

5/10/19 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

PUBLIC SERVICE RECOGNITION WEEK – May 5 – 11, 2019

Public Service Recognition Week is celebrated the first week of May since 1985 (beginning on the first Sunday of the month) to honor the men and women who serve our nation as federal, state, county and local government employees.

President Trump's Public Service Proclamation

<https://www.whitehouse.gov/presidential-actions/proclamation-public-service-recognition-week-2019/>

###

HAPPY MOTHER'S DAY TO ALL THE GREAT MOM'S OUT THERE!

###

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 | 303 202 4588 or Renee Varin-Potratz renee.l.potratz.civ@mail.mil

###

OPM LEADER DEVELOPMENT

The Lab at OPM is teaching three single-day design courses in May at the Western Management Development Center in the Byron Rogers Federal Building in downtown Denver. Join us and sharpen your human-centered design skills!

May 14, 2019 | Problem-Framing for Solution-Finding

Discover tools for breaking down problems into solvable ones.
Register | <https://leadership.opm.gov/programs.aspx?course=298>

May 15, 2019 | Constructive Critique

Practice techniques for providing useful feedback.
Register | <https://leadership.opm.gov/programs.aspx?course=296>

May 16, 2019 | Participatory Design Methods

Learn strategies for designing products and services with the people who use them.
Register | <https://leadership.opm.gov/programs.aspx?course=297>

CONTACT | Elaine Daniel | Elaine.Daniel@opm.gov

COLORADO LEADERSHIP DEVELOPMENT PROGRAM

June 17, 2019- January 16, 2020 | 8:00 am - 4:30 pm | Western Management Development Center, Byron Rogers Federal Building, 1961 Stouts Street, Suite 16-111, Denver CO |

Cost: \$6950 per person

Online Registration Required | <https://cldcentral.usalearning.net/mod/page/view.php?id=37854>

Who should attend: These programs are designed to meet the leadership development needs of selected federal professionals at the GS-12, GS-13, and GS-14 levels or equivalent, who work in federal, state or local government organizations located in those regions.

Topics covered: The program is based on a "whole person" model comprised of four dimensions: intellectual, emotional, physical, and behavioral. The curriculum combines this model with specific monthly sessions taught by highly-skilled professional facilitators who focus on the development of the OPM Leadership Competencies or Executive Core Qualifications (ECQs). Research shows that development of these competencies is essential to success in senior-level public-sector leadership positions. This program includes in-person classroom sessions, various assessments, one-on-one professional coaching sessions, individual and team developmental assignments.

INSTRUCTORS | Various highly skilled facilitators

CONTACT | Bonnie Robinson | 303 671 1130 | bonnie.robinson@opm.gov

###

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION (NHTSA)

The National Highway Traffic Safety Administration (NHTSA) manages vehicle safety recalls, sets vehicle safety standards, and requires automakers to recall vehicles that have safety defects or fail to meet safety standards.

If your car has a recall, get it fixed - it could save your life. You can check for recalls at least twice a year using the online VIN Search Tool at | www.nhtsa.gov/recalls

Any unrepaired vehicle from a major light auto manufacturer (including motorcycles) that has a safety recall will appear in the past 15 years. NHTSA encourages all drivers to visit www.SaferCar.gov | where you can find information on recalls, tires, crash ratings, car seats, safety technologies, and report complaints or safety defects.

For more information on motor vehicle safety defects and recalls, please visit https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/14218-mvsdefectsandrecalls_041619-v2-tag.pdf%20or%20contact%20NHTSA's%20Region%208%20Office%20at%20720-963-3100

###

GOVERNMENT PRINTING OFFICE TRAINING SEMINAR

May 21, 2019 | 9:00 am - 2:30 pm | DFC, Bldg. 41, Remington Arms Rm, Denver, CO | Free

GPO is hosting a local training seminar on Best Practices in Federal Printing and Publishing. This event will include:

- An overview of the latest publishing/ printing products and outreach services available
- An update on services "trending" with federal publishing and printing professionals
- An overview of how to work with GPO

Register | <https://usgpo.wufoo.com/forms/gpo-event-registration/>
CONTACT Lindan Moya | 202 512 0424 | lmoya@gpo.gov

###

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/>

###

FEDS FEED FAMILIES 2019 FOOD DRIVE

June 4 – August 29, 2019

HUNGER IMPACTS EVERYTHING

Food banks across the country face severe shortages of food throughout the summer, as children are left without school nutrition programs. Over the past decade, we have witnessed the remarkable generosity of our Federal workforce, collecting millions of pounds of food to support families in their communities!

HOW YOU CAN HELP

- 1) Designate or volunteer to be a Campaign Manager to coordinate the food drive for your agency.
- 2) Agencies in the DENVER METRO AREA can contact Bart Bushman (303-844-0310, bart.bushman@usda.gov) to get registered with Food Bank of the Rockies for delivery of donation barrels (and/or boxes) and pick-up of donations.
- 3) Agencies in ALL OTHER COMMUNITIES THROUGHOUT COLORADO should coordinate your food drive with your local food bank. If you need help locating a local food bank, please contact Bart Bushman.

CONTACT Bart Bushman | 303 844 0310 | bart.bushman@usda.gov

CFEB SPONSORED FINANCIAL CLASSES

BREAKFAST SERIES – BANKING DECISIONS

May 16, 2019 | 8:00 – 9:00 am | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO
Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=492>

Join us for part one of a series of financial planning one-hour workshops. Here are just a few things we will touch on in this workshop:

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

###

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

###

FEDERAL BENEFITS & RETIREMENT CLASSES

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

###

BREAKFAST SERIES – CREDIT SCORING

June 20, 2019 | 8:00 – 9:00 am | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO
Free | Online Registration Required | <https://colorado.feb.gov/register/?ee=495>

Join us for part two of a series of financial planning one-hour workshops. Here are just a few things we will touch on in this workshop:

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

###

EARLY FERS CLASS

July 10, 2019 | 8:30 am – 4:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO |

Cost: \$100.00 | Online Registration Required | <https://colorado.feb.gov/register/?ee=497>

Class is geared towards those Federal employees new to the Federal government and not close to retirement.

INSTRUCTOR | Ann Vanderslice, Retirement Strategies
CONTACT Jeff Conn | 303 202 4588 | jeff.conn@gsa.gov

###

CSRS/TSP CLASS

July 16, 2019 | 8:00 am – 12:00 pm | DFC, CFEB Training Room, Bldg. 25, Room 1442, Denver, CO

Cost: \$50.00 | Online Registration Required | <https://colorado.feb.gov/register/?ee=504>

Join us for part two of a series of financial planning one-hour workshops. Here are just a few things we will touch on in this workshop:

INSTRUCTOR | Sharla Rountree, My Federal Retirements & Benefits

WORKFORCE DEVELOPMENT & TRAININGS

CFEB WORKFORCE DEVELOPMENT COUNCIL (WDC) MEETING

May 16, 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 or Fred Eidson at: fred.eidson@gsa.gov

###

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

###

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

LEAN(er) SIX SIGMA – GREEN BELT CERTIFICATION – PUBLIC SECTOR EMPHASIS

June 4-6, 2019 | 8:30 am - 3:30 pm | Denver Federal Center, CFEB Training Room (Rm 1442), Bldg. 25, Denver CO|

Cost: \$2200 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=493>

Who should attend: everyone interested in advancing their project management skills and acquiring their Green Belt in Lean(er) Six Sigma. Participants will complete an individualized organization-specific project.

Lean Six Sigma (LSS) is a recognized hybrid process improvement program that clarifies how to make any project or activity better, faster and more cost-effective. Our program recognizes that documenting definitive results can be challenging when working on government assignments. This exclusive LSS program simplifies this process by providing repeatable and template-based tools.

Our unique approach Leaner Six Sigma (LrSS©) prepares you to take the Lean Six Sigma Green Belt industry-standard exam and pass on your initial attempt! Our program also provides you with an on-line personal mentor to complete your first public sector Lean Six Sigma endeavor. This includes identifying a good project and strategy. Increasing critical-thinking and enhancing problem-solving skills is valuable to any individual who is interested in demonstrating stewardship, growing as a professional or building a team.

Green Belt Training & Certification

Lean Six Sigma Green Belt Certification is a three-phased designed to give you an overview understanding of Lean Six Sigma in the context of completing projects within an organization. Phase One: Instructor led workshop training; Phase Two: Independent Study and Exam; and. Phase Three: Individualized Project.

Certification Requirements- 3 Days (totaling 21 hours) of live instruction, 5 online homework assignments, an online exam to lock in the training, your first Lean Six Sigma Project.

INSTRUCTOR | Dr. Terra Vanzant Stern

CONTACT | Jeff Conn | 303.202.4588 | jeff.conn@gsa.gov

###

NEUROSCIENCE OF TRANSFORMATIONAL LEADERSHIP

June 17, 2019 | 8:30 am - 3:30 pm | Denver Federal Center, CFEB Training Room (Rm 1442), Bldg. 25, Denver CO|

Cost: \$100 per person

Online Registration Required | <https://colorado.feb.gov/register/?ee=494>

Who should attend: anyone interested in learning to become a better leader and helping their organization transform.

Leaders develop abilities that help them inspire and manage others. And, like all humans, cognitive “blindspots” hinder even their best efforts. What’s more, the way we work with others is subject to constant change and volatility.

This approach to leadership development incorporates evidence-based brain science to analyze and optimize your organization's leadership, on a group or individual basis. The topics and programs we cover include some of today's most pressing challenges.

- Train your brain to maintain commitment to change
- Learn to manage uncertainty by harnessing your brain's capacity for resilience
- Activate the agile brain (Best practices based on the research behind how brains function in a more agile way)
- Optimize the brain for multi-tasking
- Conquer Digital Distraction
- Practice the science of possibility thinking
- Implement unfocus techniques to increase your creative ability
- Learn about the unconscious biases that obstruct creativity
- Motivate your employees to take intelligent risk

INSTRUCTOR | Michelle Anne (Author, Facilitator, Acharya, MBSR, Master Executive Coach)
CONTACT | Jeff Conn | 303.202.4588 | jeff.conn@gsa.gov

###

MICROSOFT WORD: BEYOND THE BASICS

June 26, 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=499>

INSTRUCTOR Dawn Bjork | Software Pro

CONTACT | Jeff Conn | jeff.conn@gsa.gov | 303 202 4588

###

MICROSOFT EXCEL: BEYOND THE BASICS

June 27, 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=501>

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 | 303 202 4588

EMERGENCY PREPAREDNESS

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 or Jeff Conn at: jeff.conn@gsa.gov

###

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

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 or FEMA Region VIII Continuity | 303-235-4982 | 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>

###

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)

ONGOING ANNOUNCEMENTS

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

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

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

###

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

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 | 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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TOASTMASTERS CLUBS

Please visit our new Resources webpage for Toastmaster information:

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

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>

Colorado Department of Transportation, Denver, CO

Regional Deputy Director of Maintenance (Denver)

<https://www.governmentjobs.com/careers/colorado?salary=100000&sort=PositionTitle%7CAscending&page=3>

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

Hydrologist – Fort Collins

https://www.nowcc.org/states-with-open-positions/position-details?position_id=4305

Water Program Professional Support – LCR - Denver

https://www.nowcc.org/states-with-open-positions/position-details?position_id=4837

Community Involvement Support – Denver

https://www.nowcc.org/states-with-open-positions/position-details?position_id=4840

Procurement/Property/Facilities Support – Denver

https://www.nowcc.org/states-with-open-positions/position-details?position_id=4893

Public Water System Unit Technical Support – Denver

https://www.nowcc.org/states-with-open-positions/position-details?position_id=4894

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 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

Jeff Conn | Deputy Director | jeff.conn@gsa.gov

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