

This material is part of a collection that documents the harassment, discrimination, and retaliation perpetrated against Alaska's women research scientists by their supervisor, with full knowledge (and arguably, "tacit approval") of their federal employer, the USDA Agricultural Research Service (ARS)

Subject: FW: Do your emotions sometimes get the best of you?

Date: Tuesday, December 8, 2009 1:24 PM

From: Bower, Cindy <Cindy.Bower@ars.usda.gov>

SARU = Subarctic Agricultural Reserch Unit (in Alaska)

To:

AP = Alberto Pantoja, supervisor with EEOC complaints filed against him by every ARS woman research scientist in Alaska

Cc:

Conversation: Do your emotions sometimes get the best of you?

Nancy,

Hopefully, you received this AgLearn too. Otherwise, I'll assume that I'm being specifically targeted by some dissembling conduit emanating from SARU.

I've got to admit, after filing 6 grievances and two EEO complaints against AP, and in light of my current EEOC complaint and so many credible allegations against him, I find it amazingly inappropriate for ARS administrative personnel to allow him to remain in a position of power over me. Simply being in his presence is toxic to my sense of well-being, often requiring days of sick leave for me to recover. I'd like to minimize all contact with him until AFTER the EEOC Hearing, but there doesn't seem to be a legal path to accomplish that.

I guess the moral of the story is: don't file an EEO complaint against ARS administrators (Knipping, Betschart, Bradley, Buxton, Hammond, Matteri, Brownell, Kretsch, etc...) because ARS will retaliate in ways that not even they could consider ethical.

From: aglearnsystem@usda.gov [mailto:aglearnsystem@usda.gov]

Sent: Tuesday, December 08, 2009 1:08 PM

To: Bower, Cindy

Subject: Do your emotions sometimes get the best of you?



You can learn how to effectively manage and control them with the tools in AgLearn. Take a few minutes to explore the courses, books, and videos that are available now!

Check out the *immediate and engaging* resources available at no cost to you!
Your Agency has prepaid for your license.

*Click on the titles below to add these resources to your learning plan today.
(Remember to have your User ID and Password ready.)*




[Leadership Essentials: Leading with Emotional Intelligence](#)

Develop practical, positive techniques for promoting and improving emotional intelligence as a leader.

 [Defining Emotional Intelligence](#)

Learn how factors including self-awareness, impulse control, persistence, and more, influence every area of your life.

 [QuickTalks: John Sweeney: Lead Like Improvisers: Listen to Your Gut](#)

Learn how to use your emotional intelligence; your gut; to decide what to do next.

 [Connecting and Communicating](#)

Discover methods of emotionally connecting with people in ways that capture their attention and interest in you.

 [Emotional Intelligence and Teamwork](#)

Identify the skills that hold work teams together.

 [QuickTalks: Tim Sanders: Emotional Intelligence](#)

Tim Sanders identifies key characteristics of Emotional Intelligence.

 [Emotional Intelligence at Work Simulation](#)

Test your emotional IQ to see how it affects various aspects of professional life.

Got 2 Minutes? Check out these Instant Advices!

[Emotional Intelligence](#)

[Increasing emotional self-awareness](#)

[Temper your emotions: don't personalize](#)

[Recognize emotions during negotiations](#)



*This email is being distributed by AgLearn. For questions or comments regarding this email, please contact your Agency AgLearn Administrator by clicking **Contact Us** on the [AgLearn Welcome Page](#).*

