

From: [NPPD OPA](#)
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March 8, 2016

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We will celebrate the NPPD Employee Recognition Awards on March 16, which recognize the work of NPPD employees in 2015. These awards, given annually, illustrate the level of appreciation across the Directorate, from leadership, supervisors and managers as well as employees who nominated their peers for awards.

I look forward to celebrating the work of employees across the NPPD again at this year's event.

– Under Secretary Suzanne Spaulding

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NPPD AT WORK

Under Secretary Spaulding Honors Women's History Month

The following message was sent to employees March 8, 2016

Dear Colleagues:

As you may know, March is Women's History Month and today, March 8, is International Women's Day. We can all be proud of the long history of contributions by women, both well-known and unknown, to our Nation's security. I've always found it fascinating, for instance, that in 1944, some 3,000 members of the Women's Reserve of the U.S. Naval Reserve, working in what is today the Nebraska Avenue Complex, helped the Allies crack the German Enigma cipher system. These WAVES – Women Accepted for Voluntary Emergency Service – operated cryptanalysis machines around the clock, and under absolute secrecy, at what was then the Naval Communications Annex.

I'm honored to be a part of the tradition of women in leadership roles across DHS, and proud of the strong cadre of women leaders we have across NPPD, at all levels. We are stronger as a Department and as a Nation when we bring a diverse range of voices and contributions to the table. We all benefit from the full inclusion of women in all aspects of the shared responsibility that is homeland security.

I think it's important to acknowledge, though, that especially in our mission area of cyber and infrastructure protection, we face the added challenge of bringing more young women and girls into the kinds of academic and career paths leading to jobs in computer science, engineering, law enforcement, and other areas. And let me stress the importance of addressing the great need for not only more women but also for more women of color.

I'm especially honored to be giving the opening keynote at the first National Conference of Minority Cybersecurity Professionals on March 24, hosted by the International Consortium of Minority Cybersecurity Professionals (ICMCP). I look forward to speaking about the education pipeline to develop future generations of cybersecurity professions, especially in minority communities.

The skills needed to thrive in these rapidly-changing fields will be required of men and women. To achieve our

NPPD mission of better security and resilience of our cyber networks and critical infrastructure, it will take the involvement, perspectives, and talents of all aspects of American society. That means engaging with families and schools, communities and non-profits, and businesses big and small. Of course, women have been succeeding in all of these pursuits for a very long time, and we need to fully leverage that experience.

As we continue to map the future of our organization, I welcome your input and ideas on ways to make NPPD not just a great place to work, but also a true leader in providing opportunities for greater diversity and inclusion.

Sincerely,

Suzanne Spaulding
NPPD Under Secretary



Department turns out in force at the 2016 RSA Conference and Expo

By **(b) (6)**, *NPPD Office of Public Affairs*

Under Secretary for NPPD Suzanne Spaulding and Deputy Under Secretary for Cybersecurity and Communications Dr. Phyllis Schneck led a delegation of more than cybersecurity professionals from across the Department to San Francisco last week for the [2016 RSA Security Conference](#).

The five-day conference and expo is the largest industry cybersecurity forum in the U.S., attracting more than 49,000 information security professionals from across the country. It is widely regarded as the world's leading forum for enterprise and technical information security professionals.

The 2016 RSA conference included 12 DHS speakers selected through a highly competitive process from thousands of proposals. Additionally, NPPD and S&T sponsored two booths in the RSA exhibition hall to feature the cyber programs and capabilities provided across the Department.

Exposure at this year's conference provided DHS the opportunity to demonstrate its technical competence, response and detection capabilities; and operational relevance through engaging panel discussions, competitively selected presentations, and demonstrations in the conference exhibition. In addition, the RSA conference is an excellent event to leverage networking and recruitment opportunities in order to bring the best and brightest cybersecurity professionals into the DHS cyber workforce.

"Given the Department's prominence and lead role within the cybersecurity community, there is great value in having our employees speak at conferences like RSA to spread the word about our vital mission and the incredible work that the folks in NPPD are doing," said Spaulding.

The Under Secretary said there are several reasons the department participates in RSA: "One, is to make sure we understand the innovation and the trends that are happening in this very important area of cybersecurity solutions and technology because we need to benefit from that creativity and expertise. Two, it's also important to us that the folks working across the cyber security field understand what we do and the role of the department in protecting the .gov space but also working to protect critical infrastructure and private sector cybersecurity,"



*NPPD Under Secretary Spaulding and Assistant Secretary for Infrastructure Protection Durkovich speak with Invincea CEO **(b) (6)** at the 2016 RSA Conference.*

she said. "And three, we attend to recruit some more of the best and the brightest to fill our ranks."

The annual RSA conference offers comprehensive, cutting-edge educational sessions presented by leading industry speakers. This year's event covered a number of critical security issues and emerging concepts facing cybersecurity and provided DHS the opportunity to position itself as the leading federal cybersecurity technology organization. This position was solidified when (b) (6) IT specialist with the National Cybersecurity and Communications Integration Center, won the "NetWars Tournament." NetWars is a suite of hands-on, interactive learning scenarios that enable information security professionals to develop and master the real-world, in-depth skills needed to excel in their field.

Rounding out the unified team that represented DHS at the conference were attendees from the NPPD Privacy Office; cyber investigators from the U.S. Secret Service, Immigration and Customs Enforcement, and Customs and Border Patrol; leadership from Federal Protective Service, Infrastructure Protection, and the Office of the Chief Information Officer; and, research and development specialists from S&T.

"2016 brings new levels of cybersecurity sophistication, from our adversaries to our policy discussions, as we strive to integrate security and privacy into our electronics and our way of life to ensure we enjoy both," said Schneck.

"DHS cyber operational presence is at an all-time high at the RSA conference, strengthening our critical role in threat mitigation and response across Government and private sector, and working tirelessly to earn the very trust that will fuel our work," added Schneck.



Under Secretary Spaulding Thanks Employees for Hard Work in Appreciation Day Message

The following message was sent to all NPPD employees March 4, 2016

Dear Colleagues:

On Monday, we marked thirteen years since the Department of Homeland Security was formed. Today, March 4, we celebrate Employee Appreciation Day, and I simply wish to take this opportunity to thank each of you – the men and women of NPPD – for all that you do. As Secretary Johnson noted, DHS is still the youngest Cabinet-level department, yet our collective mission is the most vital, and has only grown more complex.

In its varied forms, NPPD has made enormous strides over this short time. We are seeking to change again to ensure that our wealth of talent and expertise is aligned to make the greatest impact possible on those we help and support. We should be clear, however, that when we talk about the progress of our organization, of DHS and NPPD, we are talking about the contributions of people. Each of you – in the roles you play as NPPD employees but also as family members and friends, community leaders and caregivers – has an important stake in our success.

I'm honored every day to have the opportunity to lead our team of dedicated and creative professionals. There can be few better rewards than knowing that we all have made our communities more secure and resilient against an ever-changing range of threats. Please note that we'll celebrate the NPPD Employee Recognition Awards on March 16, which recognize the work of NPPD employees in 2015. These awards, given annually, illustrate the level of appreciation across the Directorate, from leadership, supervisors and managers as well as employees who nominated their peers for awards. I look forward to celebrating the work of employees across the NPPD again at this year's event.

Sincerely,

Suzanne Spaulding
NPPD Under Secretary



Save the Date for the 2015 NPPD Awards Ceremony

Under Secretary Spaulding invites employees to the 2015 NPPD Employee Recognition Awards ceremony on Wednesday, March 16, 2016. The event will take place at the Spectrum Theater on 1611 North Kent Street, Arlington, Va., from 1-3 p.m. A webinar will be set up for those employees unable to attend in person.

The NPPD Employee Awards pay tribute to the NPPD workforce and to recognize the efforts of individuals and teams who work every day to protect the safety and security of the Nation. Honoring the men and women who exemplify the commitment and qualities we value is an important effort.



NPPD leadership will present awards to employees in the following categories:

- Under Secretary's Mission Excellence (Gold Medal) - Individual or Group
- Leadership (Silver Medal) - Individual
- Agility - Individual or Group
- Emerging Leader - Individual
- Innovation - Individual or Group
- Teamwork - Individual or Group
- Valor - Individual or Group

Directions to Spectrum Theater:

Metro:

- Spectrum Theatre is two blocks from the Rosslyn Metro (blue/orange lines). Exit the metro and go right on Moore Street, then turn left onto Wilson Boulevard (there is construction closer to the theater, so you may want to cross over Wilson) walk straight, crossing Lynn Street, go past Artisphere, turn left onto Kent Street. The entrance for the Spectrum Theater is on the right through the courtyard at 1611 N. Kent St.

Walking:

- From 1616 N. Fort Myer Drive.
- Walk out the front entrance and turn left towards N. Fort Myer Drive.
- Cross Fort Myer Drive and cross over Lynn St.
- Turn left onto Lynn St.

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The following blog was posted to dhs.gov March 7, 2016

The Department of Homeland Security (DHS) works closely with the Department of Energy (DOE) and the electric sector to ensure the security, resilience, and reliability of the U.S. power grid. Additionally, many American utility providers have invested heavily in both cyber and physical security. While the U.S. power grid is highly resilient, it's important for owners and operators of electric and other critical infrastructure sector assets to be aware of this particular threat and to implement mitigation steps that will reduce their vulnerabilities to similar cyber-attacks and other malicious activity employing these tactics, techniques, and procedures. To be clear, this threat applies to any sector that uses industrial control systems, not just the electric sector.

At this time, there is no evidence of similar malicious activity affecting U.S. critical infrastructure. However, U.S. critical infrastructure entities have been affected by targeted intrusions in recent years, and it is imperative that critical infrastructure owners and operators across all sectors are aware and up-to-date on the cyber threat landscape and the measures they can take to protect their assets.

As part of our ongoing mission to share information, DHS has posted a public alert on the [ICS-CERT](#) website, in addition to a technical alert to a secure portal for critical infrastructure partners. The Department has also provided briefings to critical infrastructure partners and international allies. DHS has already provided a briefing to the electric sector, and we have upcoming briefings with the chemical, nuclear, transportation, natural gas, and water sectors via Sector Coordinating Councils and Information Sharing and Analysis Centers.

Critical infrastructure owners and operators need to be aware of malicious cyber activity and take measures to protect their assets. They should read the ICS-CERT Incident Alert regarding this incident and implement mitigation practices outlined in the alert. Those recommended mitigation actions will reduce their exposure to many types of cyber threats. More detailed technical information is available on the secure ICS-CERT portal. To join this portal, critical infrastructure owners and operators should email ics-cert@hq.dhs.gov. For more general recommendations, critical infrastructure owners and operators should review the "[Seven Steps to Effectively Defend Industrial Control Systems](#)."

Our work does not stop here. DHS is planning an expanded outreach campaign to all critical infrastructure sector asset owners and operators to discuss the Ukraine incident and provide detection and mitigation strategies to prevent cyber-attacks using these malicious techniques and tactics. Information sharing is a key part of our cybersecurity mission and we will continue to do so in the interest of public safety.



Employees affected by Travel Card Breach Reminded to Update CGE Profile

By **(b) (6)**, *Budget, Finance and Acquisition, Office of Cybersecurity and Communications*

Employees impacted by the J.P. Morgan travel card breach in February will need to update their profiles in Concur Government Edition (CGE) upon receipt of their new cards. Personnel identified as part of the incident were notified by the NPPD travel Card team through an email. [NPPD leadership also issued a message to employees on February 5, 2016, which also appeared in VISION.](#)

Employees impacted by this breach should take the following actions:

- Activate your new card when upon receipt and destroy the old card.
- Review your account and notify J.P. Morgan of any unauthorized charges.
- Update your travel profile in Concur Government Edition (CGE) with the new credit card information for future travel before submitting a travel authorization and before submitting voucher for repayment.

Employees who were affected and are currently on temporary duty or will be traveling prior to receiving a new card, please take the following actions:

- Contact card services on the back of the card and request to have a new card expedited to your travel location.
- While on travel, if you find that your official government travel card is not working, call the phone number located on the back of the official government travel card. When prompted, say you are a "stranded traveler." The bank will lift the hold on your card and advise you further.
- Travelers can cover all travel expenses, except air and train fare, with a secondary form of payment and receive reimbursement for expenses through the normal voucher process while waiting for a replacement card. Air and train fare should again be billed to the Central Billing Account (CBA).

If you have any questions, please reach out to the NPPD Travel Card team at NPPDTravelCard@hq.dhs.gov or your



Help Your NPPD Colleague by Donating Leave

The following NPPD employees are experiencing a personal medical emergency and are eligible to receive donations through the Voluntary Leave Transfer Program (VLTP). If you would like to donate annual leave, please complete the [fillable PDF form](#), indicating the employee as the recipient, save the form and return it as an attachment to save the form and return it as an attachment to (b) (6) and type VLTP Donation in the subject line of the message. Your email verification will be used in lieu of a hand signature.

- (b) (6), Management and Program Analyst, Office of Cybersecurity & Communications
- (b) (6), Regional Training Program Manager, Federal Protective Service
- (b) (6), Management and Program Analyst, Office of Biometric Identity Management
- (b) (6), Program Analyst, Office of Infrastructure Protection
- (b) (6), Physical Security Specialist, Federal Protective Service



Welcome Aboard

Federal Protective Service

(b) (6)
Antonio, Texas.
hington, D.C.
N.Y.
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on, D.C.
hington, D.C.
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Ohio.
, D.C.
, Calif.
ondon, Ky.
Francisco, Calif.
delphia, Pa.
Springs, Colo.
p, Calif.

- (b) (6), Atlanta, Ga.

Office of Cybersecurity & Communications

- (b) (6), Arlington, Va.

- (b) (6), Arlington, Va.
- (b) (6), Pensacola, Fla.
- (b) (6), Arlington, Va.

Office of Infrastructure Protection

- (b) (6), Arlington, Va.

Office of Cyber and Infrastructure Analysis

- (b) (6), Washington, D.C.
- (b) (6), Arlington, Va.

Office of Biometric Identity Management

- (b) (6), Arlington, Va.

Office of the Under Secretary

- (b) (6) Arlington, Va.



Out and About

March 6

- (b) (6), Office of Cybersecurity and Communications, will deliver remarks on the importance of science, technology, engineering, and mathematics education at the first Chesapeake Robotics Competition in Haymarket, Va.

March 8

- **Suzanne Spaulding**, Under Secretary, will deliver remarks on DHS' national-level cyber exercise at the CyberStorm V Exercise in Washington, D.C.
- **Phyllis Schneck**, Deputy Under Secretary for Cybersecurity and Communications, will participate in a panel discussion on DHS' response to cyberattacks at the Spring 2016 Virginia Military Institute Leadership Conference in Lexington, Va.
- (b) (6), Protective Security Coordination Division, Office of Infrastructure Protection, will deliver remarks on DHS training and assessment programs and operational considerations for security screening at the Professional Sport Facilities Safety and Security Summit in Long Beach, Miss.
- (b) (6), Protective Security Advisor, Protective Security Coordination Division, Office of Infrastructure Protection, will deliver remarks on active shooter preparedness and response at the Pawnee County Sheriff's Office Active Shooting Training in Larned, Kan.
- (b) (6), Strategist, Office of Cybersecurity and Communications, will participate on a panel discussion entitled "Interactive Data Analytics" at the GovLoop How to Understand Government Data Analytics event in Washington, D.C.
- (b) (6), Coordinator, Office of Emergency Communications, Office of Cybersecurity and Communications, will deliver remarks on an overview of OEC at the Georgia Emergency Communications

Conference in Columbus, Ga.

March 9

- **Suzanne Spaulding**, Under Secretary will participate in a fireside chat with (b) (6) to discuss how the federal government can contribute to the cybersecurity ecosystem at the Cybersecurity for a New American Cybersecurity Conference in Washington, D.C.
- **Phyllis Schneck**, Deputy Under Secretary will deliver remarks on DHS cyber innovation at the Women in Defense Annual National Conference in Arlington, Va.
- **Daniel Sutherland**, Associate General Counsel, will participate in a panel discussion entitled “CISA and Information Sharing” at the InfraGard, FBI Midwest Chapter event in Chicago, Ill.
- (b) (6), Electricity Subsector Liaison, Sector Outreach and Programs Division, Office of Infrastructure Protection, will deliver remarks on DHS programs and initiatives at the North American Electric Reliability Corporation (NERC) Critical Infrastructure Protection Committee Meeting in Louisville, Ky.
- (b) (6), Telecommunications Specialist, Office of Emergency Communications, Office of Cybersecurity and Communications, will deliver remarks on services and tools available to support emergency communications at the New Mexico Emergency Management Association Conference in Las Cruces, N.M.

March 10

- (b) (6), Branch Chief, Stakeholder Engagement and Cyber Infrastructure Resilience, Office of Cybersecurity and Communications, will deliver remarks on the role of DHS in cybersecurity at the U.S. Chamber of Commerce Cybersecurity Conference in Detroit, Mich.
- (b) (6), Cyber Security Advisor, Stakeholder Engagement and Cyber Infrastructure Resilience, Office of Cybersecurity and Communications, will deliver remarks on DHS cybersecurity resources and information sharing at the Cyber Security and Cyber Crime Conference in St. Louis, Mo.

March 11

- (b) (6), Director, Joint Programs Management Office, Office of Cybersecurity and Communications, will deliver remarks on cyber situational awareness at the Intelligence and National Security Forum in Arlington, Va.
- (b) (6), Acting Director, National Cybersecurity and Communications Integration Center, Office of Cybersecurity and Communications, will participate in a panel discussion entitled “Internet Voting: Can Pandora’s Box Be Shut” at the Election Verification Network Annual Conference in Washington, D.C.



NPPD EMPLOYEE DEVELOPMENT AND WELLNESS RESOURCES

NextGen Leadership Program Now Open for Applications

The application period for the 2016/2017 cohort of the NextGen leadership program is now open. The NextGen program provides high-performing DHS Headquarters employees, non-supervisory GS-12 through GS-14 status, with leader-led development, interaction with high level decision makers, formal learning, and team assignments.

Supported by executive sponsors, participants explore current and emerging organizational challenges, gaining a horizontal viewpoint of the Department while building their own skills and development. The goal of the NextGen program is to identify, grow, and expose high-potential Headquarters employees to the Department's mission and culture, building the next generation of talent.

Visit the [NextGen program page](#) for more information and to access the application. Completed application packages are due on **Tuesday, March 15, by 5 p.m., EDT.**

Please contact **(b) (6)**, the NextGen program manager, at MGMTNextGenApp@hq.dhs.gov, with any questions.



Department of Interior Offers Leadership Effectiveness Exchange for Federal Executives and Managers

The Federal Consulting Group, which is part of the U.S. Department of the Interior, will be continuing for the third year its highly successful *Leadership Effectiveness Exchange (LEE)* workshop.

The LEE is a free, inter-agency workshop, which allows Federal leaders to help each other, as peers, to find new approaches and strategies for meeting difficult leadership challenges. To ensure a peer environment, each LEE is restricted to a specific level of Federal leadership, i.e., Executive or Manager. All sessions are confidential and table groups will be composed of an inter-agency mix.

Dates: March 9, 2016, for Federal Executives
March 10, 2016, for Federal Managers

Time: 9 a.m. - 12:30 p.m.

Location: 633 Indiana Avenue, NW
Washington, D.C. 20004
(A block from the Navy/Archives Metro station)

Interested employees can go to www.fcg.gov/events and scroll down to the DC LEE session for your leadership level. **Registration closes on Friday, March 4, 2016.**

For any questions on the LEE workshops, please contact Dr. **(b) (6)**
(b) (6) More information on the LEE can also be found at www.fcg.gov/events.



Detail Opportunities

Deputy Director, NPPD Office of Infrastructure Protection, Office of Strategy, Policy and Budget

NPPD's Office of Infrastructure Protection (IP) collaborates across critical infrastructure communities to strengthen the security and resilience of the nation's infrastructure against cyber and physical threats. The Strategy, Policy and Budget Office holds the responsibility within IP to develop short and long term programmatic strategic plans; develop and contribute to existing and emerging critical infrastructure policy initiatives; and formulate and execute IP's budget.

The position is open until March 8, 2016. Please visit [Connect](#) for a full description of [this detail](#) opportunity and others across the Department.



NPPD Jobs

Employees interested in current NPPD job opportunities and other career-related information and resources should visit the [NPPD Career Center](#) or [usajobs.gov](#). Below are the latest NPPD job listings.

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IT Specialist (INFOSEC)

Salary:	\$60,532.00 - \$118,069.00 / Per Year
Series & Grade:	GS-2210-11/13
Location(s):	Multiple Locations (2)
Open Period:	Dec. 18, 2015 – Mar. 18, 2016
Announcement Number:	FS-1553504-CH16
Department:	Department Of Homeland Security
Agency:	National Protection and Programs Directorate
Position Info:	Full Time - Permanent
Who May Apply:	US Citizens

Budget Analyst

Salary:	\$77,490.00 - \$119,794.00 / Per Year
Series & Grade:	GS-0560-12/13
Location(s):	Arlington, Va.
Open Period:	Feb. 24 – Mar. 9, 2016
Announcement Number:	FS-1586723-LG-16
Department:	Department Of Homeland Security
Agency:	National Protection and Programs Directorate
Position Info:	Full Time - Permanent
Who May Apply:	US Citizens and Status Candidates

Operations Research Analyst (Cost Estimator)

Salary: \$92,145.00 - \$141,555.00 / Per Year
Series & Grade: GS-1515-13/14
Location(s): Washington, D.C
Open Period: Feb. 29, 2016 – Mar. 29, 2016
Announcement Number: FS-1606754-LT16
Department: Department Of Homeland Security
Agency: National Protection and Programs Directorate
Position Info: Full Time - Permanent
Who May Apply: US Citizens

IT Specialist (INFOSEC)

Salary: \$83,468.00 - \$139,523.00 / Per Year
Series & Grade: GS-2210-13/14
Location(s): [Multiple Locations](#) (2)
Open Period: Dec. 18, 2015 – Apr. 18, 2016
Announcement Number: FS-1553503-CH16
Department: Department Of Homeland Security
Agency: National Protection and Programs Directorate
Position Info: Full Time - Permanent
Who May Apply: US Citizens

**Deputy Director for Operations,
National Cybersecurity and
Communications Integration Center
(NCCIC)**

Salary: \$123,175.00 - \$185,100.00 / Per Year
Series & Grade: ES-0340-00/00
Location(s): Arlington, Va.
Open Period: Feb. 4 – Mar. 14, 2016
Announcement Number: KND-587892-SE16
Department: Department Of Homeland Security
Agency: National Protection and Programs Directorate
Position Info: Full Time – Senior Executive Service (SES)
Who May Apply: US Citizens



FLETC Director Connie Patrick Issues Message on Women's History Month

The following appeared in the March issue of DHS Connected

Dear Colleagues,

March is Women's History Month, and I believe that law enforcement, and any profession, is best served when diverse groups have opportunities to bring their skills and experiences to bear. At FLETC, we developed a unique training program specifically designed for female law enforcement leaders. When I began my career as a sheriff's deputy in Brevard County, Florida, nearly 40 years ago, I entered a field where 98% of my colleagues were male. While the proportion of women in law enforcement has grown somewhat throughout my career, we remain a sizeable minority and are underrepresented in the management ranks.

I have faced challenges in my career, at times related to gender. However, as I reflect on the leadership style I have developed, I have found that my success has been mostly about remaining true to who I am as a person. As a female aspiring to positions and roles traditionally held by males, it was important that I learn to keep going even when the outcome I wanted might not seem likely. Particularly as a young female law enforcement officer, I learned early that having the right attitude would be critical in handling success with grace and defeat with dignity, and that having a "can-do" attitude would get me much further than negativity.

As an aspiring female leader in law enforcement, I did not always have role models who necessarily looked like me. However, I have had many mentors, both male and female, inside and outside of law enforcement, including people I've known and people I've read about. From them and based on their lives, I have learned important lessons and have been inspired to pursue my goals. My personal leadership style has helped me face all kinds of challenges, including those related and unrelated to being a female in a male-dominated field. Females in our profession often do share common experiences, perspectives, and challenges, and it is important to support and learn from one another. However, it is also clear to me that not all women are alike, and it is critical to be true to our authentic selves in order to reach our potential.

Today, the Women in Law Enforcement Leadership Program provides a forum for female law enforcement leaders to discuss common challenges, without assuming that all will have the same experiences and perspectives. A highlight of the program is an Executive Panel discussion, during which law enforcement executives lead a discussion on leadership topics. Because each class includes unique groups of women from various backgrounds and cultures, the participants themselves select the panel topics that will be most meaningful to them. Topics have included mentoring, the glass ceiling, female recruitment, work life harmony, successful leadership attributes, servant leadership, physical standards, and dealing with gender differences in the law enforcement culture. Having served on several of these panels, I have been struck by the breadth of perspective and experience among today's rising female leaders, and believe their diversity and contributions are important to the profession and something to be celebrated.

Women are serving as law enforcement officers and agents throughout our Department, protecting our land, air, and maritime borders, enforcing immigration laws, safeguarding our maritime interests, assisting in recovery from natural disasters, protecting our nation's leaders, and safeguarding the payment and financial systems of the U.S. At FLETC, each day accomplished females teach the next generation of law enforcement professionals the skills they will need to protect our homeland. DHS's female law enforcement officers and agents are fortunate to have role models like the Honorable Sarah Saldana, Director of Immigration and Customs Enforcement, and Assistant Secretary for State and Local Law Enforcement Heather Fong, who have accomplished so much and provide

outstanding examples of public service.

As we commemorate Women's History Month, I celebrate the achievements of women like Alice Wells, who in 1910 became the nation's first female police officer with arrest powers, and Penny Harrington who in 1985 became the first female to head a major police department in the United States as the Chief of the Portland Police Bureau. I also am inspired by the many women I see training here at FLETC to join the ranks of those who protect our homeland. While we can learn from and be inspired by those who went before us, and there is so much promise in those who are joining the profession today, I also encourage female professionals in any field to put time and effort into learning about their own true selves. We are all different and bring our own perspectives and experiences to our careers. Our profession is stronger when everyone called to protect and serve the public, both male and female, have the opportunity to exercise their own unique styles and contribute their individual talents.

Sincerely,

Connie Patrick, Director
Federal Law Enforcement Training Center



TIP OF THE WEEK

Be Mindful of What You Eat

[National Nutrition Month](#) focuses on helping people to make correct food choices as well as developing good eating and exercising habits. The year 1973 saw the launch of Nutrition Week by presidential proclamation and by 1980 it had been transformed to cover the entire month of March. A key component of National Nutrition Month is to practice mindful eating. Mindful eating is a way to use all your senses to truly enjoy your food and have a full dining experience. This process can also help decrease the amount of food consumed because the signal for being full can be felt sooner. At your next meal challenge yourself to try these quick steps to mindful eating.



- **Eat breakfast:** Eating in the morning can boost your metabolism for the rest of the day, helping maintain a healthy weight.
- **Eat smaller, nutritious meals more frequently:** With all the fast food options and processed foods that are available today, it's easy to overeat and not realize it.
- **Substitute simple carbohydrates for complex carbohydrates:** Simple carbohydrates like pasta, white rice, crackers, cookies, and white bread can cause sugar spikes while not providing much in the way of nutrition.
- **Drink water instead of sugar filled drinks:** Fifty-seven percent of the human body is made of water! Staying hydrated regulates your body fluids, helps you to feel full, and maintains healthy skin.
- **Get up and move:** For at least 10 minutes a day. Fitness is important to nutrition! They work together toward your overall health. While you should ultimately aim for at least 30 minutes of exercise most days of the week, start small with 10 minutes a day.
- **Stretch:** Stretching not only feels great it can help relieve chronic pain, protect joints, and maintain your range of movement as you age. It can also give you a few moments to clear your head and

reduce your stress and anxiety levels.



NPPD VISION is a weekly e-newsletter featuring stories about employees and resources for employees including updates on training, professional development and other NPPD and DHS-related news. Please send any feedback and input to NPPDVISION@hq.dhs.gov.

Content for NPPD Vision must be submitted via email to NPPDVision@hq.dhs.gov by close of business Tuesday for inclusion in the next week's issue. Content should follow all [submission guidelines](#).

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Editor: (b) (6)