

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



September 2007

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

President's Message

Sandy Eliason

Ladies, I trust you all had a wonderful Labor Day Weekend, welcome back! Now, I must ask you for your support. It's the time of year we at Space Coast are beginning our busy season and I don't want you to miss any opportunities to get involved. First, if you haven't responded to Martha Carroll, our Environmental Chair, requesting your help with the Beach Cleanup Saturday September 15, it's not too late to give her a call or shoot her an email. The last I heard, we still needed volunteers to support 10:00 a.m. –12:00 noon.

Space Coast is just beginning the planning for this fiscal year. So, now is your time to be heard. Help us make plans for programs, meetings and outreach. Come on out and let me know what you would be interested in attending; oh, and bring a friend. The truth is, we need you, we value your diverseness, and we count on your ideas and recommendations to set up our programs and training.

Space Coast is not about any single person or me. Space Coast is about a "whole." Together, just maybe, we can represent women in a human light with challenges and successes both on a personal and professional level. Together, just maybe, we can attain results ensuring females have the necessary training skills needed in today's work environment. It's important to provide skills for ladies to move into the senior ranks. Women are still scarce at the highest levels of management – typically outnumbered by men five to one – nationwide. Our work is not done; we need you!

Here, at Kennedy, change is in the air! It's time for you to be involved with your local chapter of FEW. Please don't just be on the membership roles. Be involved! I challenge you to participate. I hope to see you all at the next meeting.

Reflections:

"The ancestor of every action is a thought."

- - *Ralph Waldo Emerson*

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Sunshine Committee

Eva Coffman



A special Happy Birthday to the following Chapter member(s)

Michelle Lehr-Church	9/1
Vickie Hall	9/2
Pat Lowry	9/2
Joylene Ware	9/2
Peggy Parrish	9/5
Elizabeth Wise	9/20
Joan Fosdick	9/22
Cindy Gooden	9/26
Becky Denis	9/29

Space Coast Chapter extended get-well wishes to Charmel Jones on her recent surgery.

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

I am missing birth dates (month and day only) for the following members: Ana Contreras, Sandra Getter, Helen Kane, Eleanor Miller, Daisy Morales, Teresa Parham, Teresa Piastuch, Ann Piepenbrink, Lois Rawji, Marilee Tewksbury, and Carrie Tillman. Please send me your birth date, so that we can celebrate with you – beckyjf@yahoo.com

A Note from Marlene Satterthwaite

Marlene Satterthwaite will be ending her CNI contractor term effective 9/12/07. Please refrain from using her NASA email address as it will soon go away and she is in the process of deleting all contents from her inbox. Most of what is sent today is jokes and she has no time to open them. Also her work phone number will have the recording to call the appropriate person for work related issues. Marlene's home email is: mbsatt44@aol.com
Home phone number is: (321) 433-2878

FEW's Mission Statement

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual harassment and the advancement of women in government. This will be accomplished by:

- encouraging diversity and equity in the workplace
- enhancing career opportunities for women
- establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- improving the quality of life for women by influencing Congressional and Administration actions
- committing to achieve and maintain a unified and diverse membership; and
- providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

In line with FEW's Mission Statement above, following are articles on Compliance, Diversity, Legislative and Training:

COMPLIANCE

Submitted by Becky Fasulo

EO Compliance, Complaints Resolution and Alternative Dispute Resolution (ADR) Division
This Division manages the investigation and adjudication of formal complaints and the implementation of the Agency ADR program for equal employment opportunity (EEO). This also includes oversight of the informal complaints process conducted at the NASA Centers. This division provides policy guidance to the NASA Centers on matters pertaining to the EEO administrative complaints process.

INFORMAL COMPLAINTS/PRE-COMPLAINT COUNSELING

EEO Officers at each of the NASA Centers have responsibility for administering the

pre-complaint counseling stage of the discrimination complaints process. The first step for an employee or applicant who feels he or she has been discriminated against by NASA is to contact an EEO counselor at the Center where the alleged discrimination took place within 45 calendar days of the alleged discriminatory action. Generally, EEO counseling must be completed within 30 days. The aggrieved individual may then file a formal discrimination complaint against the Agency with this Division. Individuals who believe they have been discriminated against by NASA must seek counseling before filing a complaint of discrimination.

FORMAL COMPLAINTS

All formal complaints must be filed with the Director, EO Compliance, Complaints Resolution and ADR Division within 15 calendar days from the receipt of the Notice of Rights and Responsibilities from the EEO Counselor. Once a formal complaint is filed, this office has the responsibility to acknowledge the receipt of the formal complaint, and determine whether it meets the requirements for acceptance under the Equal Employment Opportunity Commission (EEOC) regulations at 29 C.F.R. Part 1614, delineate the allegations in an Acceptance/Dismissal letter (ARL), and notify the Responsible Officials (RO's) of their rights in the process.

INVESTIGATION OF COMPLAINTS

If a complaint is accepted for investigation, the EO Compliance, Complaints Resolution and ADR Division has the responsibility to arrange for the investigation of the complaint, and will monitor the case throughout this process. The Agency shall complete its investigation within 180 calendar days of the date of the filing of an individual complaint or within the time period contained in an order from the EEOC. Once the investigation is completed, this division shall provide the complainant with a copy of the investigative file, and depending on the issues in the complaint, shall notify the complainant that he or she has the right to request a hearing and decision from an EEOC administrative judge (AJ) or may request an immediate final Agency decision (FAD) without a hearing from the Assistant Administrator for the Office of Diversity and Equal Opportunity

within 30 calendar days of receipt of the investigative file.

HEARING STAGE

If an EEOC hearing is requested, it is the responsibility of the EO Compliance, Complaints Resolution and ADR Division to request an EEOC administrative judge, and arrange for a court reporter to transcribe testimony taken at the hearing. The Center EO Offices make the logistical arrangements for the hearing. The Agency is represented at the hearing by an attorney in the General Counsel's Office, if it involves a Headquarters complaint, or by an attorney in the Chief Counsel's Office, if the complaint arose at a Center.

FINAL AGENCY DECISIONS

The EO Compliance, Complaints Resolution and ADR Division is responsible for preparing final Agency decisions on all formal complaints of discrimination, and for notifying responsible officials when a final agency decision has been rendered.

If a finding of discrimination is made in a final agency decision, this office must maintain oversight of the corrective action, and make determinations regarding attorney's fees and costs, and compensatory damages.

APPEALS

The EO Compliance, Complaints Resolution and ADR Division has the responsibility to prepare Agency oppositions to all appeals, requests for reconsideration, and oppositions to requests for reconsideration filed with the EEOC. A complainant may appeal an Agency's final decision or dismissal of a complaint to the EEOC within 30 calendar days of receipt of the dismissal, final action, or decision.

If the complaint is on a matter that is appealable to the Merit Systems Protection Board (e.g., a mixed case such as a termination of a career employee), the complainant may appeal the final Agency decision to the MSPB within 20 calendar days of receipt or go to the appropriate United States District Court within 30 calendar days. The complainant may petition the EEOC for review of the MSPB decision concerning the claim of discrimination.

ALTERNATIVE DISPUTE RESOLUTION (ADR)

At all stages in the EEO process, Alternative Dispute Resolution (ADR) is encouraged. The purposes of ADR include obtaining resolutions, reducing processing time, reducing dollar costs, reducing formal complaints, and restoring harmony in the workplace. The EO Compliance, Complaints Resolution and ADR Division provide Agency policy, training, and technical guidance for ADR programs.

Each NASA Center has the responsibility to set up its own ADR program. ADR models currently in place at Headquarters and at the NASA Centers include the fact-finding mediation conference, the complaints manager/mediator, the EO counselor/mediator, the contract mediator, and the ADR management team.

SETTLEMENT AGREEMENTS

If a settlement agreement is reached between the parties in a dispute, the Center EO Offices have the responsibility to monitor the terms of the agreement. If a complainant believes that an agreement has been breached, he or she must bring that matter to the attention of the Assistant Administrator for Diversity and Equal Opportunity within 30 calendar days of learning of the alleged violation. A complainant may request that a complaint be reinstated or that a settlement agreement be enforced. The EO Compliance, Complaints Resolution and ADR Division have the responsibility to investigate allegations of breaches of settlement agreements, and to make determinations as to whether or not agreements have been violated. If you have any questions about the discrimination complaints process at NASA, you may contact the EO Compliance, Complaints Resolution and ADR Division, or the EO Office at any of the NASA Centers.

National Aeronautics & Space Administration,
Office of Diversity & Equal Opportunity

Ref: <http://www.hq.nasa.gov/office/code/ec.html>

Cultural Diversity
Charlotte Becker

Since Muzette Fiander will be unable to attend the EEO Cultural Diversity 4th Event on Saturday, Sept 8, 2007, Charlotte Becker will attend for FEW. The event will be at the Radisson at the Port. Charlotte plans to attend with Helen Kane and will submit a report for next month's newsletter

FEW Diversity Field Trip

Submitted by Barbara Powell

On Wednesday evening, August 23, 2007, 12 members of the Chapter took a trip back in time to an era that left most of us looking at one another and saying "How could that have happened right here in Brevard County?"

Everyone agreed we thought segregation began with Rosa Parks not going to the back of the bus, the Freedom Marches in the South, Martin Luther King's "I Have A Dream" speech given on the steps of the Lincoln Memorial in Washington, DC, and especially the assassination of Martin Luther King in Memphis, but we were wrong.

This report is about a visit to the Harry T. Moore home site in Mims, Florida, which is less than 20 miles from most of our homes. Harry T. Moore was truly "A Man Before His Time." He was really America's first civil rights martyr.

A terrorist bomb murdered Harry T. Moore when it exploded under his bedroom on the evening of December 25, 1951. It was also the 25th wedding anniversary of Harry and his wife, Harriette V. Moore. It was to be the first killing of a prominent civil rights leader, and was the spark that ignited the American civil rights movement.

Harry and Harriette Moore were leading human rights activists in Brevard County Branch of the NAACP in 1934, and he led the Florida organization and the fight for equality and justice until their deaths. As executive secretary of the Progressive Voters League, he helped break down registration barriers and was responsible for the registration of tens of thousand of black Americans throughout Florida.

The book "Before His Time" written by a Tallahassee writer, Ben Green, chronicles Moore's rise from a principal in an all-black school to an uncompromising black leader in Jim Crow Florida. Moore methodically embarked on a legal campaign to equalize salaries between white and black teachers. Moore soon recognized that integration would be achieved through the ballot, not the courts. In 1944, with America at war, as Southern sheriffs using peonage laws to keep blacks working for subsistent wages, he organized the "Progressive Voters" League – essentially a political arm of the NAACP, which was barred from entering partisan politics.

Under Moore's untiring leadership, the league registered 100,000 black voters in the Democratic Party – enough, as Green points out, given the Democrats' stranglehold on public office in Florida. "to affect the outcome of every statewide political." He crisscrossed the state – visiting churches, NAACP chapters, labor and social groups, often meeting with only a handful of believers under the cover of darkness – to raise money and build the league into a formidable political force. At the height of Moore's power, he pushed the Florida Legislature to outlaw the Ku Klux Klan, pass anti-lynching laws and to make cities liable for police brutality.

But no campaign earned him more enemies than Moore's defense of three black men arrested in 1949 for the alleged rape of a white farm bride. Set in the tiny backwoods community called Groveland, the case pitted Moore against the iron-fisted Lake County sheriff, Willis McCall, a former fruit inspector whose mistreatment of blacks and union organizers had already spawned the first of nearly 50 state and federal investigations.

Drawing from a rich collection of files and investigative notes from the Justice Department, FBI, NAACP, Florida Archives and state and local agencies, Ben Green's book gives a comprehensive view of how Moore's "agitation" in the Groveland case was likely the cause of his unsolved murder.

The NAACP was later accused of using the death of Moore as a way of means of raising funds when indeed they had abandoned him for financial reasons. The myth that

Hoover's FBI "whitewashed the case", was dispelled; as a matter of fact their work was considered "stellar", even by today's standards. However, it was determined that the NAACP continued to embrace their murdered colleague, even after they had abandoned him for financial reasons. Harry Moore actually proved to be worth more money to the NAACP dead than alive.

Moore's life is a reminder that violent racism in Florida is hardly a problem of ancient history. Far from being an aberration, people like Sheriff McCall remained in office for years because Floridians equated segregation with natural law. Harry Moore may have been a big fish for white supremacists, but he was black and intolerant in 1951 Florida.

Harry's wife, Harriette V. Moore was born in Mims, FL in 1902, and she passed away a few days after Harry's death. She attended Daytona Normal Industrial Institute in Daytona Beach, FL, and graduated from Bethune-Cookman College in Daytona Beach with an AA Degree in 1941, and a B.S. Degree in 1950. She taught school in Merritt Island, Mims, and Lake Park, Florida. The Moore's were survived by two daughters, Annie Rosalea Moore Hampton, who passed away in 1972, and Juanita Evangeline Moore who is currently living in Washington, D.C.

Brevard Co. began working with the Brevard Co. Branch of the NAACP in 1989 to acquire the property which was purchased in 1994. In 1992 the Harry T. Moore Home Site Development Committee of the Brevard Co. Parks and Recreation Department was established in cooperation with the Brevard Co. branch of the NAACP to initiate development of the property. The site now serves as a memorial to the Moore's, as an educational and interpretive center, and as a center for social and cultural activities in the community.

The site is located at the south end of Freedom Avenue, off Parker Street in Mims. Future plans include a reconstruction of the Moore's six-room house, with memorabilia from the Moore's lives; picnic areas; and an outdoor pavilion. It is expected that the Home Site will become an historical tourist destination

The Harry T. & Harriette V. Moore Memorial Park is seeking information from people who knew the Moore's. Of particular interest are the design, layout, and furnishings of their home and items of the Moore's that will help tell the story of the Moore's and their lives. The beautiful museum, which is inside the main building, has many items that were donated by Evangeline, the surviving daughter.

Celebrating Labor Day

We want more schoolhouses and less jails; more books and less arsenals; more learning and less vice; more constant work and less crime; more leisure and less greed; more justice and less revenge; in fact, more of the opportunities to cultivate our better natures, to make manhood more noble, womanhood more beautiful and childhood more happy and bright. These in brief are the primary demands made by the Trade Unions in the name of labor. These are the demands made by labor upon modern society and in their consideration is involved the fate of civilization.

Samuel Gompers, address to American Federation of Labor, August 28, 1893.

Government News & Legislation

Submitted by Arden Belt

Click on the following link to read full story on Council/Committee Appointments ~

[Rubio Announces New Council/Committee Appointments](#)

Florida House of Representatives Speaker Marco Rubio today announced new council and committee assignments for the 2007-08 year.

[08/15/2007](#)

Health - This week, the House and Senate each approved a bill to reauthorize the State Children's Health Insurance Program (SCHIP).

On July 31, The Senate approved, by unanimous consent, a resolution (S. Res. 285) designating September 9, 2007 as "National Fetal Alcohol Spectrum Disorders Awareness Day."

Employment - On July 30, the House passed, 225-199, the Ledbetter Fair Pay Act (H.R. 2831).

Veterans - On July 30, the House passed, by voice vote, the Veterans Health Care Improvement Act (H.R. 2874).

Mark-Ups:

Health - On August 1, the Senate Health, Education, Labor and Pensions (HELP) Committee approved, 13-8, the Family Smoking Prevention and Tobacco Control Act (S. 625).

Miscellaneous - On August 1, the Senate Homeland Security and Governmental Affairs approved en bloc, by voice vote, a bill (S. 597) to extend for two years the provisions requiring the U.S. Postal Service to issue the breast cancer postage stamp.

Children and the Media - On August 2, the Senate Commerce, Science, and Transportation Committee approved, by voice vote, the Child Safe Viewing Act (S. 602).

International - On July 31, the House Foreign Affairs Committee passed legislation focusing on international issues that affect women. The committee passed several measures en bloc, including resolutions pertaining to gender-based persecutions and Central American violence, and a bill pertaining to global poverty; the committee approved by voice vote a bill relating to tuberculosis prevention.

[July 16, 2007](#)

[Congress Approves Measure to Extend Transitional Medical Assistance and Abstinence Education Program](#)

On July 10, the House approved a bill (S. 1701) to extend the Transitional Medical Assistance (TMA) and abstinence education programs through September 30, 2007; both program authorizations expired on June 30.

House Approves Bill to Reform Section 8 Program

On July 12, the House passed the Section 8 Voucher Reform Act of 2007 (H.R. 1851), sponsored by Rep. Maxine Waters (D-CA).

House Passes Bill to Increase Pell Grants

On July 11, the House approved the College Cost Reduction Act (H.R. 2669).

Senate Considers FY2008 Defense Authorization Bill

This week, the Senate began its consideration of the FY2008 Defense Authorization bill (S. 1547).

Subcommittee Reviews Paycheck Fairness Measure

On July 11, the House Education and Labor Subcommittee on Workforce Protections held a hearing to examine whether the Paycheck Fairness Act (H.R. 1338) is needed to update the Equal Pay Act of 1963 (P.L. 88-38).

House Panel Examines DoD Mental Health Report Findings

On July 12, the House Armed Services Military Personnel Subcommittee held a hearing on the findings of the Department of Defense (DoD) Task Force on Mental Health, established as part of the 2006 National Defense Authorization Act (P.L. 109-163), to make recommendations on how to improve the military mental health care system.

House Panel Examines Women Veterans' Health Issues

On July 12, the House Veterans' Affairs Health Subcommittee and Disability Assistance and Memorial Affairs Subcommittee held a joint hearing on health issues facing women and minority veterans.

House Subcommittee Examines Mental Health Parity

On July 10, the House Education and Labor Subcommittee on Health, Education, Labor, and Pensions held a hearing on the Paul Wellstone Mental Health and Addiction Equity Act of 2007 (H.R. 1424).

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

Please send your suggestions to Marlene Satterthwaite @ mbsatt44@aol.com

2008 RTP/ATP PROGRAM COMMITTEE

Jean Grenville

The 2008 RTP/ATP Program Committee members are off working their magic in gathering speakers and information to plan the program for the 2008 RTP/ATP March 5-6-7, 2008. An "Invitation To Present" has been prepared and sent out to prospective speakers to be returned by September 15. The Program Committee will then have detailed documentation to review to make their decision on speakers for the event. Thank you for forwarding us your suggestions.

And Now for some of our other activities:

Membership

Charmel Jones

We look forward to seeing our new members and all of our members at some of our chapter activities and hearing about what you are doing in your busy lives. It gives me great pleasure to have you all as a member of our organization and the Space Coast Chapter of FEW.

Please feel free to contact me at any time for information regarding your FEW Membership. You can give me a call at 321-867-2938 or e-mail me at Charmel.L.Jones@nasa.gov.

Remember to share our Newsletter with your friends, invite them to meetings and get them involved.

Thanks for your support and I'm looking forward to seeing you soon!

Scholarships

Aneta Ott

BCC presented Space Coast Chapter with a Certificate of Appreciation on August 15th. The Certificate was in recognition of outstanding generosity, dedication, and commitment to student scholarship development.

Community Outreach

Sandra Gettter

Just a note to remind you that Friday, September 21st 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. Thanks so much for making a difference!!

I will be away most of the month of September so Aneta Ott will coordinate pick up from the normal drop off points.

Valerie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, Carol Moore HQ 3490, Ana Contreras HQ 3531F and Charmel Jones O&C 1073M2 can take your contributions and items.

Here is the list...suggestions

Needed Items

Food Items

Small cans of vegetables & fruits
Jell-O & pudding snacks
Graham crackers, Saltine crackers
Any meat or meal in a can with the flip top lid...
Lunchmeats, tuna, Spam, chicken, Vienna sausage, ham, deviled ham, Sardines, beef stew

Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)
Toothbrush, toothpaste, mouthwash
Hand lotion, hair spray, mousse or gel, comb/brush
Razor, Nail files, clippers, Socks, stockings, earrings
Reading material such as books or magazines

Thanks again for your support of this worthy cause.

Make a Difference Day Project

This year, Space Coast Chapter of Federally Employed Women has chosen the Brevard Sharing Centers as their project for "Make a Difference Day". The Sharing Center is really low on canned goods and personal care items. We are hoping this year to collect enough to benefit both Central Brevard (Cocoa) and North Brevard (Titusville).

FEW would like your help to "fill the pantries" so those less fortunate can get some needed assistance. Suggested items include canned foods; peanut butter; jelly; packaged rice and pasta meals; and other non-perishable items; as well as personal care items such as: toothpaste/brushes; shampoo & cream rinse; soap; shaving cream & razors; and other items such as diapers of all sizes, wipes, toilet paper, etc.

Name	Phone	Building
Irene Laturno	476-2626	CCAFS R&D,Rm 109
Martha Carroll	853-6858	CCAFS 45 CES/CVP Bld 60600, Rm 2025
Mary McMains	867-7406	Central Supply (JBOSC.), Rm 101
Laurie Brown	867-4166	CIF, Rm 302B
Dawn Partlow	853-5356	E&O, Rm 2030G
Sandra Getter	867-6951	EDL, Rm 203
Linda Rhode	867-2455	HQS, Rm 1114A
Cathy Hope	867-3056	HQS, Rm 1641B
Debi Bledsoe	867-2028	HQS, Rm 2142
Joette Feeney	861-2016	HQS, Rm 2209
Karen Dubois	867-2309	HQS, Rm 2488D
Vickie Hall	867-9100	HQS, Rm 2640F
Mary Baldwin	867-3322	HQS, Rm 3144
Jenny Young	867-5155	HQS, Rm 3427
Carol Moore/Jan Jan Palin	867-8483	HQS, Rm 3490
Debra Hill	867-7143	HQS, Rm 3619C
Sandy Eliason	861-9309	LCC, Rm 4P23B
Jim Hall	867-1089	M&O, Rm 141
Charmel Jones	867-2938	O&C, Rm 1073M2
Brian Luther	861-3837	OSB, Rm 5301D
Aden Belt	867-2468	Press Site, Rm 1000
Tina Adams	867-6054	SSPF, Rm 3074D
Lisa Simpson	867-1759	SSPF, Rm 3228L

The project will continue through October 26, 2007. If you would like to set up a collection box in your area or have any questions please contact Sandra Getter, 867-6951 or email Cassandra.F.Getter@nasa.gov

Word of the Day

amethyst \am' a theist\, *noun*:

1. A purple or violet quartz or corundum used in jewelry.
2. Purple or violet.

Nominations Committee

Jean Grenville

Just a reminder to current officers who are eligible to be considered for the 2008 – 2010 Space Coast Chapter elections to be thinking about whether you would like to take on another term with the FEW Space Coast Chapter. You've done a wonderful job this term and we would welcome your continuation as an officer of Space Coast Chapter. This will also be a great opportunity for some of our committee chairs to start the process of gaining experience as an officer and to move up the chain of command to lead this wonderful group of women. Space Coast Chapter has always used this process as a way to gain experience for our Presidents and Vice Presidents and it has worked very well.

As a member of the Southeast Nominations and Elections Committee, I also need to be thinking about nominations for the Southeast Region Officers for 2008 – 2010. Our chapter has done an outstanding job of volunteering and participating in Southeast Region matters in the past. We will be looking for nominations for Southeast Regional Manager, Assistant Southeast Regional Manager, Awards Committee Members (3) and Nominations and Elections Committee Members (3). Please let me know if you would be interested in any of these positions or if you need any information about them.

Environmental

Martha Carroll

It's that time again for the Florida Coastal Clean-up. It will take place on September 15, 2007, at the Alan Sheppard Park, which is located at the end of SR 520, from 8 a.m. - 12 p.m. This is not a strenuous job, we hand out supplies for the people that clean up the beach. If you want to participate in cleaning the beach you may. Please check your calendar and sign up, we are only asking you to sign up for a two-hour shift, 8-10 or 10-12. Please fill out the sign-up sheet previously e-mailed to you and forward it to martha.carroll@patrick.af.mil as soon as you can. Be sure to put down your *shirt size*. *Bring your friends!*

Health - Snoring & Apnea

Submitted by Muzette Fiander

Sleep apnea is a serious disorder in which a person temporarily stops breathing during sleep. Millions of Americans suffer from these breath interruptions--apneas--that can last up to 20 seconds and occur dozens, even hundreds, of times each night.

There are three types of sleep apnea: obstructive, central, and mixed. Obstructive sleep apnea, the most common type, occurs when soft tissue in the back of the throat collapses and obstructs the airway, causing you to repeatedly stop breathing during sleep. With central sleep apnea, the brain doesn't signal your muscles to breathe, although your airway isn't blocked. Mixed sleep apnea is a combination of obstructive and central.

Apnea's disruptive cycle happens many times each night, resulting in a broken, non-restful sleep that can lead to excessive daytime drowsiness, headaches, a lowered attention span, memory loss and irritability, even depression. Apnea can also increase risk for cardiac arrhythmia, hypertension, heart attack and stroke. But the condition can be treated, improving sleep and putting a stop to snoring.

Although people with sleep apnea often snore loudly, not every snorer has apnea. Why some of us snore is not known, but being overweight, drinking alcohol, taking sedatives at bedtime, being pregnant, and sleeping on your back can all contribute to this noisy affliction. Snoring, in itself, usually causes no harmful symptoms, except perhaps disrupting the sleep of your significant others.

Key Stats

1. As many as 18 million Americans suffer from sleep apnea. But most people don't know they have it; it's usually noticed first by a family member or bed partner.
2. One of every 50 middle-aged women has sleep apnea. Men are still most likely to have the condition, but anyone can have it, even children.
3. More than half the people who have sleep apnea are overweight, and most snore loudly. Drinking alcohol or taking sleeping pills increases the frequency and duration of apnea episodes.
4. The most noticeable daytime symptom of obstructive apnea is feeling very sleepy. Untreated sleep apnea patients are three times (or more) likely to have automobile accidents.
5. Having a family member with sleep apnea increases your risk of the condition. Sleep apnea is more common in African Americans, Hispanics, and Pacific Islanders than in Caucasians.

Taken from Prevention.com



MEMBER SPOTLIGHT

Full name: Karin Kay (Kirsch) Biega
How long have you been a member of FEW? Joined in June, 1983
Where were you born? Silver City, New Mexico (Dad was going to college; Mom a registered nurse in the hospital)

Educational background, i.e. degrees, name or school/college, etc. Associate of Science degree in Business/BCC

Where and when did you begin your professional career? Joined the U. S. Navy in September, 1966; boot camp in Maryland, payroll school in Rhode Island, stationed in Memphis, TN doing military payroll. Following my discharge in 1968, went back to work for the Navy as a civilian, GS2, running a new gadget - a big, IBM photocopier, also ran the mimeograph and another machine I've forgotten it's name, just remember it was big and messy!

Present employer: retired from NASA, May 2003

Length of time employed : including my U. S. Navy time, and my civilian federal government career = over 32 years.

Other offices where you have been employed : began my NASA career in the good old clerical pool in 1980; spent a few weeks in the Training Office before transferring into the Payroll Office. Left NASA in October 1980 for a year's tour in Key West with hubby; was fortunate to be able to return in 1981 to, surprise, the Payroll Office. Wanted to see more of NASA-KSC, so took a chance - and my boss took a big chance - and accepted a job in the new Logistics Directorate at a lower grade and became a secretary - thank God for another new invention - the computer. From there, through a recommendation by a couple of FEW "sisters," I was offered an opportunity to transfer into the Shuttle Directorate and a job working with several computer systems - thankfully I picked up computer "stuff" easily - and began a new career in one of the old boxcars, yes, prior to the OSB. Again, taking a leap of faith and with the support of Clara Anderson and her boss, I came back to the headquarters building and a great job in the Shuttle Management Action Center that also led me to becoming the directorate's awards person. When Clara was selected as Shuttle's Administrative Officer, one of the individuals doing training for this big group was retiring soon and I was asked if I wanted to add training to my growing

resume plus bring the awards portion of my current job with me. This proved to be a wonderful transfer and a great chance to learn even more. Then Clara retired ... while I knew her replacement and that we'd work together fine, I also knew I'd reached the end for additional promotions in this field and made my peace to retire as a GS12. Then as luck would have it, another possibility came to me in the form of a job announcement in a new office and I knew I had to apply for it. A Management Analyst position, growth to GS13, in the AA-D office. I went to my boss and told him I had to take this chance and apply, it wasn't personal, but he couldn't ever offer me a 13. I would like to think that not only my reputation and growth those past 25 years helped me be selected, but I know it helped to have all my FEW contacts able to vouch for my abilities - and I was selected. Following a reorganization in 2000, this office was broken up and merged with a couple of others and I was given one last opportunity to select which office I'd like to go to. Since I knew this was most likely the position from which I would retire, I choose the new "External Relations" directorate where I spent the last of my career doing metrics, awards, training, admin, and creating PowerPoint presentations for the director's speeches. I can honestly state that my wonderful career with NASA would not have happened without my network of FEW "sisters."

Brief description of current job and title:

co-owner of Canaveral Propellers (repair boat propellers) in Port Canaveral

Marital status: still married to the same wonderful guy since March 16, 1968

Children/Grandchildren : one beautiful and wonderful daughter, who along with her fiancée (husband on 10/20/2007) has given us two darling grand-dogs: Amber and Whiskey. Grand CHILDREN may be coming.

Hobbies: reading, traveling, being with family and friends

Aspirations: Continue to be the best I can be and help others as much as possible.

Other activities that you are involved in, i.e. church, other outside

organizations, etc.: FEW - serve at the national, regional and chapter levels as bylaws chair, serve on a homeowners board and president of a condo association where we currently live while my husband and I rework our river home.

Awards you have received that you are especially proud of: have been the recipient of several NASA awards including the Manned Flight Awareness and Silver Snoopy; received the Space Coast Chapter President's Award and Member of the Year, however the award I received in July 2007 from the National Organization following the nomination by Space Coast Chapter that is to me the crowning recognition by Federally Employed Women is the Barbara Boardman Tennant award and the one I will always cherish because it came from my FEW "sisters."

Ovations for the Cure Encourages Supporters to Wear Teal on September 7, 2007 to Raise Awareness About Ovarian Cancer

NATICK, MASSACHUSETTS - Ovations for the Cure a not-for-profit organization dedicated to the relentless pursuit of a cure for ovarian cancer, is asking supporters to wear the color teal on "Wear Teal Day" - Friday, September 7, 2007. The goal is to raise awareness and encourage supporters to donate to the organization's Annual Appeal for Hope. Wear teal on September 7, 2007, and you can help build awareness, spread the word and hope about ovarian cancer.

"Currently there is no test available to detect or screen for ovarian cancer in its early stages, leading to late diagnosis in 75 percent of all cases. Ovations for the Cure offers a message of hope and directly supports ovarian cancer research," explains Patty Franchi Flaherty, Ovations' Founder and eight-year ovarian cancer survivor. "If each individual wears teal on September 7th, they will join in a growing wave of awareness about the disease and take the first steps to finding a cure."

Symptoms of the disease include bloating, pelvic or abdominal pain, difficulty eating or feeling full quickly, frequent or urgent urination. Experts say women should see their doctor if they suddenly experience any of these symptoms daily for at least two or three weeks.

Ovations recently introduced "The Hope Collection" as another way to wear teal. The collection includes cell phone charms, earrings and bracelets with teal and butterfly accents, pearls and Swarovski crystals to support research and spread the message of hope - to purchase these items, please visit www.ovationsforthecure.org. One hundred percent of all proceeds go directly to research and awareness of ovarian cancer.

About Ovations for the Cure - The Ovations for the Cure Foundation, a 501 (c) (3) not-for-profit organization, is dedicated to the relentless pursuit of a cure for ovarian cancer in two critical ways: by proliferating broad-spectrum awareness of ovarian cancer risk factors and its subtle warning signs and through the continued support of new and ongoing ovarian cancer research and treatment initiatives. For more information about Ovations, please visit www.ovationsforthecure.org.

A Special Occasion
Submitted by Lee Furis

October 23, 2007 - Woman's Day Extravaganza, 10AM to 3PM at One Senior Place, 8085 Spyglass Hill RD, Vierra, FL. Inspirational event designed to help women celebrate who they are, enjoy the fellowship of other women and continue life's learning experience. Presenters, health screenings, exhibitors and more will be available. For information call (321) 751-6771 or visit www.oneseniorplace.com.



Newsletter
Jean Grenville & Karin Biega

This monthly publication is a means of sharing information and ideas with members and friends. Thank you, Vickie Hall, for your dedication and commitment to the publishing of the newsletter. You will be missed! Please send your news articles or items of interest for this Newsletter to Jean Grenville, fax 453-0226, or e-mail at jeangrenville@aol.com. If you are interested

in joining this vital organization, a Membership Application is attached.

Calendar of Events

September

- 3** Labor Day
- 7** Wear Teal in Support of Ovarian Cancer
- 8** EEO Cultural Diversity 4th Event
- 15** Florida Coastal Clean up
- 21** Delivery to Baxley Manor
- 24** Newsletter articles due
- 31** SE Region Newsletter Articles Due

October

- 13** Teddy Bear Tea - Kiwanis Island
- 23** Woman's Day Extravaganza (see article above)
- 26** Make A Difference Day Deliveries
- 26** Space Coast Chapter News Article Due

SPACE COAST CHAPTER, FEW 2006- 2008 Officers and Committees	
<u>Chapter</u>	
President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Charmel Jones
Treasurer	Clara Anderson
Secretary	Barbara Powell
Nominations Officer	Jean Grenville
Immed. Past President	Dawn Partlow
Compliance	Becky Fasulo
Diversity	Muzette Fiander
Legislative	Arden Belt
Annual Trng Program	Marlene Satterthwaite
Finance	Johanna Velasquez
Scholarships	Aneta Ott
Newsletter Editor	Jean Grenville
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward
<u>Regional</u>	
Nominations	Jean Grenville
Compliance	Vickie Hall
<u>National</u>	
VP for Mbrshp & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
NTP 2008 Treasurer	Clara Anderson

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

Membership ID
Month/Year Joined

LAST NAME FIRST NAME MI

ADDRESS 1

ADDRESS 2

CITY STATE ZIP CODE + 4

OFFICE PHONE: HOME PHONE:

FAX: EMAIL:

GRADE (check)

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

FWP/EEO (check)

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

DEMOGRAPHICS

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

ABOUT THE ORGANIZATION

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

Annual National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter members is contingent upon national membership. National lifetime membership is a one-time fee of \$300.00. Chapters may set their own lifetime fee.

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

- March \$25.00, April \$23.00, May \$21.00, June \$19.00, July \$17.00, August \$15.00, September \$12.00, October \$10.00, November \$ 8.00, December \$ 6.00, January \$ 4.00, February \$ 2.00, Total National, Total for Chapter \$ 5.00, Check Amount

- I wish to join the Space Coast (009) Chapter as a member.
I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed).
I wish to join as a Lifetime Member. Payment of (\$300.00) is enclosed.

Chapter Info Only Mail Code Date of Birth