



Spring 2009
Issue 19

region 8

GSA Link

CONTRIBUTING TO OUR NATION'S RECOVERY

Sally Mayberry



With the passage of the American Recovery and Reinvestment Act (ARRA) of 2009, GSA welcomes this exciting opportunity that lies before us to contribute to our nation's economic recovery. The ARRA offers a once-in-a-lifetime opportunity

for GSA to do two things; first, to make unprecedented improvements to federally-owned buildings, especially in the areas of energy efficiency and overall sustainability. Secondly, the agency is poised to connect our federal customers with cost-effective schedules and high-quality commercial products and services.

GSA's Federal Acquisition Service (FAS) can help your agency procure goods and services directly through GSA's existing procurement solutions. GSA FAS contract vehicles are already negotiated and will streamline your

efforts and you may access them by going to www.gsa.gov/recovery.

GSA's Public Buildings Service (PBS) received a project list just last week. The Rocky Mountain Region received \$426,518,000 of the \$5.5 billion dollar American Recovery and Reinvestment Act (ARRA). Projects were selected based on several criteria, including:

- How much added energy efficiency and sustainability we can gain from projects ready for contract award within 90-day, 1-year and 2-year time frames
- Ability to execute the project expeditiously and immediate job creation

The following is a list of projects identified. For more detail and up-to-date information around ARRA, visit www.gsa.gov/recovery.

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OUR SERVICES



IT TAKES A COUNTRY TO PRESERVE HISTORY

Andrea K. Kramer

This Place Matters – that's this year's historic preservation theme. The National Trust for Historic Preservation designates every May to raise awareness about the power historic preservation has to protect and enhance our homes, neighborhoods and communities – the places that really matter to us.

Preserving history has not always been a priority. As a matter of fact, we have the Mount Vernon Ladies' Association to thank for introducing our country to the importance of preserving our history. Founded in 1853, their first mission was to save the deteriorating Mount Vernon, George Washington's home. After a failed attempt to petition Congress to purchase the site, Ann Pamela Cunningham chartered the Association. Through this private organization, they raised the money to acquire and restore Mount Vernon.

In the federal government, the preservation of history dates back to 1906 with the establishment of the Antiquities Act of 1906. It was the first historic preservation legislation and prompted the surveying and identification of historic sites throughout the country. The act established penalties for destroying federally owned sites, gave the president authority to designate historic landmarks, historic and prehistoric structures, and other objects of historic or scientific interest on federal lands.

A general public interest in preservation arose in the 1960s due to the destruction of historic buildings from Urban Renewal and the National Historic Preservation Act of 1966 (NHPA) was passed in Congress as a result. It established the National Register of Historic Places, encouraged the conception of locally regulated historic districts, established State Historic Preservation Offices (SHPOs) and the Advisory Council on Historic Preservation.

So you may be asking yourself how GSA fits into this picture? GSA owns and manages some of the country's most significant historic sites, including 64 National Historic Landmarks and 252 buildings listed in the National Register of Historic Places. Historic buildings provide approximately 25% of GSA's federally owned space, or about 47 million rentable square feet. Some of that inventory includes the White House, 1700s custom house, a tiny border station on the northern plains, to historic artifacts from ancient Native American cultures and colonial African American burial places. All have played an important role in our history, and continue to house important functions of the federal government, as well as educate future generations of the civic and cultural history of the United States. You too can play a role in preserving our history. Be sure to take advantage of some of preservation offerings in Denver during the month of May: <http://historicdenver.org/>.





GSA LOOKS FORWARD TO THE NEXT 60 YEARS

Bridget H. Berninger



There's always something to celebrate at GSA! And this year is no exception. The General Services Administration is proud to commemorate 60 years providing superior customer service through buildings and supplies to other federal agencies and the American public.

GSA was born from several agencies and some of their former functions. After World War II, the federal government went through reorganization as it stepped into a booming economy. On July 1, 1949, GSA was created to take on the responsibility of renovating, designing, building, and maintaining public spaces while providing supplies to allow the spaces to function as offices, courthouses, border stations and other space.

GSA Timeline:

1947: An idea to form an agency to take over administrative duties of the federal government is presented by President Harry Truman to former President Herbert Hoover.

1949: GSA becomes an independent agency under General Jess Larson, Administrator of the War Assets Administration.

1954: First federal motor pool is created.

1962: Ad Hoc Committee on Federal Office Space recommends a major building program to replace obsolete offices in Washington, D.C., resulting in construction of buildings that now line Independence Avenue.

1970: Consumer Information Center (now Federal Citizen Information Center) created to distribute consumer information brochures to the public.

1984: Charge cards for federal agencies are introduced by GSA for federal employee use.

1987: First GSA child care center opens. Currently, over 111 centers are open across the nation for the children of public servants.

1994: GSA develops its first telecommuting centers.

1998: The 31-million-square-foot Ronald Regan Building and International Trade Center is dedicated, completing the Federal Triangle between the White House and the Capitol.

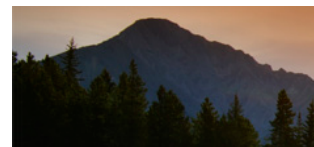
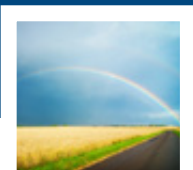
2000: GSA launches FirstGov.gov (now USA.gov) to simplify citizen access to government information and services.

2002: GSA establishes the Office of Citizen Services and Communication (OCSC) to manage citizen-centered activities through several forms of communications.

2007: GSA launches GobiernoUSA.gov, a Spanish version of USA.gov.

2009: GSA celebrates 60 years!





SHARE THE HEALTH

Misty Dennis

Social networking isn't just for MySpace and Facebook users anymore! New wellness websites help you to link with people who have similar health interests, upload video testimonials or even get the scoop on your local doctor. Here are just a few to choose from:

dailystrength.org: Over 500 health support groups for issues ranging from diabetes to sports injuries. The Treatment section lets you compare notes on side effects or success rates with others taking the same meds as you.

carepages.com: Whether you are chronicling your battle with cancer or want to keep others updated regarding a pregnancy, this site allows you to do that. Visitors to your personal page can leave uplifting notes and receive an email notification whenever changes to your page are made. The search function allows you to find other members in your area that have the same condition.

ratemds.com: Check out this site to get the low-down on your new doctor. Or if you happen to have a really great (or really bad) doctor, you can get the word out here. Use the "Doctor" search tool to locate a physician by region, specialty or percentage of happy patients.

For more wellness website tips, check out the March '09 edition of *Women's Health*.



5 STRESS BUSTERS

Misty Dennis

1. *Grab your iPod and go*

Physically active people feel less anxious and depressed. It is believed that exercise can increase your levels of norepinephrine, a chemical that helps the brain reduce stress. Ideally, we should spend 30 minutes, five times a week exercising. Energize your workout with an audio book, some music, or a partner!

2. *Eat fewer cookies, sip more tea*

Refined carbs (like white rice and baked goods) can jack up your cortisol levels. Increasing your intake of omega-3 fatty acids (through fatty fish, flaxseed, fortified foods, or supplements) may help keep this stress hormone in check. Vitamin B5 helps nourish your adrenals (glands that release cortisol and adrenaline), so get your recommended 5 mg daily – eat eggs, whole-grain cereals, and broccoli, or take a B-complex supplement. Cutting back on caffeine can also help since constantly stimulating yourself can drain your system. If you're a coffee drinker, opt for green or black tea; these are healthier choices overall.

3. *Fine-tune your juggling act*

Multi-tasking can lead to stress. So instead of working through your lunch hour, leave the juggling for more tedious tasks (such as returning phone calls as you're tidying up the house). Or pick one day a week to stay late at work and plow through your to-do list. Messy areas can also cause stress, so it's important to keep a tidy home as well as work space.

4. *Hide the laptop*

If checking your email has become as vital to your wake-up and bedtime routines as brushing your teeth, it's time to unplug. Starting and ending your day with quiet time is absolutely imperative to stress reduction. In the morning and at night make the effort to turn off your computer or TV. A little nature therapy can also ease the stress of too much computer time. A stroll through a park or on a trail counteracts overstimulation and, according to a 2007 study from the University of Essex, can also boost your mood and energy.

5. *Paint a picture – or go bowling*

A study published in the *Journal of Nursing Scholarship* in 2004, found that creating artwork and crafts helped to relax a group of adults who were serving as caregivers for family members with cancer. Working on a creative project that takes the focus off your own thoughts and worries is incredibly stress-reducing. Art-making not your thing? Go bowling. A physical activity that you love can do wonders for your stress level.

To view the entire list of stress busters, visit www.wholeliving.com.



(continued from page 1)

Colorado

Denver Byron Rogers Federal Building • Denver Chavez Federal Building • Denver Custom House Federal Building/Courthouse • Lakewood Denver Federal Center • Boulder David Skaggs Research Center • Denver Byron Rogers Courthouse • Denver Byron White U.S. Courthouse • Fort Collins Federal Building Post Office

Montana

Billings U.S. Courthouse • Bozeman Federal Building Post Office

North Dakota

Bismarck William L. Guy Federal Building Post Office • Fargo Federal Building Courthouse • Fargo Federal Building Post Office

South Dakota

Pierre Federal Building/U.S. Courthouse • Rapid City Federal Building Courthouse

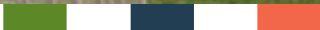
Utah

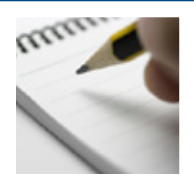
Ogden IRS Service Center • Salt Lake City Wallace F. Bennett Federal Building

Wyoming

Cheyenne Joseph C O'Mahoney Federal Center

We are poised to assist federal agencies in meeting the goals of the new legislation, and we are in a position to connect agencies with cost-effective, high-quality, and environmentally-friendly commercial products and services. GSA welcomes this assignment – we are a leader throughout the federal community and have the management and technical expertise to make this a success.





ANNOUNCEMENTS



2009 IS THE TIME: THE READY CAMPAIGN

Dennis W. Killinger

The U.S. Department of Homeland Security's (DHS) Ready Campaign is reminding Americans to Resolve to be Ready in 2009. Resolve to be Ready is a nationwide effort designed to encourage individuals, families, businesses and communities to take action and prepare for emergencies in 2009. Locally, the Ready Colorado campaign is in full swing. Colorado and our surrounding states have many natural disasters each year including tornados, flooding, wildfires and blizzards. Each of us can prepare for events like this by having a plan.

Consider purchasing a weather radio which will alert you when severe weather is approaching. At home or at work you can practice Sheltering in Place (SIP). Ask your agency to initiate a SIP program in your building. Everyone should be familiar with the Occupant Emergency Plan for their building. These plans provide great information that help people understand what to do when emergencies such as fire, bomb threats, hazardous material events and other safety concerns occur in their building.

Being Ready for emergencies can be as easy as 1,2,3, by following the Ready Campaign's three simple steps: 1) Get an emergency supply kit; 2) Make a family emergency plan; and 3) Be informed about the types of emergencies that can happen in your area and their appropriate responses.

By taking these three steps – in particular having an emergency supply kit both at home and in the car – Americans will be prepared for winter mainstays like power outages and icy roads. Each of these kits should include basic necessities such as water, food and first aid supplies to help you survive if you are without power or become stranded in your vehicle. Complete checklists for each kit are available at www.ready.gov or readycolorado.com or calling 1-800-BE-READY. Individuals can access free materials that will help them make and keep a new year's resolution that will bring their families peace of mind.

NEW GSA EMPLOYEE!

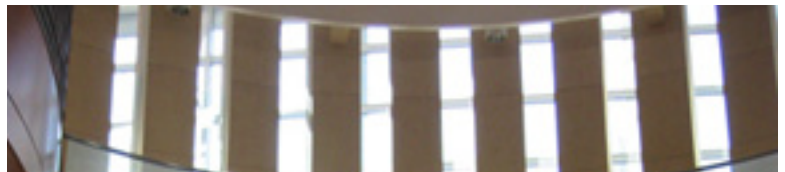
Anna Friend

Chris Theriault started with GSA Denver Personal Property Management on February 17, 2009. Chris comes to GSA from the National Park Service (NPS) and started his federal career in



Geographical Information Systems in 1994. He worked in the Personal Property Management area of the NPS for the last seven years. He comes to GSA with a wealth of knowledge in this area. Chris is a Colorado native and holds an Associate Degree in Cartography from Mesa State College in Grand Junction, Colorado.

Chris is married to his high school sweetheart, Kristi, and has two daughters, Alyssa and Hannah, ages 12 and 8. In his spare time, Chris likes to spend time with family and enjoying beautiful Colorado.





UPCOMING EVENTS

GSA EXPO 2009 - FREE TRAINING CONFERENCE

Cheryl W. Ansaldi



June 9 – 11, 2009, marks the 15th Annual International Products and Services Expo in San Antonio, Texas. GSA Expo 2009 not only offers a free training conference, but also vendor exposition specifically designed to benefit all levels of government employees and military members who make or influence procurement decisions. This one-of-a-kind government event offers a wealth of advantages and benefits including:

- Building your professional knowledge or fulfill your acquisition training requirements with three days of FREE Continuous Learning Point (CLP) certified training;
- Learning about the latest acquisition trends and innovations;
- Networking with hundreds of GSA and other agency experts;
- Meeting with GSA contract vendors providing specialized technical expertise; and
- Bringing your national or regional staff together for a meeting in one of our complimentary meeting rooms while attending Expo 2009.

Plan now and register for the Expo 2009 at expo.gsa.gov. The Expo training program strives to meet the needs of acquisition professionals and program managers from all levels of government service. All instructors involved with the program are federal program experts, and the training is CLP-certified. Expo offers excellent opportunities for developing your acquisition knowledge while meeting your annual continuing-education requirements under the Defense Acquisition Workforce Improvement Act (DAWIA) and Clinger-Cohen Act (CCA).

Training topics include:

- Professional procurement
- Green solutions
- State and local customer solutions
- Product and service solutions
- Technology solutions
- Travel, transportation and personal property solutions
- Building solutions
- Business support



MARK YOUR CALENDARS! MAY IS HISTORIC PRESERVATION MONTH

Sally Mayberry

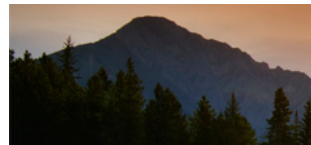
Back this year by popular demand is the theme – “This Place Matters.” The goal for Preservation Month is to raise awareness about the power historic preservation has and how citizens can protect and improve their homes, neighborhoods and communities - the places that really matter to us all.

The Rocky Mountain Region GSA will be celebrating Preservation Month a number of different ways including the use of the agencies unique Denver Federal Center (DFC) Historic Museum. Located in Lakewood, Colorado, this hidden treasure is quickly becoming a landmark that educates, inspires, and leads the community in merging a rich history and evidence of people and their environment with a community that has shaped its existence.

One of the ways GSA will celebrate Preservation month is by hosting a DFC Museum open house on Wednesday, May 13 from 1 p.m. - 3 p.m. If you are local to the area, you are welcome to attend. A special traveling exhibit will be on display. Details will soon be available at www.gsa.gov/dfcmuseum or contact Andrea Kramer at 303.236.8000 x. 2253.



GO GREEN



AT THE SPEED OF LIGHT

Sally Mayberry

Sunlight travels to the earth in approximately eight minutes from 93,000,000 miles away, at 186,282 miles per second. Colorado is perfectly aligned to harness the power of the sun as we experience more than 300 days of sunshine every year. The Denver Federal Center (DFC) Solar Park continues to draw visitors and practitioners from all over the country to quench their curiosity.

The concept of solar energy is not new. History tells us that Da Vinci predicted a solar industrialization as far back as 1447. Colorado voters were the first in the nation to pass a statewide renewable energy requirement in 2004, and GSA took advantage of Amendment 37 passing. Construction of the park was complete in January 2008 and production started on January 3. The solar park energy amounted to 3% of the total energy consumed at the DFC in 2008. It is producing 13% more energy than initially anticipated.

While the solar park is certainly one of the larger, more visible renewable energy projects underway in GSA's Rocky Mountain Region, other green projects are also underway such as:

- Regional rollout of the Sustainability and Environmental Management system aimed at improving the environmental and economic performance of GSA's building inventory.
- LEED certification of the National Atmospheric Oceanic and Atmospheric Administration David Skaggs building in Boulder, Colorado, and we are awaiting final LEED certification of both the Courthouse Square in Sioux Falls, South Dakota, and the Alfred A. Arraj Courthouse in Denver, Colorado.
- Developing plans to make the Denver Federal Center the most sustainable campus by 2020.
- Connecting with customers and providing guidance on sustainability and LEED related projects.

For more information about the solar park, go to www.gsa.gov/dfcsolarpark. One of many things you'll discover is a tool that will give you daily energy production rates and greenhouse gasses avoided.



EARTH DAY: APRIL 22!

Sally Mayberry

Seize the day and inspire awareness to promote a healthy, sustainable environment. There are many simple ways that you can get involved in helping protect our planet: <http://www.earthday.gov/>.



GO GREEN



GO GREEN

Marlene Florman



GSA's Federal Acquisition Service is helping federal agencies "Go Green" with a range of products, services, and policies. "Going Green" is an important initiative at GSA and other federal agencies as evidenced by many of their agency performance measures reflecting "green" objectives.

GSA is assisting our broad customer base by providing green GSA Schedule contracts. For example, on GSA Advantage, Environmental Specialty categories have been added to the program. These categories provide our customer with the state of the art products and services that support the government-wide "Go Green" initiative. GSA provides environmentally friendly search engines allowing our customers to view all products and services offered by the schedules, and provide procurement options to simply and expedite the process of "buying Green".

Within Region 8, each department has its own cache of recycling bins - all of which are used to promote recycling and to cut down on disposable waste. Whenever possible, users are encouraged to duplex copy or present documents electronically, rather than hard copy. Region 8 has also promoted several go green programs such as "Ride Your Bike to Work Day", carpooling, and teleworking.

Overall, GSA-FAS continues to provide a broad array of varied products and services and has made its commitment to the GoGreen initiative apparent to the federal community.

GO GREEN AT HOME!

Misty Dennis

Think small changes won't make a difference? Minor adjustments in your daily life can greatly reduce your environmental footprint. Try just one of these tips every day and help out Mother Earth!

1. Return wire hangers to the dry cleaner. Over 3.5 billion wire hangers are found in landfills every year, resulting in 200 million tons of steel that could be put to new use.
2. Tighten your gas cap until it clicks 3 times. Americans lose 147 million gallons of gas every year due to loose or faulty gas caps.
3. Use artificial, petroleum-free logs to build fires. Man-made logs burn longer than wood and emit 75 percent less carbon monoxide.
4. Use your dishwasher's air-dry cycle, or turn the machine off after the final rinse and then crack the door. Skipping the heat-dry cycle can cut your washer's energy use by 50 percent.
5. Leave bar soap by the sink. Most liquid soap comes in nonrenewable plastic packaging. Substituting one bottle with a bar in each U.S. home would keep 2.5 million pounds of plastic out of landfills.
6. Get your name off junk-mail lists. Junk mail wastes 100 million trees a year. Sign up at proquo.com or dmachoice.org.
7. Eat meat-free once a week. Producing a pound of beef consumes 145 times more fossil fuels than a pound of potatoes.

To see more at home eco-tips, pick up the April 2009 issue of Country Living.



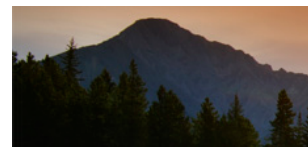
\$90

Average amount of electricity you can save in one year by shutting down your computer each night before you turn in. Just imagine how much money a company can save by requesting employees to turn off their machines before leaving work each day.





COMMUNITY INVOLVEMENT



ART...IS IN THE EYE OF THE BEHOLDER

Sally Mayberry



When it comes to art almost everyone has an opinion. What constitutes as “art” is different for all of us. Art can be drawings, illustrations, sculptures, photography, ceramics or writing. One principle we can probably all agree on is art objects are original creations, one of a kind.

Many beautiful buildings make up our country’s downtown landscapes and are home to works of art. Often within these buildings, you’ll find all types of art displayed and created by artists from across the country and even the world. Some of this art you can see on display outside of the building, especially when you pass older structures.

GSA owns a unique and eclectic family of five buildings in downtown Denver. Public buildings are part of our country’s legacy and art in or around buildings is one of the ways GSA shapes that legacy. The agency maintains a fine arts collection dating from the 1850s. In 1855, Congress hired Constantino Brumidi to paint frescoes for the U.S. Capitol in Washington, D.C. You can see some Brumidi’s earlier work right here in downtown Denver. If you visit the Byron White Courthouse, you’ll see the amazing Herman Schladermundt murals, dated to 1911. For some time now, GSA has understood and treasures the value of integrating America’s legacy through art in its buildings.

SHAPING OUR CHILDREN’S LIVES

Andrea E. Wright

The national date for this event is every fourth Thursday in April. Each year, GSA hosts “Bring Your Daughters & Sons to Work Day” where parents are encouraged to bring their children in for a full day of creative learning. The purpose of participating in such an event is to show children the value of their education, help them discover the opportunities of a balanced work and family life, and get them involved by encouraging their imagination and the possibilities that lay ahead.

This year, GSA’s events focus on Historic Preservation, Art in Architecture, and a unique opportunity for the children to build their ideal work environment. GSA’s subject matter experts will be at the helm, guiding children to look beyond the classroom. If you currently do not have a program at your agency, you can find ideas at: <http://www.daughtersandsonstowork.org> that can help you get started.



Last year, GSA’s Regional Commercial Art Program, commissioned local artist, Darrel Anderson, to create a work of art to be publicly displayed along 20th Street and Stout at the U.S. Custom House, located at 721 19th Street, Denver, Colorado. The building itself is an Italian Renaissance Revival architectural marvel that was designed and constructed between 1931 and 1937. GSA saw an opportunity to add art to the sidewalk walls of the playground of the child care center for all to enjoy.

“Imagine” will be a work of art that stimulates the imagination. The building’s art will speak to Denver and the State of Colorado’s past, present, and future, in a visual voice and the fact that it’s timeless. Morse code, stenography, signs and symbols, are a few elements that will integrate with the linear expression. The art installation is scheduled to start late spring and be completed late summer of 2009.