

2/8/13 – Colorado Federal Executive Board (CFEB) ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE

SPRING INTO SHAPE CHALLENGE

March 11 – April 21, 2013 (Registration Deadline 3/8)

All federal employees & contractors may participate.

Spring into Shape is a 6-week physical activity and nutrition program presented by the CFEB Workforce Development Council, Denver Federal Wellness Center, and Kaiser Permanente. This is a wonderful opportunity to take charge of your health, compete for great prizes, and track your weekly physical activity and fruit/vegetable consumption.

Participants will receive weekly motivational emails and a log book to track your nutrition and physical activity points.

INDIVIDUAL PARTICIPANTS | \$5

- ♦ You may compete individually or on a team, but not both

TEAMS | \$20

- ♦ Teams must have 4 people
- ♦ Designate one person as team captain
- ♦ Team captains must register and make payment for all team members

PRIZES

Individual Participants

*First, second, and third place for individuals earning the most overall points

Teams

*First, second, and third place for teams earning the most overall points

RULES

- ♦ Participants may compete as an Individual or on a Team (not both)
- ♦ Track and record your points in your daily log book – tally weekly for the grand total at the end of the program
- ♦ Individual participants must complete the Post Program Survey by May 3 to be eligible for a prize – the link to the survey will be emailed to Individual participants by April 22
- ♦ Team Captains must complete the Post Program Survey by May 3 for their team to be eligible for a prize – the link to the survey will be emailed to Team Captains by April 22

REGISTER ONLINE (payment required by Visa or MasterCard)

<https://colorado.feb.gov/register/?ee=149>

SPRING INTO SHAPE WEB PAGE

<https://www.colorado.feb.gov/index.php?content=84&page=SpringintoShape>

CONTACT Gay Page | gpage@colorado.feb.gov | 303 202 4588

OPM WEBCAST

Human Capital Framework (HCF) Systems: Strategic Planning and Alignment

February 15, 2013 | 1:00 - 2:00 pm (EST)

The webcast includes:

- ◆ An overview of the Human Capital Framework
- ◆ An overview of the HCF system: Strategic Planning and Alignment;
- ◆ An introduction to the Focus Areas, Definitions, Process, that includes a Business Process Model; and
- ◆ An overview of the roles and responsibilities that agency leaders, program managers, HR professionals and employees have within the Strategic Alignment and Planning process.

FREE | ONLINE REGISTRATION REQUIRED

<http://swphumancapitalframework1.eventbrite.com/#>

FEBRUARY IS AFRICAN AMERICAN HISTORY MONTH

<http://www.africanamericanhistorymonth.gov/>

AFRICAN AMERICAN/BLACK HISTORY OBSERVANCE

February 21, 2013 | 11:30 am

Building 3 Training Rooms | 350 Vandenberg Street | Peterson AFB, CO 80914 | US Army Space and Missile Defense Command

CONTACT Mr. Howard | 719 554 2135

YGL EVENTS

BOWLING

February 12 | 5:00 - 7:00 pm

Brunswick Lanes | 945 S Kipling Pkwy | Lakewood 80226

RSVP tiffany.duval@onrr.gov

TSP ROTH FINANCIAL WORKSHOP

February 26 | 5:00 - 7:00 pm

Old Chicago | 145 Union Blvd | Lakewood 80228

RSVP tiffany.duval@onrr.gov

<https://www.colorado.feb.gov/index.php?content=83&page=YoungGovLeadersYGL>

FREE CHERRY WOOD DESK & HUTCH

Nice, large, cherry wood desk with hutch that goes on top of desk | Great condition

Photos available upon request

Desk measurements 6' wide, 2' 5" tall, 2' deep

Hutch measurements 6' wide, 3' 6" tall, 1' 4" deep

CONTACT Tim Johnson | 303 375 4242 | Tim.F.Johnson@usda.gov

VOLUNTEER OPPORTUNITY

North American Handmade Bicycle Show

February 22-24, 2013 | Colorado Convention Center

Free Day Pass for each shift worked/day &

Free T-shirt for a 4 hour minimum shift

REGISTER TO VOLUNTEER <http://2013.handmadebicycleshow.com/>

CONTACT Mary Cook | managervolunteer@gmail.com

FEMA VTTX 6 – WILDLAND FIRE EXERCISE

February 20, 2013 (Registration Deadline 2/14/13) | 9:30 am – 2:00 pm

360 Command View Drive | SAIC Building, Blanca Peak Room | Colorado Springs, CO 80915

Free | 30 seats available

Hosted by NORAD USNORTHCOM (NNC) J72, Joint Training & Exercise Directorate, Joint Education and Training Division & the Colorado Federal Executive Board (CFEB)

CONTACTS Gary Moore | 719 474 8327 | gary.moore.ctr@northcom.mil
Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

REGISTER ONLINE <https://colorado.feb.gov/register/?ee=148>

MERIT SYSTEM PROTECTION BOARD

February 22, 2013 | 1:00 – 3:00 pm | Free | Bring Photo ID
Denver Federal Center | Bldg 25 Lecture Hall | Entrance E14

Overview of the Whistleblower Protection Enhancement Act of 2012 and the Board's Regulations Relating to Whistleblower Claims

Guest Speakers | Administrative Judges David Brooks and Patricia Miller
RSVP | 303 969 5101 | denver@mspb.gov

NOMINATION DEADLINE FOR EMPLOYEE AWARDS - 3/8/13

Rocky Mountain Eagle Award

<https://www.colorado.feb.gov/index.php?content=21&page=Awards-RkyMtnEagle>

United We Serve Award

<https://www.colorado.feb.gov/index.php?content=12&page=Awards-UnitedWeServe>

CULTURAL HERITAGE FESTIVAL (Fort Collins)

Hosted by the CFEB Northern CO Council
Dr. Temple Grandin, Keynote Speaker

April 2, 2013 (Registration Deadline 3/19/13)
8:00 am - Noon | 2150 Centre Ave | Fort Collins CO 80521

FREE | ONLINE REGISTRATION REQUIRED
<https://colorado.feb.gov/register/?ee=144>

CONTACT Jeff Glans | 970 266 6036 | Jeffery.a.glans@aphis.usda.gov

<https://www.colorado.feb.gov/index.php?content=22&page=NorthernColoradoCouncil>

CFEB NORTHERN CO COUNCIL SCHOLARSHIPS

NOMINATION PERIOD | February 1 – April 19, 2013 (Deadline is 5:00 pm MST)

Two (2) \$1,000 scholarships

- ♦ FIRST YEAR STUDENT – Awarded to a student who has not previously attended college and is entering a college educational institution for the first time in the fall of 2013
- ♦ RETURNING STUDENT – Awarded to a student that is enrolled in an accredited institution of higher education or trade school in the United States

ELIGIBILITY

- ♦ Applicants must be the legal dependent (child) of a current or retired federal employee living or working in Larimer, Weld, Morgan, Logan, Sedgwick, Phillips, Yuma, or Washington County in Colorado
- ♦ Be enrolling or enrolled in an accredited institution of higher education or trade school in the United States taking courses for academic credit
- ♦ Current federal employees are not eligible unless they qualify as a legal dependent of a current or retired federal employee residing in one of the counties listed above
- ♦ Previous winners are not eligible

CONTACT Jill Wedding | 970-295-5461 | jill.wedding@ftc.usda.gov

<https://www.colorado.feb.gov/index.php?content=22&page=NorthernColoradoCouncil>

MILE HIGH DICE

Annual emergency preparedness tabletop exercise hosted by the CFEB & FEMA

April 3, 2013 | 8:30 am – 4:30 pm

Dept. of Transportation | 12300 W Dakota | Lakewood CO 80228

TOPIC – Reconstitution

Agencies are encouraged to bring their reconstitution teams (max. 6 attendees/agency)

FREE | ONLINE REGISTRATION REQUIRED

<https://colorado.feb.gov/register/?ee=147>

CONTACT Gay Page | 303 202 4588 | gpage@colorado.feb.gov

FEMA RISC MEETING

April 11-12, 2013 | 4/11 - 7:30 am - 5:00 pm | 4/12 – 7:30 am - Noon
Rita Bass Trauma & EMS Education Institute
190 W 6 Ave | Denver CO 80201

FREE | ONLINE REGISTRATION REQUIRED
<http://colorado.feb.gov/register/?ee=145>

CONTACT Lynn Pisano-Pedigo | 303 235 4855 | lynn.pedigo@fema.dhs.gov

ADDRESSING GUN VIOLENCE

February 19, 2013 | 6:30 pm | \$10.00
Denver Center for the Performing Arts | Seawell Grand Ballroom

Moderated by Governor John Hickenlooper with Congressman Doug Lamborn, State Senate President John Morse, Weld County District Attorney Ken Buck, CO State Rep Rhonda Fields, Research Dir of the Independence Institute David Kopel, & Tom Deland, President of CO Assoc of Chiefs of Police

REGISTER ONLINE <http://www.thecell.org/events/>
CONTACT 303 404 4000 X4

FEDERALLY EMPLOYED WOMEN (FEW) - ROCKY MOUNTAIN REGION

Regional Training Program 2013
March 15, 2013 | 8:00 am - 5:00 pm | Arvada Center

Tuition \$110 for FEW members | \$120 for non-members

CONTACT Shannon Mahan | 303 236 7928 | smahan@usgs.gov
Information: <http://www.rmfew.org/2013rtp/index.asp>
Online Registration: <http://www.rmfew.org/2013rtp/registration.asp>
JOIN FEW TODAY: www.few.org

AMATEUR RADIO TRAINING

For anyone interested in getting an Amateur Radio “Technician Class Operator” license. FEMA promotes amateur radio as a reliable form of communications during a disaster.

REQUIRED TEXT - Ham Radio License Manual Revised 2nd Edition

Purchase online <http://www.arrl.org/shop/Ham-Radio-License-Manual-Revised-2nd-Edition/?page=1>

or at the Ham Radio Outlet | 8400 E Iliff Ave #9 | Denver CO 80231 | 303 745 7373

TRAINING SCHEDULE

Tuesdays February 12 - April 16, 2013 | 5:00 - 7:30 pm

ACCESS ONLINE TRAINING via a computer that allows streaming audio & video streaming
<http://new.livestream.com/fbctuttle>

Click on the Radio Tower icon that says “Amateur Radio Class Online”

Access archived classes at <http://new.livestream.com/fbctuttle>

TECHNICIAN CLASS LICENSING EXAM (\$15)

Either April 23 or 24 | 6:00 pm

FEMA | 755 Parfet St #400 | Yellowstone Room | Lakewood CO 80228

REGISTER BY EMAILING YOUR CONTACT INFORMATION TO

Stan Bradley | KS5B.Stan@gmail.com & Ronnie Warren | ronnie.warren@fema.dhs.gov

ACE HARDWARE RED CROSS READY

FREE EMERGENCY PREPAREDNESS WORKSHOPS at Ace Hardware stores throughout Colorado for the month of February.

The workshops will to provide participants with the skills needed to be self-reliant for an extended period of time, and increase the capacity of the community to survive disasters by participating in preparedness, response and recovery activities and enabling participants to prepare themselves, their families, neighborhoods, communities, and places of worship for emergencies.

DOWNLOAD SCHEDULE

http://rmashelpfulhub.com/wp-content/uploads/2013/01/Workshop-Schedule_For-Consumers.pdf

CFEB QUARTERLY MEETINGS & TRAINING

<https://www.colorado.feb.gov/index.php?content=26&page=QuarterlyMtgs&Training>

LEADERSHIP DEVELOPMENT TRAINING

<https://www.colorado.feb.gov/index.php?content=76&page=Leadership/Training>

CONFLICT RESOLUTION & MEDIATOR TRAINING

<https://www.colorado.feb.gov/index.php?content=74&page=ConflictResolutionTraining>

RETIREMENT PLANNING CLASSES

<http://colorado.feb.gov/index.php?content=27&page=RetirementClasses>

FREE DAYS

2/11 Denver Museum of Nature & Science | <http://www.dmns.org/>

2/18 Denver Botanic Gardens | <http://www.botanicgardens.org/>

2/21 Denver Zoo | <http://www.denverzoo.org/>

Denver Center for Performing Arts | <http://www.denvercenter.org/home.aspx>

Every Tuesday @ 10:00 am the DCPA releases a limited number of \$10 tickets for performances that week

HEALTH EDUCATION WEBINARS (Free)

presented by Kaiser Permanente

TOPICS | Diabetes | Cholesterol | Acupuncture | Sleep | Weight Loss | Quit Smoking

FOR MORE INFORMATION & ONLINE REGISTRATION

<https://www.signup4.net/Public/ap.aspx?EID=20123011E%20>

BONFILS BLOOD DRIVE

2nd Thursday of each month | 8:00 am - 1:30 pm

Denver Federal Center | Bldg 67 | Rio Grande Room

SCHEDULE AN APPOINTMENT | www.bonfils.org (site code is 2015) | 303 363 2300

CONTACT | Betty Palcsak | 303 236-6905 | bpalcsak@usgs.gov

VAN/CARPOOL RIDERS NEEDED

I-25 & Lincoln Ave to NBC & FWS/NPS

National Business Center | 7301 W Mansfield

Fish and Wildlife Service | 7333 W Jefferson Ave

ROUTE | I-25, CO-470W, CO-121N/S Wadsworth Blvd

DUTY HOURS | Monday - Friday | 7:00 am – 4:30 pm

CONTACT Ken Van Herpen | 303 984 6825 | kenneth_vanherpen@fws.gov

Vanpools needing riders are listed on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=78&page=VanPools>

If you would like the CFEB to add your van or carpool to the web site, email the information to gpage@colorado.feb.gov

LIGHTEN UP!

Sherlock Holmes and Watson

Sherlock Holmes and Dr Watson went on a camping trip. After a good meal and a bottle of wine they lay down for the night, and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend awake. "Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions and millions of stars." "What does that tell you?" Holmes questioned.

Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?"

Holmes was silent for a minute, then spoke. "Watson, you idiot. Someone has stolen our tent."

JOB ANNOUNCEMENTS

FEMA

Risk Analyst | GS-12 | MG-2013-01890-KCD-838046DEU

<https://www.usajobs.gov/GetJob/ViewDetails/337193100>

USFS JOB CORPS Golden, CO

Budget Analyst | GS-0560-9/11

CONTACT Tawnya Mullins | 303-275-5352 | tmullins@fs.fed.us

<https://www.usajobs.gov/GetJob/ViewDetails/337208200>

CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | [email](#)

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

Thank you and have a nice weekend,

Jeff Conn | Outreach Strategist | Colorado Federal Executive Board
Denver Federal Center | Bldg 810 Room 5014 | Denver CO 80225
303 202 4588 | jconn@colorado.feb.gov | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email announcements.