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Now, more than ever.



January Newsletter 2010

CFC Awards & Recognition Event

The 2009 CFC Awards & Recognition event sponsored by GEICO was held on Friday, January 8, 2010. Agency Unit Awards, Keyworker Recognition, Local and Regional Hero Awards and other awards were distributed.

Even with a snow storm, more than 95 Federal Employees attended the event, enjoying a light breakfast and much needed hot coffee.

WPXI's Kevin Benson graciously volunteered his time, and welcomed everyone to the event. Kevin's great personality and high energy made the event a success, complete with "Cookie Pops" made by Ginette Simpson, and prizes furnished by GEICO, from Home Depot, Macy's, Giant Eagle and others.

Federal employees raised a record breaking **\$1,150,181.45** with **4,345** donors. The average gift was \$264.71, an increase of \$24 from last year's campaign!

If we haven't said it enough, we're saying it one more time...thank you to all the 2009 CFC Campaign Managers & Keyworkers! With your hard work and dedication, you have helped thousands of charities continue their mission.

Congratulations to the 2009 Excellence Award Winners:

- 316th ESC
- DOE - National Energy Technology Lab
- SSA - Office of Disabilities, Adjudication & Review - Pittsburgh
- US DOL - MSHA, Pittsburgh Safety & Health Technology Center
- VA Butler Healthcare System
- Internal Revenue Service
- VA Pittsburgh Healthcare System

Special thanks to the 2009 Loaned Executives, Arlene Saltsman (VAPHS) and Joyce Teranno (USPS), who assisted with donor data entry, gift distribution, event support and much more.

Event speakers included Colonel Michael P. Crall of the U.S. Army Corps of Engineers; James Schrmack of the IRS; Major Rhonda Meehan of the 316th ESC; Kathy Dillaman of OPM - FISD; Charles McCreadie of the USPS; Carla Sivek of the VAPHS - VISN 4.

Special thanks to the LFCC, WPXI, the Regional Enterprise Tower Staff and GEICO for making the 2009 Awards & Recognition event a success!



WPXI's Kevin Benson with LFCC Member Ginette Simpson of the USPS. For more event photos visit www.3riverscfc.org (Photos Tab).

The 3 Rivers/PA West Combined Federal Campaign Bulletin

2009 Local CFC Heroes

Local Heroes are identified as individuals who went above and beyond dedicating their time to the CFC. All federal agencies had the opportunity to nominate an individual for the Local Hero Award. The 2009 winners are:

CIVILIAN

Kimberly Howland - OPM - ROC

Kim was the sole leader and planner for all the activities that occurred at ROC. She organized the CFC team; held weekly meetings and discussions; planned a carnival like atmosphere for kickoff; planned and lead the lunch-time hot dog sale; coordinated with the Federal Investigations Services Division on a joint venture for CFC; spent personal time at home making flyers and purchasing items for events; and collected all pledge cards and money from other events, such as the penny jar wars and meatball sub lunch. Kim is a shining example of a true leader and one that is dedicated to the mission. Under her leadership OPM/ROC raised over \$17,000.

Cynthia Evans - Housing & Urban Development - Pittsburgh Office

Cynthia rallied the office by sending reminders with examples of why it is so important for the staff to give and give. She challenged staff that had not given in the past years by providing them with background information on how she and her family had benefited from the generosity of so many of the organizations listed in CFC book. Cynthia has a 2-year-old granddaughter that was born with a brain tumor and has been enduring medical treatment. She knows full well what it means to have help from different organizations who have been there for her and her family. Also, every year, Cynthia goes to Africa to participate with her church organization where she takes books, clothes, and school supplies (purchased with her own money) to an impoverished native African village. She spends 10 days with her host family where she teaches the native children to read.

MILITARY

Lieutenant Christopher Preffer- PA Air National Guard – 171st Air Refueling Wing

This is Chris' first year working with the CFC for the PA Air National Guard. Under Chris' leadership and with the help of his keyworkers, Chris raised \$15,281 with 40 donors. Some obstacles was contacting everyone and letting them know the importance of campaign before and after their own deployment. Outside of the Air Force, Chris volunteers for the CHOICES program, which educates middle school students on how their choices affect their life. Chris also participates in events for "Every Child". "Every Child" is a non profit organization that works with single parents and children. He is involved in Keystone Young Marines, which is likened to a Boy Scout troop with a Marine flair. Lt Preffer's influence has reached thousands and he is just getting started.

Staff Sergeant Holly Marie Ball – 316th – ESC

Staff Sergeant Holly M. Ball's innovative campaign efforts as the 316th ESC's CFC Keyworker resulted in contributions of \$14,439.10 from 94 donors. Compared to 2008 (\$3,254.00 with 12 donors), a 444% increase from last year. She was the primary driving force behind the 316th ESC achieving a Gold Unit Award. Her personal "one on one" approach with potential contributors, and her encouragement of the CFC "Thank You Gift" program, resulted in contributions that earned 6 Gold Eagle Awards, 2 Eagle Awards, 2 Gold Awards, and 7 Silver Awards for individual contributors. Staff Sergeant Holly M. Ball personally volunteered to be the Keyworker for the 316th 2009 CFC campaign, which consisted only of a Campaign Manager and her as the only Keyworker for an organization of 95 assigned personnel.

Holly Ball has been nominated for the 2009 National Hero Award. The National Hero Award event will take place in Washington D.C. the summer of 2010.

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2009 Local CFC Heroes - Continued -

U.S. Postal Service

Terry Stokes- USPS

Terry Stokes has worked for the US Postal Service for 34 years. He has dedicated 25 years as CFC keyworker, most of those years at the GMF and other Pittsburgh sites. Since 2007 he has worked at the NDC – Network Distribution Center in Warrendale. In 2009 he raised over \$33,000 for the NDC, and since working at the NDC, he has raised over \$112,000 for the CFC. Terry currently resides in South Park and is thinking of retiring from the Postal Service soon.

Gail Carr - USPS

Gail packaged and mailed more than 500 Campaign Kits to kick off the USPS CFC campaign. She helped call the MANY USPS offices, built momentum and assisted in the final wrap up of the incoming USPS donations. Gail has worked with the US Postal Services for 25 years and has been with the USPS Marketing Department since 2003. This is her second year working with the CFC. Gail also volunteers with various food banks and local church groups.

VETERANS AFFAIRS

Amy Friel Capretto - VA Butler Healthcare System

Amy has always been a strong advocate for the disadvantaged and underprivileged and has utilized an extensive array of community resources from not-for-profit agencies to meet any existing client needs. Amy has been a long-time contributor to United Way and CFC through the workplace, both in the private sector and the federal sector. She participated on the FEB 2009 Screening Panel for charities seeking inclusion into the 2009 CFC Campaign. Additionally, she serves on the Education Committee for the Society for Social Work Leadership in Healthcare.

Cherie Clamidori - VA Butler Healthcare System

Cheri has been a strong advocate to help raise money for the Salvation Army, supporting her local community. She has also organized and coached co-ed softball teams for various tournaments, which are fundraisers for the Children's Miracle Network and local Church organizations. She also donates her time to support Toys for Tots and is currently active in her local YMCA. Cherie was also a keyworker for the 2008 CFC Campaign.

Utilizing an enthusiastic, energetic, personal face-to-face approach, Amy Friel Capretto and Cherie Clamidori, as co-chairs of the 2009 CFC Campaign, were able to attain the facility CFC goal during the campaign kick-off week. At the middle of the campaign, they were already at 120% of the facility goal, secured an additional 15% of the workforce as new donors, and have attained a 30% increase in fundraising monies! They have secured and maintained the #1 spot out of ten VA facilities in their region! Under their leadership, they raised \$68,278.16!



Cynthia Evans of HUD Pittsburgh accepts her Local Hero award. Pictured with Sharon Appel of OPM.



Amy Friel Capretto of the Butler VA accepts her Local Hero award. Pictured with Michael Palus of the U.S. Courts.



Lieutenant Christopher Preffer of the 171st PA Air Guard accepts his Local Hero award. Pictured with Sharon Appel of OPM.

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CALL FOR CFC CHARITIES

Do you know a charity that would like to become involved with the CFC? If so, please have them visit our website www.3riverscfc.org or call **412-330-7667** to learn how they can apply to be part of the 2010 campaign.

Applications for the 2010 campaign will be available on-line (CFC Charity Info Tab) the end of February and the deadline to apply is April 2, 2010.

Charities must be a 501c3 and have an office within our CFC Region.

Our campaign region includes: Allegheny, Armstrong, Beaver, Butler, Clarion, Fayette, Forest, Greene, Lawrence, Mercer, Venango, Washington, and Westmoreland Counties (PA). Brooke, Hancock, Marshall, Ohio, and Wetzel Counties (WV). Belmont and Monroe Counties (OH).

Charities must apply annually.

Meet the Local Federal Coordinating Committee (LFCC)

The LFCC provides oversight for the local campaign in conformance with the CFC regulations and the policies established by OPM.

EXECUTIVE COMMITTEE

Colonel Michael P. Crall - US Army Corp of Engineers

Robert Cessar - First Assistant U.S. Attorney

Kim R. Siegert - National Labor Relations Board

Sharon Appel - OPM

George Buck - Pittsburgh Federal Executive Board

Michael Palus - U.S. District Court

Ginny Yelland - Veterans Affairs Butler

LFCC MEMBERS

Les Bennett - U.S. Postal Service (ret)

Richard W. Cotter - Veterans Affairs Butler

David Cowgill - VA Pittsburgh Healthcare System

Susie Dettore - Veterans Affairs Butler

Doug George - Veterans Affairs Butler

Richard Mort - IRS-Pittsburgh Post of Duty

Ron Nalepa - VA Regional Office

Jane Rahenkamp - U.S. Postal Service

Linda Reed - IRS-Pittsburgh Post of Duty

Lt Col (ret) Brian Schill - PA Air National Guard

Ginette Simpson - U.S. Postal Service

Debbie Storch - U.S. Environmental Protection Agency

Joyce Voynick - U.S. Army Corp of Engineers

Sue Wargo - CENTERS for Disease Control & Prevention

Michael Whitelock - U.S. Department of Housing & Urban Development

Lori Wiles - OPM - CHCMS Boyers

John Wozniak - Equal Employment Opportunity Commission



Staff Sergeant Holly Marie Ball of the 316th ESC accepts her 2009 Regional Hero Award. Pictured with George Buck of the FEB Pittsburgh. Ms. Ball is nominated as a National Hero. Good Luck Holly!