



The Federal Triangler

January 2010

Newsletter of the Federal Triangle Chapter

Volume 15, Issue 5



**President 's
Message** by Young
Chung- Hall

Happy New Year, everyone! I hope that 2010 is full of blessings for each of you.

The Federal Triangle Chapter is off to a good start. We held our first meeting of the new calendar year on January 20th. I have scheduled our meeting room from January to June, so please mark the following dates on your planners, in your electronic calendar, or wherever you like to store important information. All meetings are at 12:00 noon in Room 2136 of the Internal Revenue Service, unless otherwise noted. Flyers and reminders will be sent out ahead of each meeting, to include call-in information for those who cannot attend in person.

- **February 17**
- **March 17**
- **April 21**
- **May 19**
- **June 16**

As soon as I am allowed to do so, I will reserve the room for the rest of the calendar year.

Our meetings feature speakers and presenters who offer excellent information for career, health, benefits, and on FEW's focus areas. Please make every effort to participate either in person or by call-in. It is only through active participation that members experience the training, skills enhancement, and benefits of membership.

We will be holding Chapter elections this year, as well. Please consider whether you can step up to lead this effort as the Chapter's Nomination/Elections Chair. As soon as I have the Chair in place, I will seek one volunteer to assist with the effort. Dawn Nester, a past Chapter President and the current Membership Chair, has already volunteered to work on this important committee and to provide training to the member who serves as the Chair. This is an ad hoc committee, lasting from April to June, and disbanded after the election is completed. It is important work but not totally consuming work, especially with others to assist. If you can help, please call me at (202) 622-9447 or e-mail me at Young.Hall@irs.gov as soon as possible. I would like to have Dawn conduct the training before the committee needs to begin work in April. Thank you!

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Treasurer's Report by Monique Houck

Checking	\$1,450.45
Savings	\$ 301.29
Scholarship Fund	\$ 409.53
Total	\$2,161.27

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Membership Report by Dawn Nester

We welcome **Alexander, Jacqueline** of the FBI to our Chapter this month. We look forward to meeting you at a future meeting or Chapter event!

Change of Address: As we prepare to go into another National FEW election year, it is vitally important that you remember to update your Membership profile on the secure FEW web site (<http://secure.few.org>) with any change-of-contact information: office phone number, home address, grade/series, name, e-mail. It is important to keep this information current if you wish to cast your ballot in a National FEW election.

If you have membership questions please e-mail: Dawn.M.Nester@irs.gov, Membership Chair.

As of January 15, 2010, our membership looks like this:

Maryland	Virginia	D.C.	Other
33	23	15	6
			Total: 77

1-4	5-8	9-12	13-15	SES	Other ¹	Total
1	7	15	39	3	12	77

Of our 77 members, 11 hold lifetime FEW member-ships. Earlier this year, FEW added a new membership category, as well. For an additional \$200, a lifetime member may opt to purchase a Diamond Lifetime membership. To qualify lifetime or diamond lifetime membership, you must first be a member for five consecutive years.

Continue to invite friends and co-workers to join you at an upcoming Federal Triangle Chapter meeting, whether in person or by phone-in. All are welcome always! And while you are inviting others to join you, remember to renew your membership timely. The majority of us are coming up for renewal in March. To renew, please go to <http://secure.few.org> and follow the links. If you encounter difficulties, please contact me right away at Dawn.M.Nester@irs.gov or by phone at (603) 433-0560.

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¹ "Other" includes members who are retired, in private industry, or did not provide their grade.

Chapter Fundraiser

The Chapter is selling Entertainment Books again this year! The cost is \$30, a portion of which will benefit the Chapter's scholarship fund. District of Columbia, Maryland, and Virginia books are available. *Each member is asked to take at least 2 books to sell.* Contact Bernita Marshall at 202-461-5466 or by e-mail at bernita.marshall@va.gov to get your copies. Don't forget to purchase one for yourself or as an excellent gift for the holidays!

News from our Members

Just wanted to let you know that I have accepted a position with the Federal Labor Relations Authority (FLRA). This is a promotion, I will start work there on November 9, 2009. – Ameeran Ali

Travel Adventures with Anush Dawidjan

Hong Kong in November 2009

My friend Ginny and I took a fast ferry from Hong Kong to Cheung Chau Island near Hong Kong (about 30 minutes*). There is a relaxed way of life on this island. No cars are allowed and everyone rides bicycles!

Ginny and I spent the night at the Warwick Hotel which has wonderful ocean views of the beach and the small villages on the island.

This was a very relaxing way to enjoy Hong Kong. Later, we enjoyed a fresh seafood dinner in the village and returned to the *fast* pace of Hong Kong in the morning.

It was great on Cheung Chau Island!

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(Continued on page 4)

Marine Corps Ball, Veteran's Day, November 2009



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Havana, Cuba, in January 2010

I traveled to a cool and cloudy Havana, Cuba, in January. My hotel was the famous Hotel Nacional right on the ocean and had great charm but limited computer access.

It is so cool here (only 65) but it is expected to warm up during the week. At least it is warmer than Ft. Lauderdale by almost 20 degrees so I can't complain too much. Havana is located only 90 miles from Miami so one doesn't expect a great difference in weather.

It is very exciting to be here. I hope to see more of Havana while here. There are few cars on the roads but many of them are the classic cars from the 1950s. It is like being in a time freeze.

## National FEW News



<http://www.few.org>  
700 N. Fairfax Street  
Suite 510  
Alexandria, VA 22314  
PH: (202) 898-0994

In a recent survey conducted by FEW, members indicated that they would be interested in possibly attending a FEW Lobby Day and Congressional Reception. Based on the responses received from this survey, the FEW Board of Directors has decided to organize this event in mid-May 2010. Here is information from Janet Kopenhaver, FEW's legislative lobbyist:

**WHEN:** Wednesday May, 12, 2010, from 5:00 p.m. to 7:00 p.m. – FEW's Congressional Reception on Capitol Hill.

Thursday, May 13, 2010, from 9:00 a.m. to 3:00 p.m. and Friday – for those saying later, there are several tourist options. Please contact Gray Line tours or the Washington DC Visitor Center for great opportunities.

**WHO:** This event is open to all FEW members. There is no registration fee, but attendees must take annual leave for the Lobby Day on Thursday. Attendees will also be responsible for their travel and lodging costs while in Washington, DC.

**WHERE:** A room block has been established at the Hyatt Regency Washington Hotel on Capitol Hill (400 New Jersey Avenue, NW). Rates for rooms are \$259 a night for singles or doubles. In order to receive the FEW room rate, FEW must take your reservation. Please let us know if you will need a room. Further registration information and will be sent at a later date.

**WHY:** There is no better way to influence and develop a relationship with your elected officials than in-person meetings. These events show legislators that you care enough about the issues that you have paid to fly into town, used your own vacation time, and taken valuable time away from the office to meet her/him to talk about issues of concern to federally employed women. Don't miss this opportunity!

**WHAT:** FEW National will arrange all your Hill meetings (your representative and two Senators), equip you with all the background materials you need for your meetings, and provide attendees with the leave-behind folders for your legislators. You will also receive a full briefing on the morning of your meetings, not only on the issues to be discussed, but also on how to conduct an effective meeting. Additionally, all attendees are welcome to attend the Congressional Reception, which is being organized in cooperation with the Congressional Women's caucus Chair and, therefore, very likely to attract many legislators and their staff members.

If you plan to attend, please let Young Chung-Hall know as soon as possible. Young can be reached at [Young.Hall@irs.gov](mailto:Young.Hall@irs.gov) or by phone at (202) 622-9447.

Planning is under way for the D.C. Metro Region's 2010 Regional Training Program. It is scheduled for May 2010 in Gaithersburg Maryland. Watch here for more information as it becomes available.

## D.C. Metro Region News



[www.dcmetrofew.org](http://www.dcmetrofew.org)

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## FEW Founda- tion for Educa- tion and Train- ing



[www.fewfoundation.org](http://www.fewfoundation.org)  
700 N. Fairfax Street  
Suite 510  
Alexandria, VA 22314  
PH: (603) 433-0560

## Health and Wellness in 2010

## Motivational Quote

## Advertise Your Business Here

The FEW Foundation for Education and Training ("FEW Foundation") is continuing its series of free webinars in 2010.

On January 21, Mark Gorkin, the Stress Doc and a member of the Federal Triangle Chapter, presented "Inspiring Leadership-Partnership through Creativity, Passion, and Risk-Taking." The webinar was well-attended.

Our next webinar is scheduled for February 25, 2010, at 12:00 noon ET. Our presenter will be Becky Fasulo, Vice President for Membership and Chapter Organization. She will present helpful hints for chapter membership retention and successful recruiting. Everyone in the Federal Triangle Chapter is encouraged to recruit. Watch for the flyer to register.

The FEW Foundation is also offering discounted on-line courses for members, family, co-workers, and friends through [www.Ed2Go.com/fewed](http://www.Ed2Go.com/fewed). In addition, members may participate in a contest to sign-up family, friends, and co-workers. Go to the FEW Foundation's web site for the details. The contest will run through May 7, 2010. Good luck!

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The Office of Personnel Management's website offers a wealth of information to help you keep your 2010 resolutions regarding your health. Check it out at: [http://www.opm.gov/Employment\\_and\\_Benefits/WorkLife/HealthWellness/wellnessresources/](http://www.opm.gov/Employment_and_Benefits/WorkLife/HealthWellness/wellnessresources/)

"If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place." - Margaret Mead

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Members interested in advertising their outside-government businesses, yard sales, or community activities should contact Young Chung-Hall, Chapter President, at 202-622-9447. Members who would like to submit articles about vacations and other items of interest to other members can contact newsletter editor Dawn Nester at [Dawn.M.Nester@irs.gov](mailto:Dawn.M.Nester@irs.gov).

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**Chapter Mailing  
Address**

FEDERAL TRIANGLE CHAPTER (FEW)  
Attn: Young Chung-Hall  
P.O. Box 7989  
Washington DC 20224-7989

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**Federal  
Triangle  
Chapter  
Officers and  
Members**

Officers:

President: Young Chung-Hall, 202-622-9447  
Vice President: Teresa Bonham, 202-622-6781  
Treasurer: Monique Houck, 202-344-2339  
Secretary: Margie Stamp, 202-622-8978

Members:

ALEXANDER, JACQUELINE (AGENCY NOT PROVIDED)  
ALI, AMEERAN (FLRA)  
ARPA, KATHY (IRS, RETIRED)  
BALLEW, BONNIE (IRS)  
BANDY, KIMBERLY (DHS)  
BARNES, DONNA (AGENCY NOT PROVIDED)  
BEALL, VALERIE (PRIVATE INDUSTRY)  
BIAGAS, LADONNYS (EPA)  
BONHAM, TERESA (IRS)  
BRADSHAW, TREZALINE (NAVY)  
BREVARD, CARMEN, (CSOSA)  
BRYANT, AMY (AGENCY NOT PROVIDED)  
BUCHER, SARAH (FBI)  
BURNETT, FREDERICA (AGENCY NOT PROVIDED)  
BUSH, MARGARET (NAVY)  
CHEEK-GILBERT, SANDRA (VA)  
CHUNG-HALL, YOUNG, PRESIDENT (IRS)  
COBBS-GREEN, GLADYS (EPA)  
COLEMAN, TARA (AGENCY NOT PROVIDED)  
DAVIS, ANTOINETTE (TREASURY)  
DAWIDJAN, ANUSH, LIFETIME MEMBER (STATE)  
DUNN, CYNTHIA, LIFETIME MEMBER (IRS)  
ELI, ROBERTA (JUSTICE)  
EPPS, PHYLLIS (AGENCY NOT PROVIDED)  
FARRELL, PAULA (TREASURY)  
FIELDS, VIOLA (IRS)  
GARY-DAVIDSON, LYNDA (IRS)  
GENOSONI, ANNIE (DHS)  
GILLETTE, CHRISTINE (FBI)  
GORHAM-HARRISON, PATRICIA (IRS)  
GORKIN, MARK (PRIVATE INDUSTRY) GRAHAM, ANGELA (FBI)  
GRAHAM, ANGELA (FBI)  
GRANT, CARYL (IRS)  
GRAY, ELLEN (PRIVATE INDUSTRY)  
GREGG, ALITA (EPA)  
GUEST-JOYNER, SABRINA (IRS)

(Continued on page 8)

HARVIN, TANYA (FBI ACADEMY)  
HERBERT, CYNTHIA (TREASURY DEPT)  
HOUCK, MONIQUE, TREASURER (HOMELAND SECURITY)  
HUDSON, SHELETA (EPA)  
HUNTER, PATRICIA (JUSTICE)  
JACKSON, JACKIE (TREASURY)  
JEWELL, KAREN (AGENCY NOT PROVIDED)  
JOHNSON, REBECCA (IRS)  
JONES, ZANETA (VA)  
KENNER, JACK (PRIVATE INDSTURY)  
KIM, MI (IRS)  
KISSEL, BENEDETTA, LIFETIME MEMBER (IRS CHIEF COUNSEL,  
RETIRED)  
LONG, DENISE (DHS)  
LOPEZ, ETHEL FAITH (AGENCY NOT PROVIDED)  
LOWEN, VICKI (IRS)  
MARSHALL, BERNITA, FINANCE CHAIR (VA)  
MCGUIRE, PATRICIA (IRS)  
MONROE, EDNA (DOJ)  
MOSS, PATRICIA  
MURPHY, LINDA, LIFETIME MEMBER (AGENCY NOT PROVIDED)  
MYATT, GLADYS (DEPT OF TREASURY)  
NESTER, DAWN, MEMBERSHIP CHAIR, LIFETIME FEW/CHAPTER MEMBER  
(IRS)<sup>2</sup>  
NUNEZ-MATTOCKES, ARACELY (AGENCY NOT PROVIDED)  
PINCHBACK-COOK, DEBORAH (CSOSA)  
ROBERTS, ANNE (IRS)  
ROBINSON, SHARLENE (DHS)  
SAELZLER, STEPHANIE (AGENCY NOT PROVIDED)  
SHAW-COBB, ANGELA (IRS)  
SINE, KATHLEEN (AGENCY NOT PROVIDED)  
SMITH, JACQUELINE (FBI)  
STAMP, MARGIE, SECRETARY (IRS)  
STARR, BRENDA, LIFETIME FEW/CHAPTER MEMBER (IRS, RETIRED)  
STRIPPOLI, SHARON (IRS, RETIRED)  
SUYDAM, DIANNE (AGENCY NOT PROVIDED)  
THOMAS, PAMELA (PSA)  
TRINKLE, ROBERT (IRS)  
VARIAS, BEATRICE, PRESIDENT EMERITUS, LIFETIME CHAPTER MEMBER  
(IRS, RETIRED)  
WARE, BEVERLY (EPA)  
WOLFE, PATRICIA, LIFETIME MEMBER (DHS)  
YAMASHIRO, AMY (PRIVATE INDUSTRY)  
ZIMMERMAN, RUTH (AGENCY NOT PROVIDED)

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<sup>2</sup> Reciprocal member; Greater Merrimack Valley FEW Chapter is her primary chapter

**Newsletter  
Editor**

Dawn Nester, interim Newsletter Editor, e-mail: [Dawn.M.Nester@irs.gov](mailto:Dawn.M.Nester@irs.gov); phone: (603) 433-0560.

If you are interested in developing your writing and editing skills or just like working with newsletters, please consider volunteering for the Newsletter Editor position within the Federal Triangle Chapter. As with other skills you learn as a member of FEW, the skills you learn or enhance while serving on a committee can be included in resumes and evaluations. Contact Young Chung-Hall, President, at (202) 622-9447 or via e-mail at [Young.Hall@irs.gov](mailto:Young.Hall@irs.gov). Thank you for considering this opportunity.

This publication reserves the right to edit articles for length, style and accuracy.

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**Meeting  
Information –  
mark your  
calendar!**

The next regular chapter meeting will be February 17, 2010, 12:00 p.m. Please contact Young Chung-Hall ([Young.Hall@irs.gov](mailto:Young.Hall@irs.gov)), for details. Young can be reached by phone at (202) 622-9447.

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