

A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY
FOR WOMEN IN GOVERNMENT

Space Coast Chapter, Kennedy Space Center, FL

September, 2002

SPACE COAST CHAPTER, FEW 2002 – 2003

Officers and Committees

President	Barbara Powell
Finance	Clara Anderson
Newsletter	Sharon White
NTP/RTP Planners	Dawn Partlow and Patti Rissman
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Parliamentarian	
President Elect	Dawn Partlow
Seminar	
Compliance/Diversity	
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Vice President	Patti Rissman
Programs/Publicity	Becky Fasulo
Community Outreach	Vickie Hall
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Treasurer	Karin Biega
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Sunshine	Karen Jansma
Secretary	Suzanne Worland
Scholarships	Jane Eitel
Legislation	Maria Argana
Historian	Jean Grenville
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Nat'l VP for Training	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Maria Argana

PRESIDENT'S MESSAGE

Barbara Powell



HELLO TO ALL, AND WELCOME TO ALL OF OUR NEW MEMBERS.

I've been anticipating this moment for over two years, and now that it is here it reminds me of pregnancy. Excited at the prospect of serving the Chapter as the President; hoping that I have what it takes to help the membership make good decisions regarding the future of the Chapter; and then finally saying to myself "What have I got myself into, again?"

I want to thank the membership for expressing their confidence in my ability to provide them leadership as the new president. I'm a perfect example of someone who joins an organization, jumps into the fray of things that are happening within the group and ends up the "head elephant" for one year. But, that is exactly what I would like to suggest that the new members do. Jump in with both feet, find out what the organization is about, and lend your thoughts and hands to accomplishing wondrous things. Believe me, the members with tenure will not let you stray to far afield.

As the President, I see the next twelve months as a time of regrouping. The past two years, especially the past several months, have taken a toll on everyone involved with the 2002 National Training Program. Our patience, diplomacy, professionalism, friendships, and kindness to each other have been **stretched** a little. Regrouping will mean reestablishing all of the above, focusing on increasing our membership, and revisiting what we are about, such as:

A membership organization which, actively enhances the status of women in the Federal Workplace by providing personal and professional development training.

A group that works toward ensuring compliance with Equal Opportunity laws, regulations, and policies within the federal workplace, and

A committed entity to the equality of all federal workers, influencing legislation that impacts our lives, defending diversity, and maintaining open lines of communications.

In short we can and will make a difference.

We all know of the outstanding accomplishments our membership has performed on our jobs, and in the community over the past years. The completion of the most successful FEW National Training Program in history, in Orlando, in July, will stand as a yardstick to all of the other groups coming along behind for many years to come. It was a tremendous endeavor, and we survived. Now we need to focus on the future, and **move on together**.

I said it once, and it bears repeating. This is a remarkable group of women, and I'm proud to call them my sisters. I'm not sure what greatness they are apt to take on next, but I know that I want to be a part of it. I'll see you at the meetings!!!!

2002 National Training Program (NTP)

Clara M. Anderson

If you were at the 33rd FEW National Training Program in Orlando, you know about success! If you weren't there, you missed a great time. We had twenty Agency Forum's participate on Monday and Tuesday. The majority of the attendees of the forums attended some pre-conference classes and stayed for the general session.

Tuesday night we had a great turnout for the "Hurricane Party." In May we started having so much rain in Orlando that we decided we shouldn't tempt fate and sort of changed the theme to a "Tropical" party. The Rosen helped turn the ballroom into a tropical paradise - from the parrots in the trees to the huge fish and lighthouses. We tried something new this year and provided a boxed meal - everyone had something to eat. Everyone had a great time at the limbo and hula-hoop contests. The only problem was everyone wanted to walk off with our kitschy plastic palm trees and the hotel's tiki lights.

We began Opening Session with the presentation of the colors by the Naval Ordnance Test Unit Color Guard, led by Unit Commander MT2 Lee deCardenas. Suzy Cunningham from the Kennedy Space Center did a beautiful job of the National Anthem. We had welcoming remarks by Glenda Hood, Mayor of Orlando; Kimberly Dale, representing Governor Jeb Bush; Jim Jennings from NASA, the Deputy Director of Kennedy; a video welcome from Kay Coles James, Director of OPM; Marilyn Reames, Southeast Regional Manager; and FEW President Jeni Bungert. Alex Chan of FAPAC, Gerald Reed of BIG and Al Rocha of National Image also spoke to us during opening session. President George W. Bush sent us a special greeting I read to the audience. A special tribute in memory of Janice Mendenhall, past National President of FEW, was presented by Maria Argana (also past National President of FEW). Fred Soto of Straight Talk Enterprises was our keynote speaker and made the whole room come alive with the "FEW Thunder." He had an excellent message and encouraged all attendees to join FEW and make a difference. The National booth was packed after opening session ended. We had 24 workshop choices that afternoon.

Thursday we had workshops in the morning and afternoon. Not only was the food provided by the Rosen excellent, all enjoyed a very special Diversity Luncheon panel discussion. VP for Diversity, Arlena Fitch-Gordon moderated. The panel consisted of Dora G. Alcalá, Mayor of Del Rio, Texas; Carlton Coleman, Diversity Program Manager, National Institutes of Health, Bethesda, MD; Tracy Lee Crittenden, Assistant Chief Counsel, NASA/Kennedy Space Center, Florida; Colonel Sandra V. Richardson, Defense Finance and Accounting Service, Orlando, Florida; and Sharon M. Wong, Special Assistant to the Center Director for Diversity, Goddard Space Flight Center, Washington, DC. The Panel shared special insight as to what diversity has meant to them. Sharon White, Diversity Chair for the 2002 NTP, was unable to attend the NTP to see the culmination of her work.

Friday morning we again had 24 workshop. The outgoing and incoming elected National Board were seated at the head table. Outgoing

President Jeni Bungert was the installing officer. There was an excellent turn out for closing session waiting to hear what Fred Soto promised – the final installment from Opening Session. Thanks were given to the 2002 NTP Committee for all their efforts in producing this great annual event.

We've only heard good reports from attendees regarding the location, workshop leaders, keynote speaker and Diversity Luncheon Panel members. If you didn't get to attend this year, make plans to attend Chicago, July 7-11, 2003.



AS OUR CHILDREN START BACK TO SCHOOL.....

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write, and they won't let me talk!"



MEMBERSHIP COMMITTEE

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Karin Biega at XA-A.



Welcome the following new members to our Chapter:

- Kathy Haworth
- Ri McClamery
- Sandra Longo
- Peggy Parrish
- Jane Waters
- Karen Richter
- Mayra Small
- Gail McLean
- Sherron Gwaltney
- Marie Argana – A Lifetime FEW Member and Past National FEW President

We are truly glad to have our members support our Chapter and if anyone has any questions, call Clara Anderson at: 321-639-3154 (voice); 321-638-4228 (fax) or E-mail cmanderson8@cfl.rr.com

Please call Barbara Powell at 867-7384 if you are excited about Membership.



For Coupon Savings – From local stores and grocers to more than 100 national retailers, try www.ultimatecoupons.com



PROGRAM COMMITTEE

Becky Fasulo

Jean Grenville has turned over the reins for our monthly programs to me. Thanks to Jean for making the transition very smooth and easy and also for going ahead and planning the August meeting. I know I have a very tough act to follow, but hopefully with everyone's input and loyal attendance, we will have a good year.

By the time you receive this, we will have had our first meeting of the new year, at Kelsey's in Port St. John, with Melissa Edwards as our Guest Speaker.

We were afraid with all the work and long hours of the NTP, that we would lose members, but just the opposite has happened – we gained members! As a welcome to our new members, the chapter is planning a special luncheon for our September meeting to honor them. Plan to join us on Saturday, September 28 at Café Margaux, Cocoa Village. Everyone will order from the menu. Seasoned members will pay for their own meals, but the Chapter will treat the new members. Please mark your calendars now so that you can join us for this outstanding occasion.



Importance of Water

Submitted by Zoa Dodd

Are you drinking enough? We all know that water is important but I've never seen it written down like this before.

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as much as 3%.

One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied at the University of Washington. Lack of water is the #1 trigger of daytime fatigue.

Preliminary research indicates 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.



SUNSHINE

Karen Jansma

The following members have birthdays this summer when the Newsletter was on hiatus:

Arden Belt	July 15
Barbara Gurr	August 7
Linda Bradley	August 8
Melodie Tucker	August 21
Charletta Cribben	August 23
Suzanne Worland	August 26

Celebrating birthdays this month:

Gloria Vigilante	September 2
Joan Fosdick	September 22
Sharon White	September 25

Happy Birthday!

Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other significant events in our members' lives, so please send information to Karen Jansma at Karen.Jansma-1@ksc.nasa.gov.

Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Karen know.

GOVERNMENT NEWS & LEGISLATION

Mari Argana



BREAST CANCER PATIENT PROTECTION ACT

There's a bill called the Breast Cancer Patient Protection Act which will require insurance companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy. It's about eliminating the "drive-through mastectomy" where women are forced to go home hours after surgery against the wishes of their doctor, still groggy from anesthesia and sometimes with drainage tubes still attached.

You would think a diagnosis of breast cancer would be bad enough, but despite wide-ranging medical opinions that women who have undergone mastectomies need at least two to four days to recover from the surgery, insurance companies continue to refuse to cover hospital stays. The result? Women are forced to leave the hospital before they are ready.

The Breast Cancer Patient Protection Act, which would guarantee a minimum hospital stay of 48 hours for women undergoing mastectomy, was first introduced in 1996, but has never been brought to a vote.

This year, U.S. Rep. Rosa DeLauro, a strong advocate for women's health, has reintroduced this legislation to ensure that breast cancer patients get the care they deserve.

ACCENT DISCRIMINATION DECISION.

The following EEOC decision is very important to Hispanic Americans, who frequently are not promoted because of management's concerns with their accents when speaking English. . Direct evidence found. The agency found direct evidence of national origin (Korean) discrimination where the selecting official said that complainant would never be promoted because her accent made her too difficult to understand. The agency found no evidence that complainant's accent would have interfered with her ability to perform a Budget Analyst position. On appeal, the Commission found that the agency failed to meet its burden of showing, by clear and convincing evidence, that it would not have promoted complainant during the period at issue even absent discrimination. As part of relief provided to complainant in this case, the Commission ordered promotion with back pay. EEOC has previously held that an employee's foreign accent can be used to take an adverse employment decision only when an employee's "foreign accent interferes materially with the job performance."

Community Outreach *Vickie Hall*

Florida Coastal Cleanup: Space Coast Chapter of Federally Employed Women is participating in the Ocean Conservancy Coastal Cleanup 2002 to be held September 21, from 8 a.m. to 12 noon at Alan Shepard Park, Cocoa Beach (located at the end of SR 520). If you would like to participate in this community event sponsored by Keep Brevard Beautiful, please forward your name, phone number,

T-shirt size and time you would like to work to Vickie Hall, Vickie.Hall-1@ksc.nasa.gov .

Thanks you those of you who have already signed up for this event.

Make A Difference Day: The scheduled date for Make A Difference Day projects is October 26, 2002. If you have a specific project in mind that you would like to see the Chapter participate in, please send me the details as well as a point of contact for the project. Your assistance is appreciated.

CALENDAR OF EVENTS

September

- 02 Labor Day
- 21 Ocean Conservancy Coastal Clean Up
- 27 Hispanic Month Luncheon
- 28 Membership Luncheon – Café Margaux**

October

National Disabilities Employment Awareness Month

- 23 Spaceport Super Safety & Health Day
- 26 Make A Difference Day



Florida History and Culture

Submitted by Vickie Hall

SOUTHERN OPPOSITION TO THE WAR

The harsh realities of the war developed many divisions in the Florida political and economic community. Small farmers resented those large planters who refused to destroy their cotton fields and produce needed vegetables. The Union blockade skyrocketed prices as coffee went to \$1 a pound and pork to \$60 per barrel.

Many traders and smugglers made fortunes at the expense of the desperation of others.

As the war in Tennessee turned against the Confederacy, more Floridians were ordered into battle. General William Sherman's invasion into Georgia convinced Florida leaders that the integrity of the Deep South had been destroyed and the advantages of the North were offsetting the performance of the South's great military leadership.

Yankee troops in the winter of 1864 decided to invade Tallahassee and Florida's prosperous cotton kingdom. Florida's capital was but twenty miles from the sea and vulnerable to attack as Florida units were fighting elsewhere. The arrival of a large Federal force at St. Marks caused panic in Tallahassee, but volunteers of wounded veterans and young cadets from Tallahassee academies joined the Florida defenses.

In the Battle of Natural Bridge, this ragtag defensive force halted Union advancement and drove them back to the Gulf. Florida, thus, became the only Confederate capital east of the Mississippi to not fall to Union attack. This last battle in Florida meant little as Northern armies penetrated the South, separating Florida's resources from the Confederate armies.

The Florida Saga continues next month.

What You Should Know About a Heart Attack

Some people who are having a heart attack experience the hallmark symptom typically described on TV: sudden, intense, squeezing pain in the middle of the chest. But most heart attacks start slowly, with mild pain or discomfort. And many people, particularly women, experience atypical symptoms.

Common symptoms

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back. Women frequently experience less severe chest pain, but more significant abdominal or shoulder pain, than men.

- Pain that spreads to the shoulders, neck or arms
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

Other signs

- Nausea without chest pain
- Dizziness without chest pain
- Shortness of breath and difficulty breathing without chest pain
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness
- Swelling, particularly of the ankles or lower legs

Remember, not all of these signs occur in every attack. Sometimes they go away and return. If some occur, get help fast.

SPACE COAST CHAPTER NEWSLETTER **Sharon White**

This monthly publication is a means of sharing information and ideas, please send news articles or items of interest for this Newsletter to Sharon White at QP-ES-A-or e-mail Sharon.White-1@ksc.nasa.gov

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

FEDERALLY EMPLOYED WOMEN, INC.

Space Coast Chapter 009

Membership Application

New Applicant		Renewal		Previous Member		Change of Membership Info	
Name			Membership Number		Birth Date		
Home Address							
City, State, Zip							
Home Phone							
Agency/Company							
Mail Code/Address							
City, State, Zip							
Work Phone			FAX #				
E-mail Address							
If interested in serving as a Chapter Officer, please indicate which office							
President		President Elect		Vice President		Secretary	Treasurer
METHOD OF PAYMENT							
(Credit Cards only available Jan-Mar)							
Total Amount Due: see schedule below							
Cash or Check		Check No.		Credit Card	Visa	Master Card	
Card Number				Expiration Date (MM/YY)			
Print Cardholders Name (as it appears on card)				Signature (Credit Cards Only)			

Please place an X by the month dues are paid and pay the indicated amount.

	Month	Amount Due		Month	Amount Due		Month	Amount Due
	February	\$30.00		March	\$28.00		April	\$26.00
	May	\$24.00		June	\$22.00		July	\$20.00
	August	\$17.00		September	\$15.00		October	\$13.00
	November	\$11.00		December	\$9.00		January	\$7.00

The National Office requesting the following for statistics only:

Position/Title: _____ **Series/Grade:** _____

Circle One: SES GM GS WG Military Other

Circle if Applicable: FWP Full-time FWP Part-time EEO

Demographics

Sex [F/M] : _____ Race: _____ Years of Service: _____ Retired [Y/N]: _____

<p>Membership dues are to be paid February 1st of each year. However there is a pro-rated fee schedule for those joining after March 1st. Please contact the Membership Chair, Clara Anderson, 639-3154 if you have questions concerning your dues.</p> <p align="right">Form Revised (07/01)</p>
