

## The BE's of Joining FEW

1. You will **BE** Informed
2. You will **BE** Successful
3. You will **BE** a Leader
4. You will **BE** ready for a Promotion
5. You will **BE** Networking
6. You will **BE** Making a Difference
7. You will **BE** Visible
8. You will **BE** Connected
9. You will **BE** Smarter
10. You will **BE** Supported and Appreciated

**Interested in joining FEW?**

Go to [www.few.org](http://www.few.org) and click **Join Now!**

## FEW's Focus Areas

- ☆ Compliance
- ☆ Diversity
- ☆ Legislative
- ☆ Training



# FEW

## FEDERALLY EMPLOYED WOMEN

Federally Employed Women (FEW) is a private, non-profit organization founded in 1968 after Executive Order #11375 was signed, which added "sex" to the prohibited discriminations in the federal government. FEW works to end sex discrimination, and towards the advancement of women in federal service by:

- Encouraging diversity and equity in the workplace.
- Enhancing career opportunities.
- Establishing and maintaining relationships with organizations who advocate the fair application of laws, policies, procedures, and practices.
- Improving the quality of life for women by influencing legislative actions.
- Committing to maintain a unified and diverse membership.
- Providing opportunities for professional growth.

Membership is open to anyone supporting FEW's mission, which includes current and retired federal workers, civilian employees, students, friends, or your family members.

Membership is \$45 annually, which is a small investment in your career!

Go to [www.few.org](http://www.few.org). Click "About Us" then "Find Region/Chapter", select the state you reside in, and the Chapter President's email will appear. Contact them to discuss your current membership or to request a FEW Membership Application.

# Pacific Northwest Region



**Working for the  
Advancement of Women  
in the Government**

## ABOUT THE PNW REGION

### FEW's Pacific Northwest Region

(PNW) consists of members from Oregon, Idaho, Washington, and Alaska. The Region provides opportunities for our members to network and exchange information with members from other agencies, professions, and career grade levels. The Region maintains on-going communications with our retired Federal employees.

The PNW Officers are a valuable link between FEW's National Office and our chapter members. Our Officers provide guidance, special event support, and training. More importantly, they share a wealth of experience and leadership with each member they touch. Training is structured to meet the needs of the members.



## PNW CHAPTERS

**RAINIER CHAPTER** was chartered in 1976 in Tacoma, WA, and is the region's oldest Chapter. Members hail from the northern Bellingham shipyards, and south to the Puget Sound federal community. Rainier Chapter serves military and civilian women from Joint Base Lewis-McChord. Members hail from the Puget Sound Naval Shipyard, U.S. Coast Guard, Veteran's Hospital, Corps. of Engineers, and the Social Security Administration. Rainier Chapter provides a strong voice in matters effecting women.

**WILLAMETTE VALLEY CHAPTER** was chartered in March 1994 in Corvallis, Oregon, and has members in Alaska, Idaho, Oregon, and southwest Washington. This Chapter offers financial planning, team building, agency networking, and training for leadership and mock interview panels. Willamette Valley has supported *Habitat for Humanity* by wiring homes and providing meals at the build-site. The members have adopted a room at "Share House" a women's shelter in Vancouver, WA; donating furniture, clothing, and personal items for women in crisis.

**EAST VALLEY CHAPTER** is in Renton, WA, and was chartered in September 2011. This Chapter continues to strengthen its relationship in the local community and has members from the Department of Justice, Alcohol Tobacco and Firearms, Sea-Tac Airport, FAA, and the U.S. Naval Base.

## PNW REGION LEADERS

### Regional Manager

Cindy D. Higgins  
503-267-4164

[PacificNWRM@few.org](mailto:PacificNWRM@few.org)

### Rainier Chapter #069

Lakewood, WA

Connie Coleman-Lacadie, President  
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### Willamette Valley Chapter #356

Portland, OR

Vicki L. Smith, President  
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### East Valley Chapter #460

Renton, WA

Sharon D. Nelson, President  
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### Regional Officers

Secretary – Sharon Nelson

Treasurer – Judy Rush

Membership Chair – Lynn Lord

Regional Training Program Chair –  
Connie Coleman-Lacadie