



Regional Manager Message

By Shannon Mahan



Dear Rocky Mountain FEW Members:

As we slip into autumn, I would like to encourage you all to take advantage of the deals, training, and information that Federally Employed Women (FEW) can offer you. I've listed a "few" of my favorites that have come into my e-mail box these past weeks. Please read them, or better yet, save them and use on a regular basis.

Shannon's favorites:

1). The TSP is now on Facebook! The TSP is pleased to announce the launch of its Facebook page: [fb.com/tsp4gov](https://www.facebook.com/tsp4gov). Like our page to stay engaged, keep up to date, and learn how to make the most of your TSP account. Don't forget to share our posts with your federal friends and coworkers.

2). Globe Life is partnering with FEW. Ross Johnson, the Globe Life representative operating out of Denver can be reached for your next Lunch & Learn. You can expect great levels of value to be added concerning Federal Programs ranging from Pension, TSP, FEHB, FEGLI, Survivors Benefit, and SSI (what is this? I have no idea). A group presentation can be given as an overview of what is to come, followed with a detailed report built and given to each individual over their Federal Career.

Ross.johnson@fesgov.org or 405-204-6778.

3). The Golden Community Council, which is an employee based group from the Department of Energy's Golden Field

Office, is hosting an Employee Resource Fair on November 2, 2016 from 9:00 AM to 12:00 PM. They are located on the National Renewable Energy Laboratory (NREL) campus in Golden but any federal employee is welcome to the fair. The Rocky Mountain Region of Federally Employed Women will set up an exhibit table for the duration of the Fair and have a representative or two available to speak with employees. The goal in hosting the Fair is to provide a centralized location for employees to be able to ask questions and obtain information on all of the current resources offered to them.

4). Mark your calendars NOW for the Rocky Mountain regional training program (RTP) at the Embassy Suites Hotel in Colorado Springs. The Columbine Chapter members will be wonderful hosts! Friday March 24 (2017) is training (and fun!) day. We anticipate speakers that will enliven, educate, and inform about retirement, career building, organization, and women's health. You deserve a day devoted to making your life more stable and productive! We will provide breakfast and lunch for energy and you provide the spark.

5). Ann Vanderslice, President and Owner of Retirement Planning Strategies (RPS) is a strong supporter of federally employed women and FEW. Ann has worked exclusively with government employees and retirees for the past 14 years. She has a strong belief in the federal workforce and particularly a woman's role in successful public service. These past few years have been challenging for the federal work-

force with little positive press. Ann understands our struggle and the unique perspective women bring to the workplace. The Rocky Mountain Region has partnered with Ann to present the Unsung Shero in Federal Service Award to a deserving participant for the past ten years. We're proposing to present one exceptional employee in each FEW Region with the award, which would be presented at the Regional Training Program or other gathering. And new this year, from among the Regional winners, we would work with FEW to select one annual winner (without the nominator having to re-submit any additional information) to receive a National Unsung Shero Award at the National training Program (NTP). If you know someone that is an Unsung Shero, someone who always steps up to the plate when needed without concern for recognition or reward, please get ready to submit a nomination! This person is the one you can always count on to provide the help necessary to get a job done whether the task is large or small. She consistently assists with a smile and a "CAN DO" attitude. She exhibits a personal responsibility that always accomplishes the goal whether it is in a team environment or on her own. You can recognize the woman in your organization that fits this description by nominating her for an Unsung Shero in Federal Service Award. Ask Shannon for details, nominations come out in February 2017.



What is FEW?

Federally Employed Women (FEW) is a private membership organization working as an advocacy group to improve the status of women employed by the Federal Government and by the District of Columbia government.

Stories Wanted

We want to hear from you!!! Share your stories, achievements, and activities from your organization. Please submit all stories to WasatchFEW@gmail.com.

Follow Us!

Website:

Rockymountainfew.org

Facebook:

[Federally Employed Women- Wasatch Chapter](https://www.facebook.com/FederallyEmployedWomenWasatchChapter)

Pinterest:

[Wasatchfew](https://www.pinterest.com/Wasatchfew)

Instagram:

[Wasatchfew](https://www.instagram.com/Wasatchfew)

President's Message

By Theresa Slade



Dear Chapter Members:

Anyone that knows me, knows my love of gardening. As I was working in my yard this last weekend, I realized that there are similarities between working in my yard and advancing my career.

Plan ahead: Planning is essential in any landscape plan. I am always thinking ahead to what I want my beds to look like in each of the seasons. My plant selection is based on that vision. Planning ahead is essential to my career. Where do I want to be in a year, in five years, at retirement? Job selections, details, ancillary duties, and training and education all shape the vision of my career.

Regular Maintenance: There are always tasks that have to be done a daily and/or weekly basis. Watering, mowing the lawn, and cleaning off the patio furniture are just a few of the regular tasks. Maintenance of my career also requires regular activities. I need to present myself daily as a professional. Keeping my resume up to date is also important. I find that if I add new narratives to my resume as I complete a detail or accomplish a new objective that I am ready for whatever opportunity presents itself.

Pull the weeds: Weeds can destroy the look of any landscaping in a short amount of time. A couple of weeks of not pulling the weeds and all my hard work is lost in the mess.

This is true with my career. The “weeds” of my career have ranged from the people that I have surround myself with to my daily habits. I have let others negativity and bad habits encroach on my well-tended career goals. My hard work has been choked out and lost due to the weeds I have let surround me. Instead of being seen as the professional I aspire to be, those around me just see the “weeds” that I have let surround me.

Consult the Experts: I am a little embarrassed to confess how many hours I spend on Pinterest, looking at magazines, books, and websites just for ideas and ways to maintain and improve my yard. It occurred to me one day that I should be spending time reading professional publications, career focused websites. I was pleasantly surprised when I searched *Career* on Pinterest. There were multiple pins and links to some great blogs and websites. Not every idea is a perfect fit for my yard, and not everything I read applies to my career. However, ideas can be gleaned from even the most irrelevant information.

Be Resourceful: The plans I have for my yard and my checking account tend to be in some disagreement. With a little resourcefulness though, I have been able create some beautiful features in my yard at a fraction of the cost than they would typically be. Joining FEW was a part of my resourcefulness for my career. My previous positions al-

lowed for very little career development. Through FEW I have been able to serve in leadership positions, as well as take advantage of opportunities and training that would of never been available to me.

Have Patience: Out of all the plants in my yard, I have one that is my all-time favorite. I have wanted a Wisteria vine for as long as I can remember. I prepared a place for it in my yard, and saved to buy one. At the time I could only afford about a three foot plant. It took five years to finally bloom! My career has been similar. Whether it has been improving production statistics, continuing my education, and having enough time in grade (just to name a few), I have had to be patient to see the results of my hard work. Not everything I do has immediate results. Sometimes it can take days, months or even years to see my hard work pay off. I know though, that if I am patient and continue to push forward that eventually I can see the results of my hard work.

I want the area around my house to be more than just a yard and I want my time in government service to be more than just a job. I challenge each of you to consider the above metaphors and find the ways that you can improve your path to career you want. TheresaSladeFEW@yahoo.com

Help Wanted!

The Wasatch Chapter is always looking for committee members and volunteers for the events hosted by the Chapter. If you are interested in Volunteering please email WasatchFEW@gmail.com

Hispanic Heritage Month (September 15 to October)

<http://www.hispanicheritagemonth.org/>

2.3 Million

The number of Hispanic owned businesses in 2007, up 43.6 percent from 2002.

\$350.7 Billion

The number of Hispanic-owned businesses in 2007, up 58 percent from 2002.

8.4%

The percentage of voters in the 2012 presidential election who were Hispanic.

Source: The Diversifying Electorate - Voting Rates by Race and Hispanic Origin in 2012, Table 3

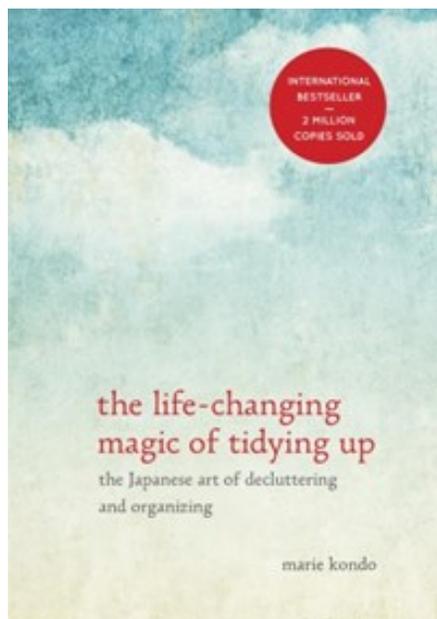
1.2 Million

The number of Hispanics or Latinos 18 and older who are veterans of the U.S. armed forces.

Source: U.S. Census Bureau, 2013 American Community Survey: Table B21001I



Book Review



I recently listened to **The Life-Changing Magic of Tidying Up by Marie Kondo** on Audible. This best-selling guide to decluttering your home takes you step-by-step through the KonMari Method for simplifying, organizing, and storing our belongings. Not everything applied to my current situation, however her tips and guidance helped focused my decluttering and storing. It challenged my need for keeping items that in the past I have had a hard time letting go of. I agree with her theory that if our homes are in order it will spill over into every other area of our lives. If you are looking for a little motivation in clearing up your space this may be a good place to start!

Elections

No nominations were submitted for any of the positions.

Upcoming Events

September 20, 2016-Chapter Meeting IHOP on Parrish Lane, 388 N Marketplace Dr, Centerville, UT 84014

****Special Speaker. We will have the President of The Utah League for Women Voters speaking to us. You will not want to miss this one.

September 24, 2016-Regional Board Meeting, Denver, CO

October 4, 2016-Utah League of Women Voters at the IRS registering Voters. Sponsored by the Wasatch Chapter-FEW

October 12-IRS Coffee and Chat

October 18, 2016-Chapter Meeting IHOP on Parrish Lane, 388 N Marketplace Dr, Centerville, UT 84014

October 19, 2016-Wasatch Chapter FEW sponsored Mentor/Protégé meeting

Membership

National Membership Contest



The poster features a woman celebrating at a computer. It includes the FEW logo and the text: "Did you know that FEW has an Annual Membership Contest? The two top recruiters will each receive a \$650 VISA gift card for their recruitment efforts." Below this is an image of a \$650 VISA gift card. The poster is divided into two sections: "Individual Membership Contest" and "Recruiting New Chapter Membership Contest".

Individual Membership Contest

- Recruit a minimum of 100 new members between Sept 1 - May 31
- Only applications with postmark/online submission dates within the contest range will be accepted
- The recruiter's name must be included at the time of submission

Recruiting New Chapter Membership Contest

- Recruit the chapter with the highest number of members based on confirmation by the Chapter Chairperson package between June 1 - May 31
- The FEW recruiter must be a member in good standing throughout the contest period
- The recruiter's name must be included at the time of submission

The contest winners will be announced at the National Training Program in July.

- Individual members are eligible to win the contest only once every two (2) years
- Members of the National Board of Directors and Executive Committee are not eligible to win the contest period, even though they are strongly encouraged to be recruiters throughout the year.

More details regarding the specific process can be found in the National Policy and Procedures Manual, Section IV Activity and General Procedures, Membership or contact Vice President for Membership and Chapter Organization, Adrienne Callahan, at membership@few.org.

Chapter Membership Contest



Our new monthly Membership Contest!! Each month we will award an \$25 gift card to the member that recruits the most members! You get double points if you and the new member(s) come to the monthly meeting in the month that they joined.

[Welcome to Our New Members](#)

Arun Koottappilli-VA

Tammy Lowery-DOD

Did you know that FEW has an Annual Membership Contest? Click on the picture for more information. You must be logged into www.few.org to access the information.

Fundraising

Online Auction-During the month of November we will be holding an online auction in order to raise money to allow Chapter Members to attend our Regional and National Training programs at little or no cost.

As we get closer to November more information will be provided on what items are available for auction and how to bid.