

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



September 2009

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



President's Message

Marlene Satterthwaite, President

Newsletter Highlights	
President's Message	1
Legislation	2
Sunshine	2
NTP 2009 Feedback	3
Program Meeting	8
Community Outreach	8
Florida Coastal Cleanup	9
Calendar of Events	11
Officers & Committees	11
Membership App.	12

I received many positive comments about the August 12 PROGRAM Meeting at Jimmies Restaurant. Karen Savage from Florida Memorial Gardens gave a "lively" informative presentation on pre-planning funeral and cremation services. Karen emphasized that planning ahead saves money. Pre-planning allows you to pay ahead in today's dollars plus relieve your family from the stress and emotions in making those decisions. Besides you can call the shots on what final plans you desire. Door prizes (angels) were awarded. We viewed a video and were provided handouts and Florida Memorial paid for the delicious meals. Approximately 23 were in attendance, including 1 guest (my hubbie who wanted to hear what arrangements I made for him!!). Some of the attendees have already made appointments with Karen.

The Board & Chairs held a pre-retreat planning meeting at Karin Biega's home on 8/26. We addressed driving/pooling arrangements, revisions to the agenda, who's attending -- looks like the stage is set for the September 16-20 retreat. An estimated 14++ chapter members will retreat to a rented Orlando home where we will meet for 2 days (Friday & Saturday) to plan chapter business for the next year. At least 14 plan to overnight 2-3 nights and a few other members are coming by to attend the meetings, but not over-nighting with the rest of the crew. This is a great learning experience and an opportunity to contribute your ideas, skills and time to this great organization!

The Programs are lining up for the rest of the year. October, Teresa is scheduling a KSC Health/Exercise Facility speaker to speak on trigger points and pain. November 12 a trip to Tires Plus -- "Auto Mechanics 101" and the ever-popular Christmas party, date and place are yet to be determined. More information to follow or contact Teresa Piastuch/ 861-2022 or 536-9473 teresa.j.piastuch@nasa.gov. We are always open for your ideas in planning programs. Please let us know what you are thinking!!



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.

LEGISLATIVE

Submitted by Connie Dobrin

FEW has five top legislative goals for this year. They are:

1. Enactment of a Paid Parental Leave Act (HR 626/S 354) that would provide paid leave for federal workers following the birth or adoption of a child.
2. Enactment of the Equal Rights Amendment which would provide full legal equality for women under the United States Constitution.
3. Enactment of the FERS Sick Leave Equity Act (HR 958) which corrects the inequity between Federal Employment Retirement System (FERS) and Civil Service Retirement System (CSRS) provisions with respect to paid sick leave.
4. The repeal of the Government Pension

Offset (GPO) and Windfall Elimination Provision (WEP) Social Security provisions that adversely impact mostly lower income women (HR 235/S 484).

5. Enactment of a FERS Redeposit Act (HR 828) which would allow returning federal workers to reinvest their cashed out FERS annuity.

Sunshine Committee, September 2009

Barbara Powell, Sunshine Chair

A card was sent to Rhonda Trent to express our Congratulations on her recent promotion. Congratulations, Rhonda!

If you are aware of any of our members that need our thoughts and prayers, i.e. extended illnesses, hospital stays, or news that deserve our best wishes, please contact me at 504-6086, or email me at noahsark@cfl.rr.com. If I've missed announcing your BIRTHDAY, it's because you aren't on my list. Tell me about it.



HAPPY BIRTHDAY TO:

Happy Birthday to:
 Michelle Lehr-Church – **September 1**
 Vickie Hall - **September 2**
 Pat Lowry - **September 2**
 Peggy Parrish – **September 5**
 Elizabeth Wise – **September 20**
 Joan Fosdick – **September 22**
 Cindy Gooden – **September 26**
 Jane Schmitt – **September 29**

FEW THROUGH THE DECADES BY BECKY SIMMONS

Submitted by Jean Grenville

Just a note to remind you to go to the August 2009 edition of News and Views to read this wonderful article (<http://www.few.org/publications.asp>). It is a history lesson by itself. You can read about what FEW was doing in 1968 through the present. There is information on what

was happening with music, television, sports, technological developments, issues in the States, Social Movements, Women in Society and much more. This would be interesting information to discuss at a training or program meeting for your chapter.

HIGHLIGHTING THE 2009 NTP



First of all, our deepest apologies to Carrie Tillman for titling her August 2009 newsletter article "FIRST TIMER – NTP 2009." She has attended six NTP's sponsored by DEOMI.

2009 NTP

Submitted by Carrie Tillman, DEOMI Program J-91 Research, Education/Training Spec.

The 2009 NTP in Orlando was very successful and I am glad DEOMI sent me. The training I received will allow me to broaden my capabilities and fully revolutionize the materials and data collection processes presented at the NTP and, once successfully implemented, will provide me with an evolutionary tool for years to come. The capabilities and uses of the workshop material far exceed expectations, and have applications, which I had not even considered. The weeklong training was excellent; simply not enough time. Can hardly wait for NTP 2010 in New Orleans.

FIRST TIMER – NTP 2009

Submitted by Tracy Smith, VA

Although I was only in attendance for two days, I was truly energized by the atmosphere. I participated in two classes focusing on conflict resolution and mediation—something I am interested in professionally, and two other workshops that I found inspirational and motivational. I found the

quality of the programming to be outstanding. And, I was excited to learn about my agency's MOU with FEW. Thank you Space Coast Chapter for funding my way so that I might participate!

"Alternative Dispute Resolution"

This training gives an overview of options other than a courtroom to resolve EEO complaints. At the conclusion of this training, participants will have a basic understanding of the benefits of ADR.

"The Garbage Truck Comes Tuesday & Friday"

Throughout the course, all types of issues that make a workplace negative are addressed, i.e. deadlines, difficult personalities, heavy workload, demanding boss, lack of supplies, bad hours, poor pay, etc. This course will teach six proven and powerful techniques for neutralizing negatives in the workplace.

"Interest Based Negotiations"

This training will present IBN exercises, skills and tools, as core components for effective communications and conflict-prevention between and among managers, subordinates, internal and external customers within high-change work environments.

"FEW's Past National President's Forum"

FEW's Past Presidents have a compelling story to tell, and this is especially important in FEW's 41st year. This forum provides FEW members and attendees with the story of FEW's rich history told by the women who made the history.

FEW NTP 2009 TRIP REPORT

Submitted by Benita Rogers

(Note from the editors: Benita Rogers has joined the Gator Nation Chapter in Gainesville, FL chartered at the 2009 NTP. We appreciate her support while a part of our chapter.)

Subject: PER – Employee Development - Trip Report July 31, 2009

To: Michele Laur, Acting State Conservationist
File Code: 360

Location: Federally Employed Women's (FEW) 40th National Training Program (NTP) in Orlando, Florida during July 20-24, 2009.

Purpose: To receive training specifically for Federal Employees. This training provided an exceptional opportunity to expand the skills needed to deliver quality public service in the constantly changing federal work environment and to better equip me for my job performance.

Accomplishments: The trip was very informative, interesting, and enjoyable. I was able to communicate with government workers representing a variety of Agencies from all across the United State of American. Below is a detailed overview that I plan to share with the Florida Administrative Support Team of what I learned at each of the six courses I attended.

1. All About FEW Wilma Huey, National Vice President for Policy & Planning talked about the insight on why FEW as a non-profit organization has remained viable and successful for over 40 years. She gave ten reasons to be active in an FEW Chapter. Cecelia Davis, VP for Congressional Representation talked about the FEW legislative agenda. FEW legislative issues are divided into a three-tier structure: Tier 1. Impacting Federally Employed Women. Tier 2. Impacting Federally Employed Men and Women. Tier 3. Impacting All Women. She talked about CAPWIZ, the online tool – FEW members' way to communicate with elected officials. She spoke about FEW's goals for the 111th Congress. Michelle Crocket, VP for Compliance, spoke on "What is Compliance?" and the Compliance Policies and Practices of primary concern to FEW members. Cathy Fletcher, VP for Diversity spoke about cultural biases can be overcome, eliminating barriers, ten reasons to value diversity, and the National Policy & Procedure Manual. Becky Fasulo, VP for Membership & Chapter Organization spoke about becoming a member, starting a chapter, and being an active member of a chapter. Arlena Fitch-Gordon, VP for Training discussed the National FEW training, Regional FEW training,

and Chapter level training being held through-out each year. Training taking place concerning the federal system, rules, regulations, acquire knowledge of career development, enhance personal awareness and effectiveness, legislative, compliance, and diversity training programs each year. She stated: Training is an investment that never loses interest and it will always pay you dividends.

2. Delegation Boot camp

Rich St. Denis, taught on delegation of work to others and setting people up to succeed. It takes teamwork. Delegation is a form of development – developing people. Delegation starts with leadership. Leadership starts with a vision, initiative, getting out of the chair and doing something, and getting others to get out of the chair and doing something, influencing others. Good success energizes you. If you don't delegate, you are holding people down and not giving them an opportunity to take pride in learning or doing something new. Start with describing the benefits to the delegatee, benefits to the delegator, and benefits to the organization. Your job is not to be the problem solver; your job is to make sure the problem gets solved. When you delegate, you delegate power and authority. Make sure people get the motivational support. Pick the one who can succeed but will benefit most from the delegation. Think about "Their skill, Their will, Their resources, Be in the zone of flow." Provide the support they need to succeed. Set them up for success! People live up to your expectations. – or – People live down to your expectations. Listen to what they have to say about any problem.

3. Working with Diverse Personalities

The course description read: Learn how your dominant style influences the way you act, react, and interact. Participation in this session will enable you to adapt to and work with various behavioral styles around you to create a more effective work environment; with instructor Robin Sutton. This class is not what a lot of students thought it was, including me. This course should have been titled "Working Through Conflicts and its Resolution" or "Conflict Resolution Tools". The whole class dealt with handling conflict and the resolution tools. The instructor was Debbie Harrison who spoke about how you

define conflict, what constitutes a difficult situation for you, how you normally deal with difficult situations, and if conflict is avoidable. We discussed positives and negatives about conflict, types of conflict (inner conflict, interpersonal conflict, and group conflict), and open conflict vs. hidden conflict. Always approach the person with something they did great, before bringing up something they did wrong or your concerns. We discussed spontaneous and reflective action, spontaneous and reflective behaviors, the five stages of conflict (latent conflict, perceived conflict, felt conflict, manifest conflict, and conflict aftermath). We discussed versions of conflict (mild difference, disagreement, dispute, campaign, litigation, and fight and/or war). There are three conflict outcomes (lose-lose, win-lose, or win-win). We discussed the role of communication in conflict resolution, the communication funnel. "If you don't communicate your feelings, no one will know what they are. You communicate through your words, your tone of voice, facial expression, and body language. Listen to what the other person is saying, ask, how do you feel about that, etc. Keep some control over your own emotions and set aside your own concerns if you are to listen actively to the feelings and attitudes of others. Be careful not to be condescending or patronizing. We went over the seven steps to ironing things out: 1) Remove all masks. 2) Identify the real problem. 3) Communicate in a manner certain to be received. 4) Give up a must win attitude. 5) Develop several possible solutions. 6) Evaluate options and select a solution. 7) Acknowledge and preserve the value of the relationship. Identify needs, work towards a solution.

4. The Garbage Truck Comes on Tuesdays and Fridays

Janie Walters talked about neutralizing negatives in the workplace. This was a very uplifting and energizing course. The six tools for conquering workplace negativity were each discussed: Tool #1) Change your perspective: I must believe I can change; I must be willing to transform myself; I must focus on positive aspects; I must see my job as important; I must change my vocabulary. Tool #2) Practice the Golden Rule: Do unto others as you would have them do unto you. Know what you want from others: Thanks,

Praise, Respect, Support, and Forgiveness. Tool #3) Maintain good self-esteem. What is self-esteem? How valuable we are to people and how worthy of good things we feel. Why is self-esteem important? It controls our ability to learn; how we form and maintain friendships; and how we word sentences and interpret messages. What weakens self-esteem? Careless comments by significant people; negative conditioning; unfair comparisons; and lack of success in tasks. What can we do to maintain good self-esteem? Develop good relationships; perform good deeds; and strive for good accomplishments. Tool #4) Neutralize negatives with laughter. Laugh a lot. Laughter neutralizes stress. Helpful thoughts on stress: If at all possible, avoid it; if we can't avoid it, accept it; stress differs for each of us. It is not the event that causes stress. Our perception of the event causes stress. Tool #5) Assume responsibility for your feelings. You choose your feelings. No one can give you a feeling. How can you be responsible for your feelings? Choose not to be hurt by others. Throw yourself into other projects. Keep a "Smiley" face. Get some sleep. Do what you can to correct a problem. Know when to take yourself out of a situation. Tool #6) Practice the magic of "Acting as if". Feelings follow action. Happiness is an inside job. Act happy. Actions give birth to feelings. Today is garbage day; get that negative garbage out of your life.

5. Partnering With Your Boss – Strategic Skills for Administrative Professionals

Sue Clapp spoke about getting more out of your work by partnering with your boss. As an administrative assistant, our success depends upon effectively partnering with our boss and being able to rise to the unique challenges brought on by different situations. We started the class by defining our partnership with our individual bosses (our relationship). Do we share information, are we playing on the same team, do we have joint interest in the goals of the agency, is there a solid alignment between us in achieving our goals, where do I stand with my boss, do I feel we work well together, and do we have mutual trust for each other. Partner – one who shares; player on the same team or side in a game. Partnership – joint interest; associate. Relationship –

connection; connection in thought or meaning. How can I be a more strategic partner with my boss? – Be a strategic thinker. We discussed adapting to others' behavioral styles and how well do we communicate. Listening is an important part in partnering. We discussed effective listening and also my role as the gatekeeper. We discussed the four personality traits: Analyzer, Controller, Stabilizer, and Persuader. I feel that I am an analyzer, with a stabilizer trait coming in second. We talked about creating a Trust Improvement Plan which includes: A) Act with integrity/walk your talk. B) Protect the interest of people who aren't present. C) Listen actively. D) Show respect and behave with sensitivity. E) Exhibit trust of others and they will act more trustworthy. Take the leap! F) Practice making and keeping realistic commitments. G) Judge substance, not image. H) Offer status reports and forecasts to the boss and important others. I) Confront tough issues. J) Display your talents. Don't assume. We discussed the ten points of negotiating: 1) State the issue (what do you really want, state it). 2) Set your objectives. 3) State our rationale [why is it important to have this or do this]. 4) Know key information [numbers, etc.]. 5) Sketch the options [before you go into the negotiation]. 6) Have questions ready [be prepared for negotiation]. 7) Anticipate objections [plan your responses]. 8) Choose points to script and rehearse. 9) Avoid over-winning. 10) Plan closing courtesies [show appreciation; let them know how well everything went]. We went over our ethical obligations [yourself first, followed by public welfare, the company, and the boss] and ethical aids [the law/is it legal or not legal, your industry, your company, other sources, code of ethics for administrative professionals. Ask your boss two questions: What do I do that you value? What can I do better to be the most effective partner? With answering the phones and door monitors my new title could read "Director of First Impressions".

6. Managing Chaos: Tools to Set Priorities and Make Decisions Under Pressure

Paula Anderson spoke about managing priorities and making decisions more effectively. Some decisions should be made on paper, never in your head, and never when you feel tired or pressured. List your

preferences, list the pros and cons, weigh the choices on your list. List the negatives and positives to help make your decision. Determine what you need and what would be best. She discussed a decision-making tool, a decision guide that helps to track and defend decisions. Look at workplace challenges; identify the sources of workplace chaos. Estimate the impacts of workplace chaos on individuals, teams, and organizations. Begin to develop an Action Plan to help you attain your top business goals by using tools to manage the workplace chaos. Determine priorities, you cannot manage time, but you can manage priorities. Determine how much time you will need for task and plan it. When is the best time for you to do it? Plan, organize, communicate, and perform the tasks. Track Interruptions. Time Management Rules are to plan first things first, arrange tasks by urgency, and handle paper only once. Have a daily action plan.

We had some great motivational speakers throughout the week. They took us through their own challenges, achievements, leadership, teamwork, and were inspirational.

Susan Miller spoke at the Opening Session. She talked about staying positive. People who put you down are jealous; they have low self-esteem. A positive attitude helps you when things go wrong. Do your best, ignore the rest. Stay in the zone, the positive zone. Stay up. Smile! The first thing every morning and last thing every night – smile. Choose to have a great day. Anticipate your day (this is going to be the best day of your life). Think about your goals, faith, family, and friends.

Dr. Carole Parker was one of the speakers Friday morning. She talked about leadership. How to tell if you are a leader – turn around to see if anyone is following you. Some things you need are: Energy – Show up ready to play with a problem solving mentality. Bring more to the table and have the energy to act upon it. Clarity – Articulate clear and compelling points of view. Listen and integrate other's perspectives and present your visions so people know where you are going and how you are going to get there. Find and use your voice and personal power to do the right thing. Stand up for something or someone. Do not participate in

things that violate your own moral and ethical principles. Humanity – Exhibit compassion, caring, and humility. Never forget that we are all in this life together. Nobody gets to where they are alone. Demonstrate visible, respectful behavior everywhere with everyone. Credibility – Expertise, energy, conviction, composure, trust. Be an interpersonal giver. Don't hang out with negative people. People will forget what you said; people will forget what you did; but they will never forget how you made them feel when they were with you.

Vernice Armour spoke at the FEW Friday Celebration also. She talked about how you are using your gifts. [One Mission – One Team – One Goal] The vision comes first: that vision – creating our life. It doesn't take a lifetime to get where you want to go. FEW NTP: F – First things first – the vision. Your roadmap toward life/your flight plan. Some times it takes time to work things out. E – Energy, experiment. W – Wisdom. N – Network with others. T – Team, teamwork. P – Perform, participate, partner. Be a role model.

Follow-up Actions: I plan to share the information I received at the FEW NTP with the Florida Administrative Support Team.

I want to express my sincere appreciation to you, for allowing me the opportunity to attend the FEW NTP training. I feel the training was very beneficial to me with obtaining additional knowledge for becoming a better partner, managing work priorities, and neutralizing negatives in the workplace.

SIGNED: Benita Rogers
DATE PREPARED: July 31, 2009
TITLE: Secretary to the STC

How can I attend the FEW National Training Program?
Submitted by Teresa Jean Piastuch

The following scholarships are available each year to attend the FEW National Training Program:

- Space Coast Chapter Member Education Scholarship -Jane Eitel Scholarship,
- Southeast Region Martha Lyle Scholarship,
- Southeast Region NTP Scholarship,
- FEW National Training Program Scholarship & Retiree Scholarship.

Applications for these are available on line at www.ksc.nasa.gov/groups/few/

Chapter officers may also be funded for the FEW National Training Program (NTP). Choices are based on chapter funds and office level of responsibility. The priority is as follows:

1. Member of the year
2. President
3. Vice-President for Programs
4. Vice-President for Membership
5. Secretary
6. Treasurer
7. Seminar Chair
8. Seminar Program Chair
9. Special Nominees
10. All other chapter members

If you are interested in any of these positions see the Policy and Procedures Manual page 36 located at www.ksc.nasa.gov/groups/few/ under the officers section. The next election will be held in 2010 for the term Aug 2010 thru Aug 2012. Anita Ott is our current Nomination Chair.

Parliamentary Brainteasers

Submitted by Clara Anderson

Questions:

1. In Robert's Rules of Order Newly Revised (10th Edition), what is described as a "board within a board"?
2. If your parliamentary authority is Robert's Rules of Order Newly Revised

(10th Edition) and you make a subject THE special order for a meeting, what is the effect?

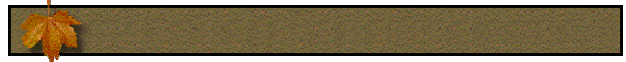
3. Your parliamentary authority is Robert's Rules of Order Newly Revised (10th Edition). On an Appeal, what is the effect of a tie vote?
4. If your parliamentary authority is Robert's Rules of Order Newly Revised (10th Edition), can the minutes be approved without being read at all?

Answer:

1. An executive committee. RONR (10th Ed.) § 49 (p. 468).
2. "The special order for the meeting will then be taken up as soon as the minutes have been approved, and the remainder of the order of business will not be taken up until this special order has been disposed of." RONR (10th Ed.) § 41 (p. 360).
3. "A majority vote or tie vote sustains the decision of the chair on the principle that the chair's decision stands until reversed by a majority." RONR (10th Ed.) § 24 (p. 250).
4. "A draft of the minutes of the preceding meeting can be sent to all members in advance, usually with the notice. In such a case, it is presumed that the members have used this opportunity to review them, and they are not read unless this is requested." RONR (10th Ed.) § 48 (p. 457). While the presiding officer might choose to honor such a request and have the minutes read out loud, recognize that any member could move to suspend the rules to forego the reading altogether. "If it is desired to approve the minutes without having them read, it is necessary to suspend the rules for this purpose." RONR (10th Ed.) § 48 (p. 457).

As our children return 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!"



PROGRAMS

Submitted by Teresa Jean Piastuch

MARK/CLEAR YOUR CALENDERS FOR SPACE COAST CHAPTER'S OCTOBER PROGRAM

Speaker: Mary Kirkland of Rehab Works

Subject: How Trigger Points are affected by Diet, Exercise, Movement and Posture

Location: Kay's BBQ, 1552 W. King St., Cocoa, 636-6730

Date: October 13th

Time: 5:30 p.m.

RSVP by 10/9/2009 to Teresa Jean Piastuch by phone at 861-2022 (office), 631-8788 (home) or 536-9473 (cell) or by email at biteleja@bellsouth.net (home) or tj.piastuch@ksc.nasa.gov (work).

UPCOMING EVENTS

A trip to Tires Plus – "Auto Mechanics 101" is planned for November 12 and the annual Christmas celebration in December, date and place to be determined. (Found just that right item for the Chinese Auction yet?)

Baxley Manor

Submitted by Sandra Getter

Hello everyone! Listed below are the items that were bought with the money you contributed in August! Thank you so much for your continued support!!

Case of toilet paper, case of tissues, 8 large rolls paper towels. 1-pkg napkins, 4-laundry detergent, 6 boxes fabric softener sheets. 4 dish detergents 6 D batteries, 5 room deodorizers, 5 cans cleanser, 4 cans shave cream. 4 packages Razors, 4 bottles shampoo, 2 boxes denture cleanser tablets. 2 tubes denture adhesive, 3 bottles peroxide, 4 men's deodorant, and 4 women's deodorant. 4 tubes toothpaste, 5 boxes

macaroni & cheese, 8 cans sardines, 6 2-ltr sodas, 6 jars coffee, 6 jars coffee creamer, 2 new men's t-shirts, donated canned meats

Thanks, Sandra

The **18th of September** has been designated as delivery day for Baxley Manor. For those of you that are not familiar with Baxley Manor, the people we serve there are mostly elderly or disabled. I am sure that all of you recognize that we are in hard times and these people for the most part survive on food stamps. Food stamps do not cover anything of a personal nature and we try to fill that gap. We hope that you can help by making any small donation that you can. 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 NE-E8. Thanks so much for making a difference!!

I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie 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. I am in EDL 2134 and can coordinate a pick up from you if you call or email me. For those of you who are off Center, please call Aneta Ott or myself to arrange for pickup of any items you would like to donate. Perhaps we could arrange for a pickup point in Merritt Island near Baxley Manor on Delivery Day.

Here is the list of suggested items:

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 and magazines

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 or non refrigerated package
Lunch meats, tuna, Spam, chicken, Vienna sausage, ham, deviled ham, Sardines, beef stew, books or magazines
Thanks again for your support of this worthy cause.

FLORIDA COASTAL CLEANUP

Submitted by Martha Carroll

We need YOU

For the

Florida Coastal Cleanup

Alan Shepard Park, Cocoa Beach

Saturday September 19

8 AM -12 noon



Help us out at the Florida Coastal Cleanup FEW booth at Alan Shepard Park, providing trash bags and supplies to scores of volunteers. There are two 2-hour shifts, 8-10 and 10-12. Free T-shirts will be given to FEW participants. Contact Martha Carroll at martha.carroll@patrick.af.mil to sign up. Sponsored by Keep Brevard Beautiful and The Ocean Conservancy.

The International Coastal Cleanup is the world's largest volunteer effort to help protect the ocean. Last year, nearly 400,000 volunteers hit their local beaches, lakes, and rivers with a common mission of improving the health of the ocean and waterways. On one day, they removed and tallied 6.8 million pounds of debris, from 6,485 sites in 100 countries and 42 U.S. states and the District of Columbia.

In partnership with organizations and individuals across the globe, Ocean Conservancy's International Coastal Cleanup engages people to remove trash and debris from the world's beaches and waterways, identify the sources of debris, and change the behaviors that cause marine debris in the first place.

When We Trash Our Ocean, We Trash Our Life Support System

The ocean covers more than two-thirds of our planet. It is home to 97 percent of life on Earth. It drives and moderates our climate. It creates the weather. It is the ultimate source of the water we drink and much of the air we breathe. It directly feeds millions of people. It also absorbs much of the air and water pollution generated by a world population approaching seven billion. But our ocean is sick, and our actions have made it so. We must recognize that the ocean is inextricably connected to us. When we allow trash and other pollution to get into the ocean, we directly affect its health and our own.

FROM A THOUGHT FOR THE DAY

Submitted by Sandra Eliason

Ingratiate /in-GRAY-shee-ayt/

Verb - Meaning: To gain favor or favorable acceptance for by deliberate effort – usually used with “with”

Example Sentence:

Even though the candidate is doing everything he can to ingratiate himself with voters, he still finds himself trailing in the polls.

Seventeenth-century English speakers combined the Latin noun "gratia," meaning "grace" or "favor," with the English prefix "in-" to create the verb "ingratiate." When you ingratiate yourself, you are putting yourself in someone's good graces to gain their approval or favor. English words related to these reflect something done or given as a favor through the good graces of the giver.

ONE-DAY WOMEN'S EMPOWERMENT SEMINAR

Submitted by Becky Fasulo

Information has been forwarded to us by FEW National President, Sue Webster, of a One-Day Women's Empowerment Seminar in Orlando, FL at the Gaylord Palms on Saturday, October 3, 2009 from 9:00 a.m. to

5:00 p.m. The flyer indicates Register \$129, Bring a Guest for \$65.

Topics include:

- Building Self-Worth
- Leadership Skills
- Self-Empowerment
- Overcoming Negativism
- Dealing with Anger
- Living a Peaceful Life
- The Superwoman Syndrome
- Self-Marketing & Image
- Overcoming Obstacles.

Attend this powerful one-day PWN National Book Tour & Book Signing Women's Conference and meet internationally acclaimed authors and speakers. Learn proven techniques to deal with stress, increase self-esteem, and build confidence!

REGISTER: WWW.PWNBOOKS.COM OR CALL 502 228-0906.

Newsletter

Jean Grenville & Karin Biega

We have added an additional FEW member to our Newsletter Staff – Angela



Solorio – we call her Angel. Angel is always willing to take on new jobs and we appreciate her. This monthly publication is a means of sharing information and ideas with members and friends. We ask that each officer and committee chair submit articles as applicable for their office and committee. Articles should be sent to Jean Grenville at jeangrenville@aol.com, Karin Biega at Karin@bocabanana.com, and angela.m.solorio@nasa.gov by the last Monday of each month. Please feel free to share this newsletter with others. If you are interested in joining this vital organization, go to www.few.org and join on-line or fill out the attached membership application and mail to Federally Employed Women, P. O. Box 75551, Baltimore, MD 21275.

Calendar of Events

September

16-20 Chapter Retreat

18 Delivery to Baxley Manor

25 –
Oct 11 Evita at Cocoa Village Playhouse

28 Newsletter Articles due

October

13 Program Meeting at Kay's BBQ

16 Delivery to Baxley Manor

26 Newsletter Articles Due

November

12 Program Meeting

13 – 29 Annie at Cocoa Village Playhouse

30 Newsletter articles due

December

TBD FEW Christmas Celebration

TBD Salvation Army Christmas
Stockings Delivery

TBD Christmas Delivery to
Baxley Manor

SPACE COAST CHAPTER, FEW 2008 - 2010 Officers and Committees

Chapter

President	Marlene Satterthwaite
VP for Programs	Teresa Jean Piastuch
VP for Membership	Becky Fasulo
Treasurer	Johanna Velasquez
Secretary	Cassandra Getter
Nominations Officer	Aneta Ott
Immediate. Past President	Sandra Eliason
Compliance	Connie Dobrin
Diversity	Charlotte Becker
Legislative	Connie Dobrin
Annual Training Program	Past Presidents Task Force
Finance	Karin Biega
Scholarships	Joette Feeney
Newsletter Editor	Karin. Biega/J. Grenville/ Angela Solorio
Parliamentarian	Clara Anderson
Environmental	Martha Carroll
Community Outreach	Vickie Hall/Angel Solorio
Sunshine	Barbara Powell
Historian	Acting/Jean Grenville
Webmaster	Debbie Ward

Regional

Asst Regional Manager	Barbara Powell
Compliance	Vickie Hall
Nominations	Connie Dobrin
Awards	Marlene Satterthwaite
Secretary	Jean Grenville

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega
2009 NTP Finance Chair	Clara Anderson



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

Membership ID

Month/Year Joined: /

LAST NAME: _____ FIRST NAME: _____

ADDRESS 1: _____

ADDRESS 2: _____

CITY: _____ STATE: _____ ZIP CODE + 4 _____

DAYTIME PHONE _____ EXTENSION: _____ EVENING PHONE: _____

FAX: _____ EMAIL: _____

EMPLOYER:
 Private Industry Federal Government Local/Municipal Government
 Other (Explain) State Government Retired YES NO

GRADE (check) <input type="checkbox"/> GS 1-4 <input type="checkbox"/> GS 5-8 <input type="checkbox"/> GS 9-12 <input type="checkbox"/> GS 13-15 <input type="checkbox"/> GS 16+	<input type="checkbox"/> SES <input type="checkbox"/> WG <input type="checkbox"/> Military <input type="checkbox"/> Other (Specify) _____	FWP/EEO (check) <input type="checkbox"/> FWP Full-Time <input type="checkbox"/> FWP Part-Time <input type="checkbox"/> EEO <input type="checkbox"/> Other FWP/EEO <input type="checkbox"/> Not Applicable	DEMOGRAPHICS GENDER: <input type="checkbox"/> Male <input type="checkbox"/> Female RACE/NATIONALITY: <input type="checkbox"/> American Indian <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian/Pacific <input type="checkbox"/> Caucasian <input type="checkbox"/> Black <input type="checkbox"/> Other
--	--	---	---

JOB SERIES: _____ SERVICE COMPUTATION DATE: _____

ABOUT THE ORGANIZATION:
 FEW is comprised of Chapters throughout the world. Membership is open to all Federal and D.C. government employees and to any other person supporting the goals and objectives of FEW. More information about the organization is posted on the FEW website: <http://www.few.org>.
 Annual National membership dues are \$45 for chapter members. Eligibility for Chapter membership is contingent upon National membership.

NATIONAL (\$45)

PAYMENT TYPE: CHECK# _____

I wish to join the _____ Chapter.
 Referred/Recruited By (one name only): _____
 Recruitment Event (if applicable): _____

Contributions or gifts to FEW are not deductible as charitable contributions for federal income tax purposes. Revised: October 2008