch, former CEO of GE, said "Before you become a leader, success is all about growing yourself. When you become a leader, success is all about growing others."

Therefore, the leaders you work with (or network with) should welcome the opportunity to mentor you, if you ask them directly and make it easy on them, not taking up too much of their time. When you network (an extension of mentoring), it's a good idea to reach out to men's established,

powerful networks as well as the newer women's networks.

Get a mentor. For many daughters of prominent men, their father is their first mentor. From the age of about five, the author, along with her brother and sister, was in "entrepreneur training" with her father. He would take us on business drives to oversee his properties, then point out a building and ask us what we thought it was worth. The correct answer was, "Whatever you can get for it." He also taught all of us to play poker, as a way of learning business and betting strategy. But this isn't just the author's story; Governor Kathleen Sebelious of Kansas, the first daughter of a Governor in U.S. history to be elected to the same office, learned her lessons at her father's knee. And Cheryl Miller, the first female analyst to call a nationally televised NBA game on Turner Broadcasting Team, was mentored by her dad.

If your dad's not the mentoring type, look to your mom or a teacher. Mothers can be mentors, too. Sharon Avent, president and CEO of Smead Manufacturing Company (a privately held, women-owned company founded in 1906 that manufactures and distributes home and office filing systems, supplies, and software, with \$315 million in annual sales and approximately 2500 employees) took over as president from her mother. Another woman leader told a story about her sixth-grade civics teacher, who after a class debate told her, "You know, if you were my daughter, I'd send you to law school." She took it to heart, determined not to be a tobacco farmer all her life, overcame her mother's admonition that she should aspire to be a schoolteacher, and went on to law school and a successful career.

Get an incredibly successful woman to be your mentor. Ask for 15 minutes a month, and be willing to do it by e-mail. Gayle Crowell, who was a six-figure executive at a software company (but also a former school teacher) says she's always willing to mentor, as long as she can do it by e-mail, while she's waiting in airports or on planes.

Turn to your supervisor. Your supervisor might be willing to mentor you if you ask for just 15 minutes, once a month, to tell you the expectations for your position; how well you are meeting them; and a plan to move

you along a career path that will take you to the next level (as long as it doesn't threaten his job, even if it's a lateral move to another track.)

Tap into powerful networks. Join the National Association of Women Business Owners, the National Association of Female Executives, your city's Women's Chamber of Commerce, and your Alumni Club. Janet Hanson, the founder & CEO of Milestone Capital Management, founded 85 Broads—a groundbreaking global mentoring network now with 4,200 members worldwide. It offers 'Broad2Broad,' a model for numerous other corporate/alumnae networks.

Hire a coach. When the author was on the board of directors of NAWBO, she was enlisted to ask a friend of hers, an enormously successful millionaire entrepreneur, to be the keynote speaker at our awards event. Linda had never spoken in public or gone beyond high school. She asked me to connect her with an executive coach, another NAWBO member, who helped her give a successful speech to a rousing response.

Article taken from:

[http://www.advancingwomen.com/career\\_strategies/get\\_mentor.html](http://www.advancingwomen.com/career_strategies/get_mentor.html)

**And don't forget – you always have your FEW Sisters!**

### FROM FHP SAFETY BULLETIN –

*Submitted by Clara Anderson*

Beware if you find a piece of paper, note, or other item stuck on the back of your window or under wiper blades of "passenger" side.

Most legitimate notes to drivers will be placed in the front window under wiper blade on the drivers' side. Just drive away, get it later, and/or let the note blow off.

This is a new tactic for carjackers:

- You walk across the parking lot, unlock your car and get inside.
- You start the engine and shift into reverse.
- When you look into the rearview mirror to back out of your parking space, you notice a piece of paper stuck to the middle of the rear window. So, you shift into Park, unlock your doors, and jump out of your car to remove that paper (or whatever it is) that is obstructing your view.
- When you're at the back of your car, that is when the carjackers appear out of nowhere, jump into your car and take off.
- They practically mow you down as they speed off in your car. And guess what, ladies? Your purse, ID, valuables, or even your child could still be in the car.
- Now the carjacker has your car, your home address, your money, and your keys. Your home and your whole identity are now compromised!

*Lieutenant Tony Bartolome, Bureau of Investigations, FHP, Orlando, FL*

### **SIX (6) WAYS TO LIVE LONGER!!!**

*Submitted by Barbara Powell*

1. GET MOVING TO ADD THREE (3) YEARS – Even modest increases in activity—say standing an extra 30 minutes a day—is enough to add three years to your life.
2. GO SHOPPING TO KEEP CELLS YOUNG – Doing anything that requires concentration—like bargain hunting—reduces stress, and that's key since stress speeds up the rate at which cells age.
3. STAY UPBEAT TO BOLTER HEALTH – Optimists live seven years longer than pessimists! Why? They assume they'll live a long and healthy life, so they're prone to adopt health-promoting habits.
4. EAT SALAD TO AVOID INFECTIONS – A UCLA study found that women who regularly eat salad have higher than average blood levels of infection-fighting vitamins—such as C, E, B6 and folic acid.

5. **COOK WITH ONIONS TO PROTECT YOUR HEART** – Studies suggest that antioxidants in onions help prevent blood clots and lower blood pressure. Aim to eat about ¼ cup daily
6. **REST EASY TO LENGTHEN YOUR LIFE SPAN** – People who fall asleep faster and sleep longer enjoy more healthy years than those who get less shuteye, say researchers. Try to log eight hours of sleep each night.

### **LOOK YOUNGER, TOO!!!**

- Regularly wear a moisturizing foundation—If your skin is hydrated, you'll look 12 years younger.
- Enjoy a happy marriage—and you'll look almost two years younger, research shows
- Make love three times a week – It'll help keep your arteries supple, slowing the aging process so you look 10 years younger.

### **May 5-11 is Public Service Recognition Week. Honor government employees serving across America!**

Public Service Recognition Week, celebrated the first Monday through Sunday in May since 1985, is a time set aside each year to honor the men and women who serve America as federal, state and local government employees. Throughout the nation and around the world, public employees use the week to educate citizens about the many ways in which government serves the people and how government services make life better for all of us.

Public employees across the U.S. and abroad take part in PSRW activities. Festivals, open houses, parades, community clean-up days, and fund-raising events to benefit charity are just some of the ways that public employees around the country reach out to their communities. There is also the annual celebration on the National Mall in

Washington, DC where over 100 federal civilian and military agencies and programs exhibited. During the event, kids are able to meet a NASA astronaut, climb aboard an F-16, and take home free buttons, coloring posters, maps and puzzles. Adults take advantage of the celebration by exploring space technology with NASA, searching job databases of government agencies, receiving free health screening tests, and learning about innovations in security and defense. All the while, government employees are on hand to answer questions about what they do and why they have chosen public service careers

### **National Women's Health Week May 11-17, 2008**

#### **It's Your Time: Get Inspired; Get Healthy**

#### **What is National Women's Health Week?**

It is important to celebrate National Women's Health Week to remind women that taking care of themselves is essential to living longer, healthier and happier lives. After all, when women take even the simplest steps to improve their health and prevent health issues, the results can be significant, and everyone will benefit. During this week FEW National, Regional and Chapter organizations should plan various activities to help women become more aware of taking time to do preventive screenings to promote a healthier lifestyle.

#### **Ideas for WOMAN Challenge Promotional Events**

- Hold a free screening.
- Hold a Speaker Series: invite local health experts to speak to your organization.
- Engage in physical activity most days of the week.
- Make healthy food choices—have a Lunch-and-Learn Workshop.
- Visit a healthcare provider to receive regular check-ups and preventive screenings.
- Avoid risky behavior; hold a smoking cessation program.

- Post flyers, newspaper articles, email, etc.
- Draft a Proclamation.
- Give away prizes during your event.

Heart disease, cancer, strokes, diabetes and influenza/pneumonia are the leading causes of death among women in the United States. Heart disease and cancer combined account for approximately half of all deaths in the United States. Prevention is the key in reducing risk for these and other diseases, and women can live longer and healthier lives by incorporating positive healthy behaviors into their daily routines.

Partner with organizations to provide the WOMAN Challenge to help plan your event for that week. Here are some organizations that will help you plan your event and provide free information:

- American Heart Association
- [www.womenhealth.gov](http://www.womenhealth.gov)
- Contact Elizabeth Osborn, Executive, in Washington, D.C.
  - Phone 202-854-3600 extension 257; Fax 202- 842-4032
  - Email: [eosborn@hagerssharp.com](mailto:eosborn@hagerssharp.com).
- Think TV-Women's Health
- Carolyn J. Jacobson, Coalition of Labor Union Women  
Phone: 202-508-6901

## Newsletter

*Jean Grenville & Karin Biega*

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest to Jean Grenville at [jeangrenville@aol.com](mailto:jeangrenville@aol.com) and Karin Biega at [kbiega@bellsouth.net](mailto: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.

Welcome to our new members that we've added to our distribution list. Hope you enjoy our newsletter! This is an important communications tool for this chapter and we

welcome your inputs. New member's added are:

Paula Allen - [Paula.Allen@fl.usda.gov](mailto:Paula.Allen@fl.usda.gov)

Carrie Andolina - [joor375@jricp.osis.gov](mailto:joor375@jricp.osis.gov)

Marjorie Dixon - [Lyn.Dixon@patrick.af.mil](mailto:Lyn.Dixon@patrick.af.mil)

Judith Matthewson -  
[Judith.Matthewson@patrick.af.mil](mailto:Judith.Matthewson@patrick.af.mil)

Benita Rogers - [Benita.rogers@fl.usda.gov](mailto:Benita.rogers@fl.usda.gov)

Jane Schmitt - [jane3866@aol.com](mailto:jane3866@aol.com)

Nancy Shuler - [nschulerhome@yahoo.com](mailto:nschulerhome@yahoo.com)

Angela Solorio - [angela.m.soloria@nasa.gov](mailto:angela.m.soloria@nasa.gov)

Kathy Wyant - [Kathie.wyant@patrick.af.mil](mailto:Kathie.wyant@patrick.af.mil)

And welcome back to

Deborah Dukes - [Debra.Dukes-1@ksc.nasa.gov](mailto:Debra.Dukes-1@ksc.nasa.gov)

Ann Piepenbrink - [eann0512@cfl.rr.com](mailto:eann0512@cfl.rr.com)

## Calendar of Events

### May

11 Mothers Day

16 Delivery to Baxley Manor

21 Space Coast Chapter Business Meeting at the CIAO Building - after work

26 A View from FEW News Articles due

### June

12-14 Chapter Retreat - Orlando, FL

TBD Delivery to Baxley Manor

Wk of June 23 - Installation & Awards Banquet

30 A View from FEW News Articles Due

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

**Chapter**

President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Charmel Jones
Treasurer	Clara Anderson
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Immediate. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Charlotte Becker
Legislative	Arden Belt
Annual Training Program	Marlene Satterthwaite
Finance	Johanna Velasquez
Scholarships	Aneta Ott
Newsletter Editor	J. Grenville/K. Biega
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward

**Regional**

Nominations	Jean Grenville
Compliance	Vickie Hall

**National**

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

FEDERALLY EMPLOYED WOMEN
P.O. BOX 75551
BALTIMORE, MD 21275

Membership ID

Month/Year joined [ ] [ ] / [ ] [ ] [ ] [ ]

LAST NAME: FIRST NAME

ADDRESS 1:

ADDRESS 2:

CITY STATE ZIP CODE + 4

OFFICE PHONE HOME PHONE

FAX EMAIL

- GRADE (check) FWP/EEO (check) DEMOGRAPHICS
[ ] GS 1-4 [ ] SES [ ] FWP Full-Time SEX (M/F)
[ ] GS 5-8 [ ] WG [ ] FWP Part-Time RACE
[ ] GS 9-12 [ ] Military [ ] EEO YEARS OF SERVICE:
[ ] GS 13-15 [ ] Other(specify [ ] Other FWP/EEO RETIRED (Y/N)
[ ] GS 16+ [ ] Not Applicable

ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all federal and DC government employees and to any other person supporting the goals and objectives of FEW. More information about the organization is posted on the FEW web site: http://www.few.org

Annual national membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation) but are prorated according to the joining month. Use the table below. Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter membership is contingent upon national membership. National lifetime membership is a one-time fee of \$300.00 Only members that have been members for the previous five (5) consecutive years are eligible to join at this level. Chapters may set their own lifetime fee.

Membership Dues are prorated. Month chosen must match "month/year joined" above.

Table with columns for month, amount, and total for National, Chapter, and Region.

Select one:

- [ ] I wish to join the Space Coast 009 Chapter as a regular member (enclose prorated amount above)
[ ] I wish to join as a Member-at-large (enclose prorated amount + \$10.00)
[ ] Payment (\$300.00) is enclosed for a Lifetime Membership

Referred/Recruited By (one name only):

Recruitment Event (If applicable):

Contributions or gifts to FEW are not deductible as charitable contributions for Federal income tax purposes.

\*\*Chapter Info Only\*\* Mail Code Date of Birth