



DECEMBER 2010
VOLUME 1 ISSUE II

NEWSLETTER

Emmett W. Chappelle Chapter of Blacks In Government at NASA Goddard Space Flight Center

FROM THE DESK OF THE PRESIDENT



Merle Robbins
President
Emmett W. Chappelle Chapter
Blacks in Government

During this holiday season, it is fitting to look back and give thanks for all the blessings in our life. It does not matter to whom you give thanks. Give thanks to whatever higher power you believe in or to a person. All too often we get wrapped up in the festivities of the season and forget about how we got to this time and place in our lives. Let's take a moment and reflect upon our life. As we move

forward to a new year, let's set some goals which we can accomplish. Let's resolve to get off the couch and walk 30 minutes a day for our health. Let's look at our diet and resolve to cut back on the sweets, fried foods, and those foods which are good going down, but not so good to our bodies. Make a pact with a coworker or loved one to encourage each other to do these things. If you see me outside walking on the Center, don't just wave at me, but come and join me. Remember, it is easier when you do it with a friend! As you see, I include myself in these New Year's promises which I encourage you to make. I am tired of hearing about one of my brothers and sisters succumbing to ailments like heart disease, hypertension, diabetes and the like.

BIG will be sponsoring a number of activities during the coming year

that are intended to not only improve the mind, but also improve the body. Make a commitment to yourself and your loved ones to attend, so that you can be the best that you can be!

Merle Robbins

A CALL FOR MENTORS



Would you like to make a difference in a young person's life and at the same time get help with your work? If your answer is yes, then sign up to mentor an intern for Summer 2011 by submitting your student opportunity today.

Information Contact:
Mablelene.S.Burrell@nasa.gov
301-286-1122.
<https://solar.nasa.gov/web/public/main/>

President Barack Obama addresses the National Policy Alliance



On Tuesday, December 14, the President joined a White House meeting hosted by his senior advisor, Valerie Jarrett, with the National Policy Alliance (NPA), a partnership of ten organizations representing African American elected officials and their constituents, to discuss a variety of pressing policy issues that affect millions of Americans like job creation, health care, judicial appointments, education, and economic growth. The President thanked the group for sharing their concerns and continuous engagement with the White House.

The President also discussed the major benefits that the bipartisan tax agreement, currently under consideration in the Senate, will have on the constituencies represented by these elected officials. NPA meeting participants acknowledged that there are parts of the tax

agreement that they do not fully support; however, they understand that significant portions of the bipartisan agreement will help millions of families who continue to struggle during these tough economic times. Provisions

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NPA Alliance continued...

they noted included the payroll tax cut, which economists have noted will provide a significant boost to the economy. American Opportunity Tax Credit, that will help more than 8 million students and their families to pay for college; the Earned Income Tax Credit extension; and the 13-month extension of unemployment insurance benefits for those Americans still trying to find a job.

The National Policy Alliance (NPA) represents more than 11,000 elected officials and comprised of 10 member organizations: Congressional Black Caucus, Congressional Black Caucus Foundation, National Black Caucus of State Legislators, National Association of Black County Officials, National Conference of Black Mayors, National Black Caucus of Local Elected Officials, World Conference of Mayors, National Black Caucus of School Board Members, Judicial Council of the National Bar Association, and Blacks In Government; with the Joint Center for Political and Economic Studies serving as its secretariat.

Source: Blacks in Government National Chapter

**Next BIG General
Body Meeting
Tuesday, January 18, 2011
Building 8, Room 429**

GET FIT FOR LIFE CYNTHIA JONES-SAVOY

A year ago I had some painful challenges and was diagnosed with arthritis in my knees. My knees would swell and I experienced a lot of pain. Today, I can say "Thank God", with the help of a healthy diet, dancing and exercising, I have not experienced any more pain. I contribute a lot of this to my continued and persistent teaching of Line Dance lessons as part of my exercise routine.

Line dancing is a stress buster. It's a form of exercising that encompasses body toning and aerobic moves we all can do and enjoy.

Its great for the shy type who wouldn't ordinarily go dancing or have much time for exercising. With line dancing, you don't necessarily need a partner. You can easily modify your moves and go at your own pace. However, I do recommend that you check with your doctor before incorporating line dance into your exercise routine.



FOR DANCE LESSONS, EVERY TUESDAY NIGHT, \$3.00 FOR 2 HOURS OF FUN WHILE YOU LEARN. HAND DANCING FROM 7 P.M. TO 8 P.M. AND LINE DANCING FROM 8 P.M. TO 9 P.M.

PLACE: AMERICAN LEGION POST 275
8201 MARTIN LUTHER KING, JR. HWY.
GLENARDEN, MD 20706



*Wishing you a safe and joyous
holiday season!
Sincerely,
Emmett W. Chappelle Chapter
Blacks in Government*

BIG Membership Benefits

- BIG is an employee support group
- BIG is a community resource
- BIG is networking
- BIG keeps you informed
- BIG recognizes achievements
- BIG is an advocate

Join Today!