

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



September 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



Space Coast Chapter of FEW has not yet discovered the quiet lull of summer. In fact it's been quiet the opposite for us. Our Chapter met on August 8<sup>th</sup>, at Durango's in Cocoa, to network and listen to our August program guest speaker Mark Rutledge, with Metro Crime Prevention. Mark reiterated the importance of personal safety, both in home, in your car, and in the parking lot. Mark pointed out that crime has increased in our area and it is never to soon to become aware of our surroundings.

Space Coast is right on track with our Annual Training Program (ATP) plans. The ATP Team met in August and are off gathering information and planning for our next ATP. We also had a Business Meeting which went really great! Together, we took care of many issues and accomplishments.

Space Coast is moving forward without any time for stagnation into our September's schedule. Please adjust your time and calendar because this month we are seeking your support for a couple of Community Outreach projects. This might be a bit tough on your families, so please extend our invitation for them to participate too, as we kick off this year's "Make a Difference Day." campaign and the Florida Coastal Clean up. Please share your pantry with those less fortunate. This year we are coordinating the collection of food and staples for the North Area Sharing Center. If you haven't signed up to help support these endeavors please get with me. We will be holding our regular Business meeting and ATP meeting too. But, I promise all of your diligent efforts will result in abundant possibilities.

We have a special guest attending our New Member's Luncheon, to be held on September 23rd, at the Italian Courtyard, in Cocoa Beach. Please come and visit with Rhonda Trent, our new FEW National President. I was really taken with her at the NTP, just a very nice and committed professional. Please make sure you take this opportunity and come out and meet her.

Ladies and gentleman, together we are a great support network. Each of you are a valuable friend in our quest to accomplish our goals. We are multidimensional! Our identity is made up of the total of our many traits and values and our character. Each of us possesses within us many different gifts. Our lives are an exercise in facing challenges. We dream the grandest of dreams and with our natural abilities, "together" we are capable of meeting our challenges. Always focus on doing the best we can and make use of the blessings we have been granted. I will promise you that the outcome of your efforts will be a joyous reflection of your dedication.

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**Sunshine Committee**

Eva Coffman



A special Happy Birthday to the following Chapter members,

Vickie Hall	9/2
Pat Lowry	9/2
Peggy Parrish	9/5
Elizabeth Wise	9/20
Joan Fosdick	9/22
Cindy Gooden	9/26
Becky Denis	9/29

Please notify me, 639-4881 or Becky Fasulo, 867-4436 or ([Rebecca.J.Fasulo@nasa.gov](mailto: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**

**Charmel Anderson**

This is for REAL - BE SURE AND CHECK YOURS OUT



Some enterprising person finally figured out a way to track somebody down, look up their personal information, criminal records, etc. It's really quite something – It's quite quick and very easy – Try it...with your name...your neighbors' name...etc.

Beginning May 06 a new database is available to the general public free of charge that displays your personal information (names, addresses, phone numbers, birth dates) – Criminal records, mortgage records, relatives, roommates, social security number, etc. are available for a price – The database is found at <http://www.zabasearch.com/> - Type in your name and check...you will be shocked – I was – Forward this email to family and friends so they will know – If you want it removed, send a email to [info@zabasearch.com](mailto:info@zabasearch.com) to request removal – I do not know how our names are in there but I checked my own and several others and they are there – Privacy is no more

**Environmental Corner**

**Martha Carroll**

**HELLO FEW, WE NEED YOU..... For The 2006 Florida Coastal Cleanup !**

Once again, FEW will be participating in the 2006 Florida Coastal Cleanup, sponsored by Keep Brevard Beautiful. FEW Volunteers are needed for the cleanup supply station at Alan Sheppard Park in Cocoa Beach. We will need at least 4 persons per shift (8-10 and 10-12). I will try to obtain t-shirts free of charge, otherwise I believe they are around \$6.00. If you would like to participate and would like a t-shirt please indicate name, shift and size on sign up sheet attached and forward to me, [Martha.Carroll@patrick.af.mil](mailto:Martha.Carroll@patrick.af.mil). If you have any questions please call me at 853-6858 or cell 543-9475.

**Scholarships**

**Aneta Ott**

Thought that I would update you on the scholarship money that was given to the WENDI program at Brevard Community College. The WENDI program now falls under the Career and Family Success Center and is coordinated by Virginia Keasler. Although it comes under a new name they still offer the same WENDI classes with the same instructors. On a daily basis, women call or drop by the office at BCC to inquire about WENDI and we are assisting them to find the resources they need. The WENDI program works closely with community resources like the Women's Center in Melbourne who are the new recipients of the Women in Transition grant and Brevard Job Link. So far they have given over \$1200 in scholarships from our donations that were made last spring. Some of the classes that women have taken are Career Analysis, Changing Directions, Finance 101, Conflict Resolution, as well as basic computer classes.

**FEW Annual Training Program (ATP)**

**Connie Dobrin**

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

And Congratulations goes out to Kris Nighswonger for her winning submission in our "Name the Theme Contest". The team reviewed all submissions on September 11, 2006 and selected Kris' theme of 'Invest a FEW Hours for a Better You!'

## Programs

### Marlene Satterthwaite

The next FEW Business Meeting will be held September 19, 2006. Meet after work ~ 4:30 - 5:00 pm at the CIAO (Central Industry Assistance Office) located just south of the Gate 2 on the Kennedy Parkway (SR 3). Meeting Agenda to be provided by President Sandy Eliason.

No need to RSVP.....Just show up.

After the meeting, many of the members will be dining out at a local restaurant. Feel free to join this friendly group!

## Membership

### Charmel Anderson

Hello fellow FEWers!!! The Space Coast Chapter of FEW will be holding its new members luncheon on Saturday, Sept. 23, 2006 at 2 pm at the Italian Courtyard in Cocoa Beach, FL. This luncheon is being held to celebrate those members of the Space Coast Chapter of FEW that have been members for 2 years or less. Please come out and celebrate all of these special individuals!!!



The menu for this event will be a choice of the following:

- \*Lasagna
- \*Grilled Chicken Caesar
- \*Grilled Chicken Garden Salad
- \*Manicotti
- \*Eggplant Rollatini
- \*Chicken Parmesan

With garlic knots, tossed house salad, beverages (coffee, soda, tea), and choice of dessert – Tira Mi Su or Cannoli

If you plan to attend, please RSVP to Barbara Powell at 321-867-7384 or Barbara.Y.Powell@nasa.gov, Becky Fasulo at (321)

867-4436 or [Rebecca.J.Fasulo@nasa.gov](mailto:Rebecca.J.Fasulo@nasa.gov) by Sept.18th so that we will be able to give an accurate head count to the restaurant for attendance. Hope to see you there!!!!

### Differences Between Men and Women

**Future:** A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.

**Success:** A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

## Government News & Legislation

### Arden Belt



### Results of Legislative Survey

#### Ranking of Legislative Priority Issues

Recently, FEW sent out an informal Legislative Survey to all Legislative Chairs to forward to their Chapter members on the organization's Legislative priorities. Members were asked to rank five issues that FEW has been working on over the last two years. They were:

#### *Government Pension Offset (GPO)/Windfall Elimination Provision (WEP)*

These are two egregious Social Security provisions that have a disproportionate and adverse impact on women covered under the Civil Service Retirement Service. The GPO lowers the spousal benefit for federally employed women; the WEP lowers by 60% her Social Security benefit if she worked for the federal government as well as the private sector throughout her career.

#### *Equal Rights Amendment (ERA)*

While four more states still have to ratify the Equal Rights Amendment, lobbying has begun at the federal level to ensure that once these four states do so, the Congress will approve the enactment of an Equal Rights Amendment.

#### *Premium Conversion*

Premium Conversion legislation has been introduced in both the House and the Senate. These bills would allow federal retirees to pay health insurance premiums with pre-tax dollars – as current federal employees can.

### ***Paid Parental Leave***

This bill would provide federal employees with six weeks of paid leave upon the birth or adoption of a child.

### ***Government Reform***

While the Administration's Working for America Act is dead, Sen. George Voinovich (OH-R) introduced a less egregious bill that would partially reform the government. There could be other bills introduced as well.

Tabulations of the 50 surveys received were done (i.e., those ranked #1 were given five points; those ranked #2 were give four points, etc.), and here is how they were ranked by respondents in priority order:

GPO/WEP Repeal	=	191 votes
ERA	=	172 votes
Government Reform	=	170 votes
Paid Parental Leave	=	137 votes
Premium Conversion	=	135 votes

### **Government Pay Raise**

The House and Senate have drawn up plans to provide a 2.7 percent raise for white-collar and blue-collar civil service employees. But the Senate has not voted on the spending bill that contains the proposed raise, leaving open the possibility that the raise could be lower.

Department of Homeland Security. The House and Senate would provide money to keep the system, known as MaxHR, under development, but the proposals fall several million dollars short of what the White House wants.

Congress appears to be holding off on full support of MaxHR until litigation ends over new labor-management rules. Unions have denounced the rules as an effort to gut collective-bargaining rights. The department is trying to move forward, however, on other personnel changes, and on Friday announced the appointment of Marta Brito Pérez, a policy official at the Office of Personnel Management, as the department's chief human capital officer, a job that has been vacant.

In a separate lawsuit, unions have blocked new labor rules for the Defense Department's National Security Personnel System. That case, too, is on appeal. The House signed off on a provision that would bar the Defense

The civil service raise remains unsettled because House and Senate appropriators, faced with budget constraints, have recommended a 2.2 percent increase for the armed forces and some higher raises for hard-to-fill positions, especially in the mid-career ranks. Typically, members of Congress approve "pay parity" raises for the military and the civil service.

The Senate hopes to wrap up a defense-spending bill soon, and congressional aides say that if the proposed military raise is not increased, it will be difficult to give civilians a higher raise than military personnel, especially during wartime.

It's also possible that a decision on the pay raise could be shoved off until after Election Day.

Congress will try to break for the campaign season by Oct. 1, the start of the next fiscal year, according to the aides. That timetable suggests that as many as eight appropriations bills, including the one that contains a pay raise, would be put off until Congress convenes a lame-duck session. In that case, some parts of the government would be placed on interim funding, through a "continuing resolution," until final 2007 budget decisions are made.

Also up for resolution is next year's funding for a new civil service personnel system at the Department from spending money on that labor system; the Senate has not taken a position.

The National Security Personnel System will undergo a review in the Senate this month, according to aides for Sens. Susan M. Collins (R-Maine) and George V. Voinovich (R-Ohio). Voinovich has tentative plans for a hearing on the new pay-for-performance system that covers federal executives, an aide said.

Rep. Jon C. Porter (R-Nev.), chairman of the House federal workforce subcommittee, plans to hold a hearing on trends in Cabinet and other senior-level pay and may support a commission to review top government salary scales to see if they have kept pace with inflation and private-sector compensation practices.

House aides also are looking into whether to allow federal employees to contribute their bonuses as lump sums into the Thrift Savings Plan, a 401(k)-type retirement program. If

performance-based pay systems spread across government as planned, an increasing number of employees will be getting their raises in bonuses rather than as salary adjustments, the aides said.

Another idea under consideration by House aides would permit federal agencies to offer housing allowances to employees who are required to move on a regular basis, such as FBI agents.

Senate aides, meanwhile, hope to get a bill on track for approval that would renew authority for the General Services Administration to set up pilot projects on relocation expenses. The test program expired last year but showed promise in reducing federal travel costs. The Congressional Budget Office estimated that the test program saved about \$15 million annually by reducing moving costs for employees at the FBI and Customs and Border Protection.

Porter also hopes to mark up a bill that would create electronic health records for the 8 million Americans covered by the federal employee health insurance program. Participation by employees and retirees would be voluntary and could be accomplished without raising health-care premiums, according to Porter aides.

### **Dental and Vision Benefits**

The U.S. Office of Personnel Management (OPM) has awarded contracts to insurance carriers that will offer supplemental dental and vision benefits under the new Federal Employees Dental and Vision Insurance Program.

Following an extensive review, OPM has selected the Aetna Life Insurance Company, Government Employees Hospital Association, Inc. (GEHA), MetLife Inc., United Concordia Companies, Inc., Group Health, Inc., CompBenefits, and Triple-S, Inc. to offer dental benefits and BlueCross BlueShield Association, Spectera, Inc., and Vision Service Plan (VSP) to offer vision benefits.

The program allows employees to use pre-tax dollars to pay for their vision and dental premiums. However, as specified by law, there is no federal government contribution.

The Federal Employees Dental and Vision Benefits Enhancement Act of 2004 was signed into law by President Bush on December 23, 2004. The Act requires OPM to establish arrangements under which supplemental dental and vision benefits will

be made available to federal employees, retirees, and their dependents, and it gives OPM broad contracting authority to leverage the purchasing power of federal enrollees.

The new supplemental dental and vision program will be offered during this year's Open Season which begins November 13 and ends December 11.

### **Free Financial Counselor Training for Spouses**

Some military spouses can become accredited financial counselors for free. The National Military Family Association (NMFA) partnered with the NASD Investor Education Foundation to create the Military Spouse Fellowship, which pays for tuition, registration and study materials.

The fellowship offers 200 military spouses access to the Accredited Financial Counselor Program. Upon completion of the program, participants are accredited financial counselors through the Association for Financial Counseling and Planning Education (AFCPE).

To be eligible, applicants must be current or surviving spouses of active duty or retired members of the Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard or Reserves.

Other requirements are a high school education, an interest in financial education and familiarity with military protocol. Preference will be given to military spouses with college degrees, financial or banking experience and/or military community volunteer experience.

The program requires 18 months of self studying (approximately four to six hours per week) with periodic group conference calls. Participants also must take examinations and meet certain score requirements.

Participants are required to pursue additional financial counseling experience while earning the certificate.

To accommodate unforeseen circumstances that military spouses often encounter, spouses in the program can receive a one-time extension of up to four months to complete the program.

Applications can only be submitted online. The application deadline is Feb. 14, 2006. Participants will be notified by March 15, 2006.

After receiving accreditation, spouses will have several potential careers available to choose from. AFCPE-accredited counselors work in credit counseling, law and banking, as well as community and family service agencies.

For more information, visit [www.nmfa.org/site/PageServer?pagename=afcpe\\_faqs](http://www.nmfa.org/site/PageServer?pagename=afcpe_faqs)

### FEMA Discusses Pet Preparedness

A recent Federal Emergency Management Agency (FEMA) press release said family disaster plans that don't include pets are incomplete.

FEMA said when responding to disasters, human life always takes first priority—pet owners need to be cognizant of these first-responder facts of life and plan accordingly.

The agency said when people have to evacuate their homes, it is always best to take the pets with them, but plan ahead. The time to contact animal shelters for information on caring for pets during emergencies is before disaster strikes. Public emergency shelters often exclude pets for space and health reasons.

Animal Disaster Preparedness tips include:

- Make sure the animal has an I.D. tag, leg band or tattoo to help reunite separated pets and owners.
- Keep a week's emergency supply of pet food, water and other essential support items.
- Take several pictures of your animals and keep them with your important papers.
- If your regular veterinarian does not have a disaster plan, locate one who does.
- Keep a pet first aid kit and first aid book in your animals' disaster kit.
- If you use a pet sitter while on vacation, discuss disaster plans and evacuation sites.

In other pet-related news, a new bill would help families in disasters stay united with their animal companions.

Rep. Tom Lantos, D-Calif., and co-sponsors Christopher Shays, R-Conn., Don Young, R-Alaska, James Oberstar, D-Minn., and Barney Frank, D-Mass., introduced legislation on Sept. 22 to ensure

that in any future disaster, federal officials will not separate people from their household pets and service animals such as seeing-eye dogs, as they did in the wake of Hurricane Katrina.

The Pets Evacuation and Transportation Standards Act (PETS Act, H.R. 3858) requires local and state emergency preparedness authorities to include in their evacuation plans how they will accommodate household pets or service animals in case of a disaster.

Lantos is the co-founder of the Friends of Animals Caucus; he currently co-chairs the caucus with Shays.

"Katrina taught us the hard lesson that, as we prepare for future emergencies, it's important we include in our plans ways to protect our pet owners and their pets," Shays said.

"The sight of evacuees choosing between being rescued or remaining with their pets...was just heartbreaking," Lantos said.

### NASA FACTS

The acronym "NASA" stands for National Aeronautics and Space Administration.

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.

The shuttle's main engines create a combined maximum thrust of more than 1.2 million pounds.



### Community Outreach

Sandra Gettter

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 26<sup>th</sup>. 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 26<sup>th</sup>, 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 that Friday, September 22, 2006 will be delivery day for Baxley Manor. Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The

monetary contributions that you make are used to buy food and personal items for these residents. My mail code is DXE3. Thanks so much for making a difference!!

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 or 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.

**Diversity Corner**  
**Muzette Fiander**

**Educating Readers:**  
**Explaining Why Diversity Matters**

A veteran newsman suggests it's time to address the bias of readers - and let them know how diversity serves journalism.

An entirely unforeseen consequence of the war in the Middle East may be reader skepticism about one of American journalism's proudest achievements -- the increase, albeit slow, in the diversity of our staffs.

I called a friend a few weeks ago to warn her that I was working on an op-ed piece about our contentious conversation a few days earlier about coverage of the Middle East. As this second conversation also turned edgy, she grabbed that day's *San Jose Mercury News*, leafed through the war coverage and then said, to my amazement, "What's with the Arab names on articles?"

With those few words, she turned diversity on its head. A huge positive suddenly became a gigantic negative.

The "Arab" byline she referred to belonged to Anthony Shadid of *The Washington Post*, who won a [Pulitzer](#) in international reporting two years ago. I pointed that out to the reader, whose response was something like, "I don't care."

I don't know Shadid, so I looked up his bio on the Pulitzer site. The wording represents everything that any editor would be proud of. But how would that reader process those words:

"Shadid, an American of Lebanese descent, speaks and reads Arabic, offering him insights not available to most Western journalists working in the Middle East. ..."

Likewise, I take a tiny slice of credit, as does everyone in Knight Ridder who even remotely knows her, for steering one of Shadid's colleagues, Hannah Allam, toward coverage of the war in Iraq. (In addition to her other skills, Hannah speaks French and knows some Arabic.) But Hannah's dad is Egyptian. Would that lead some readers to question her much-honored coverage?

I put all of that out of my mind, and out of the op-ed piece, until this past Sunday, when I spoke at an event about "how to get your letter to the editor published." (I'd conduct a similar session for groups of any race or ethnicity.)

Before the session started, an older gentleman asked if an editor of our acquaintance "really" is Jewish given that the paper's news coverage doesn't tilt toward Israel. I was caught off guard. So, rather than react the way I should have, I said that the editor in fact does happen to be Jewish. Unbelievably, he then asked about the religious affiliation of the editor's spouse. At that point, I told him that such information was none of my business. He reacted to my anger with equanimity. Why not ask such questions, he probably thought. There are no rules when it comes to the Middle East.

I concede that my sample is tiny. But I have to think that if these rude, personal questions are asked in

the liberal, hyper-diverse Bay Area, they're being asked elsewhere. Maybe we journalists are the reason. We've talked for three decades about the need to hire all sorts of people in our newsrooms because of language, cultural and other advantages. But we've generally talked only to ourselves. Maybe it's time to explain to readers that their sources of news will be much more complete when the mix includes everyone from Lebanese-Americans to Egyptian-Americans to Jewish Americans, whose backgrounds help them explain complex stories without slanting the news.

By Jerry Ceppos (Article taken from PoynterOnline, August 26, 2006) *Jerry Ceppos is a former executive editor of the San Jose Mercury News and former vice president/news of Knight Ridder.*

### Thought of the day

I've never met a person, I don't care what his condition, in whom I could not see possibilities. I don't care how much a man may consider himself a failure. I believe in him, for he can change the thing that is wrong in his life any time he is ready and prepared to do it. Whenever he develops the desire he can take away from his life the thing that is defeating it. The capacity for reformation and change lies within.

Preston Bradley

### Nominations Committee Jean Grenville

There have been a few changes in our officers since installation of officers in June 2006. Charlotte Becker has resigned as Treasurer for health reasons. Ellie Miller has resigned as VP for Membership because of job commitments. Our bylaws state "Any vacancies of elected positions or standing committee chairs, occurring for any reason, shall be filled by a majority vote of the Executive Committee within 30 days." The Executive Committee filled these positions at the August 22, 2006 business meeting. Johanna Velesquez will be acting Treasurer until the 1<sup>st</sup> of October when Clara Anderson will take over as Treasurer. Johanna Velesquez will then take the position of Finance Chair. Charmel Anderson was approved to replace Ellie Miller as VP for Membership.

The Nominations Committee is available to assist any member who may be interested in filling an officer position in the future. Please don't hesitate to ask questions of what these positions entail. Being involved as an officer or committee chair or committee member truly enhances your experience as a member of Space Coast Chapter.



## For Your Health

Submitted by Muzette Fiander

### Medicine Interactions with Grapefruit: What You Should Know

#### What is a medicine interaction?

A medicine interaction is when a medicine or food changes how another medicine works.

#### How does grapefruit interact with medicines?

Eating grapefruit or drinking grapefruit juice can cause some medicines to enter your body faster. This makes it more likely that you will have side effects from the medicine. Interactions can happen up to three days after eating or drinking grapefruit. This means you cannot drink grapefruit juice in the morning and take your medications later in the day to stop possible medicine interactions.

#### Do all medicines interact with grapefruit?

Only some medicines interact with grapefruit. Examples include medicines for:

- High cholesterol: atorvastatin (one brand: Lipitor) and simvastatin (one brand: Zocor)
- High blood pressure: felodipine (one brand: Plendil), nifedipine (one brand: Procardia), and nisoldipine (one brand: Sular)
- Heart arrhythmia (when your heartbeat isn't normal): amiodarone (one brand: Cordarone) and disopyramide (one brand: Norpace)

If you don't know if the medicine you are taking interacts with grapefruit, ask your doctor or pharmacist. Your doctor usually can prescribe another medicine that doesn't interact with grapefruit.

#### Do all fruit juices interact with medicines?

All other fruit juices, even other citrus juices, are safe to drink when taking medicine. There is no proof that these other juices interact with medicines.

### What if I take a medicine that interacts with grapefruit?

An interaction can occur even if you eat or drink a small amount of grapefruit. However, if you like grapefruit and want to continue to enjoy it, ask your doctor if there is a different medicine for you that doesn't interact with grapefruit.

## RECYCLING FACTS

TJ Piastuch

**Recycling** one ton of paper saves 20 trees and saves the equivalent of:

- 7000 gallons of water
- 60 pounds of air emissions
- 3 cubic yards of landfill space and
- 4100 kwh energy

Paper can be recycled up to 7 times.

223 pounds of corrugated cardboard is produced per person per year.

64% of post consumer cardboard is recycled. (If pre-consumer scrap is included, the recycling rate is 73%.)

42 gallons of crude oil will yield only 2.5 quarts of motor oil, while 1 gallon of used motor oil can yield 2.5 quarts of motor oil.

Making new aluminum cans from used cans takes 95% less energy than what is needed to produce a single new can. 20 recycled cans can be made with the energy needed to produce a single new can.

Recycling one aluminum can save enough energy to run your television for 3 hours.

Recycling 1 glass jar saves enough energy to light a light bulb for 4 hours.

The average American uses approximately 130 steel cans per year, 354 aluminum cans, 176 glass containers and 2.4 pounds of aluminum foil per year.

For one city the size of Orlando (roughly 1 million people) that equates to 354,000,000 cans, 176,000,000 glass containers and 2.4 million pounds of aluminum foil per year.

If our current recycling numbers are accurate, we recycle less than 1% of these materials nation wide. This means that the natural environment in and around Orlando alone each year absorbs roughly 350,000,000 aluminum cans, 150,000,000 glass containers and 2.1 million pounds of aluminum foil. The cans and foil will remain in the environment for up to 500 years, glass takes far longer than this to degrade.

With a total US population exceeding 281 million, we could say that there is the equivalent of 280 cities with a population of 1 million in the US. We would therefore have to multiply these already huge numbers by 280 to get the totals for the U.S.

American goes through 2.5 million plastic bottles every hour. That is 60 million per day, and 21,900 x 1,000,000 per year. If overall we recycle on average only 2%, then roughly 21,462 million plastic bottles accumulate in our country every year. Out of home beverage consumption is increasing each year in the U.S and around the globe.

California recycles approx. 85 out of every 100 aluminum cans The U.S makes enough low-density polyethylene-plastic each year to shrink-wrap the entire state of Texas.

If we recycle the aluminum trash that is thrown away in the US every year, we could rebuild the entire US Airline fleet every three months.

If the Pilgrims had six packs, we would still have the plastic rings from them today.

## Member Spotlight



**Aneta Ott**

I was born in a little town in Maine, and I am the oldest of five girls! My Dad used to look around the table and down at the dog and say, "Even the dog is female." Poor Dad!

Growing up I had many jobs, picking potatoes, store clerk at Woolworth's and a telephone operator, just to name a few. The greatest job was working for NASA; I started as a co-op secretary and retired as a Training Coordinator

in the Human Resource office. The biggest thrill of that job was working with Public Affairs for launch and landing. At this point I can say I worked all but three of the launches and most of the landings. It is a great joy for me to see the efforts of NASA to fly successfully, as well as meeting people from all over the world who believe in our program! I am now retired from NASA and still work the launch and landings - it's still a thrill!

I am married and live on my beloved North Merritt Island. I have two beautiful daughters and a son. I am also very blessed with three of the most wonderful grandchildren in the world (if you don't believe me, just ask me 😊). I am very concerned about the growth in Brevard. I served on the Brevard County Planning and Zoning Board for 13 years. I also serve on the North Merritt Island Advisory Board for Zoning. I attend St. Luke's Episcopal Church and serve on several committees. I have belonged to FEW for about 10 years and have served in many offices, including Membership, Vice President and President; I considered it an honor to do so. The most important thing that I do is to convince you to help me help the people at Baxley Manor. Most of these people are so poor that if it wasn't for state help and the help from us, they would be on the street.

I have received many awards that are particularly precious to me, such as Woman of the Year from Merritt Island Homeowners Association, the Member of the Year award from FEW as well as the Distinguished Service Award. I decided a long time ago that my meaning here on earth was to make a difference, and I try to do that everyday! So I must say that my most beloved award was the Presidential Make a Difference Award.

The wonderful thing about FEW is you get to meet all kinds of women from all over the country and share your experiences. The goal is to make a better place for women in government as well as any work place. This year I am Scholarship Chairman which gives me the opportunity to help other women get a chance in life to better themselves through training.

### 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](mailto:Marlene.E.Satterthwaite@nasa.gov)

**THE GIFT OF FRIENDSHIP**

Friendship is a priceless gift  
 that cannot be bought or sold,  
 But its value is far greater  
 than a mountain made of gold--  
 For gold is cold and lifeless,  
 it can neither see nor hear,  
 And in the time of trouble  
 it is powerless to cheer--  
 It has no ears to listen,  
 no heart to understand,  
 It cannot bring you comfort  
 or reach out  
 A helping hand--  
 So when you ask  
 God for a gift,  
 be thankful if He sends  
 Not diamonds, pearls or riches,  
 but the love of real true friends.

Helen Steiner Rice

**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**

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

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**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](mailto:Vickie.C.Hall@nasa.gov). If you are interested in joining this vital organization, a Membership Application is attached.