

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



November 2006

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

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



President's Message Sandy Eliason

Greetings! We are getting to that busy time of year and will be in the thick of things before we know it. It's amazing, where did October go? Space Coast Chapter held our Annual "Make a Difference Day," food drive. Many turned out to deliver four pickup and two vans of food to the "North Brevard Sharing Center." What a great effort! A big "thank you," to Cassandar Getter for all her work and effort in making "Make a Difference Day," a successful event. Also, thank you for all those who turned out to support.

I'm always amazed at the wonderful support we have here within our Space Coast Chapter of FEW. I know I couldn't do this job without you all! Our focus is on our team of members which anchors us even in the midst of seeming chaos. Together we tap into our inner resources and we begin again, bringing our focus to the needs of the present moment. Overwhelmed by too many things that need my attention, many times I make mistakes! But, within our group there is always someone that keeps me focused and in the present. I'm trying to learn to ask "why" something needs to be completed in their form or done their way. Asking "why" helps me not to scatter my energy and arrive at what seemed an impossible task. The flow of energy and the perfect order has room to move in our lives when we get ourselves and our extraneous thoughts out of the way.

Many times the thick becomes thin again, we have the opportunity to learn from mistakes and the opportunity to learn from the situation with a better idea or our true capabilities. We can now ask ourselves the "why" question with the goal of fine-tuning our lives. When we prepare and work together as a team we are working from our center, where our energy is in a perfect form and have the chance to make new choices and in preparation for something wonderful to come.

I hope to see you all at our next meeting, November 14th, at the CIAO building, right outside the Kennedy Space Center gate. We will meet right after work. Jeanne Henningsen will be giving a short presentation at the meeting. She is a prospective speaker for our seminar. So come and be part of the process. See you there!

Newsletter Highlights	
President's Message	1
Environmental Issues	2
Diversity	3
Programs & Membership	4
Government News & Legislation	4
Community Outreach	8
Article – Importance of Communication	9
For Your Health	10
Member Spotlight	12
Calendar of Events	12
Officers & Committees	13
FEW Mission Statement	13
Membership Application	14

Sunshine Committee

Eva Coffman

Happy Birthday!

A special Happy Birthday to the following Chapter members

Martha Carroll	11/8
Ann Moore	11/15
Muzette Finader	12/15
Jane Drinkhouse-Demars	12/25

Please notify me, 639-4881 or Becky Fasulo, 867-4436 or (Rebecca.J.Fasulo@nasa.gov) with any information you have on members that have extended illnesses, hospital stays, or news that deserve recognition or congratulations.

Security Tip



Emergency Contacts Added to Your Florida Drivers License

You can now go online and enter two (2) emergency contacts on your Florida Drivers License (electronically) which can only be retrieved by a police officer. This came about as a result of one woman's teenage daughter being killed in a car accident and taking over 5 hours to locate the mother to inform her. This way, if you are in an accident, the police can run the drivers license and have the emergency info ASAP!!! This is through the DHSMV Website

<https://www6.hsmv.state.fl.us/dlcheck/findcustomer>

NEW WAY TO DO CAR JACKINGS

Heads up everyone! You walk across the parking lot, unlock your car and get inside. You start the engine and shift into reverse, and 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 reach the back of your car, that is when the car jackers 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? I bet your purse is still in the car, and if they see your home address and have your keys, your home is now compromised!

BEWARE OF THIS NEW SCHEME THAT IS NOW BEING USED. If you see a piece of paper stuck to your back window, just drive away, remove the paper later and be thankful that you read this article.

Environmental Corner Martha Carroll

Located on the east coast of Florida approximately midway between Jacksonville and Miami, the 140,000 acres (56,700 hectares), controlled by the John F. Kennedy Space Center, represent a melding of technology and nature. Wildlife thrives here, alongside the immense steel-and-concrete structures of the nation's major launch base. KSC is a national wildlife refuge, and part of its coastal area is a national seashore by agreement between the National Aeronautics and Space Administration (NASA) and the Department of the Interior. More than 200 species of birds live here year-round, and in the colder months large flocks of migratory waterfowl arrive from the North and stay for the winter. Many species of endangered wildlife are native to this area: the Southern bald eagle, brown pelican, manatee, peregrine falcon, green sea turtle, and Kemp's Ridley sea turtle.

The Merritt Island National Wildlife Refuge provides educational and informative programs for anyone interested in attending. The Apollo District Interpretive Programs for November 2006 are noted below.

PLEASE NOTE: all programs are subject to cancellation and/or rescheduling due to staff limitations, weather conditions, or other factors. Some programs require reservations, a minimum age, or a cost-recovery fee. Call 386-428-3384 ext. 10 for program information during operating hours (9:00 a.m. to 5:00 p.m.). Visit our website at www.nps.gov/cana. Entrance fees apply to all interpretive program participants. All programs meet the requirements for

the Canaveral National Seashore Junior Ranger program.

PONTOON BOAT CRUISE:

THE BACKWATERS OF MOSQUITO LAGOON

Journey with a National Park Ranger on a visit to the colorful places that lend character to this vital estuary. Our pontoon boat, *Tortuga del Sol* is U.S. Coast Guard inspected and our licensed captains and experienced mates are trained to provide you with a memorable and safe park water tour. Join us for a two-hour journey as we cruise from the Visitor Center on most weekends, weather permitting. RESERVATIONS ARE REQUIRED and SPACE IS LIMITED. A cost recovery fee of \$13.00 per person is charged for all passengers. Call (386) 428-3384 ext. 10 to reserve space.

“CANOE MOSQUITO LAGOON” 9:00 am to 12:00 pm

FRIDAY, NOVEMBER 10TH – reservations will begin November 3rd

FRIDAY, NOVEMBER 17TH – reservations will begin November 10th

Join a guide as you explore this rich and diverse estuary up close. Some experience is preferred. You must be at least 8 years old and able to paddle. You must wear covered shoes (no sandals or flip-flops). Bring water, sunscreen and a hat. Dress to get wet. Individuals with their own kayaks or canoes are welcome to join in. Call (386) 428-3384 ext. 10 to reserve your spot. Meet at the Visitor Information Center at 8:45 a.m. we will leave promptly at 9:00 a.m.

THURSDAY, NOVEMBER 9TH - 11:00 am -“ELDORA WALK” Take a stroll through history as you learn what life would be like in the small town of Eldora during the turn of the century. Meet at parking area #8. (1 hour)

FRIDAY, NOVEMBER 10TH - 10:00 am - “CLAMMING 101” Learn techniques, regulations, lore and clam trivia. Wear covered shoes (no sandals or flip-flops). Bring sunscreen and water. (1 hour)

SATURDAY, NOVEMBER 11TH - 1:00 pm -“PINE NEEDLE BASKET WEAVING” Learn the ancient art of pine needle basket weaving. Great for beginners or those looking to brush up on their skills. All materials are provided, just bring your imagination. Meet at the pavilion behind the Visitor Information Center. (1 hour)

TUESDAY, NOVEMBER 14TH - 11:00 am - “TIMUCUAN TALK” Walk to the top of Turtle Mound and learn what life was like for the Timucuan Indians 2,000 years ago. Bring sunscreen and water. Meet at Turtle Mound. (1 hour)

WEDNESDAY, NOVEMBER 15TH - 10:00 am -“A CRABBING WE WILL GO” Learn about the elusive and delicious blue crab. Learn some trapping

techniques and get some recipe ideas. Bring sunscreen and water. Meet at the pavilion behind the Visitor Information Center. (1 hour)

THURSDAY, NOVEMBER 16TH - 1:00 pm - “FISH MOSQUITO LAGOON” Learn tips and tricks for fishing the waters of Mosquito Lagoon. Bring your own tackle if you can, we have some supplies. Bring water and sunscreen. Meet at the Visitor Information Center. (2 hours)

THURSDAY, NOVEMBER 30TH - 2:00 pm -“CASTLE WINDY WALK” Join a Ranger as you walk the Castle Windy trail and learn about the colorful history of this area. You will also have a chance to experience the flora and fauna of a Florida hammock. This is an easy 1 mile round trip walk. Meet at parking area #3. (1 hour)

Cultural Diversity

Muzette Fiander

Facts about Minority Suppliers

- In 1997, it was estimated that there were 3.25 minority-owned businesses in the U.S. generating \$495 billion in revenues and employing nearly 4 million workers. According to the U.S. Department of Commerce, this group is one of the fastest growing business segments.
- Minority businesses hire minority workers to a far greater extent than do non-minority firms; many of NMSDC's minority companies have 75% minority work forces.
- Most minority businesses are bootstrapped with personal funds. Most NMSDC-certified MBEs opened their doors with less than \$50,000 in start-up capital – 4 in 10 with less than \$15,000.
- Nearly one-third of the NSMDC MBEs have owned or run a business prior to setting up their present enterprise. Most who have not run a company had at least 10 years of work experience; 80% have managerial experience.
- Minority businesses buy from other minority businesses when they can; 3 out of 10 purchase more than 50% of their goods and services from other minority businesses.
- In 1982, an estimated 84% of all MBEs had no employees. In 1997 the figure remained the same.

Source: National Minority Supplier Development Council, Inc. Press Release, October 8, 1999

Please contact Marlene Satterthwaite at marlene.e.satterthwaite@nasa.gov or phone her at 867-4105 to RSVP and/or to answer any questions.

FEW Annual Training Program (ATP)

Connie Dobrin

Our FEW team continues to be busy preparing for our 28th Annual Training Program to be held in Cocoa Beach, February 28th and repeated on March 1st, 2007.

The next ATP meeting will be after the speaker at our FEW meeting on November 14, 2006. The November 15 meeting is cancelled. This will give our team the opportunity of keeping all FEW members in the know. Jean can discuss the speakers. We can let everyone know the change in the program; i.e., morning speaker vs classes. Please come and join us.

**"Time is very slow for those who wait,
very fast for those who are scared,
very long for those who lament,
very short for those who celebrate.
But, for those who love, time is eternity"**

William Shakespeare

Programs

Marlene Satterthwaite

Last month we had a very informative program by Doreen Archer of the League of Women Voters, discussing the issues of the Proposed Amendments to be on the upcoming ballot. A couple of websites to help you become a more informed voter are: www.votesmartflorida.org and www.lwvfla.org.

Membership Charmel Anderson

Welcome to a FEW new members – Patricia (Patti) Hyland; Marilee Tewksbury and Rose Rhyne. We are glad to have you as a part of our team.

And as always if you have any questions concerning FEW or your membership in FEW, please do not hesitate to call me at 867-2938 or drop me an email Charmel.L.Anderson@nasa.gov.

Remember to vote on November 7th. It's your right and responsibility.



NEXT FEW (BUSINESS & *ATP) MEETING:

WHEN: 11/14/06 - TUESDAY

TIME: ~ 4:30 - 5:00PM - MEET AFTER WORK

WHERE: CIAO (Central Industry Assistance Office) SR 3/Kennedy Parkway - just south of GATE #2

SPEAKER: Jeanne Henningsen to give short presentation as a candidate for presenter at ATP

This meeting will incorporate ATP meeting with other FEW business.

AFTERWARDS: Another group dining-out opportunity

Differences Between Men and Women

Money: A man will pay \$2 for a \$1 item he needs. A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

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

Government News & Legislation Arden Belt



The Source, Women's Issues in Congress --
Volume 11, No. 27 -- ISSN 1526-8713

- ATP = Annual Training Program

September 29, 2006 Congress Approves FY2007 Defense Spending Conference Report; Includes Continuing Resolution

As part of the Department of Defense conference report, the House and Senate approved a continuing resolution to fund government programs and the District of Columbia at their current level, or at the level set in the House- or Senate-passed FY2007 spending bills, whichever is lower, until November 17, 2006. Both chambers also approved the conference report for the Homeland Security spending bill.

Department of Defense

On September 26, the House approved, 394-22, the conference report for the FY2007 Department of Defense spending bill (H.R. 5631). The Senate approved the conference report by a vote of 100-0 on September 29. The President signed the bill into law on September 29 (P.L. 109-289). The House approved the bill on June 20 (see [*The Source*, 6/23/2006](#)); the Senate approved the bill on September 7 (see [*The Source*, 9/8/06](#)).

H.R. 5631 provides \$447.6 billion for the Department of Defense in FY2007, including \$70 billion to support continuing operations in Iraq and Afghanistan. This amount represents a \$19.1 billion increase over FY2006, not including emergency or supplemental appropriations, and is \$4.1 billion less than President Bush's request.

As requested by the administration, overseas humanitarian, disaster and civic aid receives \$63.204 million in FY2007, \$2.272 million more than FY2006. The bill also provides \$20 million for peacekeeping operations in Darfur.

The bill provides level funding of \$1 million to the Women in Military Service for America Memorial Foundation.

Medical technology initiatives are funded at \$232.457 million. Included in that amount is \$1 million for advanced breast and prostate cancer research; \$1.8 million for the Cancer Genomics Center for Women in the Military; \$3.6 million for the Gynecologic Disease Program; and \$1.6 million for cervical cancer research.

Department of Defense health programs will be funded in the FY2007 Military Construction, Veterans Affairs, and Related Agencies spending bill.

Research on Women Veterans Noted at House Hearing

On September 28, the House Veterans' Affairs Subcommittee on Health heard testimony on

post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

Subcommittee Chair Henry Brown (R-SC) said in a press release, "Veterans expect that wounds suffered in service, be they to mind or body, will be cared for by the nation they served...While the quality of veterans' health care has come far, I find disappointing today's GAO statement that VA last year used less than the full \$100 million Congress allocated for mental health."

Acting Principal Deputy Under Secretary for Health for the Department of Veterans Affairs Gerald Cross presented the challenges in identifying PTSD and TBI, and reviewed the treatments and clinical support available from the Veterans Administration (VA). Regarding women veterans, he stated, "Because of women's new roles in the military and subsequent combat experiences, VA and DoD [Department of Defense] are also studying the use of psychotherapy for treatment of PTSD in women veterans and active duty personnel. A randomized clinical trial, part of VA's Cooperative Studies Program, has recently been completed and results are currently being analyzed, with a report expected in 2007. Those results will inform additional research and implementation activities across VHA [Veterans Health Administration]. VHA has an ongoing solicitation for research about women veterans, and is working closely with clinicians to build a robust portfolio of women's health research, including combat-related topics."

Also testifying were Colonel Elspeth Cameron Ritchie, psychiatry consultant to the U.S. Army Surgeon General, and Chief of Psychiatry and Behavior Sciences at the Walter Reed Army Institute of Research COL Charles Hoge.

House Approves the Child Interstate Abortion Notification Act; Senate Derails Bill

On September 26, the House approved, 264-153, the Child Interstate Abortion Notification Act (CIANA) (S. 403) after adopting a substitute amendment by Rep. James Sensenbrenner (R-WI). The substitute amendment added a provision that would require a physician in a state without parental consent or notification to provide 24 hours notice to the parent or legal guardian of any out-of-state minor before performing an abortion. The penalty for violating the law would be up to one year imprisonment, a \$100,000 fine, or both.

On September 29, the Senate defeated, 57-42, an effort to invoke cloture on the motion to proceed to consideration of the bill; the vote fell 3 votes

short of the 60 votes necessary to limit debate. The cloture motion was defeated because of opposition to the House substitute amendment's criminal and civil penalties for doctors who failed to comply with parental notification requirements. The Senate approved an earlier version of the bill on July 20 (see *The Source*, 7/28/06).

The CIANA would prohibit any person from taking a minor across state lines for an abortion, thereby circumventing her home state's parental notification or consent law. The penalty for violating the law would be up to one year imprisonment, a \$100,000 fine, or both. The penalties would not apply in cases in which the minor was transported due to a life-threatening medical condition, the physician performing the abortion was presented documentation that a court in the minor's home state allowed the procedure, or when the minor stated that she had been the victim of abuse and the physician reported the abuse to the appropriate authorities. Under the bill, a defendant could use an affirmative defense if he or she reasonably believed that parental consent had been given or that the court had waived the requirement for parental consent.

Rep. Ileana Ros-Lehtinen (R-FL) said that the legislation "protects minors from exploitation from the abortion industry, it promotes strong family ties, and it helps foster respect for state laws." She continued, saying, "A minor who is forbidden to drink alcohol, to stay out past a certain hour or to get her ears pierced without parental consent is certainly not prepared to make a life-altering, hazardous, and potentially fatal decision such as an abortion without the consultation or consent of at least one parent. This legislation will put an end to the abortion clinics and family planning organizations that are really exploiting young, vulnerable girls by luring them to recklessly disobey state laws. About 80 percent of the public favors parental notification laws. Over 50 percent of our states have enacted such laws. Yet sometimes these laws can be evaded by interstate transportation of minors, openly encouraging them to do so in advertising by abortion providers. Parental consent and parental notification laws may vary from state to state, but they have all been made with the same purpose in mind: to protect frightened and confused adolescent girls from harm. I urge my colleagues to once again support this vital piece of legislation, uphold the safety laws designed by individual states and protect the parents' rights to be involved in decisions involving their minor daughters."

Rep. Jerrold Nadler (D-NY) said, "This legislation...poses a real threat to the lives and health of young women. It would require a minor who is pregnant, possibly as a result of parental abuse, incest, to carry the parental notification laws of her home state on her back to another state and hold doctors, grandparents, clergy and anyone else who tries to help her a criminal...Not since the enactment of the Fugitive Slave Act in 1850 have we used the power of the federal government to enforce the laws of one state on the territory of another. This latest crazy quilt of restrictions obviously has but one purpose, to impede the practice of medicine, to ensure that young women will have as few options as possible, to make criminals of relatives and adults, or minors, for that manner, who try to help them, and to teach those states, such as mine, that do not believe that these laws promote adolescent health, that Congress knows best and our citizens and our states do not...In a perfect world, loving, supportive and understanding families would join together to face these challenges. That is what happens in the majority of cases, with or without a law. But we do not live in a perfect world. Some parents are violent. Some parents are rapists. Some young people can turn only to their clergy or to a grandparent or a sibling or some other trusted adult. And this bill would turn those people into criminals."

"Eight in 10 Americans favor parental notification laws," said Rep. Steve King (R-IA). "Forty-four states have recognized the important role of parents in a minor child's decision to have an abortion by enacting parental involvement statutes. Even so, many of these laws are being circumvented by individuals who simply transport girls across state lines to another state without parental notification laws. And, too often, these individuals are grown men who have sexually preyed on underaged girls and use abortions to cover up their crimes. The U.S. Supreme Court has recognized that a parent's right to control the care of their children is among the most fundamental of all liberty interests. The Supreme Court has consistently recognized that parents have a legal right to be involved in their minor daughter's decision to seek medical care, including abortion...No one has a child's best interest at heart more than their parents...Parents must be able to play a role when their minor daughter is contemplating such an important decision as what to do with an unplanned pregnancy."

Disagreeing with Rep. King, Rep. Sheila Jackson-Lee (D-TX) cited statistics that most young women already include a parent in their decision: "more than 61 percent of parents in states without

mandatory parental consent or at least 61 percent with notice laws have knowledge of their daughter's pregnancy. This is not a helpful legislative initiative. This is, in fact, a divisive initiative...The normal relationship of child and parent proceeds along a very helpful manner as long as we do not provide unnecessary intrusion beyond what has been accepted by the individual states...I offered just a year ago or so an amendment with Mr. Nadler that expanded the exceptions to the prohibitions in this act of being able to assist a young lady in her time of trouble, to give exemptions to godparents, aunts, uncles, and first cousins, family members and clergy that would be giving comfort to this particular individual who may be a victim of incest or rape and afraid and confused about the utilization or the act of going to their parents...And so that would have been a responsible approach so that clergy would not become felons, as well as godparents and aunts or uncles, close family members. This country is used to and welcomes an extended family, families of different configurations. And so this legislation attempts to ignore that."

National Institutes of Health Reauthorization Approved by House

On September 26, the House approved, 414-2, a bill (H.R. 6164) that would reauthorize and restructure the National Institutes of Health (NIH). The House Energy and Commerce Committee approved the measure on September 20 (see [The Source](#), 9/22/06). The bill, sponsored by Rep. Joe Barton (R-TX), would authorize \$29.748 billion in FY2007, \$31.235 billion in FY2008, and \$32.792 billion in FY2009.

The measure also would: allow the director of NIH to use 5 percent or less of the total authorization to create a common fund to sponsor research across NIH institutes, offices, and centers; require that clinical trials be comprised of diverse human subjects, including women and minorities; require annual reporting on NIH's collaboration with other Department of Health and Human Services agencies; require that the members of the Scientific Management Review Board have broad expertise regarding NIH functions; address fraud and abuse by requiring annual reports to Congress on activities related to whistleblower complaints; and require that the director of NIH "assemble accurate data to be used to assess research priorities, including information to better evaluate scientific opportunity, public health burdens, and progress in reducing health disparities."

Rep. Anna Eshoo (D-CA) praised the bill, saying, "NIH, which I very affectionately call the National Institutes of Hope, is really a crown jewel in the jurisdiction of the Energy and Commerce Committee...There are many, many commendable provisions of this bill. The establishment of the common fund should serve to stimulate trans-NIH research in areas of emerging scientific opportunities, rising public health challenges, or knowledge gaps that deserve special attention and are going to benefit from additional research that involves collaboration between two or more institutes or centers...The bill contains many admirable goals and provisions that are going to help NIH in its long-term battle to overcome human disease and disability." However, Rep. Eshoo expressed disappointment at the overall funding level in the measure: "What the bill does not address, and some Members raised this at the committee, is the issue of funding...In an effort to address this problem, Rep. Ed Markey [(D-MA)] offered an amendment during our full committee mark-up last week. His amendment sought to ensure that this Congress provided a real five percent increase in funding for NIH, not one that could be diminished by inflation. But the amendment did not pass."

"Why is NIH reauthorization important, beyond the mechanical aspect of trying to have funding that is authorized and is given full oversight? Well, I think when you talk about major pieces of legislation you tend to talk in abstract terms, but I want tonight to personalize it a little bit," said Rep. Barton. He continued, "My brother, John Barton, died of liver cancer six years ago. At the time that he passed away, he was taking an experimental NIH drug that, had it worked, would have saved his life...My father passed away 10 years ago from complications of diabetes. The NIH has invested and is investing tremendous resources in trying to find a way to combat the scourge of diabetes. I had an aunt who passed away from breast cancer 16 years ago. As we all know, that is one of the priority areas for NIH research. I myself had a heart attack last December 15th, but I was able to be successfully treated because of NIH research that has created what we now call these coated stents...So when I talk about the need to reauthorize and reform the NIH, I am talking in an academic sense, but I am also talking very personal. It helps my family. It helps every American family."

NASA FACTS

On March 16, 1926, Dr. Robert H. Goddard successfully launched the first liquid fueled rocket. The launch took place at Auburn, Massachusetts, and is regarded by flight historians to be as significant as the Wright Brothers flight at Kitty Hawk.

On October 14, 1947, in the rocket powered Bell X-1, Capt. Charles E. Yeager flew faster than sound for the first time.



Community Outreach

Sandra Getter

Thank you all for your support of our **Make A Difference Day Project**. We delivered four pickup loads and two vans of food to the "North Brevard Sharing Center." Special thanks to those of you that set up collection boxes, helped gather the items and then delivered them to the Sharing Center: Dawn Partlow, Linda Maust, Kimmarie Barrett, Barb Powell, Karen Dubois, Connie Dobrin, Arden Belt, Sandy Eliason, Ana Conteras, Brian Luther, Charmel Anderson, and Theresa Parham.



Pictured here: Theresa Parham, Sandra Getter, Ana Conteras, Charmel Anderson and Sandy Eliason, after delivering items to the Sharing Center.

Another opportunity to show your support for breast cancer research is the 'Save Lids to Save Lives' Campaign, which is going on now. We are collecting pink Yoplait lids in support of the Susan G. Komen Breast Cancer Foundation. For every pink lid we send in, Yoplait will donate 10 cents to the Foundation, up to \$1.5 million. And they guarantee to donate at least \$500,000. Please

wash your lids and forward them to: Sandra Getter, DX-E3.

And just a reminder we are always collecting 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.

Although Aneta Ott 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 of our FEW Sisters and friends: **Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, and Barbara Powell in HQ 2451** 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...suggestions of items needed.

Food Items

Small cans of vegetables & fruits
Jell-O & pudding snacks
Graham crackers, Saltine crackers
Any meat/meal in a can with the flip top lid
Lunch meats, 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.

Importance of Communication

Submitted by Johanna Velasquez

Communication is something we all do... but how well we do it can have a great impact in both our professional as well as our personal lives. We must take note on the importance of proper communication. Acknowledging our weaknesses in this area by taking inventory of ourselves and clearly evaluating our strengths

and weaknesses can be an eye opener and lead us on a road to personal improvement.

The degree to which we communicate our ideas, thoughts and feelings has a direct impact on every aspect of our lives. Communication is not only what we say, but includes such things as how we listen, understand the differences in viewpoints and perceptions, and if we build trust in our relationships. Consider the following quotes regarding communication:

"If communication is not your top priority, all of your other priorities are at risk."

--Bob Aronson, communications consultant

"Once a human being has arrived on this earth, communication is the largest single factor determining what kinds of relationships he (she) makes with others and what happens to him (her) in the world about him (her)."

--Virginia Satir, therapist

"The most important thing in communication is to hear what isn't being said."

--Peter F. Drucker, management consultant

"Whenever two people meet, there are really six people present. There is each man as he sees himself, each man as the other person sees him, and each man as he really is."

--William James, psychologist

Last thought : Sometimes less is more.

- Five most important words: You did a great job!
- Four most important words: What do you think?
- Three most important words: I was wrong.
- Four most important words: Thank you.
- One most important word: We.

Think about your work groups and families. These few words can be so very powerful! It's not always about how many words we say, but whether we are saying the right thing at the right time.

Household Tips

1. All this time you've just been putting Bounce in the dryer! It will chase ants away when you lay a sheet near them. It also repels mice.

2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle.

3. It takes the odor out of books and photo albums that don't get opened too often.

4. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.

5. Eliminate static electricity from your television (or computer) screen.

6. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling.

7. Dissolve soap scum from shower doors. Clean with a sheet of Bounce.

8. To freshen the air in your home - Place an individual sheet of Bounce in a drawer or hang in the closet.

9. Put Bounce sheet in vacuum cleaner.

10. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew.

11. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing.

12. To freshen the air in your car - Place a sheet of Bounce under the front seat.

13. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The Anti-static agent apparently weakens the bond between the food and the pan.

14. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket.

15. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.

16. Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling.

17. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth.

18. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper.

19. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight.

20. Golfers put a Bounce sheet in their back pocket to keep the bees away.

21. Put a Bounce sheet in your sleeping bag and tent before folding and storing them. It will keep them smelling fresh.

Thought of the day

Artificial intelligence is no match for natural stupidity.



For Your Health

Health & Wellness.....A Lifestyle Commitment

Submitted by Johanna Velasquez

Consider the following statistics from the National Center for Health Statistics published in the September 2006 Spacecoast Business Magazine:

- Overweight or obese adults: nearly 66.5%
- Overweight young people 12 – 19: nearly 17%
- Overweight children 6 – 11: nearly 19%
- Adults diagnosed with heart disease: 23.5 million
- Adults diagnosed with cancer: 14 million
- Adults diagnosed with diabetes: 9.4% with 73,249 related deaths a year.

These are sobering statistics. We can reduce our chances of dying from one of the top three killers, heart disease, cancer and stroke, as well as prevent other conditions such as hypertension,

Type II diabetes, gall bladder disease, respiratory problems and some cancers by making lifestyle changes.

The good news is that we can start today to do something so that we are not part of these statistics. Good nutrition and exercise need to become part of our daily lives. Some simple lifestyle changes can make significant differences. There is a lot of information available through various sources (internet, hospitals, here at KSC through HEW-Health Education & Wellness Program, etc.)

It takes commitment to make these lifestyle changes, but new habits can reap big benefits. Start with small things and add one new healthy habit at a time to build a healthier body. With the stresses of our jobs and daily life, it is often quite easy to fall back into our old habits...but each day is a new opportunity to try again.

HOME BUYING

Submitted by Arden Belt

Dig carefully to get critical information

Ready to make an offer? Find out quickly if the home has any troublesome issues.

Low Sichelman United Feature Syndicate |

Posted October 22, 2006

Any damage done?

CLUE: When deciding to move ahead with a purchase, a wise buyer will want to know the prior loss history of the house. That's why ChoicePoint Asset Co. of Alpharetta, Ga., offers a home-sellers disclosure report called CLUE, which stands for Comprehensive Loss Underwriting Exchange.

The report provides a five-year history of losses that have been filed against an insurance policy associated with a given property. Based on claims information submitted by insurers to the CLUE database, it includes dates, types of claims and the amounts paid for each one.

If the report shows no losses, a buyer can rest assured the house hasn't been damaged severely enough by fire, flood, windstorm or other event for the current owner to file a claim with his insurer.

On the other hand, if a claim was filed, you'll be able to direct your independent home inspector to take an extra-hard look at the damaged area to make sure it was repaired properly. Otherwise, you won't know if the seller hired an unlicensed or unprofessional

contractor to do the work. And your inspector might miss something major you'll have to take care of after you move in.

Also, if the report shows that the homeowner, or even a previous one, filed a water-based insurance claim for mold, you might not be able to obtain your own homeowners policy, or you might have to pay dearly for it.

Sellers might also want to order a CLUE report so prospects will know the house being considered has been damage-free and that coverage won't be difficult to obtain. In fact, only the homeowner can obtain the report, so would-be buyers will need to ask the seller to purchase one, if he hasn't already. The report costs \$19.50 (www.choice-trust.com). Looking under the hood

INSPECTION: Many people passed on home inspections during the past few years because of a frenzied housing market. They hoped their contingent-free offers would stand out. If you purchased an existing house, getting an inspection

now won't do you much good. But if you bought a new house, an inspection might be worthwhile, especially in light of the latest J.D. Power survey that found the typical buyer had 14 problems with his new home. Compared to a 1994 study, that's a 7 percent spike in the number of problems reported.

Typically, a builder warrants its homes to be free of major defects for at least a year. And builders usually guarantee their workmanship and materials for a year as well. If your builder's warranty hasn't expired, an examination by an independent third party could highlight problems that might become major defects if not addressed now.

"We are doing a lot of inspections now for buyers on homes that were bought without an inspection, and we are finding a lot of stuff the seller didn't know about," says Greg Haskett of the Home Team Inspection Service in Milford, Ohio.

Potential hazards

ENVIRONMENT: Environmental hazards, such as lead-based paint, asbestos, high levels of carbon monoxide, radon and toxic mold, are among the most common defects found by Home Team's more than 250 franchisees. And when they find such a problem, they often recommend their clients hire an expert to look into the matter further.

If the house is on septic, for example, you'll want to inspect that system. An examination will determine if the system is working properly, as well as its age and expected remaining life. Typically, a septic system will last 20 to 30 years, says John Brennan of Brennan Environmental in Summit, N.J. But a new system costs in the neighborhood of \$30,000 these days.

Is it yours?

TITLE: Lenders order title searches to make sure the seller is who he says he is and that he has clear ownership of the property he is about to convey. But homeowners can order title searches, too, and they should, for several reasons, says David Pelligrinelli of AFX Title Search in Dawsonville, Ga.

"Obviously, I'm biased, but if I was a layperson, I would do a search every couple of years," says Pelligrinelli, who also operates titlesearch.com, a Web site where people can order online searches. "If I were an absentee owner, I'd do it more often than that. And I'd do it six months after I refinanced my house."

One of the most common title problems our Georgia title expert finds is, "the original mortgage never gets released" when the owner refinances. And if the old lender has been bought out or merged, and is no longer in business, the problem becomes even more

complicated because only the original company can execute a lien release.

If this happens, and you are trying to sell your house, Pelligrinelli says it could be several months before the issue is resolved and the buyer can get clear title. But by that time, the buyer might get tired of waiting and go elsewhere.

Even buyers might want to run a quick title search on a property. After all, the presence of liens, foreclosures or divorce actions can suggest a distressed seller who wants to get out in the worst way, even if he has to take less than what he's asking.

WASHINGTON -- Whether you are a buyer or a seller, or simply an owner who's staying put, there are certain reports and information you might want to consider getting your hands on.

For example, do you have a clue whether the place you are thinking about buying has had damage so severe that it was the subject of an insurance claim? Or are you sure someone hasn't walked into the recorder's office in the town where your vacation property is and claimed he was the rightful owner while you were away?

Think About This.....

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



Member Spotlight

Cassandra Faye Brown Getter

Cassandra Faye Brown Getter, known to us as Sandra is our Community Outreach Coordinator. She was born in Charleston, SC and has been in the workforce since she was in high school. Sandra's educational background includes a B.S. in Pastoral Ministries, from the Emmanuel College, in Franklin Springs, GA.

She began her civil service career in 1988 at the Naval Submarine Base in Bangor, WA as the Military Leave Clerk and then the Submarine/Sea Pay Expert. Then worked as a Personnel Liaison at TRIDENT Training Facility Bangor. When her husband was transferred to DC she has worked as the sole payroll and special pay/special leave technician in the Secretariat Headquarters, Human Resources Office in Washington, DC. She has been with NASA for seven years. Sandra serves as a Secretary in NE and she spends most of her time doing procurement work, mainly handling the credit card purchases for four branches and the division office. Some of the awards

received during her career are: Civilian of the Year (TTF/Bangor), Navy Meritorious Civilian Service Award (TTF/Bangor) and Secretarial Excellence Award (NASA).

Cassandra has been married to Fred for 23 years and has a Quaker Parrot named Buddi that she considers her child. Her hobbies include cross stitching and some journal writing. In addition to being a FEW member for the past three years, Sandra serves as a Hospice volunteer, and a lay leader to a synagogue in Washington state. Her aspirations are to retire in NE Georgia in about ten years.

Let's Say Thanks To Our Troops

Xerox is sponsoring the following website. If you go to the site, <http://www.letsaythanks.com/>, you can pick out a thank you card and Xerox will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but

it will go to some member of the armed services.



How AMAZING it would be if we could get everyone we know to send one!!! This is a great site.

Please send a card. It is FREE and it only takes a second.

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

Do you have any topic suggestions or contact information - presenter names/phone numbers for future FEW SPACE COAST PROGRAM MEETINGS. Long-Term Care, Investing for Women, Diversity, Cap-Wiz, etc. are a few that have been suggested.

Please send your suggestions to Marlene Satterthwaite @ Marlene.E.Satterthwaite@nasa.gov

Calendar of Events

November

- 1 Native American Heritage Month begins
- 10 1st Quarter Chapter Reports due to National
- Veteran's Day**
- 14 Program/Business/ATP Meeting
CIAO Bldg, right after work
- 16 Diversity Meeting in Hqs
- 17 Baxley Manor delivery
- 23 Thanksgiving**
- 27 Submit articles for Chapter and Regional Newsletters



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. If you are interested in joining this vital organization, a Membership Application is attached.

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
- 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	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Chamel Anderson
Treasurer	Johanna Velasquez
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Imm. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Muzette Fiander
Legislative	Arden Belt
Annual Trng Program	Connie Dobrin
Finance	Clara Anderson
Scholarships	Aneta Ott
Newsletter Editor	Vickie Hall
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

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

Membership ID
Month/Year Joined _____ /2006

LAST NAME _____ **FIRST NAME** _____ **MI** _____

ADDRESS 1

ADDRESS 2

CITY _____ **STATE** _____ **ZIP CODE + 4** _____

OFFICE PHONE: _____ **HOME PHONE:** _____

FAX: _____ **EMAIL:** _____

GRADE (check)

- GS-1-4
- GS 5-8
- GS 9-12
- GS 13-15
- SES
- WG
- Military
- Other

FWP/EEO (check)

- FWP Full-Time
- FWP Part-Time
- EEO
- Other FWP/EEO

DEMOGRAPHICS

SEX (M/F) _____
 RACE: _____
 YEARS OF SERVICE: _____
 RETIRED (Y/N): _____

ABOUT THE ORGANIZATION

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about the organization is posted on the FEW web site: <http://www.few.org>

National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter members is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

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

<input type="checkbox"/> March	\$25.00	<input type="checkbox"/> September	\$12.00	Total National	\$ _____
<input type="checkbox"/> April	\$23.00	<input type="checkbox"/> October	\$10.00	Total for Chapter	\$ <u>5.00</u>
<input type="checkbox"/> May	\$21.00	<input type="checkbox"/> November	\$ 8.00	Check Amount	\$ _____
<input type="checkbox"/> June	\$19.00	<input type="checkbox"/> December	\$ 6.00		
<input type="checkbox"/> July	\$17.00	<input type="checkbox"/> January	\$ 4.00		
<input type="checkbox"/> August	\$15.00	<input type="checkbox"/> February	\$ 2.00		

- I wish to join the Space Coast (009) Chapter as a member.
- I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed).
- I wish to join as a Lifetime Member. Payment of (\$250.00) is enclosed.

Chapter Info Only

Mail Code: _____

Birthday (MM/DD): _____