

A VIEW FROM FEW

An organization for opportunity and equality for women in Government



May 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*

Hello Members! I wanted to take just a minute and let you know the good news – Space Coast gained two new members last month! Isn't that great? Lisa Singleton and Janet Burke joined our Chapter. If you haven't already done so, drop them a note or give them a call. Part of being a member of Space Coast Chapter is our sisterhood, it's important to make everyone feel comfortable and appreciated.

Our next meeting will be held at the CIAO Building, on May 10th. We will be meeting right after work. Marlene has planned a speaker on Diversity and I look forward to seeing you all there. It's great to experience the diversity in all of us. We are all different and embracing those differences makes our life richer. Often, we are automatically adverse to people who are different because they compel us to question our values, spiritualness, culture, and ideologies, threatening to undermine our self-assurance.

Here I am rambling on again, but, I do want to leave you with this thought, "our willingness to comprehend others is so very important." When I taught "7 Habits" one habit that I truly learned is habit number 5, "Seek First to Understand, Then to Be Understood." It's the Habit of Empathic Communication. Sometimes people say things we don't understand, or even maybe they said whatever they said wrong. Seek to hear where they are coming from. Learn to diagnosis their statement, find the underlying principle. Try to take the necessary time and effort to really understand someone "WOW" what a wonderful gift.

'Everyone's life is so singular, so unique.
Who will listen to understand that uniqueness?'
Stephen R. Covey

Programs *Marlene Satterthwaite*

Here are our upcoming programs and events.
WHAT: FEW Diversity Meeting
WHEN: Thursday – 5/10/07
TIME: Right after work
WHERE: CIAO Building (outside the gate on SR3)

Call Marlene, 867-4105 if you need directions.

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We look forward to seeing you at our monthly meetings and value all your inputs that keep our Chapter running so smoothly.

Sunshine Committee

Eva Coffman

Happy Birthday!

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

Connie Dobrin – May 5
Sue Gaines – May 9
Dawn Partlow – May 16
Maxi Johnson – May 27
Barbara Powell – May 27

Space Coast Chapter extended get-well wishes with a card to Carolyn Burnham on her recent surgery.

Thanks to all for the prayers and good wishes for my mom, Becky Niemi, during her recent surgery – Vickie Hall!

I am missing birthdates (month and day only) for the following members: Kimmarie Barrett; Martha Carroll, Ana Contreras, Sandra Getter, Patricia Hyland, Charmel Jones, Helen Kane, Mary Mells, Eleanor Miller, Daisy Morales, Kristin Nighswonger, Teresa Parham, Teresa Piatuch, Ann Piepenbrink, Rose Rayne, Marilee Tewksbury, and Carrie Tillman. Please send Becky Fasulo your birth date, so that we can celebrate with you – beckyjf@yahoo.com

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.

**“Many people lose the small joys,
in hope for the big happiness .”**

Pearl S. Buck

Consumer Advisory - Spoof of RMV Web Site

WARNING - Be aware that the Registry of Motor Vehicles does not charge a fee for access to the site or access to any online transaction. Spoof sites posing as official sites have been created that ask customers to pay a fee before logging on to the RMV official website. To access the official RMV website, you need to enter our URL (www.mass.gov/rmv) directly in the address line of your browser. More information about the scam is available at the [RMV website](#).

The End of an Era: The Last Surviving World War I Woman Veteran Dies Submitted by Ana Contreras

Charlotte Winters lived for 109 years. To some, she may have appeared to be just an ordinary woman who enjoyed an extraordinarily long life. But the passing of Charlotte Winters on March 27, 2007, marked the end of an era in military women’s history—she was the last-known surviving woman veteran of World War I (WWI). Ninety years after serving her country, the Navy yeoman (F) was laid to rest with full military honors on March 30, in Frederick, MD, leaving only four other known surviving WWI veterans.

“The passing of Charlotte Winters truly marks the end of an era,” said retired Air Force Brig. Gen. Wilma L. Vaught, president of the Women In Military Service For America Memorial Foundation. “The women of World War I served their country at a time when they did not yet enjoy the full rights of citizenship—they couldn’t even vote for their

commander-in-chief—yet they raised their right hands and promised to support and defend the Constitution of the United States. Their remarkable service helped pave the way for the passage of the 1948 Women’s Armed Services Integration Act, giving women a permanent place in the US military. Every generation of servicewomen since have stood on the shoulders of patriots like Charlotte Winters.”

An American Patriot

Although she’ll probably be most remembered for this distinction at death—being the last living woman veteran of this era—a few things about Charlotte’s 109 years remind us of just how extraordinary she was in life. As a young woman, she met with the Secretary of the Navy to make a case for women to serve in the US military and she was one of the first women to wear the uniform of the US Navy Reserve during WWI. She also served her country as a civil servant for 34 years. She was one of the first women to join the American Legion and she was a co-founder of the National Yeoman (F) Association. Charlotte Winters was a true American patriot.

At Charlotte's funeral, Navy VADM Nancy Brown, director for C4 Systems (J6), said, "She was more than just a trailblazer. She's responsible for the trail getting blazed."

Born Charlotte Louise Berry on Nov. 10, 1897, she was the daughter of Washington, DC, haberdasher Mackell Berry and his wife Louise Bild. After graduating from Washington Business High School in 1915, the young Charlotte was living in a world at war. A year later, as America stood on the brink of entering the “war to end all wars,” Charlotte paid a call to Secretary of the Navy Josephus Daniels. The 19 year old wanted to find out why women weren’t allowed to join the Navy. Although it is not known if Charlotte directly influenced Daniels’ opinions concerning the service of women, her long-time friend Mrs. Kelly Auber said that notes in Secretary Daniels’ journals confirm that she met with him.

The Navy Enlists Women

Sometime after his meeting with Charlotte, as US participation in WWI became imminent, Secretary Daniels realized that the Navy would be shorthanded when the need arose to send more US sailors to sea. He soon met with Navy officials and legal advisors and asked, “Is there any law that says a yeoman must be a man?” His advisors could

find no legal basis for the exclusion of women and on March 14, 1917, Secretary Daniels ordered that women could enlist in the Navy Reserve as yeoman, radio electricians and “other useful ratings.” When his order became public, it is said that women flooded recruiting offices across America.

On March 21, the Navy enlisted its first women and Charlotte and her younger sister Sophy (Berry) Bean were among them. According to Department of Veterans Affairs (VA) statistics, 4.7 million Americans served in our nation’s defense during WWI—35,000 of them were women and nearly one-third of those were Navy Yeoman (F). Young patriots Charlotte and Sophy easily met the Navy’s enlistment criteria. Women had to be US citizens between the ages of 18-35. Women like Charlotte who possessed a high school diploma, business school training or clerical experience had an advantage because they could be enlisted and put to work immediately. These reservists were enlisted for four years and were paid the same salary as men, \$30 per month plus a \$1.25 per day subsistence allowance. Hailing from all 48 states, the District of Columbia and US possessions Hawaii and Puerto Rico, nearly 12,000 women served as Navy Reservists from 1917 until 1919.



What's in a Name?

For young women like Charlotte, being a pioneer came with its share of challenges, including how this new crop of enlistees would be addressed. The women who joined the Navy in WWI were, like their male counterparts, called yeoman, a role-based title for those assigned clerical duties. Soon, a variety of nicknames abounded; names like “yeomanettes,” “yeowomen,” “lady sailors” and even “petticoat pets,” but Secretary Daniels soon put an end to the nicknames. He said, “I never did like this ‘ette’ business. ... If a woman does a job, she ought to have the name of the job.” The Navy’s Paymaster General, RADM Samuel McGowan, agreed: “These women are as much a part of the Navy as the men who have enlisted. They do the same work ... and have done the same yeoman service.” To make the distinction between the sexes, the Navy added “(F)” to indicate the yeoman was a woman.

More Than Three Decades of Service Soon outfitted in the newly-created women’s uniform, which included a long skirt, a belted Norfolk jacket and a straight-brimmed sailor hat, Navy women reported to assignments at a variety of

stations around the country. The majority of Yeoman (F) were employed doing the Navy's clerical work, such as typing, filing and stenography. Charlotte, a yeoman third class, was assigned as a typist at the Washington Navy Gun Factory, also called the Washington Navy Yard. One of 2,000 women to serve in the Washington, DC, area, Charlotte earned the rank of yeoman second class by war's end. She was honorably discharged in 1919. Although the war was over, Charlotte's service to her country was not. Almost immediately, she returned to the Washington Navy Yard where she was employed as a civilian typist—a post she held through another world war as well as the Korean War. In 1953, she retired from civil service after 34 years.

Always proud of her military service, Charlotte continued her association with military organizations immediately following her discharge. She joined the American Legion in 1919, held several offices and remained a member for nearly 90 years. In fact, she helped form the Jacob Jones American Legion Post 2 in Washington, the first chapter for women only. Charlotte also co-founded the National Yeoman (F) Association in 1926 and served as its commander in 1940-41. Charlotte also became a charter member of the Women In Military Service For America Memorial in 1987, one of its first members.

To Love a Navy Man

Some might say that Charlotte's love of the Navy even found its way into her personal life. She met and married fellow sailor John Russell Winters, a Navy Yard machinist, in 1949. The two were avid Civil War historians and their passion for documenting campaign strategies and the lives of Civil War soldiers took them all over the country. The pair lived in a pre-Civil War era home in Maryland—which they restored and modernized themselves—until John's death in 1984. In her final years, Charlotte made her home at the Fahrney-Keedy Senior Residential Home in Boonsboro, MD, where she passed away at the age of 109.

Of her passing, Chief of Naval Operations ADM Mike Mullen said, "Ms. Winters was a trailblazer, one of a relatively small group of women to serve in our Navy during World War I. She did so honorably and nobly, helping through that service to bring freedom to millions of people all across Europe and hope to thousands of young women across America. She and her shipmates answered the call when the nation needed them most. ...They were patriots, and we will remain forever in their debt."

From that pre-WWI meeting with the Navy Secretary through every decade of her life, it is clear that Charlotte believed women had a right and a duty to serve their country. She will be forever remembered as the last WWI woman veteran and the last Yeoman (F), but most of all Charlotte Winters will always be known as a true American patriot. (March 2007)

Membership

Charmel Anderson

Please help me in welcoming our newest SCC of FEW members: Janet Burke and Lisa Singleton. Janet is a Financial Advisor at Ameriprise in Orlando, FL. and Lisa is the Training Coordinator for the SA Directorate at KSC. We are happy that both of you have become a part of our FEW family and look forward to getting to know each of you and working with you on FEW projects!!

Also, our beloved SCC FEW member Marie Argana has a new e-mail address. Her e-mail address is now jellomga@comcast.net.

Reminder – For those of you that still have not paid your Chapter dues, you are late but can still pay them to keep you Membership in FEW in a "Good Standing" status. Dues can be paid by cash, check, credit card, or money order. If you plan to pay your dues by credit card, please contact Clara Anderson at 321-867-2087. If you are submitting a check or money order, please make it payable to "FEW" and on the memo line, please state "2007 SCC FEW dues." Please submit your checks to me so that as I receive the money, I can log it on the membership renewal form that I have to submit to FEW National. After I log you into my renewal sheet, I will then forward the checks/money to our chapter treasurer.

For those that are on the NASA/KSC base, all correspondence can be sent to mailcode: **SA-D1, Attn: Charmel Jones**. For those that are not on base, please mail dues to:

FEW
P.O. BOX 21201
Attn: FEW Membership
Kennedy Space Center, FL. 32815

If you should need to contact the membership chairperson, please feel free to give her a call at 321-867-2938 or e-mail her at Charmel.L.Anderson@nasa.gov.

Thanks for your support and here's to another great year with FEW!!!

P.S. - If you know of any others that would like to join that are not currently members, please have them submit their dues in the same manner as renewing members and have them fill out the "New member application" that is attached to this Newsletter.

Differences Between Men and Women WHAT HE REALLY MEANS

"Can I help with dinner?"

Really means...

"Why isn't it already on the table?"

"Uh huh," "Sure, honey," or "Yes, dear."

Really means...

Absolutely nothing. It's a conditioned response like Pavlov's dog drooling.

Cultural Diversity Muzette Fiander

**'Women Workers Running Faster
Just to Stay in Place'**
by James Parks, Jan 18, 2007

Even though the proportion of women in managerial and professional occupations is on the rise nationwide and every state saw an increase in women's educational attainment between 2000 and 2005, America's female workforce still is not being paid the same as men.

A new report, *The Best and Worst State Economies for Women*, published by the Institute for Women's Policy Research (IWPR), highlights women's economic progress but emphasizes they still are far from achieving equal pay. Says economist Heidi Hartmann, who heads the organization: At the current rate of progress, equal pay will take another 50 years.

WPR, a Washington, D.C.-based think tank, found that in 2005, women who work full-time, year-round had median annual earnings of \$31,800, while men earned \$41,300. That means overall, women were paid about **77 cents** for every \$1 a man made.

The wage gap actually worsened in 15 states between 1999 and 2005, ranging from a 0.2 percent

increase in North Dakota to an 8.1 percentage point increase in Idaho. In fact, women's real (inflation-adjusted) median annual earnings also fell nationwide during the past three years.

Amy Caiazza, who edited previous IWPR report cards, says the report should be a real eye-opener for policymakers. Women made gains in credentials in a few short years in every state, but saw little closing of the wage gap in the same five year time-span. It seems like women are running faster just to stay in place.

Even in the District of Columbia, which ranks first for both women's median wages (\$42,400) and the gender pay ratio (85.5 percent), women lost ground relative to men in the past five years. Men's median wages increased 14 percent, while women's increased only 5 percent, for full-time, year-round workers there. Nevertheless, Washington, D.C., is the only jurisdiction where women's median earnings are higher than the national median for men.

The report bears out what women said in the *AFL-CIO 2006 Ask a Working Woman Survey Report*. In the biannual survey, working women said they worry about basic economic issues such as pay not keeping up with rising costs, inability to afford health insurance and lack of retirement security. Affordable health care is the top concern of women who responded to the survey—97 percent of them, across age and race lines, say they are worried about the rising costs of quality health care. But women carry other key concerns: job exporting, higher education costs, continuing discrimination on the job, lack of control over work hours and more.

Concerns about jobs lacking benefits, expressed by 78 percent of respondents, are well-justified. One-third or more of respondents say their jobs do not provide retirement benefits or prescription coverage. Nearly a third say they do not have paid sick leave. Well more than half say they do not have equal pay or control over their work hours.

In compiling the report, IWPR calculated wages, the gender wage gap, labor force participation, representation in managerial and professional occupations, business ownership and poverty. When all the indicators are considered together, the states with the best economies for women are the District

of Columbia (1), Maryland (2) and Massachusetts (3). The states with the worst economies for women are Arkansas (51), Louisiana (50) and West Virginia (49).

Says Vicky Lovell, employment and work/life director for IWPR. "There's a real imbalance in women's economic progress. The great strides in education and occupation that many women have achieved are coupled with economic insecurity from falling real earnings and inadequate health insurance. Unfortunately, many women are falling behind."

For more info go to <http://blog.aflcio.org/2007/01/18/women-workers-running-faster-just-to-stay-in-place/>

Liberty is not the power of doing what we like, but the right of being able to do what we ought.

Lord (John Emerich Edward Dalberg) Acton

Government News & Legislation

Arden Belt



Click on the following address to read full story.

[Senate Subcommittee Addresses Effects of Domestic Violence on the Workplace](#)

On April 17, the Senate Health, Education, Labor and Pensions Subcommittee on Employment and Workplace Safety held a hearing on domestic violence in the workplace. The hearing examined employers efforts to support domestic violence victims, and pending legislation, the Security and Financial Empowerment (SAFE) Act (S. 1136). The bill would allow victims to take time off from work, without penalty, to appear in court, seek legal assistance, and get help with safety planning; make victims who need to leave their jobs eligible for unemployment insurance; prohibit employers from discriminating against domestic violence victims; and address elements of the welfare system that penalize victims who are fleeing from abusive situations.

Floor Action:

The House is expected to consider a bill to "authorize scholarships for math and science teachers (H.R. 362)."

Employment- The House Education and Labor Committee will hold a hearing on the Paycheck Fairness Act (H.R. 1338), "Strengthening the Middle Class: Ensuring Equal Pay for Women."

Health- The House Energy and Commerce Subcommittee on Health will hold a hearing on living without health insurance.

WebLink of "Directory of Selected Organizations Working on Women's Issues"
<http://www.womenspolicy.org/Organizations%20Directory.pdf>

ENVIRONMENTAL

Martha Carroll

FLORIDA CELEBRATES MAY AS CLEAN AIR MONTH

--State encourages citizens to adopt clean air practices--

Florida is recognizing May as Clean Air Month, encouraging citizens to adopt environmentally-friendly practices to reduce energy consumption and protect air quality. A leader in clean air technologies, Florida is one of just three states east of the Mississippi River that currently meets all National Ambient Air Quality Standards and the only highly urbanized state.

"Recognizing May as Clean Air Month encourages Floridians to make a commitment to helping ensure that Florida continues to meet and exceed air quality standards," said Department of Environmental Protection (DEP) Secretary Michael W. Sole. "By reducing emissions and investing in clean energy technology we will ensure a stronger, healthier environment and economy for future generations."

Over the last eight years, the state has successfully prompted the modernization of older power plants to achieve large reductions in emissions of soot, sulfur dioxide and smog-contributing nitrogen oxide. Further significant reductions are projected over the next eight years due to the implementation of new federal requirements, the Clean Air Interstate Rule and the Clean Air Mercury Rule. As part of Clean Air Month, DEP is encouraging Floridians to do their share for cleaner air by adopting clean air practices:

- ***** Use public transportation or carpool.
- ***** Purchase energy efficient products.
- ***** Conserve electricity at home and work.
- ***** Maintain heating and air conditioning units.
- ***** Ensure vehicle efficiency by keeping tires inflated at the correct pressure.
- ***** Plant native trees and shrubs.

To learn more about Clean Air Month or for information on Florida's air quality, visit <http://www.dep.state.fl.us/air>.

NASA Facts

Submitted by Vickie Hall

The Dryden Flight Research Center (DFRC) is NASA's center for aeronautical flight research and atmospheric flight operations. DFRC is chartered to research, develop, verify, and transfer advanced aeronautics, space and related technologies. It also serves as a backup landing site for the Space Shuttle and a facility to test and validate design concepts and systems used in development and operation of the Orbiters.

Community Outreach

Sandra Gettter



Just a note to remind you that **Friday, May 18th** 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 NE-E8. Thanks so much for making a difference!!

Although Aneta 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 other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, and Carol Moore HQ 3490 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 the list...suggestions

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...
 Canned meats, chicken tuna and 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, razors, nail files, clippers, socks, stockings, earrings

Other Items

Reading material such as books or magazines

Thanks again for your support of this worthy cause!

Important info for Florida drivers

Submitted by Marlene Satterthwaite

Good info and a good idea for Florida drivers. You can have two emergency contacts attached to your FLORIDA drivers license. If you're in an accident and they run your drivers license two emergency contacts will pop up so they do not have to search for relatives. Go to www.hsmv.state.fl.us, click on emergency contacts (right in the middle towards the top of the page), type in your drivers license number , DOB and then it will ask for the name, address, and phone number of two people you want to have contacted, SAVE and you're done!

This became effective in the state of Florida as of 10/02/2006.

"Training Today, Leaders Tomorrow" FEW's 38th National Training Program July 16- 20, 2007

Federally Employed Women's (FEW), 38th National Training Program (NTP), "Training Today, Leaders Tomorrow," will take place at the Hilton Washington Hotel, July 16 – 20, 2007.

This dynamic, professional, and fast paced training program offers more than 100 workshops on the most current subjects. Leadership workshops are closely aligned with the Office of Personnel Management (OPM) leadership competencies. Training is designed to provide all federal, private, and public employees, including military personnel, with the tools necessary to establish and build a successful career. FEW's NTP offers a wide-range of activities from motivational speakers to networking opportunities. **On-line registration is now available at www.fewntp.org.**

Our opening session, Monday, July 16, will feature "A Morning with Kim Olson," USAF (Ret) Colonel, a highly decorated military leader, pilot, and winner of the 2000 Good Housekeeping Award for Women in Government.

Again this year, FEW will host

- an Education/Career Fair on Monday, July 16, 2007, from 1:00 pm to 5:00 pm, and
- an Expo Hall with over 50 vendors

Monday evening, Desi Williamson, who will thrill you with his highly energized stories of making a habit of overcoming obstacles in his life and winning, will address us at our Awards Program

Tuesday, July 17, James Bradley, "Flags of our Fathers," will present the keynote address at a celebration honoring women in the military.

About FEW: Federally Employed Women is a private, non-profit organization founded in 1968 after Executive Order 11375 was issued that added sex to the forms of prohibited discrimination in the federal government. FEW has grown into a national organization serving over one million federally employed women—both in the military and civilian workforce. FEW's many accomplishments and activities have impacted the federal workplace and contributed to the improved working conditions for all. For more information about FEW, visit www.few.org

Thoughts to Ponder

What's the difference between a novel and a book?

How old are you before it can be said you died of old age?

If someone owns a piece of land, do they own it all the way to the center of the earth?



For Your Health

Submitted by Muzette Fiander

Hidden Causes of Osteoporosis

There are 10 million people living with osteoporosis in the United States today, and 18 million more have low bone mass, putting them at risk for the disease. Many of us are aware of the connection between low calcium intake and osteoporosis. But there are a number of secondary causes of the disease that are not as well known. Below, endocrinologist Dr. Martin Nydick, of the New York Presbyterian Hospital, discusses some of these secondary causes.

Q: What are the major risk factors for osteoporosis?

The loss of estrogen at menopause is the most significant factor. Family history of osteoporosis and certain lifestyle habits, such as alcohol and cigarette smoking, are also relatively common risk factors.

Q: What are some of the secondary causes of the disease?

Certain medications and medical conditions can cause osteoporosis. Corticosteroids, which are commonly used for rheumatoid arthritis or asthma, and thyroid hormone medication can put people at risk for osteoporosis. Hyperparathyroidism, where the parathyroid glands in the neck are overactive, can also put people at risk. Certain people have difficulty absorbing calcium and vitamin D into their systems, and this is a risk factor for osteoporosis as well. For instance, lactase deficiency is a very common condition that results in difficulty with the absorption of lactose in milk. Some of these people with lactase deficiency may actually have a low-grade form of sprue, which is an intestinal inflammation that can cause malabsorption of various nutrients including calcium and vitamin D.

Q: So osteoporosis is not just a disease caused by estrogen loss?

No. It is important to always look for a secondary cause of this disease. It should never be simply assumed that osteoporosis is a direct result of menopause and estrogen loss.

Q: Certain antacids, which are generally assumed to be calcium-rich, can actually cause calcium depletion. Can you explain this?

Some antacids contain aluminum, and aluminum is actually a poison to the bones. However, this risk factor is probably not significant for most people, unless they are taking very large amounts of aluminum-containing antacids.

Q: Are secondary causes of osteoporosis more common in certain groups of people?

The most common cause of osteoporosis is estrogen deficiency, and as this deficiency is not a problem in men, we find that disease in men is most commonly attributed to secondary causes. Approximately 50 percent of the men who have osteoporosis tend to have a secondary cause.

Q: Are men often resistant to an osteoporosis diagnosis because it is a disease more prevalent in older women?

Absolutely. The other day, I had a female patient with osteoporosis who came in with her husband. He was small and bent over, and I recommended that he get a bone density test, which is the most reliable diagnostic tool for this disease, and he refused.

Q: So it never hurts to talk to your doctor about your risk for this disease, no matter what your gender or your age?

That's right.

Conclusion

Osteoporosis can be a devastating condition. Over 1.5 million osteoporosis-related fractures occur each year, usually in the hip or the spine, and primarily in older women. But osteoporosis is also one of the most preventable diseases. Most fractures could be avoided or prevented with density testing, preventative measures, and appropriate medical treatment.

Taken from Science Daily - Author: Martin Nydick, MD, FACP
Medically Reviewed On: May 14, 2001
Published on: March 31, 2006

Nominations Committee***Jean Grenville***

We would like to re-emphasize that our current officers and committee chairs are serving a two-year term now as a result of the change in our by-laws in 2006. Our officers and committee chairs for June 2007 – May 2008 are listed on the following page.

Thank you, officers and committee chairs for all that you have done this year and for your continuation in these positions. We have received some expressions of interest in the 2008 – 2010 offices and encourage all of you to consider taking on one of these offices or committees or volunteering to serve on one of the committees to learn and to get experience for future terms. It will add so much to your experience with FEW if you can get involved and see what is being accomplished every day.

In addition to our Chapter Leaders, Regional and National Officers will continue through 2008.

Member Spotlight***Jean Grenville***

My name is Jean Grenville, full name Emogene Grenville. I never had a middle name and always wanted one. I have been a member of FEW since 1989. I was President 1993 – 1994 and have held many other offices and worked on many committees with Space Coast Chapter. I was born in Sciotoville, Ohio on Dogwood Ridge. My husband thinks that is so funny and calls it Dogpatch Ridge.

I went to Portsmouth High School in Portsmouth Ohio where they offered college prep, clerical and shop. I chose the clerical curriculum and my high school education was equivalent to a business college education in English, shorthand, typing, business machines, on the job experience, etc.

I worked at the Goodyear Atomic Corporation in Waverly, Ohio right out of high school. In fact, a recruiter from Goodyear had asked that the two top students in shorthand and typing be sent to the plant for interviews and my girlfriend and I both were offered jobs. I worked in the Employment Office and enjoyed giving tests and helping with interviews. Goodyear produced the 235 of Uranium. I'll never forget that phrase I typed it so many times on recruitment letters. When I left Goodyear in 1957 to move to Florida, my position was secretary to the Chief Recruiter.

I retired from NASA/Kennedy Space Center in May of 1994. I was employed for 32 years with NASA, starting when all the admin offices were located in Cocoa Beach, working in Financial Management, NASA Test Support Office at PAFB, Delta Operations at Pad 17, Vehicle Engineering, and Shuttle Operations. I was Secretary of the Year in 1985, received the Snoopy Award in 1989 and received the NASA Exceptional Achievement Medal in 1992.

I have been married to Bert Grenville for 30 years. We have 8 children together, 15 grandchildren and 2 great grandchildren. My hobbies are FEW, reading, photography, and shopping. My aspirations are to start my own business on E-Bay and to take some college courses for self-improvement.

Word of the Day

pastiche \pas-TEESH; pahs-\, *noun*.

1. A work of art that imitates the style of some previous work.
2. A musical, literary, or artistic composition consisting of selections from various works.
3. A hodgepodge; an incongruous combination of different styles and ingredients.

Food as Medicine

Submitted by Marlene Satterthwaite

For those of you that prefer holistic remedies!



HEADACHE? EAT FISH!

Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

ARTHRITIS? EAT FISH, TOO!!

Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils)

HAY FEVER?! EAT YOGURT!

Eat lots of yogurt before pollen season. Also-eat honey from your area (local region) daily.



INSOMNIA (CAN'T SLEEP?) HONEY!

Use honey as a tranquilizer and sedative.

TO PREVENT STROKE DRINK TEA!

Prevent buildup of fatty deposits on artery walls with regular doses of tea. (Green tea is great for immune system)!



ASTHMA? EAT ONIONS!!!!

Eating onions helps ease constriction of bronchial tubes. (Years ago, people would place onion packs on the chest, helped respiratory ailments & made breathing better).

UPSET STOMACH? BANANAS - GINGER!!!!

Bananas will settle an upset stomach. Ginger will cure morning sickness and nausea.



BLADDER INFECTION? DRINK CRANBERRY JUICE!!!! High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE!!!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

MEMORY PROBLEMS? EAT OYSTERS!

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS? EAT GARLIC!

Clear up that stuffy head with garlic. (garlic lowers cholesterol.)

COUGHING? USE RED PEPPERS!!

A substance similar to that found in the cough syrups is found in hot red pepper. Use red cayenne pepper with caution - only Texans can eat more than the Mexicans.



BREAST CANCER? EAT Wheat, bran and cabbage Helps to maintain estrogen at healthy levels.

LUNG CANCER? EAT DARK GREEN AND ORANGE AND VEGETABLES

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

ULCERS? EAT CABBAGE

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.



DIARRHEA? EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition.

CLOGGED ARTERIES? EAT AVOCADO!

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

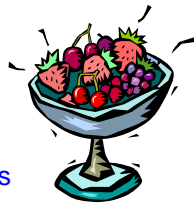
KIWI: Good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.

APPLE: An apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY, BLUEBERRY, &

ALL BERRIES: Protective fruit.

Strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Any berry is high in anti-oxidants, actually keep us young. Blueberries are the best, very versatile, rid the free-radicals that invade our bodies)



ORANGE: Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.



WATERMELON: Composed of 92% water, packed with giant dose of glutathione which helps boost immune system, a key source of lycopene - the cancer fighting oxidant. Also o Vitamin C & Potassium. (has natural SPF sources, that keep skin healthy, protecting skin from UV rays)

GUAVA & PAPAYA: Clear winners for high Vitamin C content. Guava is rich in fiber which helps prevent lower digestive tract from becoming clogged.

PAPAYA: Rich in carotene, this is good for eyes. (Good for preventing indigestion)

TOMATOES: Good as preventative measure for men, prevents prostate problems, good for preventing Macular Degeneration.

GOOD AS MEDICINE

Just a reminder you can make a difference every day. Help save lives today with the gift of early detection!

Simply click the "**Fund Free Mammograms**" button at The Breast Cancer Site

<http://www.thebreastcancersite.com/BCSreminder> to help provide free mammograms to underprivileged women.

FEW always comes to the aid of people in need - how about our 4-legged friends??

It takes less than a minute to go to Animal Resuce Site and click on "feed an animal in need" for free. This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate food to abandoned/neglected animals in exchange for advertising. Here's the web site!
<http://www.theanimalrescuesite.com>

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

Please send your suggestions to Marlene Satterthwaite @ Marlene.E.Satterthwaite@nasa.gov



Newsletter **Vickie Hall**

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Vickie Hall, IT-D1, or e-mail at Vickie.C.Hall@nasa.gov. If you are interested in joining this vital organization, a Membership Application is attached.

Calendar of Events

May

- 1 May Day
- Asian-Pacific American Month Begins
- 3 National Day of Prayer
- 5 Cinco de Mayo
- 10 FEW Monthly Meeting @ CIAO - Diversity 3rd Qrtr Chapter Reports Due
- 13 Mother's Day
- 17-19 Mini-Retreat at Marriott World during National Executive Board
- 18 Baxley Manor
- 28 Memorial Day

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.

SPACE COAST CHAPTER, FEW

2006- 2008

Officers and Committees

Chapter

President	Sandy Eliason
VP for Programs	Marlene Satterthwaite
VP for Membership	Chamel Anderson
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	Connie Dobrin
Finance	Johanna Velasquez
Scholarships	Aneta Ott
Newsletter Editor	Vickie Hall
Parliamentarian	Carolyn Burnham
Environmental	Martha Carroll
Community Outreach	Sandra Getter
Sunshine	Eva Coffman
Historian	Ana Contreras
Webmaster	Debbie Ward

Regional

Nominations	Jean Grenville
Compliance	Vickie Hall

National

VP for Mbrship & Chapters	Becky Fasulo
Bylaws & Resolutions	Karin Biega

