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“Snow 2010” at Germantown



Overlooking the pond at the DOE Germantown campus. The only thing missing are the deer who reside in the woods.

SKI Tickets

With Snowmageddon socking it to the DC area, you can bet the local slopes are great this season! Don't forget ERWA has great prices for its members to enjoy a fun day on the slopes:

<i>Sample Savings to ERWA Members</i>	<i>ERWA Price</i>	<i>Price to Public</i>
Ski Roundtop / White Tail / Liberty		
Weekend/Holiday 8 Hr. lift	\$48	\$56-59
Weekend/Holiday 8 hr lift w/rental	\$86	\$91-105
Learn to Ski/Snowboard Package	\$66	\$70
Timberline		
Weekend/Non-Holiday Lift	\$43	\$47
Weekend/Non-Holiday Lift w/rental	\$70	\$84
Learn to Ski Package	\$48	\$62

Be sure to stop by the ERWA Shops to look at ALL the different packages and pricing.

Back in the Saddle Again!

ERWA Board of Directors Election Results

Elected for 3-more years in their positions are **Sam Baughman, Connie Magers, Mary Williams, and Cheryl Yost**. These volunteer Board members are happy to support our DOE customers, so please look for their friendly faces in Germantown and in the Forrestal ERWA shop!

Homebuyers Seminar Offered AGAIN!



If you missed the Homebuyers Seminar in Germantown on February 16, sponsored by ERWA and presented by the Energy Federal Credit Union and

SMARTMOVE®, you missed a great opportunity to learn just about everything there is to know about buying a home. For example, do you know all the things to consider before choosing a home? How about choosing a neighborhood? How about sources for obtaining a down payment? What lenders need to know about you to secure a mortgage? This comprehensive seminar touched every aspect of home purchasing whether for a home, investment property, or business property.

What is SMARTMOVE®? It's a home buying service that is partnered with the Energy Federal Credit Union to provide the homebuyer with a knowledgeable, experienced, highly trained realtor who is the buyer's advocate and assists in every step of the home buying experience. Basically it's a personalized service for the home buyer that costs the buyer nothing! In fact, SMARTMOVE® offers a cash rebate program to the homebuyer based on the home sale price!

So, for those of you who missed out, we will be repeating this seminar on March 10 in room Z-132 (above the Germantown Auditorium) from noon to 1:30PM.

Even if you are not currently looking to buy a home, ERWA guarantees you will learn something new at this seminar to make you more informed and successful in any home buying experience.

IT'S TIME TO BE COUNTED!

Starting in March 2010 all residential addresses in the United States will receive 2010 Census Questionnaires. It is important that **ALL PERSONS RESIDING IN THE U.S.** at the time of the Census be counted - if you are not a citizen of the U.S. or if you are living here temporarily you should still complete the Census Questionnaire.

You may wonder why it is so important for all residents to be counted. The answer is because everyone benefits. For example, if you drive on the roadways, if your children are in school, if you need medical attention at a hospital or emergency facility, if you use local jurisdiction services and programs - you benefit by being counted since your local jurisdiction receives funds for you and each resident who are counted in the Census, for important and necessary services and programs

The 2010 Census is **IMPORTANT, SAFE and EASY!**

IMPORTANT - The Census Count determines the amount of dollars your local jurisdiction will get in funds from the Federal and State governments for important programs and services. The funding is based on the total number of residents counted. The Census count also determines your local jurisdiction's representation in the State legislature and in the U.S. House of Representatives.

SAFE - By FEDERAL LAW, the Census Bureau is not allowed to share any personal identifiable information about you with anyone, including Federal agencies and law enforcement entities. Information collected by the Census Bureau is used for statistical purposes only.

EASY - The 2010 Census Form consists of only 10 simple questions.

The following are 2010 Census **KEY DATES:**

March 2010: Census questionnaires are mailed or delivered to households.

April 1, 2010: Census Day.

May - July 2010: Census workers visit households that have not returned the questionnaire.

December 2010: The Bureau of Census delivers population counts to the President of the U.S.

For the Bureau of Census 2010 Census information, please access: www.census.gov

For Montgomery County, MD 2010 Census information and activities, please access: www.montgomerycountymd.gov/census.

And your descendants will appreciate your participation as future generations research their genealogy using Census records!

New Logo Item



Our newest logo item is a ballpoint pen with the DOE seal and logo. Priced at \$1.00 each and available in both the Germantown and Forrester shops, they make handy-dandy gifts or for use every day. At this unbelievable price for these logo pens, you can't have too many.

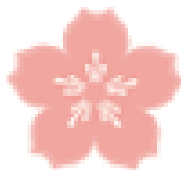
Germantown Soccer



Don't forget to contact Kenneth Kellar (3-9420) or Kim Loll (3-6369) if you are interested in teaming up to play soccer. What better way to enjoy the outdoors and fresh air on the beautiful grounds of the Germantown campus! Soccer has many benefits--It gives you a cardiovascular workout while working on stamina, strength, endurance and coordination. Plus you build a team spirit with your DOE colleagues and have fun at the same time! So don't forget to sign up!

Cherry Blossom Festival

Washington, DC - March 27 - April 11, 2010



The blooming of the cherry trees around the Tidal Basin in Washington, D.C. has come to symbolize the natural beauty of our nation's capital city. The famous trees, a gift from Japan in 1912, signal Washington's rite of spring with an explosion of life and color that surrounds the Tidal Basin in a sea of pale pink and white blossoms. Thou-

sands of city residents and visitors from across the nation and around the world come here to witness the spectacle, hoping that the trees will be at the peak of bloom for the Cherry Blossom Festival. To speak with an Information Specialist or to request printed information about the Festival, call (877) 44BLOOM.

Each Petal on the Shamrock

For each petal on the shamrock
This brings a wish your way,
Good health, good luck, and
happiness for
today and every day.

Happy
St. Pat's Day!

Snow Shoveling Tips

We won't soon forget the winter of 2010. Even though the Washington area has broken records for snow fall to date, March is always a candidate month for more snow, so we are not out of the woods yet! Pretty to look at but painful to shovel, here are some tips to use to keep your heart healthy and reduce chance for injury:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Avoid eating and drinking before beginning. Especially avoid caffeine or nicotine -- these are stimulants, which may increase your heart rate and place extra stress on the heart.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling-stretching the muscles in your arms and legs will help them work more efficiently and be less likely to suffer injury.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body and many shovels now are geared for "pushing" rather than "lifting" so pick the shovel that best suits the need.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- To properly "lift" snow and avoid strain on your back, stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- **Most importantly** - listen to your body. Stop if you feel pain!

GTN March Vendors

- 03/01 - Sai Beauty (Patel) **[NEW]**
- 03/02 - Sports and Jewelry (Cooper)
- 03/03 - Sports Memorabilia and Art (Lang) **[NEW]**
- 03/04-05 - Purse Strings N Things (Goldgraben)
- 03/08 - Jewelry (Johnson)
- 03/09 - Arbonne Skin Care (Kretzer)
- 03/10 - Dublin Roasters (Riley) **[NEW]**
- 03/11 - Bella Jewelry (Taylor)
- 03/12 - PNC Bank and Long Fence
- 03/15 - Native American Gifts and Accessories (Debar)
- 03/16 - Handcrafted Jewelry (Wiseman)
- 03/17 - Candy Bouquet (Perry and Martinez)
- 03/18 - Vikki's Golden Treasures (Rome)
- 03/19 - Mary Kay Cosmetics (Prevost)
- 03/22 - Barb's Baubles (Omholt)
- 03/23 - Barb's Baubles (Omholt)
- 03/24 - Men's and Women's Accessories (Gidda)
- 03/25 - Sparkling Ideas (Sabin)
- 03/26 - Tastefully Simple (Fowlkes)
- 03/29 - One World Creations Jewelry (Reynolds) **[NEW]**
- 03/30 - Light My Fire (Poston)
- 03/31 - Pursenalities (Nicola)

FORS March Vendors

- 03/01 - Betty Boop Fashion (White)
- 03/01-02 - Figurines, Sports Mugs, Scented Fruit Gel Candles (Ford) **[NEW]**
- 03/02 - Hand-Made Jewelry (Weinstein)
- 03/03 - American Financial (Johnson)
- 03/03-04 - Jewelry & Gifts (Lerman)
- 03/04 - Lotions, Perfumes, Oil Burners & Oil (Scott)
- 03/05 - Hand-Painted Pictures (Jackson)
- Women's Fashion and Shoes (Thompson)
- 03/08-09 - Diamond and Gold Jewelry (Cheng)
- 03/08 - Women's Apparel & Hats (Toye)
- 03/09 - Men's and Women's Loungewear (Lewis) **[NEW]**
- 03/10-11 - Sterling Silver Jewelry (Amir)
- Sports Memorabilia & Pictures (Twitty)
- 03/12 - Books (Stewart)
- Sports Memorabilia for Cars & Shirts (Freeman)
- 03/15 - Mary Kay Cosmetics (Gibbs);
- Hand Made Baby & Children's Clothes (Bentley)
- 03/16 - Sterling Silver Jewelry (Sabin)
- 03/16-17 - Seasoning & Jewelry & Oils (Clark)
- 03/17-18 - Women's Clothes & Purses (Griffin)
- 03/18 - Plus Size Women's Clothes (Hawkins)
- 03/19 - Raw Shea Butter & Soaps (Bruno)
- Perfumes & Neckties (Gidda)
- 03/22 - Sterling Silver One World Creations (Reynolds);
- BJE Handbags (Toler) **[NEW]**
- 03/23 - Watch Sales & Repair (Boldengraben)
- 03/23-24 - Pictures and Frames (People)
- 03/24 - Bread & Pastries (Varga) **[NEW]**
- 03/25 - Hand-Made Jewelry (Weinstein)
- 03/25-26 - Ladies' Apparel (Miller)

The Advertiser

CARPOOLS/VANPOOLS

Vanpool startup, Save \$\$\$ / eco friendly, Riders/drivers needed: Charles Town, WV or Brunswick MD, residents, Meeting places:, Oakland church, Charles Town, WV, Park n ride, Brunswick, MD (off rt 340, exit#1, Knoxville, MD), Times: Eta GTN 7am, Eta GTN 4:30pm. Contact: Janet Tatterson at 304 261-4092.

Van Pool Riders Wanted! Laurel, MD (BW Parkway & Rt. 197) Mall Area, Washington DC. Depart Laurel 6:45AM, Arrive Laurel 5:50-6:10PM Contact Shirley 202 586-2218. METRO CHECKS ACCEPTED AS PARTIAL PAYMENT!

CP needs driver/rider from Reston to FORS, 7-4:30 AWS, Jim 7-1370.

CP Hagerstown to FOR, 6:30-4:00 Jim 6-4441 or Peter 6-8116.

CP seeking rider/driver from either Sydenstricker or Rolling Valley Park and Ride (Burke/W. Springfield) to Forrestal. 7:00-4:30, first Friday off. Call

Elise 6-7239 or Tom 6-3276.

CP needs rider/driver from Frederick to FORS, 7-4:30 AWS, Melinda 6-0012.

FOR SALE

David White Construction Level: \$85. Precision optical tool for laying out your construction project, leveling foundations, floors, pipes, walls, turning corners, setting grades, etc. Made in USA model. Can bring to GTN. Tom Anderson, 301 831-8674.

For Sale: 3 piece living room furniture. (1) loveseat (1) sofa/pull out bed and (1) large Chaise lounge, color: mint green with multi-colored large pillows. Interested please call: 301 503-2846

100% Alpaca Bears and yarn for sale, natural colors. Personalized Golf Markers (pewter) In stock only \$4, Lisa German 301 829-0599.

SERVICES

Dog Walking: Bonded and Insured couple available for mid-day dog walks/pet sitting. References available. Call 301 540-7292 for more info.

Stork Express: Announce the arrival of a newborn in a BIG way! 7 ft. tall lawn

storks with personalized keepsake bundle, delivery included. Call 301 540-7793 for more info.

HOMES/Vacation - Sale/Rent

GERM. CONDO FOR RENT: lg. 2BR, 2FBA, Cath Ceil, new paint, \$1250 + util. Sec. dep. req, NS, NP 301 885-8512.

FOR RENT: GTN area, 1/2 mile to DOE. Large, bright lower level of townhouse, pvt BA. Near MC, MARC, stores. Non-smoker, no pets. \$700/mo call 301 908-5715.

ROOM FOR RENT: GTN area 1 1/2 miles to DOE, Room Unfurnished, Pvt BA, N/Pets. \$500 mo. call for details: 240 -277-6966.

Must sell Timeshare with Wilderness Presidential Resorts Call Marissa @ 301 748-1659 for details, asking \$8000.

"Someday, I'd like a little brother," said a boy to his friend.

"There's only so much you can blame on a dog."

ERWA ADMINISTRATIVE CONTACTS

ERWA President: Ruth Watkins

ERWA Offices: Germantown; E-101, 301 903-5440 Wed., Thurs., and Fri. 11:30 am to 1:30 pm, Forrestal; GE-139, 202 586-0330, Thurs., 11:30 am to 1:30 pm

Mailing Address: USDOE, ERWA, Room E-101, 19901 Germantown Road Germantown, MD 20874, or 1000 Independence Avenue SW, Washington, D.C. 20585-1290

FORS Directors: Shirley Cambrel at 202 586-3173 or Deborah Bullock at 202 586-2126.

ERWAYS Editor: E-066 GTN or ERWA@hq.doe.gov

ERWA Club and Activity Contacts

Travel Ruth Watkins 301 903-2644 GTN

Toastmasters Dan Marsick 301 903-3954 GTN, Eric Thomas 202 586-2242 FORS

Vendor Hotline 301 903-1222 GTN

Softball Joe Gazda 202 586-2075 FORS

Golf John Panek 301 903-4295 GTN

"DOE and ERWA do not endorse products or services advertised in ERWAYS nor endorse or guarantee products purchased from lobby vendors."



This publication is printed on recycled paper

ERWA HOTLINE 301 903-8500

How to Submit Ads & Articles

Due to a shortage of space CP/VP and other continuously running Ads may NOT always appear in each issue. Please try to limit ALL Ads to three issues and be as brief as description allows. Also, if your continuously running Ad (CP/VP for example) is no longer needed, let us know.

Office phone number for CP/VP ads & gov. business **ONLY**. Home number **ONLY** for personal ads—**INCLUDING AREA CODE**. Personals run one issue, then must be re-submitted. For Ads and Articles please send Disk in MS WORD or Word Perfect with any WP file extension (example AD.WP5 or WP6), send E-mail to ERWA@hq.doe.gov, or typed legible copy to: Editor, E-066/GTN. Include your name & current ERWA membership number. Your disks will be returned asap. **NEWSLETTER DEADLINE IS ONE MONTH IN ADVANCE** (e.g., Jan. 1st for the Feb issue). - ED.

U.S. Department of Energy Energy R & W Association Membership Application

Name _____

Phone # _____ Rt. Sym. _____

Duty Station (Bldg.) _____

Send \$4.00 & this completed form to:

ERWA Membership, E-066 GTN.

Membership good for 1 year from issue date.