

5/31/19 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

TOTAL WORKER HEALTH INITIATIVE

Colorado Federal Agencies Invited to Participate in Total Worker Health® Initiative

We are pleased to announce an opportunity to improve the health, safety and well-being of federal workers across Colorado. The Center for Health, Work & Environment at the Colorado School of Public Health invites CO federal agencies to participate in the Small+Safe+Well program providing access to Health Links™ assessment, advisement, mentoring and leadership training to help your agency achieve your goals for workforce health and to become recognized as a Certified Healthy Workplace. Federal agencies with under 500 employees in distinct worksites are eligible to participate at no cost. Enrollment ends July 31st. Contact Jenna Lavallee at jenna.lavallee@ucdenver.edu to participate or with questions.

Learn more

<http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CHWE/Research/Pages/SSWell.aspx>

Get started, enroll now! LINK:

https://ucdenver.co1.qualtrics.com/jfe/form/SV_8A4K58yqiDIOjgp

The Center for Health, Work & Environment is one of six Center of Excellence for Total Worker Health®, funded by the Centers for Disease Control and Prevention's National Institute for Occupational Safety and Health (NIOSH).

###

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

###

DEFENSE INFORMATION SYSTEMS AGENCY (DISA)

The Denver office of the Defense Information Systems Agency (DISA) is being downsized, and employees must be placed NLT 30-June-2020. Approximately 20 *talented* employees require placement in the Colorado Springs and Denver area. Occupation Series include: 0301, 0343, 0391, 0560, 0501, 2010, with the bulk of employees being IT Specialists in the 2210 series. Grade levels include: GS-11, GS-12, GS-13 and GS-14. Security Clearances: Minimum of a Secret clearance, but many have been adjudicated at the Top Secret – SCI level.

If you have vacancies available or interest in receiving résumés, please contact:

Stephanie Dufour | 303 224 1706 | DSN: 926 – 1706 | stephanie.e.dufour.civ@mail.mil

###

GET OUTDOORS / SAFE SUMMER KICK-OFF

June 8, 2019 | 10:00 am – 3:00 pm | Garfield Lake Park , 1100 S. Newton, Denver CO | Cost: FREE

Get Outdoors Colorado and SouthWest Denver Coalition are hosting the 12th annual Get Outdoors Day! This free, family-friendly event is designed to promote access to healthy and safe outdoor spaces, support under-resourced communities, and celebrate nature exploration. They'll have lots of free activities for kids including fishing, biking, climbing, boating, and more! There will be public, private, and non-profit community supportive services providers to connect you to a variety of health, education, safety, recreation, and employment resources and programs. There will be free fishing poles for youth, live entertainment and free food. Co-sponsored by a variety of federal, state and local agencies and non-profits.

For more information, to volunteer, sponsor, or become a resource fair exhibitor, visit <https://www.metrodna.org/june-8-safe-summer-kick-off-on-get-outdoors-day-comes-to-garfield-lake-park-in-southwest-denver/>

CONTACT Laurie Konsella | email Laurie.konsella@hhs.gov

###

DENVER FEDERAL CENTER FARMERS MARKET

June 13 – August 29, 2019 | Every Thursday (minus July 4th) | 11:00 am – 1:00 pm | DFC Bicentennial Park | Come out and see the vendors

###

DENVER FEDERAL CENTER BLOOD DRIVES

June 13, 2019 | 8:30 – 9:40 am & 11:00 am – 1:30 pm | DFC, Bldg 67 | Hungry Horse Room | Denver CO

June 20, 2019 | 10:00 am – 2:00 pm | DFC, Bldg 41 Safety Day | Bloodmobile | Denver CO (no punctuation)

Please join us in June to make a life-transforming blood donation. Give blood during our regularly scheduled blood drive in Bldg 67 on June 13, or join us during the Safety Day Event on June 20 on the bloodmobile parked by Bldg 40 to make a donation.

CONTACT Vitalant | 303 363 2300 | lori_freerksen@bonfils.org | www.Vitalant.org

###

5th ANNUAL OFFICE OF REFUGEE RESETTLEMENT "WORLD REFUGEE DAY"

June 18, 2019 | 1:00 pm – 2:30 pm (*Please arrive by 12:45 for check in) | Emily Griffith Technical College | 1860 Lincoln Street Denver CO

Join ORR for an engaging field trip to Emily Griffith Technical College, just a few blocks from the Byron Rogers Federal Building. Learn about programs that provide language and career supports for newly arrived refugees. You will have a chance to hear from a panel of program participants about their experiences.

CONTACT Adrienne Young | adrienne.young@hhs.gov | 303-844-1182

###

DFC Health, Safety & Security Day

June 20, 2019 | 11:00 am - 2:00 pm | DFC Bicentennial Park | Free

Exhibits & Vendors: Health & Wellness; Emergency Management; Safety & Security; Farmer's Market; Helicopter Display & K-9 Demonstration

###

BIKE to WORK DAY 2019

June 26, 2019 | 6:00 – 9:00 am | DFC Wellness Center, Building 75, 7th & Center Ave
Light breakfast and showers available to cyclists | FREE
Contact Kiel Hovland | kiel.hovland@gsa.gov | 303-236-6911

CFEB SPONSORED FINANCIAL CLASSES

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

THE 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>

Recommended attendees: Anyone interested in learning to become a better leader and helping their organization transform. This approach to leadership development incorporates evidence-based brain science to analyze and optimize your organization's leadership, on a group or individual basis.

Topics and programs covered are 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: TIPS & TECHNIQUES

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>

Microsoft Word is packed full of features designed to help you create, edit, and produce a wide range of documents. With all of its power, many Word shortcuts and techniques are not obvious or intuitive. And longer documents present even bigger challenges and often require consistent formatting, complex text layout, and more advanced features. In this session, learn time saving shortcuts and document formatting options to help you be more productive with Microsoft Word:

- Navigating and editing shortcuts
- Customizing your Word workspace
- Understanding formatting choices in Word
- Formatting with styles
- Navigating with hyperlinks, bookmarks, and cross-references
- Inserting and editing document headers and footers
- Adding and formatting a table of contents

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

###

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

August 20 -22, 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=506>

Recommended Attendees: 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

COURSE TESTIMONIAL CONTACT | Melinda Crowe | MelindaCrowe@Ymail.com

COURSE INFORMATION CONTACT | Margi White | Margi.white@ssdglobal.net

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

EMERGENCY PREPAREDNESS

LONG-TERM POWER OUTAGE CONTINUITY OF OPERATIONS WORKSHOP

August 28, 2019 | 8:00 – 11:00 am | Denver Federal Center, Bldg. 25, Rm 1442 | Entrance E14 | Free | Online Registration Required: <https://colorado.feb.gov/register/?ee=481>

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.

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

###

2019 REGION VIII INFRASTRUCTURE RESILIENCE CONFERENCE

September 10, 2019 (12:00 - 5:00 pm) & September 11, 2019 (8:00 am - 12:00 pm) | Embassy Suites by Hilton Loveland Hotel, 4705 Clydesdale Pkwy, Loveland, CO | Free
<https://www.eventbrite.com/e/2019-region-viii-infrastructure-resilience-conference-tickets-60786904267>

Presented/sponsored by Colorado Division of Homeland Security and Emergency Management.

Conference Highlights:

- Cybersecurity
- Supply Chain Management
- Unmanned Aircraft Systems (UAS)
- Disaster Recovery Reform Act (DRRA)
- Soft Target- Crowded Places

CONTACT Dorothy Miller | dorothy.miller1@hq.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 – NEWLY UPDATED

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

###

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>

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

###

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