

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



October 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



Thank you so very much for a highly successful September! I know you all worked very hard to meet and fulfill our goals and you did a magnificent job! September's calendar included a little bit of everything from kicking off our "Make a Difference Day Project," to cleaning the beach for the "Florida Coastal Clean-Up." Then we took time to get together and visit with our new members at our annual "New Members Luncheon." And let us not forget, all the behind the scenes activities that were going on, we had a business meeting, ATP meeting and then we were planning for other meetings. Space Coast Chapter is a very busy chapter and you consistently do a dramatic job!

Before I forget I want to say an immense thank you to Martha Carroll for her outstanding organization skills for the "Florida Coastal Clean-Up," and also to Becky Fasulo and Barbara Powell for organizing the "New Members Luncheon." I know that you all labored many hours to make these events turn out so successfully. Thank you! Because of your efforts we really had a great time.

We are all different. We have different ideas, likes and dislikes. Most of us think different than each other. We have different jobs and different interests. I think there is a kaleidoscope of likes and dislikes within each of us and working together helps bring our common interests together. Basically, I think we all want the same basic things in life – a good job, good home and good times spent with our family. And sometimes in order to develop our full potential at work we need to take a step back look at where we are and where we want to be. If we are not in that desired place, then we may need to think about going back to school, take some additional training, find a positive mentor or gain some additional skills through other work experiences. For me, I have done all of the above. I'm very thankful to the Space Coast Chapter members for the training and mentoring I have received and shared with many of you.

I'm telling you this for a couple of reasons. I'm kinda like the turtle. I start off slow but keep on going. Sometimes my batteries run low but with your help I rejuvenate myself. If I can pass anything on to you I would like you to realize and remember that it doesn't matter when, how, what time, you began working. What matters is that you try and work really hard to do things the right way, with integrity and honor! Find your mentor's, go back to school...change and grow. Hopefully you will look at life as always changing, don't get stuck. We might be in the year 2006 but there is a lot of work to do. Maybe even join Space Coast FEW!

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Sunshine Committee

Eva Coffman

Happy Birthday!

A special Happy Birthday to the following Chapter members

Donna Bookamer	10/1
Patricia Leonard	10/2
Marlene Satterthwaite	10/5
Nancy Clark	10/6
Sandy Gates	10/7
Patricia Langwost	10/11
Janice Everett	10/12
Jane Waters	10/13
Margaret Cubero	10/19
Marie Argana	10/19

Space Coast Chapter thoughts and get well wishes have been extended to the following member:

Charlotte Becker for a speedy recovery after her stay in the hospital.

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

Billy Wilson



Most of us take a summons for jury duty seriously, but enough people skip out on their civic duty that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS.

In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn't show up for jury duty. The caller claims to be a jury coordinator.

If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Sometimes they even ask for credit card numbers. Give out any of this information and bingo! Your identity just got stolen.

The scam has been reported so far in 11 states, including Oklahoma, Illinois, Colorado, Texas and California and Oregon.

This scam is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they're with the court system.

The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud

Checked this out on <http://www.snopes.com/crime/fraud/juryduty.asp>, and it is indeed a scam, not a hoax. Here is another site from the federal government about this....(both sites state this surfaced approx 1 year ago, but this is the first I've heard of it....)

Environmental Corner

Martha Carroll

FEW Coastal Cleanup Volunteers are Awesome!

Thanks to those FEW members who volunteered for the International Coastal Cleanup last month. It was a huge success and Keep Brevard Beautiful appreciated FEW for our support along with the 153 other volunteers who cleaned the coast. There was an enormous turnout from our local high school students. Thanks again for your help in this great event.

Wildlife - Give Em A Brake

CCAFS and KSC are home to numerous species of wildlife. Some species are listed as threatened or endangered. There are some species that don't move very fast or are unaware of the dangers when crossing roadways and a few critters may damage or even total your vehicle upon collision. Slow down, be aware and be careful. Of course be safe while "giving them a brake".

Environmental Factoids

The Passenger Pigeon was hunted down to extinction all through the 1800s and the last known surviving passenger pigeon died at the age of 29, at the Cincinnati Zoological Garden. "Martha", the name for which this last surviving member was known, was

donated to the Smithsonian Institution after her death. It is believed that this species once constituted 25 to 40 per cent of the total bird population of the United States. It is estimated that there were 3 billion to 5 billion passenger pigeons at the time Europeans came to America.

Cultural Diversity

Muzette Fiander

The President and Congress of the United States proclaim special observances throughout the year in an effort to enhance the Nation's awareness of and appreciation for our Country's diversity. Every year since 1945, when Harry Truman first issued Public Law 176, the President has proclaimed a National observance in October to promote the employment of people with disabilities. Accordingly, October 2006 has been designated "National Disability Employment Awareness Month" throughout the Nation. This year's theme is: "Americans with Disabilities: Ready for the Global Workforce." This year's theme emphasizes that people with disabilities are important to the fabric of the nation's workforce and future economic success and builds upon the Nation's "New Freedom Initiative" calling for persons with disabilities to be fully integrated into the 21st Century workforce.

The President's "New Freedom Initiative," introduced in 2001, encourages federal agencies to consider employment opportunities for people with disabilities by developing disability-related employment policies and practices.

Today, there are more than 54 million Americans with disabilities. Throughout the month of October, organizations across the country will host various events and educational opportunities for the Awareness Month. This observance will give everyone the opportunity to enhance their knowledge about the disabled culture.

Who are the disabled? You will see them everywhere you go - stores, conferences, recreational events and even in the workplace. According to the 2000 Census, approximately 86% of the non-disabled population between the ages of 18-64 is employed, compared to 37% of the disabled population. For America to continue to lead the way in the global marketplace, we absolutely must utilize the talent people with disabilities possess.

"Americans with disabilities are active, contributing members of our society and deserve the opportunity to develop the skills needed to compete and obtain jobs in the 21st century workforce." - President George W. Bush

Positive attitudes, plus accommodations get the job done!

To obtain additional information on the employment of people with disabilities, please visit the following websites:

Job Accommodation Network (JAN)
<http://janweb.icdi.wvu.edu>

Short biographies of famous people with disabilities
<http://www.disabilityhistory.org/people.html>

Successful individuals with learning disabilities
<http://www.schwablearning.org/Articles.asp?r=258&g=3&d=2#community>

Computer Accommodation Program (CAP)
<http://cap.public.msg.wpafb.af.mil>

The Top 10 Companies for People with Disabilities
<http://www.DiversityInc.com>, June issue

FEW Annual Training Program (ATP)

Connie Dobrin

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

Our next ATP meeting is Wednesday, October 11, 2006, at 10 AM. Jean will have a update on speakers at that time. We will meet in Headquarters, Room 2649D. Please come and join us.

Programs

Marlene Satterthwaite



The next Program Meeting will be held **October 17, 2006**. Meet after work between 4:30 - 5:00 pm at the **Red Lobster - SR 520, on Merritt Island**. Speaker will be **Doreen Archer of the League of Women Voters** and she will begin at 5:15 p.m. Subject matter will reference the upcoming November election and ballot information & explanation.

This is always an interesting, educational program for us and guests are welcome. Please contact Marlene Satterthwaite at marlene.e.satterthwaite@nasa.gov or phone her at 867-4105 to RSVP and/or to answer any questions.

A 50-50 Raffle will be conducted. Proceeds will be split between the winner and Baxley Manor. Your support is always appreciated for this community outreach project.

Membership

Charmel Anderson

Hello fellow FEWers!!! Just wanted to say that I heard the new members luncheon held on Saturday, September 23, 2006 at the Italian Courtyard was a huge success! Unfortunately I was TDY and couldn't be there but folks said it was great getting to meet some of our new members and then casually chatting with some of the not so brand new members. Hope you all had a great time.

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.

Differences Between Men and Women

Eating Out: When the bill arrives, Mike, Charlie, Bob and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller, and none will actually admit they want change back. When the girls get their bill, out come the pocket calculators.

Government News & Legislation

Arden Belt



September 25-29, 2006

Floor Action

Child Protection- On September 26, the House approved, by voice vote, the Senate amendments to the Child and Family Services Improvement Act of 2006 (S. 3525). The measure reauthorizes the Promoting Safe and Stable Families program, Child Welfare Services program, and the Mentoring Children of Prisoners program for

FY2006-2011. The President signed the bill into law on September 28 (P.L.109-288).

Appropriations- 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. 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.

Education- On September 29, the Senate approved, by voice vote, a bill (H.R. 6138) to extend programs authorized by the Higher Education Act of 1965 (P.L. 105-244) through June 30, 2007. The House approved the measure by voice vote on September 27. President Bush signed the bill into law on September 30.

International- On September 25, a bill (H.R. 3127) sponsored by Rep. Henry Hyde (R-IL) was approved by voice vote. The legislation supports peace efforts in Darfur and directs the president to impose sanctions against individuals responsible for acts of genocide and war crimes in that region. The bill now heads to the White House for President Bush's signature.

Defense- On September 30, the Senate approved, by voice vote, the conference report for the FY2007 defense authorization bill (H.R. 5122). The House approved the measure, 398-23, on September 29.

Older Americans- On September 28, the House approved, by voice vote, the Older Americans Act Amendments of 2006 (H.R. 6197); the Senate approved, by voice vote, the bill on September 30.

Small Business- On September 26, the House approved, by voice vote, a bill (H.R. 6159) to extend any program, authority, or provision authorized by the Small Business Administration (SBA) that is scheduled to expire on or after September 30 until February 2, 2007, under the same terms and conditions as are currently in effect. The Senate approved the bill on September 30, by voice vote.

Abortion- 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). On September 29, the Senate defeated, 57-42, an effort to invoke

closure on the motion to proceed to consideration of the bill; the vote fell 3 votes short of the 60 votes necessary to limit debate.

Health- On September 28, the House approved, 325-98, the Ryan White HIV/AIDS Treatment Modernization Act (H.R. 6143) to reauthorize the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act (P.L. 101-381).

On September 26, the House approved, 414-2, a bill (H.R. 6164) that would reauthorize and restructure the National Institutes of Health (NIH).

Mark-Ups

Health- On September 27, the House Energy and Commerce Committee approved, 45-0, the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) Reauthorization Act of 2006 (H.R. 5472) after adopting, by voice vote, a substitute amendment by Chair Joe Barton (R-TX).

On September 27, the House Ways and Means Committee approved, 24-14, the Health Opportunity Patient Empowerment Act (H.R. 6134).

Hearings

International- On September 26, the House International Relations Committee held a hearing on the global efforts to end human trafficking.

On September 26, the Senate Foreign Relations Committee heard testimony on efforts to combat the global child hunger crisis.

Child Protection- On September 26, the House Energy and Commerce Subcommittee on Oversight and Investigations held its seventh hearing on the sexual exploitation of children over the Internet. A second hearing by the subcommittee on September 27 focused exclusively on the Masha Allen case.

Financial Literacy- On September 28, the House Financial Services Subcommittee on Financial Institutions and Consumer Credit held a hearing focusing on the efforts of the private sector to increase financial literacy and the role the federal government can play in highlighting and coordinating those efforts.

Health- On September 28, the House Veterans' Affairs Subcommittee on Health heard testimony on post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

On September 26, the Senate Finance Subcommittee on Health held a hearing on health savings accounts (HSAs).

REP. BROWN-WAITE INTRODUCES LEGISLATION TO STRENGTHEN THE NURSING HOME PATIENT BILL OF RIGHTS

Following the Horrors of Katrina, it is Clear that National Standards for Evacuations and Patient Safety are Needed

Washington, D.C., Sep 27 -

At the unveiling of the Suburban Caucus's "7 Bills for 2007," **U.S. Representative Ginny Brown-Waite (FL-05)** today announced that her recently introduced legislation, H.R. 6161, the *Senior Safety and Dignity Act of 2006*, has been included as one of the seven bills on the Suburban Caucus's agenda for 2007.

"Common-sense tells us that when trusting our weakest and most vulnerable to the care of others that they be qualified and competent professionals," said Rep. Brown-Waite. "The sad news is that in too many cases, individuals with criminal or abusive backgrounds have been found to be working in health care positions of authority. H.R. 6161 takes away that possibility by requiring long-term care facilities or providers to perform background checks on their employees. This is a no-brainer for American seniors, and I expect that most of my colleagues will feel the same way."

H.R. 6161 would expand the nursing home patients' bill of rights to include the right to receive care from a credible caregiver by requiring criminal background checks on direct access employees. The legislation would also provide the right to a safe environment during an emergency or natural disaster by requiring nursing long-term care facilities to establish disaster emergency and evacuation plans.

"As we have learned from the Katrina disaster in Louisiana, not all states have emergency evacuation plans in place for their nursing homes, assisted living facilities, and their hospitals," continued Rep. Brown-Waite. "While Florida has state of the art procedures in place for the timely and efficient evacuation of our loved ones in case of an emergency or natural disaster, it is clear that Congress must ensure the other states follow their lead. H.R. 6161 provides a minimum standard of patient care and safety that all Americans should expect from their health care provider."

In 1987, the Nursing Home Reform Act established a comprehensive list of patient rights. The Act also established a strict set of regulations and penalties for nursing homes if they violated patients' rights. However,

according to recent studies by Consumer Reports, 186 of the nursing homes cited for poor care in 2005 had been cited before. The *Senior Safety and Dignity Act* is a valuable part of the Suburban Caucus Agenda and will amend the 1987 legislation to include background checks for potential nursing home care employees in the Nursing Home Bill of Rights.

NASA FACTS

The term "aeronautics" originated in France and was derived from the Greek words for "air" and "to sail".

On July 1, 1962, Kennedy Space Center was designated the Launch Operations Center, beginning more than four decades of excellence for America's premier spaceport.



Community Outreach

Sandra Getter

There are a couple of opportunities for you to help in the Community. One 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.

We are also in the beginning stage of the **Make A Difference Day for 2006** project. As you may have read in the newspaper, all collection centers are very low on food and basic essential items. Because of rising costs the community response to fill the shelves has been slow.

We are asking our co-workers and friends to donate to this worthy cause. We will be gathering donations at the sites listed below until October 26th. Here are some of the items that are needed: canned soup, tooth paste & tooth brushes, canned vegetables, shampoo & cream rinse, canned meat, soaps of all kinds, peanut butter & jelly, shaving cream & razors, macaroni &

cheese, packaged rice meals, other personal items and other non-perishable food items. We have until October 26th, to show that we can make a big difference in our community. If you have any questions or if you would be willing to serve as a contact for your building, please contact Sandra Getter, Community Outreach Chair, DX-E3.

POC	LOCATION	PHONE
Dawn Partlow	E&O Room 2030G	853-3168
Sandra Getter	EDL Room 203	867-6951
Linda Maust	HQ 1114A	867-2455
Kimmarie Barrett	HQ 2142	867-2534
Barbara Powell	HQ 2451C	867-7384
Karen Dubois	HQ 2488A	
Connie Dobrin	HQ 2643E	867-4544
Arden Belt	HQ 3321	867-2201
Sandy Eliason	LCC Room 4P23B	861-9309
Ana Cortreras	O&C 1066	867-1442
Charmel Anderson	O&C 1073 M2	867-2938
Brian Luther	OSB 5301B	861-3837

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: **Becky Fasulo in O&C 2038, 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.

Sharpen the SAW.....

Johanna Velasquez

What is the analogy of human beings to saws.....like saws, if we are worn down and not sharp, we cannot do our jobs well nor will we be able to function at our peak in other areas of our lives. If we are too worn down, we may not be able to function hardly at all. People need to take the time to renew so that we can return to our activities and responsibilities both refreshed and ready to do our best.

Balance your renewal in the four areas of your life: Physical, Social/Emotional, Mental and Spiritual.

Physical: (examples):

- Take the stairs instead of the elevator
- Try new recipes from a healthy cookbook
- Get a full night's sleep
- .. Join a gym
- .. Enlist a friend to exercise regularly with you.

Add your own ideas:

Social/Emotional: (examples):

- Call each member of your family during the month
- Sit by someone new at lunch
- Give blood
- .. Accept compliments / give compliments
- .. Concentrate on really listening to others

Add your own ideas:

Mental: (examples):

- Keep a journal
- Solve puzzles
- Collect quotations
- .. Study a subject of interest
- .. Listen to uplifting music
- .. Take a class
- .. Read a book

Add your own ideas:

Spiritual: (examples):

- Take a walk in a beautiful place
- Attend a symphony
- Meditate
- .. Read religious or other spiritual books
- .. Attend religious services of your choice

Add your own ideas:

For each of the four areas above, choose one activity that you could start right away that would enhance your greatest asset--- **you** and put it on your schedule. Notes: _____

Interesting!

Water Displacement #40: The product began from a search for a rust preventative solvent and degreaser to protect missile parts. **WD-40** was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a "water displacement" compound. They

were successful with the fortieth formulation, thus WD-40. The Corvair Company bought it in bulk to protect their atlas missile parts.

The workers were so pleased with the product, they began smuggling (also known as "shrinkage" or "stealing") it out to use at home. The executives decided there might be a consumer market for it and put it in aerosol cans. The rest, as they say, is history.

It is a carefully guarded recipe known only to four people. Only one of them

is the "brew master." There are about 2.5 million gallons of the stuff manufactured each year. It gets its distinctive smell from a fragrance that is added to the brew.

Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you.

When you read the "shower door" part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle!

Then try it on your stovetop... Viola! It's now shinier than it's ever been. You'll be amazed.

Here are some of the uses:

- ▶ Protects silver from tarnishing.
- ▶ Cleans and lubricates guitar strings.
- ▶ Gives floors that 'just-waxed' sheen without making it slippery.
- ▶ Keeps flies off cows.
- ▶ Restores and cleans chalkboards.
- ▶ Removes lipstick stains.
- ▶ Loosens stubborn zippers.
- ▶ Untangles jewelry chains.
- ▶ Removes stains from stainless steel sinks.
- ▶ Removes dirt and grime from the barbecue grill.
- ▶ Keeps ceramic/terra cotta garden pots from oxidizing.
- ▶ Removes tomato stains from clothing.
- ▶ Keeps glass shower doors free of water spots.
- ▶ Camouflages scratches in ceramic and marble floors.
- ▶ Keeps scissors working smoothly.
- ▶ Lubricates noisy door hinges on vehicles and doors in homes.
- ▶ Gives a children's play gym slide a shine for a super fast slide.
- ▶ Lubricates gear shift and mower deck lever for ease of handling on riding mowers.
- ▶ Rids kids rocking chairs and swings of squeaky noises.
- ▶ Lubricates tracks in sticking home windows and makes them easier to open.
- ▶ Spraying an umbrella stem makes it easier to open and close.
- ▶ Restores and cleans padded leather dashboards in vehicles, as well as vinyl bumpers.
- ▶ Restores and cleans roof racks on vehicles.
- ▶ Lubricates and stops squeaks in electric fans.
- ▶ Lubricates wheel sprockets on tricycles, wagons, and bicycles for easy handling.
- ▶ Lubricates fan belts on washers and dryers and keeps them running smoothly.

- ▶ Keeps rust from forming on saws and saw blades, and other tools.
- ▶ Removes splattered grease on stove.
- ▶ Keeps bathroom mirror from fogging.
- ▶ Lubricates prosthetic limbs.
- ▶ Keeps pigeons off the balcony (they hate the smell).
- ▶ Removes all traces of duct tape.
- ▶ Folks even spray it on their arms, hands, and knees to relieve arthritis pain.
- ▶ Florida's favorite use is: "cleans and removes love bugs from grills and bumpers."
- ▶ The favorite use in the state of New York--WD-40 protects the Statue of Liberty from the elements.

WD-40 attracts fish. Spray a LITTLE on live bait or lures and you will be catching the big one in no time. Also, it's a lot cheaper than the chemical attractants that are made for just that purpose. Keep in mind though, using some chemical laced baits or lures for fishing are not allowed in some states.

Use it for fire ant bites. It takes the sting away immediately and stops the itch.

WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag. Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and re-wash. Presto! Lipstick is gone!

If you sprayed WD-40 on the distributor cap, it would displace the moisture and allow the car to start.

It removes black scuff marks from the kitchen floor! Use WD-40 for those nasty tar and scuff marks on flooring. It doesn't seem to harm the finish and you won't have to scrub nearly as hard to get them off. Just remember to open some windows if you have a lot of marks.

Bug guts will eat away the finish on your car if not removed quickly! Use WD-40!

P. S. The basic ingredient is FISH OIL

Thought of the day

If There Is Anything That A Man Can Do Well, I Say Let Him Do It. Give Him A Chance."

-Abraham Lincoln

Nominations Committee

Jean Grenville

As Chairperson of the Nominations Committee, I would like to give you information about the Space Coast Chapter Nominations for Officers per the Chapter bylaws beginning with the following.

Article VI - Officers

Section 1. The elected positions of the Chapter shall be a President, a Vice-President, a Secretary, a Treasurer, and a Nominations and Elections Officer. These officers perform duties described by these bylaws and in the chapter policy and procedures manual.

Section 2. Qualifications of Officers

- (a) Shall be members in good standing for at least the past two years.
- (b) The candidate for the position of President shall have served as a member of the Board of Directors for at least two years.
- (c) The candidates for the position of Treasurer shall have a minimum of two years experience in some aspect of financial management (may include treasurer of an organization, budget work, analyst, bookkeeper, financial investments, business manager, forecasting, internal controls review, etc.)
- (d) Members may hold, or be a candidate for, more than one position at the same time; one at the Chapter and one either at the regional or national level.

Section 3. Term of Office

- (a) Officers shall be installed and take office following the annual Installation and Awards Banquet and serve for a term of two years.
- (b) No member shall be elected to the same position for more than two consecutive terms.
- (c) No member shall hold more than one Chapter voting position, elected or appointed, at a time.

Information concerning the individual positions will be presented in future issues of the newsletter. Please be thinking of a position you would like to consider in the future.

October is Breast Cancer Month

The key to fighting breast cancer is finding it early. One out of eight women will get breast cancer at sometime during her life. Early detection is vital to successful treatment and cure. You can improve your odds greatly by working with your doctor to protect yourself. The most effective tool for early diagnosis is mammography. A mammogram is a simple, safe x-ray examination of the breast. A mammogram can often detect signs of breast cancer years before a lump can be felt. Mammography, annual physician examination, and monthly breast self-examination can increase the accuracy of early detection by 95 percent.

How can I reduce my risk? While you can't control some breast cancer risk factors, there are lifestyle choices you can make that may help lower your risk.

- ✦ **Maintain a good weight.** Especially for women after menopause, being overweight is related to increased risk.
- ✦ **Exercise.** Moderate physical activity may decrease your risk of breast cancer.
- ✦ **Eat Right.** Eat plenty of fresh fruits and vegetables. These have antioxidant properties and micronutrients that may help prevent some cancers.
- ✦ **Limit alcohol.** Use of alcohol is clearly linked to increased breast cancer risk.
- ✦ **See your doctor.** Make a yearly appointment with your doctor for a breast examination.
- ✦ **Breast self-examination.** If you're age 20 or over, become familiar with the normal look and feel of your breast. Don't examine your breast more than once a month, as this may reduce your ability to notice a gradual change.
- ✦ **Mammogram** The American Cancer Society recommends that women aged 40 and older have a mammogram every year. If you are under 40 and have a family history of breast cancer or other concerns about your risk, talk with your doctor about when to begin a mammography.

There is wealth in good health so take care of yourself!

Websites and Resources:

- American Cancer Society
<http://www.cancer.org>

For Your Health



- National Cancer Institute <http://www.nci.nih.gov>
- Susan G. Komen Breast Cancer Foundation <http://www.komen.org>

Traveler's Info

Arden Belt

Move over Travelocity, Expedia and Orbitz. A new generation of travel Web sites is emerging, and they're looking to revolutionize the online purchase of airfares. The brainchildren of Ph.D-in-mathematics types, these sites use what is called "predictive technology." No crystal balls are involved: The sites mine and analyze historical airfare prices so consumers will know better when to push the button and buy.

John Bray, vice president of advisory services at the travel research firm PhoCusWright, says travel-technology visionaries "have been saying for some time, 'We've got to create our own iPod for the travel industry.' " The new sites, he says, are evidence that "we're now seeing the beginning of these killer applications emerging."

A look at three of the sites:

Farecast.com

What it does best: Even though it's still in the testing phase, the site already has plenty of wow factor. Tell it you want to fly between Washington and Boston on specific dates, for example, and it'll come up with flight choices. One of five different colored arrows indicates which way fares are headed, and how much confidence the site has in that prediction. Request a flexible search, and the site will compare fares between two cities over a 30-day period. Don't know where you want to go, but just want to find somewhere cheap? Plug in your home airport and do an "all cities" flexible search: A map pops up with fares to cities nationwide. Other cool features include easy-to-use slider bars that can narrow your search by price, time and length. JetBlue results included.

Where it falls short: The site is currently limited to 57 domestic airports (users can vote for which cities they want included next). Though it transfers you to an airline site to book a fare, it can take a little time, and occasionally the fare is no longer available. Doesn't display prices for Southwest, although it does offer schedule info and considers Southwest prices when making fare predictions.

Our grade: B plus . . . with strong potential for an A as it increases its workload with additional airport results.

Farecompare.com

What it does best: One of the more established sites (it's out of the testing phase), Farecompare collects historical pricing info for more than 77,000 city pairs covering the United States and Canada. It figures out minimum, average and maximum fares, updating its database three times daily with about 6 million fares. The site also looks for mysterious "Y-up" or "Q-up" fares -- basically cheap business-class seats. The site's handlers do a great job ferreting out useful fare info. On a recent Thursday, it alerted readers that American "had slipped a disc" and was offering first-class tickets between Phoenix and Detroit at \$124 round trip; the intelligence checked out when we fake-booked it at aa.com. The site searches for cheap fares in several ways, including by specific destination and to all destinations; plug in your departure city, and it will tell you the best air deals worldwide. Includes JetBlue's fares.

Where it falls short: It doesn't link you directly to the airlines to purchase. Instead, it directs you to the site's partners -- Travelocity, Expedia, Orbitz and Priceline, which all charge a booking fee. Southwest is not included in the results.

Our grade: B plus . . . but only because its insider alerts add enough extra credit to raise it from a B.

Kayak.com

What it does best: This metasearch site is one of the more established. Although it doesn't specialize in historical airfare tracking, it apparently realizes the potential. The site recently launched its third tool for discovering trends: The "best fare trend" graph pops up when you do a query between heavily traveled markets and indicates whether the average fare has gone up or down in the past 90 days. Click on "details" to be directed to the site's "best fare history" info, which shows the cheapest fares between those markets found by other users within the past 36 hours. Kayak Buzz displays the best fares that fellow site users have found over the past two days from a designated departure airport to the top 25 searched destinations across the globe, in the United States or various continents and regions. Results include JetBlue.

Where it falls short: The data is based on results found by site users rather than data mined from airfare pricing sources, so info is limited. For example, Kayak says there are trend graphs for 415,000 city pair/date combos covering the most heavily traveled markets, but such routes as Washington to New York don't always make the cut. No Southwest results.

Our grade: C plus in this subject matter . . . but because this site has such high overall quality, we may be grading harder based on elevated expectations.

Carol Sottili | the Washington Post
Posted October 1, 2006

Member Spotlight



Joylene Ware

Minister/Engineer/Poet/Professor

Joylene was born on September 2, 1978 to the proud parents of John and Josephine Hall in Jacksonville, FL. She graduated as Valedictorian of Jean Ribault Senior High School Class of 1997. Upon graduation, Joylene was offered a full Academic Scholarship to Florida A & M University (FAMU) in Tallahassee, FL. She graduated Cum Laude with B.S. in Chemical Engineering from FAMU. Then she received a M.S. in Industrial Engineering specializing in Engineering Management from Florida State University with honors. Currently, she is pursuing a PhD in Industrial Engineering and Management Systems at University of Central Florida. Most of all, she received her license to preach the gospel at Abyssinia Missionary Baptist Church, Jacksonville, FL. where Dr. Tom Diamond is the pastor and Greater Mount Pleasant Missionary Baptist Church, Tallahassee, FL. where Pas. Craig P. Riley is the Sheppard of the house.

Joylene resides in Orlando, FL. with her husband, Kyan Ware, Assistant State Attorney for Florida.

Joylene was an Industrial Engineering co-op at NASA/Marshall Space Flight Center in Huntsville, AL. after being recruited by Mr. James W. Kennedy, KSC Director. Currently, Joylene is a Logistics Operations Engineer at NASA/Kennedy Space Center where she assist with Shuttle Processing Logistics support functions for flight hardware, GSE and long term supportability, evaluates processes, methods, metrics of logistics contractors for operational performance and provides technical insight within her area of specialization for launch support. She also serves as an Associate professor at Valencia Community College. Joylene is a member of Tau Beta Pi Engineering Honor Society, Phi Eta Sigma Honor Society, Alpha Kappa Mu Honor Society and National Society of Black Engineers. She joined FEW in April 2006.

Joylene wrote the following poem, "To Inspire the next generation of Explorers"

To Inspire

To inspire the next generation of great
achievers and believers
To motivate youth to reach for the stars that
no one will be behind bars
To encourage young minds to be the best they
can be
There is so much in the world to see
To influence you to go high as the sky
While others may pass you by
To stir up the gift you may possess
Are you willing to invest?
To move to higher heights
In order to see greater sights
To arouse your creativity
Show the world you have activity
To explore what grand individual you can
become
There may be many, there may be some, but
you may be the One!

Joylene Ware

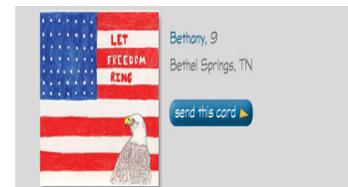
Let's Say Thanks To Our Troops

Xerox is sponsoring the following website. If you go to the site, <http://www.lets saythanks.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

September

- 4 Labor Day
- 9 Diversity Event – Cocoa Beach
STS-115 Shuttle Launched
- 11 Patriot’s Day
ATP Meeting, Hqs, 2429 – 10 am
- 15 Hispanic Heritage Month Begins
- 16 Florida Coastal Cleanup – Cocoa Beach
- 19 Business Meeting @ CIAO right after work
- 20 STS-115 Shuttle Landing
Diversity Meeting in Hqs
- 23 New Members Luncheon, Italian Court
Yard, Cocoa Beach
- 29 Submit articles for Chapter and Regional
Newsletters

October

- 9 Columbus Day
- 27 Submit articles for Chapter Newsletter
- 28 Make a Difference Day Project
- 31 Halloween
- 25 Chapter Newsletter articles due

Think About This.....

The nicest thing about the future is that it always starts tomorrow.

add a little Wisdom

Don't worry about what people think... they don't do it very often.

SPACE COAST CHAPTER, FEW 2006- 2008 Officers and Committees

Chapter

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

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

Regional

- Nominations
- Compliance

- Jean Grenville
- Vickie Hall

National

- VP for Mbrship & Chapters
- Bylaws & Resolutions

- Becky Fasulo
- Karin Biega



**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.

