

11/30/18 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

CFEB ALL EMPLOYEE ANNOUNCEMENTS POSTED ON WEBSITE

If you can't view the announcements or want information from a previous announcement, please visit the CFEB website: <https://colorado.feb.gov/>

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CDOT WINTER WEATHER DRIVING TIPS

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

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DENVER REGIONAL COUNCIL OF GOVERNMENT (DRCOG) WAY TO GO VANPOOLS

CONTACT Kate Spencer | 303-480-6725 | kspencer@drcog.org

Fun Facts:

If your one-way trip commute mileage is...	Annual savings (leave car once a week)	Annual savings (leave car three times a week)	Annual savings (leave car five days a week)
5 miles	\$245	\$734	\$1,224
10 miles	\$490	\$1,469	\$2,448
15 miles	\$734	\$2,203	\$3,672
25 miles	\$1,224	\$3,672	\$6,120

Methodology: total round trip miles x \$0.51 per mile (federal reimbursement rate) x 240 working days per year

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OPEN SEASON HEALTH FAIR – LAST ONE

December 6, 2018 | 11:00 am – 1:00 pm | Denver Federal Center, Bldg. 41, Remington Arms Rm, Denver, CO | Free

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

CONTACT Jane Fluekiger | 303 831-2512 | jane.fluekiger@anthem.com

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OPM

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>

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TSA VOLUNTEER OPPORTUNITIES

Denver TSA is seeking individuals that would like to volunteer their time to serve as decoy travelers (hereafter decoys) that would be willing to have limited amounts of a training aid either placed on the individual or in their carryon luggage (provided by TSA), and walk through the airport environment as controlled role player to assist in training reinforcement.

This opportunity is for you to assist TSA canine teams with critical training at the Denver International Airport. Further details will follow if you are interested in assisting our program. Minimal requirements are as follows:

- ✚ Decoys must not have any issues that would prohibit them working in close proximity to canines. Individuals will perform the decoy role in an airport environment acting as a traveler. The decoy must not object to being searched by TSA canine; have no fear of being near canines; have no allergies to canines.
- ✚ The decoy must not have health issues that would prevent them walking, standing and/or sitting.
- ✚ Decoys are not permitted to smoke at any time during the exercise
- ✚ Decoys must be able to read, write and speak English.
- ✚ Decoys must be either state, federal or municipal employees **OR**
- ✚ Active or retired military.

Decoys will be expected to sign a Non-Disclosure Agreement. A safety briefing will be conducted on the day of the exercise. The decoy will be required to sign a safety briefing consent form. Training is conducted at the Denver International Airport (DIA). If you agree to volunteer to assist our program you will be expected to drive to DIA. There will be no parking fee during the period you are assisting our program. We are continuously holding ongoing training sessions with varied times on every day of the week. If interested, please reach out to our Program Assistant directly at 303-348-7559 or email DEN_K9@tsa.dhs.gov

###

WEBPAGE – Voluntary Leave Transfer Program (VLTP)

The CFEB has set up a webpage on our website to encourage those that would like to donate their leave to those that have been approved to receive leave donations through the voluntary leave transfer program.

Link | <https://colorado.feb.gov/wp-content/uploads/2018/11/VLTP-2018.pdf>

If you are an approved recipient or know someone that is, please feel free to send their POC information to Jeff Conn | jeff.conn@gsa.gov for inclusion on the webpage. POC information should include: Name, Agency, Recipient email & telephone number

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PUEBLO CHEMICAL DEPOT - BONFILS/VITALANT BLOOD DRIVE

December 11, 2018 | 12:00 – 4:00 pm | Pueblo Chemical Depot, Bonfils Bus in Building 6 Parking Lot, Pueblo, CO | For eligibility questions, contact Bonfils/Vitalant Donor Relations at 800-365-0006, ext 1.

CONTACT Kathryn Cain | 710 549 4060 | Kathryn.r.cain.civ@mail.mil

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DENVER FEDERAL CENTER BLOOD DRIVE

December 13, 2018 | 8:30 am – 1:00 pm | DFC, Bldg. 67, Hungry Horse Rm, Denver, CO
Celebrate the season of giving with just an hour of your time and transform someone's life with your generous blood donation.

To schedule an appointment, call | 303 363 2300 | Lori.Freerksen@bonfils.org | www.Vitalant.org

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FEDVIP DENTAL & VISION PROGRAM INFORMATIONAL VIDEO 2018

Dental | <https://www.youtube.com/watch?v=6PGZX1k7QzU>

Vision | <https://www.youtube.com/watch?v=FgM5fw-kBd8>

WORKFORCE DEVELOPMENT

CFEB Workforce Development Council (WDC)

The next meeting of the CFEB WDC will be on December 6, 2018 at 10:00 AM in the CFEB conference room. Anyone interested in joining the Council is invited to attend. If you'd like more information or have questions about the CFEB WDC, please contact Angela Hardin at angela.hardin@ssa.gov

###

PREP CONNECT 360

December 10-14, 2018 | 8:30 am - 4:00 pm | Pikes Peak Workforce Center, 1675 Garden of the Gods Rd, Colorado Springs, CO | Free, limited seats available

Save the dates for 2019: January 21-25 and February 11-15, 2019

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

###

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

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THE NEUROSCIENCE OF LEADERSHIP

January 30, 2019 | 8:00 am - 4:30 pm | Denver Federal Center, CFEB Training Rm, Bldg. 25, Denver, CO | Cost: \$60.00 per person

Online Registration is Required | <https://colorado.feb.gov/register/?ee=475>

A One-Day Seminar for Federal Leaders, Supervisors, Managers, & Employees

- ✚ Recognize how one's beliefs and biases may be harmful and how to change them
- ✚ Have a deeper understand why people act the way they act
- ✚ Acquire skills to influence others towards greater levels of commitment
- ✚ Know how to energize others towards a shared vision and values-based culture

INSTRUCTOR | Hal Pitt, Hal Pitt Seminars

###

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 jeff.conn@gsa.gov

BREAKFAST SERIES - FINANCIAL PLANNING – PART 1

January 17, 2019 | 8:00 – 9:00 am | CFEB Training Room, Bldg. 25 | Denver Federal Center | Lakewood CO | Free

Online Registration Required | <https://colorado.feb.gov/register/?ee=472>

TRAINER | My Federal Retirements & Benefits

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FEDERAL BENEFITS & RETIREMENT CLASS

January 23, 2019 | 8:30 am - 4:00 pm | CFEB Training Room, Bldg. 25 | Denver Federal Center | Lakewood CO | Cost: \$100.00
Online Registration Required: <https://colorado.feb.gov/register/?ee=425>

TRAINER | Ann Vanderslice

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HALF DAY FINANCIAL TRAINING – TSP 1

January 31, 2018 | 8:00 am – 12:00 pm | CFEB Training Room, Bldg. 25 | Denver Federal Center | Lakewood CO | Cost: \$50.00
Online Registration Required: <https://colorado.feb.gov/register/?ee=476>

TRAINER | My Federal Retirements & Benefits

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FEDERAL BENEFITS & RETIREMENT CLASS

February 26, 2019 | 8:30 am - 4:00 pm | CFEB Training Room, Bldg. 25 | Denver Federal Center | Lakewood CO | Cost: \$100.00
Online Registration Required: <https://colorado.feb.gov/register/?ee=474>

TRAINER | My Federal Retirements & Benefits

EMERGENCY PREPAREDNESS

Check the CFEB website for new class dates in 2019 – Have a wonderful Holiday Season

HEALTH & WELLNESS ACTIVITIES

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

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

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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.

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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)

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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

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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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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
jeff.conn@gsa.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

AutoCAD Technician

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

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 jeff.conn@gsa.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

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Have a safe and wonderful Weekend.

CFEB Staff

Fred Eidson | Executive Director | fred.eidson@gsa.gov | **Note new Email address**
Jeff Conn | Deputy Director | jeff.conn@gsa.gov | **Note new Email address**
Colorado Federal Executive Board (CFEB) | 303 202 4588 | www.colorado.feb.gov

Please email Jeff Conn at: jeff.conn@gsa.gov to subscribe or unsubscribe from CFEB email