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Walktober is Back!

Celebrate "National Walking Month" by participating in DOE's 4th Annual Walking Campaign. For many people, starting a physical activity program can be challenging. Work, family and other responsibilities often make it difficult to start and maintain healthy routines. DOE Walktober allows you to get back on track and makes fitness fun with incentives and motivational emails.

Kick-Off Ceremonies:

Germantown

Wednesday, September 29, 2010
 12:00 noon - 1:00 p.m.
 Meet in Cafeteria Lobby

Forrestal

Thursday, September 30, 2010
 12:00 noon - 1:00 p.m.
 Meet on the West Plaza

Throughout October, all DOE employees and contractors in the Washington, D.C. area (270 Corporate Center, Cloverleaf, Germantown, Forrestal, L'Enfant Plaza, Navy Yard, and associated buildings) are encouraged to engage in regular physical activity, especially walking. In addition, every weekday from 12-12:30 p.m., DOE Walktober sponsor organizations will lead a guided walk. Prizes and incentives will be awarded by the sponsors to those participants who walk (and/or work out) up to 10,000 steps a day. The sponsors include the Energy Recreation and Welfare Association (ERWA), NTEU Chapters 213 and 228, HQ Wellness and Employee Assistance Program, Germantown and Forrestal Fitness Centers, Federal Employee Occupational Safety and Health, Blacks in Government, and Energy Federal Credit Union.

TO REGISTER FOR DOE WALKTOBER 2010:

1. Log on to Employee Self Service (<https://mis.doe.gov/ess>). On the right side of the Welcome screen is the "WHAT'S NEW" section. At the bottom, click on the link "Wellness Program Registration," choose your nearest location (Forrestal or Germantown), and follow the prompts.
2. Set your goal -- meetings will be scheduled in mid-September via email.
3. Sign an informed consent.

For questions concerning the registration process, please call the HQ Employee Assistance Program at 202-586-4995. Further information may also be found at the GOHO and FOHO Fitness Centers.

ERWA Presents a Social Security Seminar



September 28th, Germantown Auditorium, Noon to 1:30 PM:

Attend our seminar on Social Security and learn all you need to know about retirement, spousal and Medicare benefits!

- Understand entitlement factors for Social Security Retirement, Spouses and Medicare benefits
- Learn how work affects your benefits
- Early benefits versus Full Retirement Age benefits
- Gain knowledge about useful tools, information and secure, convenient and easy applications available when visiting www.socialsecurity.gov

Did you know Social Security reaches almost every family, and at some point touches the lives of nearly all Americans? It has an impact on the very fabric of the American economy.

Social Security helps not only older Americans, but also workers who become disabled and families in which a spouse or parent dies. Today, about 164 million people work and pay Social Security taxes and more than 51 million people receive monthly Social Security benefits. In 2008 alone, those benefits came to about \$614 billion.

In one way or another, Social Security benefits everyone. The payments made to beneficiaries help individuals and families to stay afloat. It's no coincidence that Social Security finds its origins in another financial crisis: the Great Depression. The program played a part in that recovery. There's no denying that it's playing a part in (Continued on Page 3)



Merle Retires!

It's hard to believe, but Merle Schindel, our Germantown barber, is retiring! Merle has worked at DOE Germantown for the last 51 years, providing great service to our DOE family. But not to fret! Zoanna (Zoie) Kania, who has been working with Merle for the last few years will continue to provide barber/styling services to our DOE family. You still may see Merle from time-to-time should Zoe need help. Please stop by and wish Merle well in his future endeavors!

First Bike Tour Adventure

On September 14th, FOHO is sponsoring its first bike tour. In cooperation with the DOE Bicycle Club, FOHO will lead riders on a 6- to 12-mile tour to and around Hains Point during lunch hour. Tour participants will congregate promptly at 11:15am at Forrestal's western 1st floor entrance, near the bike racks below the cafeteria. Further information may be obtained from FOHO 202 856-8402, or ERWA Bicycle Club Chairman, Daniel Adkins 202 586-5990. Please note that bike tour participants are required to sign FOHO's standard "Release of Liability" waiver before joining the tour, so please register early.

Other FOHO Fitness Events

September 9, Try FOHO free of charge for 1 day

September 22, 2:00 pm, workshop "Yoga at Your Desk"

Contact foho@hq.doe.gov or call 6-8402 for further information.

Grand Opening of the Maryland Renaissance Festival



The Maryland Renaissance Festival's Grand Opening is Saturday, August 28th! Get your tickets to attend a 16th century English festival with jousting, theater, feasting, crafts, music, and merriment for the whole family. The Festival is huge, with 10 stages, a 5,000-seat jousting arena, and 140 food and craft shops. The English Tudor village is 25 acres of woods and field that transport patrons to an era of chivalry, bawdiness, and good fun. Many hand-made wares will be offered by village artisans. Forty-two food outlets provide a feast of foods rarely seen at other festivals. Each season, more than half a million beverages are served at the Festival's eight soft drink stands, five beer stands, and five taverns. The festival is located in Crownsville, MD, just outside of Annapolis, MD. ERWA members can purchase tickets at the ERWA shops at Germantown and Forrestal (Adults \$14.00/Child (ages 7-15) \$7.00. The festival runs through October 24 and is rain or shine. Hours are 10:00am-7:00pm. Directions from the Washington area: From Washington Beltway I-95 take exit 19A John Hanson Highway Route 50 East towards Annapolis 8 miles, north on Route 3, 2 miles to second light, right on Route 450 East 6 miles, left on Crownsville Road and Festival is ahead on right.

If you aren't a member, what's stopping you? We have discount tickets to many local theme parks and AMC and Regal movie theatres.

ERWA is your discount ticket to fun!

22nd Annual DOE/ERWA Golf Tournament

Mark your calendars and set your alarms for Monday morning October 18th. Do not get caught oversleeping like Jim Furyk did recently and miss a great day out on the links with fellow DOE employees, family and friends. Come prepared to have a good time and be part of a fine tradition.



The scenic Signature 6th hole at Worthington Manor

Plan now to attend the DOE / ERWA Fall Classic Golf Tournament and play one of the finest courses with some of the best greens in the Mid-Atlantic area. The exacting challenge provided by the Worthington Manor Golf Club (a U.S. Open qualifying site again in 2011) is expected to raise the level of play and create some lasting golfing memories with co-workers and friends.

- The Tournament will feature a Captain's choice Scramble format with a 10:00 am Shotgun start. Please plan on arriving at 9:00 am for check-in, warm-up at the range and coffee, fruit and bagels.
- Reserve your spot now. All sign-ups are requested by October 12th / Registrations after October 12th will be on a space available basis. To register for the Tournament or additional information contact: John Panek (301) 903-4295 or Dawn Tolley (301) 903-2668.

• The cost is \$76 per player (\$72 for ERWA Members) and includes: golf, golf cart, range balls, golf prizes, drink tickets, light refreshments (appetizers) at the awards ceremony and the ever popular selection of door prizes.

(Social Security from Page 1)

helping the current economy as well. It's clear that in one way or another, Social Security benefits everyone.

This seminar is presented by Diana W. Varela, Public Affairs Specialist at the Social Security Administration. This seminar is open to everyone and presented to our DOE family to help everyone plan for their retirement. Spouses are welcome as well (all visitors must be US citizens).

If you would like to attend, please e-mail your name, org code, and phone number to ERWA@hq.doe.gov

Did you know that the Social Security is celebrating its 75th Anniversary this year? Check out their special photo gallery on-line at www.socialsecurity.gov/75thanniversary of the history of Social Security and to participate in a video contest and contribute your comments on how Social Security has made a difference in your life.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

The September Equinox

This year falls on September 22, 2010 at 11:09 pm EDT.

GTN September Vendors

- 9/1 Karen Gurksnis, Sky Loom Jewelry
- 9/2 Gerry Goldgraben, Watch Sales and Repair
- 9/3 Sidney Katz, Katz International - Leather accessories and gifts
- 9/7 Barbara Kinney, Bardangle Jewelry NEW
- 9/7 Terri Witschey, Long Fence Home Products
- 9/8 Linda Truax, Crocheted towel toppers
- 9/9 Jenn Bassler, Tastefully Simple
- 9/9 Justine Itte, Manhattan Club
- 9/10 Yvonne Prevost, Mary Kay Cosmetics
- 9/15 Jit Gidda, Accessories and Gifts
- 9/16 Beth Taylor, Bella Jewelry
- 9/17 Josie Cooper, Jewelry, gifts, and sports themed items
- 9/20 Gary and Renee Poston, Light My Fire
- 9/21-22 Vikki Rome, Vikki's Golden Treasures
- 9/23 Barbara Omholt, Barb's Baubles
- 9/24 Lorraine Fowlkes, Tastefully Simple
- 9/27 Hebe Wiseman, Jewelry
- 9/28 Jessie Kretzer, Arbonne Skin Care
- 9/29 Josie Cooper, Jewelry, gifts and sports themed items
- 9/30 Nancy Nicola, Pursenalities

FORS September Vendors

- 09/01 LaVern Toler, BJE Handbags, Inc. **NEW**; Annmarie Lewis, Men's & Women's Loungewear **NEW**
- 09/02 Indu Shama, Jewelry & Gifts
- 09/02-03 Irick/Hollinshead, Handbags & Gold & Silver Jewelry
- 09/03 Hanna Weinstein, Hand Made Jewelry
- 09/07 Sydney Katz, Variety of Leather Bags for Work & Travel; Lynnette Jackson, Cakes & Cookies, **NEW**; Barbara Mayo/Marie Spencer, Jewelry, Gifts & Shaklee Products
- 09/08 Lamario Chez Jackson, Hand-painted Pictures
- 09/09 Brenda Toye, Women's Apparel & Hats
- 09/10 Marla Sabin, Sterling Silver Jewelry; Valeria Miller, Ladies' Apparel
- 09/13-14 Paul Cheng, Diamond & Gold Jewelry
- 09/15 Trudy Gibbs, Mary Kay; Ghazel Amir, Sterling Silver Jewelry
- 09/16-17 Harold Griffin, Women's Clothes & Purses
- 09/17 Satnam/Singh Gidda, Perfumes & Neckties
- 09/20-21 Barbara Mayo/Marie Spencer, Jewelry, Gifts & Shaklee Products
- 09/20-21 Casey People, Pictures and Frames
- 09/20 Sharonda Stewart, Books
- 09/22-23 Denise Bentley, Children's Hand-made Clothes
- 09/22 Michael Williams, Jewelry & Shirts
- 09/23 Mirjana Varga, Bread House; Lynnette Jackson, Cakes & Cookies; Sharon Scott, Lotions, Perfumes, Oil Burners & Oil
- 0924 Goldengraben/Blum, Watch Sales & Repair; Lamario Chez Jackson, Hand-painted Pictures
- 09/27 Hanna Weinstein, Hand-made Jewelry
- 09/28-29 Cathy & Stan Clark, Seasoning & Jewelry & Oils
- 09/29 Patty Tsao, Hand-made Jewelry
- 09/30 Ellen Hawkins, Plus Sized Women's Clothes, Towels

The Advertiser

CARPOOLS/VANPOOLS

Need ride from New Windsor, Md to DOE, GTN. 2 or possibly 3 days per week. Have medical condition and need ride to and from DOE. Call Virgil Denning at H 410 635-8204; C 202 359-3975 or G-Mail Butch.Denning@gmail.com.

RIDER WANTED Pick up or drop off from either the Urbana Park and Ride or Germantown (Century Blvd) locations. Arrive at Forrestal around 6am and depart at 4pm - AWS 240 750-0795.

CT/MD Vanpool. Charles Town, WV or Brunswick residents. Meet Food Lion parking lot, Charles Town, WV departure at 5:45a and Park n Ride, Brunswick, MD (off rt 340, exit# 1, Knoxville, MD) departure at 6:05a. Work hrs 7a-4:30p. Contact: Janet Taterson at 304 995-4510 .

Van Pool Riders Wanted! Laurel, MD (BW Parkway & Rt. 197) Mall Area,

Washington DC. Depart Laurel 6:45AM, Arrive Laurel 5:50-6:10 PM 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 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.

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

SERVICES

Tired, achy feet? Get relief fast with Stan's relaxing foot massage. 15 min-

utes only \$10! Tuesday and Thursday 2:30 - 7:30 PM; FOHO, GM 159. Schedule by calling 202/746-1479, bodytech@verizon.net, or sign-up sheet in FOHO.

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

HOMES/Vacation - Sale/Rent

ROME, ITALY: Luxury 2 bedroom, 2 bath apartment available for weekly rental in the heart of Rome, around the corner from the famous Spanish Steps. Walk to everything (Colosseum, Roman Forum, Trevi Fountain), great shopping and dining. 10% discount for federal employees; \$2268 to \$2520 per week. See website at www.SpanishStepsApartment.com.

Outer Banks beach house for rent. New construction, 3BR, ocean and sound views. Openings this fall. Rent directly from the owner and save. Check it out at Relaxobx.blogspot.com or contact Ken at 301 845-4704.

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 202 586-8023

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

Soccer Ken Kellar 301 903-9420 GTN

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



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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.