

10/19/18 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)

ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE

<http://www.colorado.feb.gov/>

MILE HIGH DICE

Annual CFEB/FEMA Tabletop Emergency Preparedness Training & Exercise

November 15, 2018 | 8:00 am – 4:00 pm | Federal Bureau of Prisons National Corrections Academy | 11900 East Cornell Avenue, Unit C | Vail Room | Aurora, CO

TARGET AUDIENCE

- ✦ Cities | Counties | State Government | Federal Agencies | Private Sector
- ✦ Every agency/organization is encouraged to bring a team of six (6) people to the exercise. One person from each team will take on the role of facilitator and one can act as a scribe during the modules.
- ✦ Agencies/organizations encouraged to bring a team members including Executive Leaders, Public Information Officers, Information Technology, Facilities, Financial, Continuity, Human Resources, etc.

FREE | ONLINE REGISTRATION REQUIRED | <https://colorado.feb.gov/register/?ee=467>

Before you go online to register, make sure you have the name, phone and email of each team member that will attend!

TOPIC: Prolonged Power Outage Workshop from an agency or business point of view

PURPOSE

- Mile High DICE provides a forum for interagency coordination and improvement of contingency plans and continuity plans.
- The 2018 theme is Critical Infrastructure – Electric Sector, which is the emergency coalition’s priority this year. (CFEB/CEPP/CDHSEM/DHS/FEMA)
- Mile High Dice establishes a learning environment for participants to promote preparedness and resiliency among public and private entities when faced with a long-term power outage and to examine response/contingency plans to determine their ability to continue their mission essential functions.
- Agencies/organizations encouraged to bring a team members including Executive leaders, Emergency Managers, PIO, IT, Facilities, Financial, COOP, HR, Safety, etc.

OBJECTIVES

- Develop a common understanding of:
 - ✦ What is the Power Grid
 - ✦ What are the risks/vulnerabilities of the Power Grid
 - ✦ How do we mitigate against the risks and vulnerabilities

- Facilitate active learning opportunities and peer-to-peer exchanges, highlighting beneficial redundancies and identifying potential gaps in long-term continuity plans
- Examine and assess plans, processes, and procedures for recovering from a prolonged power outage and discuss potential solutions / mitigations measures to lessen its impact.

QUESTIONS | CFEB Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

FEDERAL DRUG TAKE BACK DAY

Drop off unwanted, unused, or expired prescription and over-the-counter medications for safe and anonymous disposal. These items can be in original containers or baggies. Unacceptable items include intravenous solution, injectable's, needles and sharps, oxygen containers, mercury, chemotherapy/ radioactive substances, pressurized canisters, or illicit drugs.

October 24, 10 – 2 pm

- 📍 Denver Federal Center: Corner of 7th and Main (where the old gas station used to be) | Free
- 📍 Byron Rogers Federal Building, main lobby, 1961 Stout St, Denver CO 80294 | Free

CONTACT Laurie Konsella | email Laurie.konsella@hhs.gov | [DEA Diversion website](#)

October 24, 2018 | 9:30AM - 1:00PM NOTE DIFFERENT time frame

National Renewable Energy Laboratory, Research Support Facility Lunch Room | 15013 Denver West Parkway, Golden, CO 80401

CONTACT Brian Sutherland | brian.sutherland@ee.doe.gov | [DEA Diversion website](#)

###

CDOT WINTER WEATHER DRIVING TIPS

<https://www.codot.gov/news/2018/october/cdot-preps-for-winter-storm-offers-motorists-winter-driving-tips>

###

OPM

OPM has authorized Emergency Leave Transfer for Federal employees adversely affected by Hurricane Florence.

<https://chcoc.gov/content/emergency-leave-transfer-federal-employees-adversely-affected-hurricane-florence>

2018 Combined Federal Campaign

<https://chcoc.gov/content/2018-combined-federal-campaign>

OPM launches 2018 Combined Federal Campaign with an Enhanced Online Donation System

<https://cfcgiving.opm.gov/welcome>

FEDVIP Changes for Tricare Recipients

For the latest information, please visit <https://www.tricare.benefeds.com/InfoPortal/indexAction>

###

FEDERAL BENEFITS OPEN SEASON

Open Season dates are November 12, 2018 to December 10, 2018. All health fairs are open to all Federal Employees and retirees except for some of the military installations due to security restriction please call first to make sure you can access.

Access Schedule | <https://colorado.feb.gov/wp-content/uploads/2018/10/Federal-Benefits-Open-Season-2018-Calendar.pdf>

###

DENVER WELLNESS CENTER MEMBERSHIP DRIVE

Updated fitness equipment, locker rooms & showers and fitness classes!
Annual membership available | \$200.00 | October 1 - September 30, 2019
Semi-annual membership \$120.00 | October 1 - March 31, 2019
Monthly membership \$25.00
Open to ALL federal employees, retirees, your families, & federal contractors

CONTACT | Kiel Hovland | khovland@colorado.feb.gov | 303-236-6911

###

FEDERAL PARTNERS MEETING: OPEN ENROLLMENT UPDATE & HEALTHY MEETING GUIDE

October 26, 2018 | 9:00 – 10:30 am | Byron Rogers Federal building (1961 Stout St), Mt Evans A&B or Call in at: 1-877-267-1577, Meeting Number: 993 472 544 | Cost: Free!

Attendees will learn about the Colorado Marketplace and the upcoming open enrollment period for health insurance. A second set of speakers will present the newly developed Healthy meeting guide for federal staff who plan conferences and meetings. In addition, there will be the opportunity to share agency highlights and opportunities for collaboration. All federal staff and contractors are welcome.

CONTACT Laurie Konsella | Laurie.konsella@hhs.gov

###

FEDS FEED FAMILIES 2018 FOOD DRIVE

As the food drive winds down, it would be helpful to know how well agencies that participated did in their drives by sending their total number of pounds collected to Bart Bushman at USDA Food & Nutrition Service | Bart.Bushman@fns.usda.gov

###

2018 DENVER VETERANS DAY PARADE & FESTIVAL

November 10, 2018 | 10 am | Denver Civic Center Park

WORKFORCE DEVELOPMENT

PREP CONNECT 360

November 5-9, 2018 | 8:30 am - 4:00 pm | Pikes Peak Workforce Center, 1675 Garden of the Gods Rd, Colorado Springs, CO | Free, limited seats available

Free 5 Day advanced job seeker's workshop for Veterans, Active Duty, Guard/Reserves, & Military Spouses | Email your 2 page resume to | prepconnect360@gmail.com

CONTACT Nanette Brédé | prepconnect360@gmail.com

###

MICROSOFT TRAINING OPPORTUNITIES

INSTRUCTOR | Dawn Bjork, Software Pro

EXCEL FOUNDATION

October 31, 2018 | 8:00 am – 12:00 pm | CFEB Training Room | Denver Federal Center | Lakewood CO |

Cost: \$60 | Online Registration required: <https://colorado.feb.gov/register/?ee=469>

Hands-on training class using Microsoft Excel effectively. Learn how to enter and format excel data, and add formulas and functions. Learn tips and shortcuts to be more productive using Excel: Worksheet editing skills; Building formulas; Formatting numbers & text & much more.

EXCEL – BEYOND THE BASICS

November 28, 2018 | 8:00 am – 12:00 pm | CFEB Training Room | Denver Federal Center | Lakewood CO

Cost: \$60 | Online Registration required: <https://colorado.feb.gov/register/?ee=470>

In this training course, expand your knowledge of Excel and increase your productivity by learning how to manage workbooks, create more formulas and functions, explore linking and sharing data, and build charts of key Excel data.

BREAKFAST SERIES – PowerPoint Tips to Build Engagement & Avoid Pitfalls

December 12, 2018 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO

Free | Online Registration Required: <https://colorado.feb.gov/register/?ee=471>

Join this interactive session do discover the secrets and best practices for creating and delivering your message with a PowerPoint presentation.

INSTRUCTOR | Dawn Bjork, Software Pro

###

FEDERAL REGULATORY POLICYMAKING TRAININGS

Location for all trainings will be held at the Denver Federal Center, Bldg. 85, Denver, CO

Open to all Federal employees and agencies

CONTACT Andrew Emery | 703 224 9000 | TRG@reg-group.com

REGISTER | www.RegulationWriters.com

* Group discounts are available for two or more registrations. Call for more details.

Regulatory Drafting & Process

January 23-24, 2019 | Cost: \$780* per registration | This two-day course is a must for anyone who writes, reviews, implements or interprets regulations. You will learn the fundamental legal and procedural requirements for creating, amending and revoking regulations.

Agency Guidance

January 25, 2019 | Cost: \$532* per registration | This one-day course is designed to help you understand and navigate the legal and procedural issues related to communicating policy and interpretations through agency guidance instead of regulation.

Paperwork Reduction Act Compliance

January 29, 2019 | Cost: \$532* per registration | This one-day course is designed to help you understand and comply with the Paperwork Reduction Act (PRA). All agency staff who deal with policies, regulations, forms, applications, surveys, and questionnaires must understand the impact of the PRA.

Advanced Regulation Drafting

January 30-31, 2019 | Cost: \$780* per registration

This two-day course is for anyone who attended the Regulatory Drafting & Process course or has extensive experience with the regulatory process. This course uses real world exercises to provide you with the tools for improved problem solving and regulation writing skills.

CFEB SPONSORED FINANCIAL CLASSES

For more information contact the CFEB at 303 202 4588 or jconn@colorado.feb.gov

BREAKFAST SERIES | OPEN SEASON

October 23, 2018 | 8:00 – 9:00 am | CFEB Training Room | Denver Federal Center | Lakewood CO | Free | Online Registration required: <https://colorado.feb.gov/register/?ee=466>

INSTRUCTOR | Sharla Rountree, Federal Retirement Benefits

###

CFEB FERS RETIREMENT CLASS

October 24, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO | Cost: \$130 | Online Registration: <https://colorado.feb.gov/register/?ee=425>

For federal employees in the newer of the two federal systems, this class teaches you how to get the most out of your federal benefits. Topics include:

- ✚ How to calculate your pension
- ✚ How to maximize your sick, annual leave, & survivor benefits
- ✚ All insurance benefits
- ✚ Everything you need to know about the Thrift Savings Plan

INSTRUCTOR | Ann Vanderslice, Retirement Planning Strategies

EMERGENCY PREPAREDNESS

OPM memorandum regarding HR Flexibilities and Procedures for Hurricane Season: <https://chcoc.gov/content/human-resources-flexibilities-and-procedures-hurricane-season>

HEALTH & WELLNESS ACTIVITIES

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###

MINDFULNESS MORNING APPLICATION & EXERCISE

October 24, 2018 | 8:00 – 9:00 am | Denver Federal Center Wellness Center, Bldg. 75 | Cost: \$10 per person

Please contact Michelle Anne | shell@system2.com | <http://www.theMastersCourse.com> or Kiel Hovland | khovland@colorado.feb.gov for more information

###

DENVER POST-9/11 VETERANS/FAMILY PROGRAMS - DEPRESSION CENTER

<https://www.cohenveteransnetwork.org> | CONTACT | Matt Mishkind | 303 724 4967 | Coloradodepressioncenter.org

###

VETERANS FREE MONTHLY NON-NARCOTIC CARE CLINICS

Held monthly | 9:00 am - 1:00 pm | Various Locations: www.healingwarriorsprogram.org

Denver Clinic | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO

Longmont Clinic | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

CO Springs Clinic | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

###

YOGA @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesdays & Thursdays | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

###

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | www.kpfedtalk.org | kpfedtalk1 | Follow prompts for audio

ONGOING ANNOUNCEMENTS

UNITED SERVICE ORGANIZATIONS (USO) PATHFINDER PROGRAM (TRANSITIONS SERVICES)

M-F |8:00 am – 4:00 pm| Fort Carson |1638 Elwell St, Bldg. 6236 Rm 127| CO Springs, CO
CONTACT | Ron Kriete | 719 338 9322 | rkriete@uso.org | www.USO.org/pathfinder

Assistance is now offered to Military Spouses:

file:///C:/Users/Jeff/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/X91EF4SQ/Pathfinder_MilSpouse%20Flyer_v2.pdf

###

COMPETENCY BASED TRAINING @ DOI UNIVERSITY

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

Denver Federal Center | Bldg. 53, Denver, CO

CONTACT Pam Stovall | 303 236 0061 | Pamela_Stovall@ios.doi.gov

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USGS - INSTRUCTOR LEAD TRAINING

Instructor led, On-line, Virtual and User-Defined classes. Click on the link for a list of scheduled classes | <https://www2.usgs.gov/humancapital/doilearn/>

CONTACT Nancy Gregory | 303 445 4668 | ngregory@usgs.gov

###

TOASTMASTERS CLUBS

Please visit our new Resources webpage for Toastmaster information:

<https://colorado.feb.gov/resources/>

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VAN & CARPOOL

Vanpools needing riders are listed on the CFEB web site:

<https://colorado.feb.gov/resources/van-pools/>

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

JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main_Page

Links to information on building your resume, etc. -

<http://www.fs.usda.gov/main/r3/jobs/outreach>

National Older Worker Career Center (NOWCC) AGE 55+ | Denver, CO

Grants and Agreements Technical Support - Denver

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4260

AutoCAD Technician

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4146

Program Support

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4235

Executive Legal Assistant

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4239

UIC Inspector/Compliance Specialist – Denver

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4309

Procurement/Property/Facilities Support – Lakewood, CO (Fed Center)

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4308

Pesticides/Lead/Poison Control - Denver

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4347

National Older Worker Career Center (NOWCC) AGE 55+ | Location in CO TBD

Engineer – Alamosa, Delta, Grand Junction, Montrose or Durango

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4072

Soil Conservation Technician – Alamosa, Delta, Grand Junction, Montrose or Durango

https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4073

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>

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Have a safe and wonderful Weekend.

CFEB Staff

Fred Eidson | Executive Director | feidson@colorado.feb.gov

Jeff Conn | Deputy Director | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB) | 303 202 4588 | <http://colorado.feb.gov/index.php>

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