



Splash!

Let's Make It Interesting...

A Bimonthly Publication brought to you by the
OW Workforce Council Communications Team

Volume 2, Issue 4
February/March 2009

WORKPLACE WELLNESS EDITION

In this issue: News and interviews about our first-ever OW Day, a welcome to OW's new employees, opportunities to volunteer, and upcoming OW events for you to mark on your calendar.

What is the OW Workforce Council (WFC)? The Workforce Council includes staff, supervisors, and senior managers from across the Office of Water, volunteering to help OW become an even better place to work.



MARK YOUR CALENDARS for...

OW DAY: Wednesday, May 6, 2009

10 am - 3 pm in Room EPA East 1153



Join your coworkers from across the Office of Water for "**OW Day**" on **May 6th**. Celebrate OW and learn about the latest in training, tools and technology in OW. Drop by from 10 am to 3 pm for interactive demos, workshops and booths at this fun-filled event hosted by OW's Water Careers and Workforce Councils. **OW Day Highlights:**

Training & Leadership: Take charge of your career with the latest opportunities from Water Careers

Technologies Demos: Save time and become even more effective wherever you're working

OW Connect: Learn about this professional networking tool — an OW innovation in the works

Wellness @ Your Desk: Boost your energy with quick wellness moves you can do right at your desk

Something for Everyone at OW Day —

By Katherine Telleen



Gresham Harkless

As OW Day approaches, we asked Gresham Harkless (OW-IO Workforce Council Intern) and Suzanne Rudzinski (Deputy Office Director for the Office of Science and Technology) about why they're planning to attend.

What about OW Day sparked your interest? As a "Gen Y" member, Gresham enjoys any chance to interact rather than sit

in a cube for hours on end. OW Day will provide opportunities for networking, learning and fun. "Instead of waiting for emails to come to us, all the information about training and opportunities will be on tap for us to access at will." Gresham also notes, "We can all get a little preview of new technologies like the EPA Portal, OW Connect and instant web conferencing that are 'shrinking' our world and helping us work together." "Ideally", he says, "the day will open the door to a new way to think about work."

What makes OW Day valuable to you? For baby boomer Suzanne, the workplace wellness offerings at OW Day help her focus on her wellness goals and be even more productive as a result. "Sometimes managers, by constantly thinking about other employees, forget to take care of themselves," she notes. "It's important for managers to decompress, in order to best serve and lead their staff."



Suzanne Rudzinski

Suzanne recognizes that physical and mental fitness makes individuals and organizations more effective so she wants to learn more at OW Day about ways to incorporate wellness into her workday. With her interest in wellness, Suzanne is championing OW Day with the planning team.

To join Suzanne on the OW Day Planning Team, email "OW Workforce Council" and put your mark on OW Day.

Have Your Say!

Have ideas for future newsletters? Want to be one of our roving reporters or photographers? Please e-mail us at "OW Workforce Council"



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Workforce Council
Intranet Site

[http://intranet.epa.gov/ow/
employeeservices/workforce/](http://intranet.epa.gov/ow/employeeservices/workforce/)

Welcomes new employees!

AIEO – David Jones

OGWDW– Erin McMahan, Joseph Tiago, Jyl Lapachin, Greg Fabian, Maura Browning

OWOW – Gale Bonanno

IO – Wendy Schumacher

Know a new employee not listed here? Email us at “OW Workforce Council”

OW EVENTS

Stress Reduction through Mindfulness Meditation: Stig Regli's February and March classes will be held at 12:30-1:00 in room 2369B EPA East on the following Thursdays: February 12 & 26, March 12 & 26 (To register, email Victoria Green.)

Wellness @ Work Sessions: Get a quick workout without leaving the building & come back to work energized! Desk-Side Pilates with Marissa McInnis will be held at 12:00-12:30 in room 2369B EPA East on the following Thursdays: February 12 & 26, March 12 & 26 . (To register, email Surabhi Shah.)

Emotionally Intelligent Leadership: Workshop for mid-level team/group leaders and others who want to improve their leadership skills. Wednesday, February 18 from 8:30 to 4:00pm and Thursday, February 19 from 8:30 to noon. **CLASS IS CURRENTLY FULL!** (For more info, contact Victoria Green.)

Brownbag: Yazoo Backwater Area Project Determination: Presentation by OWOW's Tanya Code and Palmer Hough. Wednesday, February 25 from 12:00 noon to 1:00pm in room 2369 EPA East. (Questions, contact Victoria Green.)

Excel Level 2: Tuesday, March 10. Class is currently full, but for wait list or more information, contact Victoria Green.

Excel Level 3: Tuesday, March 17. Class is currently full, but for wait list or more information, contact Victoria Green.

Who can I ask about TMDLs?



Who's good at PowerPoint?

How can I find a mentor?

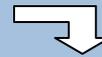
No worries... Just connect!

OW Connect

A Professional Networking Site

Coming soon!

What is PAVE?



PAVE is a LotusNotes-based database where employees can express interest in details, reassignments, and collateral duty projects.

The Workforce Council's Mobility and Knowledge Management Team has a vision — that OW be recognized as **the** place to work in EPA. PAVE is one of the ways the team plans to accomplish their vision.

Did you know?

PAVE allows managers and staff to transmit project information, including announcements, information, and applications.

Over 150 PAVE announcements have been successfully filled. There are now 21 open announcements.

Be Part of the "OW Day" Team!

The OW Workforce Council will be joining the Water Careers Council and the Diversity teams in OW to feature all the various programs available to OW employees — in one convenient event. The Council is seeking leads from each OW office to coordinate this first-ever event on May 6, 2009. We will have contractor and team support. Join us to meet people across OW and develop your leadership skills! Contact Frances Desselle, Victoria Green, or Surabhi Shah.

