

**12/28/12 – Colorado Federal Executive Board (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE**

OPM UPDATES

EXECUTIVE ORDER for 2013 PAY SCHEDULES

http://www.opm.gov/oca/compmemo/2012/2013PAY_Attach.pdf

The President has signed an Executive order containing the 2013 pay schedules for certain Federal civilian employees. Pursuant to section 114 of the Continuing Appropriations Resolution, 2013 (Public Law 112-175), the Executive order provides that the 2013 pay rates for the civilian employee pay schedules covered by the order will be effective on the first day of the first applicable pay period beginning after March 27, 2013 (April 7, 2013).

2013 SALARY TABLES

OPM will post pay tables on their website before the April 7, 2013, effective date of the schedules. Until April 7th, the 2012 salary tables remain in effect.

FURLOUGH GUIDANCE

<http://www.opm.gov/furlough/Guidance-for-Administrative-Furloughs.pdf>

THE WHITE HOUSE

NATIONAL STRATEGY FOR INFORMATION SHARING

The National Strategy for Information Sharing and Safeguarding (Strategy) aims to strike the proper balance between sharing information with those who need it to keep our country safe and safeguarding it from those who would do us harm. While these two priorities—sharing and safeguarding—are often seen as mutually exclusive, in reality they are mutually reinforcing. This Strategy, therefore, emphasizes how strengthening the protection of classified and sensitive information can help to build confidence and trust so that such information can be shared with authorized users. Read more at:

http://www.whitehouse.gov/sites/default/files/docs/2012sharingstrategy_1.pdf

RESOURCES FOR PARENTS & SCHOOLS AFTER CONNECTICUT TRAGEDY

Following the [shooting at Sandy Hook Elementary School in Newtown, Connecticut](#), the Department of Education has provided a number of [resources to help parents in the wake of traumatic events](#), as well as a host of resources to help schools prepare for and recover from crisis.

<http://www.whitehouse.gov/blog/2012/12/17/resources-parents-and-schools-after-connecticut-tragedy>

<http://www.whitehouse.gov/blog/2012/12/14/president-obama-speaks-shooting-connecticut>

<http://www.ed.gov/blog/2012/12/resources-for-parents-following-traumatic-events/>

CAST YOUR VOTE for 2012 SAVE AWARD

The White House has announced the four finalists for the 2012 SAVE Award. Keeping with tradition, the winner will present his or her idea to the President in the Oval Office, and other proposals will be directed to agencies for potential action or inclusion in the President's Budget.

Cast your vote through the White House website at <http://www.WhiteHouse.gov/Save-Award>

SERVICE TO AMERICA MEDALS

Nomination Deadline January 2, 2013

If you know an outstanding federal employee who inspires you and whose story will inspire the nation—nominate them for a Samuel J. Heyman Service to America Medal. Award categories include:

- ◆ Call to Service
- ◆ Management Excellence
- ◆ Career Achievement
- ◆ National Security and International Affairs
- ◆ Citizen Services
- ◆ Science and Environment
- ◆ Homeland Security and Law Enforcement

<http://servicetoamericamedals.org/SAM/index.shtml>

CITY OF DENVER COMMUNITY EMERGENCY RESPONSE TRAINING (CERT)

These are ongoing classes. Dates and locations are posted on their website at <http://www.denvergov.org/oem/CitizensEmergencyPreparednessInformation/DenverCitizenEmergencyResponseTraining/tabid/426128/Default.aspx>

Carolyn H. Bluhm | 720.865.7600 | DenverCERT@denvergov.org

WELLNESS CENTER YOGA

Denver Federal Center | Wellness Center | Building 75

<https://www.colorado.feb.gov/index.php?content=32&page=DenverFederalWellnessCenter>

Flow & Let Go Yoga | Friday's | 5:00 pm – 6:00 pm | Cost \$5 | Drop-in

Yoga to help reverse the week of hunching over your computer, relaxing our minds from work stresses, and preparing for our weekend.

Yoga for Beginners | Tuesday's | January 8 - February 12, 2013 | 6:00 pm – 7:00 pm

If you've always thought about trying yoga, start your new year off with this six week course.

Call Sue Doty to register | 720 252 7935 | dotys1@yahoo.com | Cost \$30

<http://www.facebook.com.sue-doty-yoga>

NATIONAL PREVENTION STRATEGY

2013 Webinar Series - Improving the Health of Communities

Sponsored by the HHS Region VIII Federal Partners Workgroup

Seventeen federal departments make up the National Prevention Council, a group who are all committed to outlining how federal, state, local, tribal governments, businesses, health care systems, learning institutions, communities and individuals all play a part in prevention. The Council has recently released the National Prevention Action Plan which outlines how these departments are implementing prevention efforts, in line with their respective missions, to improve the health of the nation.

CONTACT Cherri Pruitt | 303-844-7872 | cherri.pruitt@hrsa.hhs.gov

<http://www.colorado.feb.gov/index.php?content=82&page=NationalPreventionStrategy>

FEDERAL GOVERNMENT BEST PLACES TO WORK

<http://www.bestplacestowork.org/BPTW/rankings/overall/large>

LITERACY MATTERS BOOK DRIVE

Now through January 18, 2013

In conjunction with the Martin Luther King, Jr. Day of Service and in response to Lt. Governor Garcia's Colorado Reads – the Early Literacy Matters Initiative, AmeriCorps programs across the state are collecting children's books from birth to 10 years. Federal agencies can hold their own book drives and the books will be collected the week beginning 18 January 2013.

CONTACT CO@CNS.gov | 303 390 2210

CIVICS 101

January 16, 2013 | 11:30 am – 1:00 pm | Registration Not Required

Denver Federal Center | Bldg 25 Lecture Hall

Sponsored by the Federally Employed Women, Denver Federal Center Chapter

Session will feature a primer on: Powers of the federal government; Powers of the states; Three branches of Government; How Congress makes Laws; How to contact your Legislators

CONTACT Pauline Gibson | 303 915 5255 | pmgibsonfew@comcast.net

MILITARY & VETERAN EMPLOYMENT EXPO

January 16-17, 2013 | 8:00 am – 4:00 pm | Classes for active duty, reservist, veterans, & spouses

January 18, 2013 | 9:00 am – 4:00 pm | Exposition

LeaderQuest Building | 6825 S Galena | Centennial CO 80112

CONTACT Jason Shireman | 720 289 1391 | Jason.shireman@va.gov

<http://www.mvee.org/>

WORKING IN INDIAN COUNTRY: *Building Successful Business Relationships & Consultation Protocols with American Indian Tribes*

January 22 - 23, 2013

Hampton Inn Denver West | Lakewood CO

Cost \$295 includes Larry's book ***Working In Indian Country*** | TRAINER is Larry Keown, author, educator

REGISTER <http://www.workinginindiancountry.com/registration-and-scheduling>

FEMA VTTX 5 – TORNADO EXERCISE

January 23, 2013 (Registration Deadline 1/16/13) | 10:00 am – 2:00 pm
360 Command View Drive | SAIC Building, Mt. Elbert Room | Colorado Springs, CO 80915
Free | 30 seats available

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

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

REGISTER ONLINE <https://colorado.feb.gov/register/?ee=141>

CONFLICT RESOLUTION SKILLS

February 4-7, 2013 | OPM WMDC | Aurora CO

Tuition \$3,295 - \$3,750

CONTACT register@opm.gov | 304 870 8008 press zero

REGISTER ONLINE <https://leadership.opm.gov/Programs/Skill-Immersion/CSR/1458/Register.aspx>

FLRA TRAINING (FREE)

February 6-7, 2013 | 9:00 am – 4:00 pm | Advanced Statutory Training
HUD | 1670 Broadway 20th Floor Conference Room | Denver CO

FLRA Denver Region is offering classes on Management, Employee, and Union rights and obligations under the Federal Service Labor-Management Relations Statute, 5 U.S.C., Chapter 71, covering FLRA procedures and Unfair Labor Practices with a focus on how to avoid them.

CONTACTS Ernestyne Benford | 303 844 5224 x1010
Matthew Jarvinen | 303 844 5224 x1022

REGISTER ONLINE | http://www.flra.gov/webfm_send/652

EXTRAORDINARY LEADERSHIP

March 5-8, 2013 | OPM WMDC | Aurora CO
Tuition \$2,950

CONTACT Joe Schumacher | 303 671 1046 | joseph.schumacher@opm.gov
<https://www.leadership.opm.gov/Programs/Skill-Immersion/TEL/Index.aspx>

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

Most federal employees are eligible for a \$125 a month transit subsidy, which covers most of the costs involved. DRCOG's RideArrangers program has a Guaranteed Ride Home program in the event you need to leave early/late, they will pay for your ride home.

For more information on carpool and vanpool programs contact
DRCOG RideArrangers | 303 458 7665 | <http://www3.drcog.org/RideArrangers/>

Vanpools needing riders are listed on the CFEB web site
<https://www.colorado.feb.gov/index.php?content=78&page=VanPools>

Broomfield/Westminster to DOE Golden Field Office

Colfax and Cole Blvd (near Colorado Mills Mall)
ROUTE Broomfield to Westminster Park and Ride (US36/Sheridan & 88th)
DUTY HOURS Approx. 7:45-5:15 M-TH, 7:45-4:15 every other Fri.
CONTACT Angela Sigala | 720 356 1779 | angela.sigala@go.doe.gov

9 Mile Station to Denver Federal Center

DUTY HOURS Monday - Friday | 7:00 am - 3:30 pm
CONTACT Russell Moulton | 303 445 2402 | rmoulton@usbr.gov

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

NEW YEARS EVE DRINK SAFETY TIPS

Impaired driving claims thousands of lives every year, or approximately one death every 48 minutes. If your Holiday gatherings involve alcohol, make plans so that you don't have to drive after drinking. Please be mindful:

- ◆ Prior to any drinking, designate a non-drinking driver when with a group.
 - ◆ Don't let your family or friends drive impaired. Take their keys away if necessary.
 - ◆ If you have been drinking, get a ride home or call a taxi.
 - ◆ If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all guests leave with a sober driver.
 - ◆ Stay safe as you gather with family and friends this New Year's Eve.
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LIGHTEN UP!

THE LEAF

A little boy opened the big family bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mama, look what I found," the boy called out. "What have you got there, dear"?

With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

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](mailto:jconn@colorado.feb.gov)

Web Site <http://www.co>

Recent CFEB announcements are posted on the CFEB web site

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

Thank you and Happy New Year,

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 | www.colorado.feb.gov

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.