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| C:\Users\Histrylady\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KNWVW74Q\52_photos_of_women_who_changed_history_forever_-_A_woman_suffrage_activist_protesting_after_The_Night_of_Terror._[1917][1].jpg | **“Women in History,**  **Women Now”** | **C:\Users\Histrylady\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5SGQOG2J\A_Young_Woman_Holds_a_Banner_at_the_Civil_Rights_March_on_Washington,_D.C.,_on_August_28,_1963[1].jpg** |

**Federally Employed Women**

**Northeast Region’s**

**Regional Training Program**

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**Registration Package**

**September 18-19, 2021, 8:00 a.m. – 12:00 p.m. ET**

**(both days)**

### Working For the Advancement of Women in the Government

**INVITATION**

Please join us, the Federally Employed Women, Northeast Region, for our autumn Regional Training Program (RTP), starting on Friday, September 17, 2021 (arrival and Meet-and-Greet) through Sunday, September 19, 2021. This RTP is being hosted by the Northeast Region of Federally Employed Women (FEW). RTP’s provide the opportunity to expand your professional network by establishing contacts, sharpen your leadership skills and abilities through informative and career enhancing workshops, and inspirational keynote speakers. In addition, this RTP will offer group tours in the historic Seneca Falls, NY, and surrounding area.

Each of FEW’s Regions sponsors at least one RTP each year. RTP’s supplement the training conducted at the national level that is not generally available at the local level. Chapters are in a position to tailor their training more specifically to local members’ needs.

## WHAT IS FEW?

Federally Employed Women is a private, non-profit organization founded in 1968 after

Executive Order 11375 was issued that added sex to the forms of prohibited discrimination in

the federal government. For more information about FEW, visit [www.few.org](http://www.few.org/).

## WHO SHOULD ATTEND?

This training program is inclusive of all public, private, and federal employees, active-duty military members, reservists, new hires, managers, supervisors, retired federal employees, and veterans. Members of the Northeast Region’s Chapters are encouraged to attend.

## Welcome Message

Welcome to the Northeast Region’s Virtual Training Program – Message from National FEW Executive Vice President Georgia Thomas.



**EVENTS SCHEDULE**

**LOCATION: This RTP is being offered in person at the Seneca Falls Historical Society, 55 Cayuga Street, Seneca Falls, NY 13148 (**[**www.sfhistoricalsociety.org**](http://www.sfhistoricalsociety.org)**).**

**SEQUENCE OF EVENTS**

**Friday – September 17, 2021. All times are Eastern Time Zone**

**6:00 p.m. – Meet-and-Greet, Seneca Falls Historical Society**

**Saturday – September 18, 2021**

**8:00 a.m. – Welcome by Mary Jane Diggins, Regional Manager**

**8:05 a.m. – Remarks by Executive Vice President Georgia Thomas**

**8:30 a.m. – Introduction of Nellie Ludemann, Educator/Program Coordinator for the Seneca Falls Historical Society, introduced by Dawn Nester, Greater Boston Chapter Secretary**

**9:00 a.m. – Ice Breaker Activity – Mary Jane Diggins**

**9:30 a.m. - Tonya Watson, National FEW Vice President for Compliance/Special Assistant for Federal Women’s Programs, introduced by Jenine Dunn, Regional Congressional Relations Chair**

**10:30 a.m. – Break/Sale of Raffle Tickets/Door Prize Tickets**

**11:00 a.m. – Kim Arcand, “NASA and Black Holes,” introduced by Kristina Tiedke, President, Greater Boston Chapter**

**12:00 p.m. – End of Day 1 Classes; beginning of group tours (to be determined)**

**Sunday – September 19, 2021**

**8:00 a.m. – Group discussion of places visited on Saturday afternoon**

**8:30 a.m. “The Basics of Ergonomics,” by Kristina Tiedke, introduced by Dawn Nester**

**9:15 a.m. – A local legislator (to be confirmed) and/or Planning for a Regional Advocacy Day to include on-site letter writing through FEW’s “Engage” tool**

**10:00 a.m. – Short break**

**10:15 a.m. – A local businesswoman (to be determined)**

**11:00 a.m. – Closing Remarks, Awards, Door Prize, and Raffle winner(s) by Mary Jane Diggins**

**12:00 p.m. - End of Day 2, beginning of group tours**

**Presenter’s Biographies**

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|  | **Georgia Thomas** is a native Houstonian. She holds a BBA degree in Marketing from the University of Texas at Austin and is a certified Mediator.  She is a Stakeholder Liaison Area Manager with area coverage of Texas, New Mexico, Arizona, Georgia, Florida, North and South Carolina.   Stakeholder Liaison is a part of the Internal Revenue Service.  Outreach and education, along with disaster relief, are major operations that Georgia does every day.  Georgia is concerned about the advancement of women in government, hence her lifetime membership in FEW and active involvement. On the FEW National Board of Directors, she is the immediate past Vice President of Policy and Planning and has held the positions of Vice President for Diversity and National Scholarship Chair along with other offices at the local level. |

As the Executive Vice President, Georgia’s goal is to utilize existing and new best practices of other non-profits to maintain the momentum of the organization by assisting and supporting the National President and National Board in creating a sustainable future for the organization.

She is the mother of three daughters and has three grandchildren – two boys and one girl. She enjoys reading, travel and video games.

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|  | **Tonya P. Watson** serves as the Federal Women’s Program Manager for the U.S. Department of Housing and Urban Development (HUD), within the Office of the Departmental Equal Employment Opportunity (ODEEO), Affirmative Employment Division, in Washington, D.C.  Ms. Watson serves as Chapter President for HUD’s Widening Opportunities for Women (W.O.W.) Chapter.  Ms. Watson has also served as the Chapter Awards Committee Chair (2008-2010); 1st Vice President (2012-2014); and Vice President (2014-2016).  She is a certified Mediator and Training facilitator for the federal government.  Her vision of “Compliance Matters”, drives her to want to serve on a national level to ensure FEW’s success through compliance. |

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| **NELLIE LUDEMANN**  **Seneca Falls Historical** | **Nellie Ludemann** received her Bachelor’s degrees in Communications and Anthropology from The College at Brockport, her Master’s degree in Museum Studies from Buffalo State College, and is currently pursuing her second Master’s degree in Curriculum and Instruction from Western Governors University.  Nellie is currently the Educator/ Program Coordinator for the Seneca Falls Historical Society, located in Seneca Falls, NY. Her professional interests lay in mythology, genealogy, and historical costume.  In her free time, she enjoys running and will soon be completing a half marathon. She also currently volunteers with the Howland Stone Store Museum in Sherwood, NY. |

**Presenter’s Biographies**

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|  | **Kimberly Kowal Arcand, Ph.D**., is the Visualization scientist and emerging tech lead for NASA’s Chandra X-ray Observatory, which has its headquarters at the Smithsonian Astrophysical Observatory in Cambridge, Massachusetts.  She is a leading expert in studying the perception and comprehension of high-energy data visualization across the novice-expert spectrum. She combines her background in molecular biology and computer science with her current work in the fields of astronomy and physics.  Kim has been a pioneer in astronomy data visualization, 3D printing and virtual reality. She presented her TEDx talk, entitled “How to Hold a Dead Star in Your Hands,” in 2016 on 3D printing, the same year she was selected as a “Changemaker” for the White House *State of the Women Summit*. |

She is currently working on her latest book, “The 3D Universe: How to Hold the Stars in Your Hand” (MIT Press, expected 2022) with her colleague Megan Watzke.

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|  | **Kristina L. Tiedke** serves as a Senior Safety and Occupational Health Specialist at the Internal Revenue Service (IRS), based out of the campus in Andover, MA. Kristina has extensive training in ergonomics from classes offered by private companies as well as classes offered through the IRS to the Safety Officers. She has been a Safety Officer for over 14 years and has worked in the IRS for 23 years. In the IRS, she is known as “The Chair Lady” because she is an expert in providing training to individuals who need to learn how to sit or stand at their desks for better posture and relief of back and other body aches and pains related to poor posture.  She serves as the current President of FEW’s Greater Boston Chapter, as well as having served as a past Regional Manager for the Northeast Region. She also works on the board of her condo association and is in the Tewksbury Garden Club. She quilts, does cross stitch and wood works on occasion. |

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| **HOLD FOR LOCAL LEGISLATOR** |  |

**Presenter’s Biographies**

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| **HOLD FOR LOCAL BUSINESSWOMEN** |  |

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|  | **Mary Jane Diggins** has recently retired from the Internal Revenue Service after 32 years of service. She was a Supervisory Collection Representative (Compliance/ACS Manager) at the Appletree ACS call site in Cheektowaga, New York. Mary Jane was a member of the IRS Leadership Instructor Cadre, teaching cross-functional courses such as Treasury Supervision 101 and Fundamental Management Skills (FMS) to new IRS front-line managers nationwide.  She is nationally certified as a Myers-Briggs Type Instrument (MBTI) instructor.  Mary Jane received a Bachelor’s degree in Secondary Education/English from Canisius College and a Master’s degree from Buffalo State College in Secondary Education/English. She began her career teaching at the 7th and 8th grade level before her IRS service. As a charter member of the Western New York (WNY) Chapter, she was the first secretary of the chapter in 2010 and WNY president from 2012 - 2020.  She came to the FEW National Board of Directors as a proxy manager for the Northeast Region during 2015 and 2016. Mary Jane has served as the Northeast Regional Manager since July 2016. She has been a member of  FEW since 2006. Her hobbies are reading, needlework, sewing and gardening. |

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**A FEW Fun Things to do in the Seneca Falls Area…**

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| **After Training Classes…** | **On Your Free Time…** |
| Women’s Rights National Historical Park – Denied the same certain unalienable rights as males, women’s rights supporters organized here in 1848. This National Historic Park, established in 1980, comprises four historic Seneca Falls, NY buildings and an informative visitor center. Admission is free and family-friendly. The small gift shop is well-appointed and the staff is very helpful. The town is walkable with plenty of parking. We even found an ice cream shop to put the cherry on top of our perfect afternoon | Cayuga Lake Wine Trail – reservations needed if over 9 in a group. 9 in a group is the limit.  Seneca Lake Wine Trail  Keuka Lake Wine Trail  DelLago Casino – 1133 Route 414, Waterloo, New York 13165 |
| It’s a Wonderful Life Museum, 32 Fall Street, Seneca Falls – The museum is not large, but it is packed full of information about the making of the classic “It’s A Wonderful Life” and also its cast. There is no charge to enter, but donations are accepted. | The Meadville Farm Pumpkin Patch, 1891 Auburn Road, Seneca Falls – Meadville Farm is a pumpkin farm with lots of fun extras. |
| National Women’s Hall of Fame – this one is special to FEW because FEW’s first National President, Allie Latimer, is one of the honorees! Admission is $7 for adults; $6 for seniors. **An on-line reservation form needs to be completed before arriving** (available on the website – ([www.womenofthehall.org](http://www.womenofthehall.org)). | The Artist’s Lounge, 116 Fall Street, Seneca Falls - Offers a wide variety of art created by local artists. Open 11:00 a.m. – 3:00 p.m. on Saturday; closed Sunday and Monday. |
| Elizabeth Cady Stanton Home, 32 Washington Street, Seneca Falls – [Elizabeth Cady Stanton](https://www.nps.gov/wori/learn/historyculture/elizabeth-cady-stanton.htm) (1815-1902) called her house “Grassmere” and the “Center of the Rebellion.” She moved into the home with her husband and six children in May 1847. The Visitor Center is open Tuesday and Thursday from 10 AM to 4 PM. Portable restrooms are available onsite. Grounds are open daily. All historic structures and other park buildings remain closed to the public. | Ludovico Sculpture Trail, 77 Bridge Street, Seneca Falls, New York 13148 |
| New York State Equal Rights Heritage Center, 25 South Street, Auburn, NY 13021 | Saunders Store (Amish), 2146 River Road, Seneca Falls, New York 13148 |
| Harriet Tubman National Historic Park, 180 South Street, Auburn, NY 13021 | Cayuga Museum of History & Art – 203 Genesee Street, Cayuga, New York, (315) 253-8051 |
| Seward House Museum, inspiration for abolition and underground railroad, 33 South Street, Auburn, NY 13021 | Waterloo Premium Outlets |

**Additional websites for more information:**

[www.fingerlakesravelny.com](http://www.fingerlakesravelny.com)

Finger Lakes Travel Region Tourism, <https://www.getyourguide.com/>, 585-484-8844

**Driving Directions**

The directions listed here are for general information. As always, using your own GPS for the most accurate directions to your hotel or to the Seneca Falls Historical Society at 55 Cayuga Street is your best source.

From Tewksbury, Massachusetts – approximately 5 hours, 25 minutes

General steps:

* I-495 S to Marlboro/Taunton
* Merge onto I-495 S
* Take exit for I-290 W toward Worcester
* Take exit for I-90/Mass Turnpike
* Follow signs for I-90 W/Springfield/Albany
* Take exit for I-87 N toward I-90/Albany/Buffalo
* Take exit for NY-414 toward Waterloo Clyde
* Keep right at the fork, follow signs for Waterloo/Seneca Falls/Montezuma Refuge
* Merge onto NY-414 S
* Turn left onto NY-318 E
* Turn right onto Gravel Road
* Turn right – you’re in Seneca Falls

From Philadelphia, Pennsylvania – approximately 4 hours, 43 minutes

General Steps:

* Head south on S 15th Street toward S Penn Square
* Use left lane to turn slightly left onto S Penn Square
* Keep left to stay on S Penn Square
* Use right lane to turn slightly right onto Schuylkill Ave
* Use right lane to take the 1-76 W ramp to Valley Forge
* Keep left at the fork, follow signs for I-76 W/Valley Forge
* Merge onto I-176 W
* Keep left to stay on I-76 W
* Keep right to stay on I-76 W
* Take exit for I-476 N toward Plymouth Mtg
* Keep left at fork to stay on I-476 N
* Keep left to stay on I-476 N
* Take exit toward Binghamton
* Keep left at the fork, follow signs for 1-81 N/Binghamton
* Keep right at the fork to stay on I-81 N
* Take exit for NY-281
* Keep left at the fork, follow signs for NY-281/Ithaca
* Turn right onto NY-281 N/S West St
* Turn left onto NY-90 N/Cayuga Street
* Turn right onto Toll Gate Hill Road
* Turn right onto NY-38 N
* Turn left onto NY-38 N/W Cayuga Street
* Turn left onto Hicks Road
* Turn right onto Wykoff Road
* Turn left onto Hunter Road
* Turn right onto NY-34 N
* Turn left onto Skillett Road
* Turn right onto Bluefield Rd/Cort 6B
* Turn left onto NY-326W
* Continue straight onto W Genesee St Road
* Turn right onto Lime Kiln Road
* Turn left onto US-20 W
* Turn right – you’re in Seneca Falls

From Pittsburgh, Pennsylvania - 4hours, 53 mins.

General steps:

* Head NE on Grand Street toward Sixth Ave
* Turn right onto Seventh Ave
* Keep right at the fork, follow signs for PA-380 F/Begelow Blvd
* Keep left at the fork, follow signs for I-579 N/PA-380 E/Veterans bridge/Bigelow Road
* Use left lane to take the I-579 N/Veterans Bridge ramp
* Merge onto I-579 N/Veterans Bridge
* Merge onto I-279
* Merge onto I-79 N
* Keep right to stay on I-79 N
* Take exit for I-90 E toward Buffalo
* Keep left to stay on I-90 E
* Take exit for NY-414 toward Waterloo Clyde
* Keep right at fork, follow signs for Waterloo/Seneca Falls/Montezuma Refuge
* Merge onto NY-414 S
* Turn left onto NY-318 E
* Turn right onto Gravel Road
* Turn right – you’re in Seneca Falls!

From Detroit, Michigan – 5 hours, 53 mins

General steps:

* Head east on Cadillac Square toward Bates Street
* Use the right 3 lanes to turn right onto Randolph Street
* Continue onto Detroit Windsor Tunnel
* Turn right onto Tunnel Plaza
* Use the left lane to turn left onto Park Street E
* Use the left 2 lanes to turn left onto Ouellette Avenue
* Merge onto ON-401-E
* Keep right at fork to continue on ON-401 E, follow signs for Brantford/Hamilton/Niagra Falls
* Take exit for Lincoln M Alexander Parkway
* Take the Queen Elizabeth Way exit toward Niagara
* Keep left at the fork to continue on General Brock Parkway
* Continue onto I-190 S
* Take exit for I-290 E toward I-90/Tonawanda/Rochester
* Use left 2 lanes to take exit for I-90 E toward Albany
* Take exit for NY-414 toward Waterloo Clyde
* Keep right at fork, follow signs for Waterloo/Seneca Falls/Montezuma Refuge
* Merge onto NY-414 S
* Turn left onto NY-318 E
* Turn right onto Gravel Road
* Turn right – you’re in Seneca Falls!

Airports Close to Seneca Falls, NY

* Finger Lakes Regional Airport

2727 Martin Road

Seneca Falls, NY

315-568-0110

<https://www.co.seneca.ny.us/gateway/airport>

* Williamson-Sodus Airport

Rt 104, Sodus, NY

315-483-6011 (no website)

* Whitford Airport

Cato, NY

315-834-9059 (no website)

Syracuse Hancock International Airport

[Syrairport.org](mailto:www.syrairport.org)

Hotels in and around Seneca Falls, NY

Below is a partial list of hotels in the area. You may know of others or are on a rewards program for a hotel not listed here. Feel free to make your best deal!

1. Hampton Inn

1950 Balsley Road

Seneca Falls, NY

315-539-8438

1. Microtel Inn & Suites

1966 U.S. Route 20

Seneca Falls, NY

315-539-8438

1. The Gould Hotel

108 Fall Street

315-825-1003

1. Quality Inn Near Finger Lakes & Seneca Falls

2468 State Route 414

Waterloo, NY

315-539-5011

1. Hotel Seneca Falls

101 Auburn Road

315-568-6149

## REGISTRATION FORM

**INSTRUCTIONS:** Return completed form with full payment (including payment for Vendor and Sponsorship opportunities, if applicable) or appropriate training authorization to, **FEW – Northeast Region RTP 2021, Federally Employed Women, P.O. Box 24, Cheektowaga, NY 14225.** Must be postmarked by **September 16, 2021.** Registration will not be processed without receipt of proper payment by one of the methods of payment below. For additional information, please email Dawn Nester at [histrylady@yahoo.com](file:///C:\Users\thabrothermatt2016\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\RC2Z0FHA\histrylady@yahoo.com). The Chapter will confirm ability to process voucher payments in advance. This event is open to government and non-government employees, government contractors, and general public.

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|  | **PLEASE TYPE OR PRINT ALL INFORMATION CLEARLY**  Your Name Address C i t y / State / Zip Cell Phone Work Phone  E-Mail  Your Chapter's Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or check below   * I am not currently a FEW member! * I am interested in joining/re-joining FEW! | **AGENCY /COMPANY INFORMATION (NO ACRONYMS)**  Agency Address City/ State /Zip Work E-Mail  Fax |  |
| **EMERGENCY CONTACT INFORMATION**  NAME CONTACT PHONE NO.\_ | | |  |
| **REGISTRATION - Must be paid by September 16, 2021 (Thursday)**  Please check (√) the block next to the type of registration for which you are sending Amount Remitted  payment. (Payment includes Sessions, Workshops)  **$35.00** Non-Yet-FEW Member $  **$30.00** FEW Members, including retired and military personnel $ | | |  |
| Payment Method:Government Training Authorization \_\_\_\_\_\_\_Check (Payable to Northeast Region - Federally Employed Women)  \_\_Money Order PayPal (All Forms of Payment) Purchase Order  [**http://www.paypalme/FEWNORTHEASTREGION**](http://www.paypalme/FEWNORTHEASTREGION)  **\*A $25.00 fee will be charged for returned checks**  **Refund and Cancellation Policy** – To receive a refund **(less $5.00 processing fee),** FEW Northeast Region must receive a “Written Cancellation Notice” no later than **(September 16, 2021).** No refund or cancellation will be honored after that date. By signing this form, I agree and accept the terms and conditions of the registration cancellation policy. Printed & Written Signatures \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |  |

**Please state any special needs that may require alternate arrangements or emergency medical treatment:**

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**Office Use Only**

Date Received: Registration Number: Payment: $\_ Form Received By: Mail

Email