

**4/12/19 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)**  
***ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE***  
<http://www.colorado.feb.gov/>

**FEMA – APRIL IS NATIONAL FINANCIAL CAPABILITY MONTH**

During National Financial Capability Month, FEMA’s Ready Campaign aims to encourage people to take action by saving for the unexpected. It is vital that individuals and families have a financial plan to face emergencies and disasters. This would help communities and the country to be better prepared for disaster.

Website | <https://content.govdelivery.com/accounts/USDHSFEMA/bulletins/239a318>

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**OPM**

Memorandum - Delegation of Direct-Hire Appointing Authority for IT Positions.

<https://www.chcoc.gov/content/delegation-direct-hire-appointing-authority-it-positions>

Retroactive 2019 Pay Adjustment – CPM 2019-11:

<https://www.chcoc.gov/content/retroactive-2019-pay-adjustment>

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**2019 FEDERAL EMPLOYEES TENNIS ASSOCIATION SEASON**

**Registration ends April 15, 2019** | Cost: \$15.00 for the season

Website: [www.fetatennis.org](http://www.fetatennis.org) | **CONTACT** Bob Nestel: fetatennis@gmail.com

If you are interested in playing in a small tennis league this summer where you can play as much or as little as you want. The league is open to employees and retirees of the Federal government and Jefferson County government. Immediate family members, including junior players 14 years and older, may play as the doubles partner of an eligible player.

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**DFC COED SLOW PITCH SOFTBALL LEAGUES**

**CONTACT** | [DFCCOEDSOFTBALL@GMAIL.COM](mailto:DFCCOEDSOFTBALL@GMAIL.COM) indicate which league that either you or your team would like to play: Slots available for Teams and Players

Monday’s | 5 men/5 women

Wednesday’s | 7 men/3 women

Games begin in May 2019 and are played on the Denver Federal Center. If interested as a player, please add gender and which position you prefer to play. This information will be forwarded on to the current team managers to fill their needs for a complete team.

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## **DFC COED KICKBALL LEAGUE**

Thursdays, beginning May - July 2019 | DFC Softball Fields

Come out and have some FUN. We are looking for interested teams (9 or more players each) or individual players to play in a Federal Center KICKBALL League.

ANYONE who can get on the Fed Center is welcome to play (must have an id) teams are made up of approximately 60% Federal employees and their family!

CONTACT James Smith | 303-231-3705 | [DFC\\_Kickball@yahoo.com](mailto:DFC_Kickball@yahoo.com)

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## **DFC NEWSLETTER WINTER/SPRING 2019**

<https://content.govdelivery.com/accounts/USGSA/bulletins/2361d30>

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## **FEDERAL DRUG TAKE-BACK DAY - THREE DIFFERENT LOCATIONS**

April 24, 2019

**Byron Rogers Federal Building** | Main lobby, 1961 Stout St, Denver CO | 10:00 am – 2:00 pm  
**Denver Federal Center: Corner of 7th and Main** (where the old gas station used to be) | 10:00 am - 2:00 pm

**National Renewable Energy Laboratory, Research Support Facility Lunch Rm** | 9:30 am - 1:00 pm (Note different time) | POC at NREL is Brian Sutherland, [brian.sutherland@ee.doe.gov](mailto:brian.sutherland@ee.doe.gov)

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, injectables, needles and sharps, oxygen containers, mercury, chemotherapy/ radioactive substances, pressurized canisters, or illicit drugs.

CONTACT | Laurie Konsella | email [Laurie.konsella@hhs.gov](mailto:Laurie.konsella@hhs.gov)

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## **ROCKY MOUNTAIN EAGLE & UNITED WE SERVE AWARDS 2019 AWARDS CEREMONY**

May 8, 2019 | 2:00 – 4:00 pm | Aurora Municipal Center, Aurora, CO

Online Registration required | <https://colorado.feb.gov/register/?ee=491>

**CONTACT** | Jeff Conn | 303 202 4588 | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov)

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## **2019 FEDERAL CUP 5K WALK/RUN**

### **FEDERAL CUP 5K WALK/RUN**

May 18, 2019 | 8:15 am | Denver Federal Center, Bicentennial Park

**Registration:** <https://www.runningguru.com/E1.asp?eID=54454>

**Like us on Facebook:** <https://www.facebook.com/Fed-Cup-5k-142767869216327/>

**Website:** <http://www.runningguru.com/Site/Website.asp?WebsiteID=174>

### **2020 – FED CUP 5K COMMITTEE MEMBERS NEEDED**

If interested in serving as race director, co-director and/or race committee members beginning in 2020, please contact either Jeff Conn at: [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov) | 303 202 4588 or Renee Varin-Potratz [renee.l.potratz.civ@mail.mil](mailto:renee.l.potratz.civ@mail.mil)

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## **MEMORIAL DAY RUN & MARCH**

May 25, 2019 | 8:00 am | Castle Rock, Colorado

Register | <https://runsignup.com/Race/CO/CastleRock/MemorialDayRunMarch>

Information | <https://www.memorialdaymarch.com/>

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## ***CFEB SPONSORED FINANCIAL CLASSES***

### **TSP & MARKET QUARTERLY UPDATE - 1/2 DAY CLASS**

April 30, 2019 | 8:00 am – 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$50.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=490>

### **Fund Choices: Review Options, Allocations & Performance**

- How do they compare to peers?
- The Rear Mirror View: Review of the Quarter
- Forward Looking: Now what?
- To Roth or not to Roth?
- How does this choice affect me in the future?
- How much to contribute?

**INSTRUCTOR** | Sharla Rountree, My Federal Retirements & Benefits

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## **FEDERAL BENEFITS & RETIREMENT CLASSES**

**May 21, 2019** | 8:30 am – 4:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$100.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=482>

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

**June 18, 2019** | 8:30 am – 4:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO | Cost: \$100.00 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=488>

INSTRUCTOR | Ann Vanderslice, Retirement Strategies

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## ***WORKFORCE DEVELOPMENT & TRAININGS***

### **2019 PRESIDENTIAL MANAGEMENT FELLOWS (PMF) PROGRAM - HIRING EVENT**

April 22, 2019 | NIH Natcher Center, Bethesda, MD

The PMF Program is holding an in-person Hiring Fair for the Class of 2019 PMF Finalists. The goal is to get as many Class of 2019 Finalists hired as possible and our target is to hire 246 PMF Finalists into agencies for this class year. We need your help!!

For more information, please work with your agency/office PMF coordinator to register for the event | <https://apply.pmf.gov/coordinators.aspx>

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### **COR REFRESHER TRAINING - FCR 404 - FAC-COR REFRESHER**

April 22 – 26, 2019 | Denver Federal Center, Bldg. 53, Denver, CO | Cost: \$680.00 | Registration: <https://faitas.army.mil/Faitas/>

Teaching School: DOIU - Department of the Interior University - FY: 2019 CLS: 504

Questions? Please contact the DOIU Denver, CO Learning Center:

Pam Stovall [pamela\\_stovall@ios.doi.gov](mailto:pamela_stovall@ios.doi.gov) | 303 236-0061

Josh Marshall | [josh\\_marshall@ios.doi.gov](mailto:josh_marshall@ios.doi.gov) | 303 236-0062

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### **POWERPOINT TIPS TO EXCEL TRAINING CLASS**

May 1, 2019 | 8:00 am - 12:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO  
Cost: \$60.00 per person  
Online Registration Required: <https://colorado.feb.gov/register/?ee=485>

Join us for this hands-on session with a certified PowerPoint expert to discover the secrets and best practices for creating and delivering your message with PowerPoint:

- Four key parts to a PowerPoint presentation
- The #1 technique you need to know for better presentations
- Tips for working with bullet slides and complex data
- Adding and using effective graphics
- Organizing your data with tables and charts
- Ways to engage audiences with animation and hyperlinks
- Explore insider secrets to professionally deliver a PowerPoint presentation

INSTRUCTOR Dawn Bjork | Software Pro  
CONTACT | Jeff Conn | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov) | 303 202 4588

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## **SALUTE TO THE BRAVE**

Community Resource Expo for Veterans, Military, & their Families  
May 4, 2019 | 3:00 - 6:00 pm at both locations below

Colorado Springs | 9510 Voyager Parkway, CO Springs, CO  
Denver | Dick's Sporting Goods Park | 6000 Victory Way, Commerce City, CO

CONTACT Alannah Rice | 720 250 1192 | [alannah.m.rice2.ctr@mail.mil](mailto:alannah.m.rice2.ctr@mail.mil)

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## **CFEB WORKFORCE DEVELOPMENT COUNCIL (WDC) MEETING**

May 9, 2019 | 10 am – 12 pm | Denver Federal Center, CFEB Conf Rm, Bldg. 810, Rm 5014

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 Brian Sutherland at:

[Brian.Sutherland@ee.doe.gov](mailto:Brian.Sutherland@ee.doe.gov) or Fred Eidson at: [fred.eidson@gsa.gov](mailto:fred.eidson@gsa.gov)

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## **TRIBAL RELATIONS WORKSHOP**

May 21-22, 2019 | Golden Community Center, Golden, CO | Cost: \$395.00; seating is limited to 40

Register: <https://www.workinginindiancountry.com/new-workshop-registration-form-2/>

Working In Indian Country: Building Successful Business Relationships with American Indian Tribes. This two-day professional development workshop. Who Should Attend? Local, state, and federal government officials and business leaders who have a desire or are required to work with American Indian tribes.

CONTACT Larry Keown | 307 751 0540 | lkeown@idkassociates.com

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## **MICROSOFT EXCEL: BEYOND THE BASICS**

May 22, 2019 | 8:00 am - 12:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO

Cost: \$60.00 per person

Online Registration Required: <https://colorado.feb.gov/register/?ee=487>

Microsoft Excel is packed full of features designed to help you create, edit, format, and analyze a wide range of worksheet projects. With all of its power, many Excel tips and techniques are not obvious or intuitive. Join this hands-on session with a certified Excel expert to find out how to simplify actions in Excel, build formulas and functions, manage your data, and learn the steps and shortcuts to quickly and easily get your work done. Workshop topics include:

- Data entry tips and automation shortcuts
- Top essential functions for simple to complex calculations
- Managing workbooks and multiple worksheets
- The power of grouping worksheets for formatting and editing
- Techniques for linking and sharing data
- Customizing Excel

INSTRUCTOR Dawn Bjork | Software Pro

CONTACT | Jeff Conn | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov) | 303 202 4588

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## **CFEB ADVANCED MEDIATION TRAINING**

May 29-30, 2019 | 8:30 am - 4:30 pm | Denver Federal Center, CFEB Training Rm, Bldg. 25, Denver CO |

Cost: \$200 per person | CLE credits awarded

Online Registration Required | <https://colorado.feb.gov/register/?ee=484>

Who should attend: Federal or State mediators that have attended a minimum of 32 hours of basic mediation training either in a certificate program or through a Juris Doctoral program.

Topics covered: Refresher of Mediation Process; Mediator Role as a Neutral; Caucus Strategies; Monitoring & Safeguarding Mediator Neutrality; Handling of Parties "Representatives"; Ethical Challenges; Closing the Deal; & How to Stop a Mediation.

INSTRUCTORS | Jarvinen Dispute Resolution Services

CONTACT | Jeff Conn | 303 202 4588 | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov)

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## ***EMERGENCY PREPAREDNESS***

### **NWS – WEATHER SPOTTER TRAINING**

May 2, 2019 | 9:00 am – 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Rm 1442, Entrance E14 | Free | Online Registration required - <https://colorado.feb.gov/register/?ee=486>

We will give the attendees the tools they will need to identify and accurately report severe storms that may impact lives and property. We will also talk about safety hazards with thunderstorms and actions you can take to protect yourselves. Spotters are a vital part of the warning process that provides critical ground truth information to meteorologists at the National Weather Service.

INSTRUCTOR | Scott Entrekin, NWS Boulder Office

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### **CFEB EMERGENCY PREPAREDNESS MEETING**

May 14, 2019 | 2 – 4 pm | Denver Federal Center, CFEB Conf Rm, Bldg. 810, Rm 5014

Anyone interested in joining the Council is invited to attend. If you'd like more information or have questions about the CFEB EPC, please contact Donna Vallejos at: [donna.vallejos@gsa.gov](mailto:donna.vallejos@gsa.gov) or Jeff Conn at: [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov)

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### **LONG-TERM POWER OUTAGE CONTINUITY OF OPERATIONS WORKSHOPS (Offered three times for your scheduling convenience)**

**June 19, 2019** | 1:00 – 4:00 pm | Class is full – If you would like to be placed on the waitlist, email Jeff Conn | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov)

**August 28, 2019** | 8:00 – 11:00 am | Registration: <https://colorado.feb.gov/register/?ee=481>

Free

### **WORKSHOP OVERVIEW**

- **Who:** Whole Community: Private sector, Public Sector (federal, state, local government agencies) Public Health, first responders, etc.
- **What:** Long Term Power Outage Continuity of Operations Workshop

- **Purpose:** This workshop will focus on the abilities of local, state, and federal agencies, as well as private sector organizations, to define and provide their mission-essential functions during a continuity of operations plan implementation during a prolonged power outage due to a weather event on the electric power grid.
- **Where: CFEB Training Room** | Denver Federal Center, Bldg. 25, Rm 1442 | Entrance E14

**Objectives:**

- Review, update and revise current continuity plans when faced with a prolonged power outage affecting the jurisdiction prior to the restoration of power.
- Contribute to the development of a “best practices” report to support all partner agencies in the advancement of long-term continuity planning.
- Facilitate active learning opportunities and peer-to-peer exchanges, highlighting beneficial redundancies and identifying potential gaps in long term continuity plans.
- Determine how information will be shared and gathered based on current plans.

**QUESTIONS** | CFEB 303 202 4588 | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov) or FEMA Region VIII Continuity | 303-235-4982 | [michael.brinkman@fema.dhs.gov](mailto:michael.brinkman@fema.dhs.gov)

***HEALTH & WELLNESS ACTIVITIES***

**FEHB MEDICARE SEMINAR**

Hosted by Kaiser Permanente | Questions about Medicare and how it works with your FEHB coverage | Upcoming seminars | <http://kp.org/feds/medicare>

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

<https://www.cohenveteransnetwork.org> | CONTACT | Matt Mishkind | 303 724 4967 | [Coloradodepressioncenter.org](http://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](http://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](mailto: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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## **ONGOING ANNOUNCEMENTS**

### **VAN & CARPOOL- SEE NEW UPDATES**

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](mailto:jeff.conn@gsa.gov)

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

CONTACT Kate Spencer | 303-480-6725 | [kspencer@drcog.org](mailto:kspencer@drcog.org)

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## **FINANCIAL LITERACY RESOURCES**

### **Training for Your Employees - On-site Workshops**

TSP training specialists are available to provide on-site TSP workshops for your employees and uniformed service members. Requests are filled on a first-come, first-served basis, based on available training staff. To learn more, or to schedule an event for your agency, contact us at (202) 942-1450 or preferably email us at [training@tsp.gov](mailto:training@tsp.gov)

### **Training for Your Employees - TSP Webinars**

TSP's Office of Communications and Education is hosting TSP webinars to supplement TSP training events hosted by agencies and services. Our mission is to create educational outreach for participants who are unable to attend live events or webinars hosted by agencies and services. <https://www.tsp.gov/representative/Content/trainingInfo.html>

## **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](mailto:rkriete@uso.org) | [www.USO.org/pathfinder](http://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](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](mailto: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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## ***JOB ANNOUNCEMENTS -***

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

Helpful hiring tips from USAjobs.gov - [https://help.usajobs.gov/index.php/Main\\_Page](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](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4146)

Water Program Professional Support - LCR

[https://www.nowcc.org/states-with-open-positions/position-details/?position\\_id=4837](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4837)

UIC Class V Inspector/Compliance Specialist

[https://www.nowcc.org/states-with-open-positions/position-details/?position\\_id=4838](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4838)

Inspector

[https://www.nowcc.org/states-with-open-positions/position-details/?position\\_id=4839](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4839)

Community Involvement Support

[https://www.nowcc.org/states-with-open-positions/position-details/?position\\_id=4840](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4840)

### **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](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](https://www.nowcc.org/states-with-open-positions/position-details/?position_id=4073)

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## ***CFEB EMAIL ANNOUNCEMENTS***

### **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/>

### **SUBMIT INFORMATION FOR ANNOUNCEMENTS**

To submit information to be included in the announcements, please email it by Wednesday of each week to [jeff.conn@gsa.gov](mailto: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](mailto:fred.eidson@gsa.gov)

Jeff Conn | Deputy Director | [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov)

Colorado Federal Executive Board (CFEB) | 303 202 4588 | [www.colorado.feb.gov](http://www.colorado.feb.gov)

Please email Jeff Conn at: [jeff.conn@gsa.gov](mailto:jeff.conn@gsa.gov) to subscribe or unsubscribe from CFEB email