



INTERAGENCY CONNECTION

215 Dean A. McGee, Suite 153, Oklahoma City, OK 73102

<http://www.oklahoma.feb.gov/>

(405) 231-4167

Chair's Corner



This month our FEB has many activities planned for you and your employees!

During the month of August, we have FIVE training workshops/seminar

s/tabletops.

FEMA Partnership Training (two events):

We will be hosting the Guardian Accord Tabletop on August 14th and the Reconstitution Workshop on August 15th to provide training opportunities for you and your continuity of operations staff.

Pre-retirement seminars (two events):

These three hour seminars are scheduled for August 22nd for employees covered by the Civil Service Retirement System and August 23rd for employees covered by the Federal Employment Retirement System.

Our one traditional Leadership

Development training this year is coordinated around the multiple challenges that come with doing more with less. This one-day training event is scheduled for August 24th.

In addition to the activities scheduled in August, our Leadership FEB class will be visiting two US Postal Service locations this month and there will be Leadership FEB training session which will include

participants from this year and previous year's classes.

On the horizon:

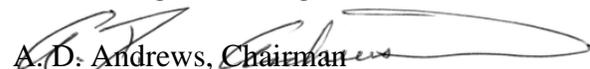
Our FEB Director and I will be attending the National FEB Conference the first week of this month. Since this goes to print before our attendance, watch for information in our September edition outlining information that comes from the strategic planning session.

Our Executive Policy Council will have a meeting mid-month to discuss issues surfacing during the National FEB conference and how we may wish to incorporate them into our activities next fiscal year.

Financial Wellness Workshops:

With the cost of living increasing each and every year and the salary of federal employees remaining the same, the Federal Executive Board has coordinated Financial Wellness Workshops to respond to challenges that arise from those conflicting issues.

Please contact the FEB office with any ideas you would like us to take forward for the FEB Strategic Planning session!

A.D. Andrews, Chairman 

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Want to Live to 100? Sleep



By Glenn Ruffenach | SmartMoney – Fri, Jun 22, 2012 10:02 AM EDT

Your chances of reaching age 100 could be better than you think – especially if you get some additional sleep and improve your diet.

New research from UnitedHealthcare looks at centenarians and baby boomers, asking the former about the “secrets of aging success” and evaluating whether the latter are taking the necessary steps to celebrate a 100th birthday.

The primary findings: Many boomers are embracing lifestyles that could lead to a long and rewarding life – with two exceptions. More than seven in 10 centenarians – 71% – say they get eight hours or more of sleep each night. By contrast, only 38% of boomers say they get the same amount of rest. And when it comes to eating right, more than eight in 10 centenarians say they regularly consume a balanced meal, compared with just over two-thirds (68%) of baby boomers.

The report – “100@100 Survey” – begins with some startling numbers. As of late 2010, the U.S. had an estimated 72,000 centenarians, according to the Census Bureau. By the year 2050, that number – with the aging of the baby-boom generation – is expected to reach more than 600,000. Meanwhile, an estimated 10,000 boomers each and every day – for the next decade – will turn 65.

How to reach 100? Centenarians point to social connections, exercise and spiritual activity as some of the keys to successful

aging. Among surveyed centenarians, almost nine in 10 – fully 89% – say they communicate with a family member or friend every day; about two thirds (67%) pray, meditate or engage in some form of spiritual activity; and just over half (51%) say they exercise almost daily.

In each of these areas, baby boomers, as it turns out, match up fairly well. The same percentage of boomers as centenarians – 89% – say they’re in touch with friends or family members on a regular basis. Sixty percent of surveyed baby-boomers say spiritual activity is an important part of their lives, and almost six in 10 boomers (59%) exercise regularly.

Again, sleep and diet are the two areas where baby boomers come up short. Not surprisingly, the one area where boomers are more active is the workplace. Three-quarters (76%) of surveyed baby boomers say they work at a job or hobby almost every day; that compares with 16% of centenarians.

Finally, researchers turned to cultural affairs and asked centenarians and boomers to identify – from a list of 14 notable people (including President Obama, singer Paul McCartney and actors Tom Hanks and Julia Roberts) – their preferred dinner guest. The top choice among centenarians and boomers alike: the comedian Betty White.

Taken from “Focus on Retirement” article located at: <http://finance.yahoo.com/news/want-to-live-to-100--sleep.html>



Spotlighting Information in Public Service

Did you Know.....

OnGuardOnline.gov

OnGuardOnline.gov is the federal government's website to help you be safe, secure and responsible online.

The Federal Trade Commission manages OnGuardOnline.gov, in partnership with the following federal agencies: Federal Trade Commission, Department of Homeland Security, Department of Commerce, US Department of Education, US Department of Justice, US Department of State, Commodity Futures Trading Commission, Consumer Financial Protection Bureau, Federal Communications Commission, Federal Deposit Insurance Corporation, Information Assurance Support Environment, Internal Revenue Service, Naval Criminal Investigative Service, United States Securities and Exchange Commission, U.S. Army Criminal Investigation Command, and the US Postal Inspection Service

OnGuardOnline.gov is a partner in the Stop Think Connect campaign, led by the Department of Homeland Security, and part of the National Initiative for Cybersecurity Education, led by the National Institute of Standards and Technology.

To Forward or Not to Forward

Posted on June 26, 2012 by Nicole Vincent, Consumer Education Specialist, FTC

That is the question. In fact, it's one of the most common questions we hear from OnGuardOnline.gov visitors.

Email etiquette is important — not only for the sake of your personal and professional relationships, but for your computer's security, too. Here are a few tips to help:

Don't forward emails that say to do so — no matter how noble the cause. Many of these

emails contain misinformation. In fact, there are entire websites devoted to sorting out fact and fiction in popular emails.

More importantly, some mass emails contain viruses and other malware, which can cause serious harm to your computer and expose your personal information to crooks.

Malicious code can be hidden in graphics or links within the email so you don't know it's there. Forwarding these emails to others can put them at risk, too.

So, what should you do if you get an email you feel is worth passing on? Consider alternatives, like typing your own personal message in a new email. That way, you don't unknowingly send something harmful.

If you decide to forward an email, resist the impulse to send it to everyone in your address book. It's unlikely that they would all welcome the same message. Include a personal comment so the recipient knows the email really is from you. It's a good idea to delete the forwarding information, including other email addresses, headers, and previous commentary.

If you plan to forward a message to more than one person and don't want to send separate emails, use the BCC field so you don't share your friends' email addresses with people they don't know.

Finally, if your contacts ask you not to forward mass emails to them, honor their request. They have good reason to be concerned about mass emails.

Taken from the blog at onguardonline.gov/blog/forward-or-not-forward



Prepare now for possible hike in pension contribution

Taken from Federal Times Article Money Matters by Mike Miles, dated June 25, 2012

What will you do if Congress raises the amount you must contribute to your pension? That's a question that many of you should be prepared to answer—just in case. In the current environment, every federal employee should be considering the most likely threats to his or her financial plan.

One threat that should be on your radar is a bill the House passed May 10 to raise employees' pension contributions by 5 percent of their pay. I thought I'd take a stab at quantifying the impact of this bill on an individual employee.

I considered a hypothetical employee, and assumed she had come to me for advice. This means that the results presented here are based on my assumptions, analysis and methods. This doesn't imply that I have some unique magical abilities, but that the results you should expect, and that you ultimately enjoy, depend entirely on the decisions you make along the way.

My analysis considered a recently hired Federal Employees Retirement System employee earning \$50,000 per year, before taxes. She plans to contribute 10 percent of her gross pay per year, to her Thrift Savings Plan account from now until her retirement, 35 years from now at age 67. Her income and other tax factors bring her combine marginal income tax rate to 30 percent. After accounting for her TSP contributions and income taxes, she is left with \$31,500 per year to live on. This is her current standard of living (SOL).

When she retires, she'll be eligible to receive \$21,000 per year, in today's dollars and before taxes, in Social Security income and \$19,250 per year in FERS benefits. If she makes her planned savings contributions and manages her TSP account prudently, she can expect to enjoy a retirement (SOL) equivalent to about \$56,000 per year, in today's dollars, for as long as she lives. In this case, the increase in her SOL between now and her retirement does not come from increases in pay beyond the rate of inflation, but from the growth in her savings and investments in the TSP, which I expect to exceed the general rate of inflation.

In other words, the expected return on her TSP investments, which I based on the current matching formula and investment allocation of 60

percent equities, 37 percent bonds and 3 percent cash, produce a 78 percent increase in her retirement SOL.

If the required contributions to FERS rise, she has two possible methods to compensate. She can reduce her pre-retirement standard of living by 5 percent so that she can maintain her expected retirement SOL, or she can reduce her expected retirement SOL to maintain her current standard of living. In a nutshell: She can pay now or pay later—or some combination of these two.

To fully absorb the increase by reducing her pre-retirement SOL, without affecting her savings rate, she'll need to cut her current spending by 5 percent, from \$31,500 to \$29,000.

But, what if, instead, she decides to maintain her current SOL and offset the entire increase by reducing her TSP contributions—the “pay tomorrow” alternative? Because her TSP contributions are taken from her pay, before taxes, the impact is less obvious. In this case, the tax deferral that is usually considered an advantage of saving to the TSP becomes an additional burden. To recover the \$2,500 in net income lost to the higher FERS contributions, she'll have to reduce her TSP savings by \$3,571 per year. Since she was saving 10 percent of her pay or \$5,000 per year, this will reduce her TSP savings rate by more than 71 percent. In addition, the reduction to her payroll deferrals will also reduce the matching contributions she receives.

Based on my rather conservative projections, this reduction in TSP contributions will reduce her expected retirement SOL from \$56,000 per year, after taxes to \$49,000 per year, in today's dollars. That's a reduction of nearly 13 percent for the duration of her retirement.

While the exact impact of an increase in the FERS contribution rates will vary from case to case, I hope that this example helps you to understand the kind of analysis that should guide your financial decision-making.

Mike Miles is a Certified Financial Planner licensee and principal adviser for Variplan LLC, an independent fiduciary in Ashburn, VA specializing in retirement planning for federal employees.



Mobile Applications provided by Government Agencies

Below is only a sampling of applications available at: <http://apps.usa.gov/>

	<p>Smokey Bear Forest Service Android, iPhone, & Mobile Website</p>
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With Smokey Bear's official mobile site and apps, you'll see step by step how to properly build and put out a campfire. Smokey Bear's campfire safety guide will help keep you, and others, safe when cooking and camping outdoors. You'll also have access to exclusive Smokey content and get easy access to all Smokey's social media networks.

	<p>PTSD Coach Department of Veterans Affairs Android & iPhone</p>
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PTSD Coach was designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). This app provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. Users can customize tools based on their preferences and can integrate their own contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not. PTSD Coach was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.

	<p>EPA AIRNow Environmental Protection Agency iPhone App</p>
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The AIRNow iPhone application will provide an increasingly mobile public with real-time air quality information that people can use to protect their health when planning their daily activities. The app will allow users to get location-specific reports on current air quality and air quality forecasts for both ozone and fine particle pollution (PM2.5). Air quality maps from the AIRNow website provide visual depictions of current and forecast air quality nationwide, and a page on air quality-related health effects explains what actions people can take to protect their health at different AQI levels, such as "code orange."

	<p>Member Guide Government Printing Office (GPO) Mobile Website</p>
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The Mobile Member Guide app is of the Guide to House and Senate Members, which features a congressional pictorial directory as well as other information on every Member of the 112th Congress. Users can browse for Members of Congress by last name, state, chamber, or party. Each Member's profile includes their picture, party affiliation, hometown, home state, and information on their length of service.

	<p>OSHA Heat Index Safety Department of Labor Android App</p>
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The App allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. Then, with a simple tap, you can get reminders about the protective measures that should be taken at that risk level to protect workers from heat-related illness—reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.

	<p>USA Jobs Office of Personnel Management iPhone App</p>
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The USAJOBS iPhone application puts the power of searching for a Federal job at your fingertips. This application is a companion to USAJOBS.gov, the official job site of the US Federal Government and your one-stop source for Federal jobs and employment information.

	<p>US Postal Service Tools US Postal Service Android, iPhone, Mobile Website</p>
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USPS Mobile gives you instant, on-the-go access to the most popular tools on USPS.com. Track a package, find Post Offices and collection boxes, and look up ZIP Codes anywhere you go.



UPCOMING EVENTS August 2012

- Aug 1, 2012** **National FEB Conference**
Washington, DC
POC: FEB Office, 405-231-4167
- Aug 2, 2012** **Oklahoma Field Federal Safety & Health Council Meeting**
10:30-12:30 FCI-El Reno, POC: Stephanie Schroeder, 405-954-0371
- Aug 7, 2012** **Leadership FEB**
All Day US Postal Service
POC: FEB Office, 405-231-4167
- Aug 14, 2012** **Guardian Accord**
All Day MIPT, 621 N Robinson, OKC
POC: FEB Office, 405-231-4167
- Aug 15, 2012** **Reconstitution Training**
All Day MIPT, 621 N Robinson, OKC
POC: FEB Office, 405-231-4167
- Aug 15, 2012** **Interagency Training Council**
10:00 am POC: Stacy Schrank, 405-606-3823
- Aug 16, 2012** **Executive Policy Council Mtg**
10:00-1:00 POC: FEB Office, 405-231-4167
- Aug 22, 2012** **Preretirement Seminars-CSRS Choice of 2**
3738 SW 15th Street, OKC
- Aug 23, 2012** **Preretirement Seminars-FERS Choice of 2**
3738 SW 15th Street, OKC
- Aug 24, 2012** **Efficiency Training**
All Day Magnuson Hotel
POC: FEB Office, 405-231-4167
- Aug 30, 2012** **Leadership FEB Training**
All Day Magnuson Hotel
POC: FEB Office, 405-231-4167
- Aug 31, 2012** **Naturalization Ceremony**
12:00 noon 400 NW 4th Street, OKC
POC: FEB Office, 405-231-4167

INSPIRATION CORNER

Every generation must go further than the last or what's the use in it?
—Meridel Le Sueur

All my life whenever it comes time to make a decision, I make it and forget about it, and go to work on something else...You've got to keep going because there's always a decision just ahead of you that you've got to make...If you make a mistake in one of these decisions, correct it by another decision, and go ahead.
—Harry S. Truman

Your Federal Executive Board

“Federal Executive Boards (FEBs) are generally responsible for improving coordination among federal activities and programs in...areas outside of Washington, D.C...FEBs support and promote national initiatives of the President and the administration and respond to the local needs of the federal agencies and the community.” (GAO-04-384)

We applaud the efforts of the Oklahoma FEB Executive Policy Council members who ensure information is provided to direct our activities and efforts:

- Kevin Donovan, Federal Security Director, TSA
- Jeremy Duehring, LCDR, Military Entrance Processing Station
- David Engel, Chief Administrative Judge, Social Security Administration, Tulsa
- Jim Finch, Special Agent in Charge, FBI
- Jerry Hyden, Director, US Department of Housing and Urban Development
- Ross Marshall, Executive Director, Tinker AFB
- Dottie Overall, Director, Small Business Administration
- Lindy Ritz, Director, FAA Mike Monroney Aeronautical Center
- Betty Tippeconnie, Superintendent, BIA-Concho Agency

This newsletter is published monthly as a cost-effective tool for communicating events and issues of importance to the federal community in Oklahoma. If you have news of interest, please fax to the FEB Office at (405) 231-4165 or email to LeAnnJenkins@gsa.gov no later than the 15th of each month.

Officers

Chair: **Adrian Andrews**
Special Agent in Charge,
US Secret Service, Oklahoma City

Vice-Chair: **Julie Gosdin**
Director,
US Postal Service District,
Oklahoma City

Staff

Director: LeAnn Jenkins
Assistant: Nichole James



Reconstitution Planning Workshop



Date:	Wednesday, August 15, 2012
Time:	12:00 noon – 4:30 p.m. workshop
Location:	Memorial Institute for the Prevention of Terrorism 621 North Robinson Avenue, Oklahoma City, OK
Objectives	The reconstitution planning workshop will assist continuity and reconstitution managers in the development of effective and comprehensive reconstitution planning for their agencies. Upon completion of this course, participants should be able to do the following: <ul style="list-style-type: none"> • Identify planning members • Identify types of reconstitution • Develop a reconstitution plan • Provide for special considerations for reconstitution
Who Should Attend:	This course is for federal, state, local, private and tribal employees responsible for managing Continuity of Operations Program
Cost:	Tuition is free for those accepted; however there are no travel stipends available. Participants from Federal and Non-Federal governmental agencies, private industry, and contractors must pay their own transportation and lodging fees.

REGISTRATION

To be considered for enrollment, please submit *this form and a completed [FEMA Form 119-25-1](#)*. If accepted, you will receive further event details via email.

Name:	Agency:
Title:	
Phone:	Email:

Mail to:	Federal Executive Board 215 Dean A. McGee, Ste 153 Oklahoma City, OK 73102
Or fax to:	(405) 231-4165
Or email to:	LeAnn.Jenkins@gsa.gov



Half-Day Pre-Retirement Training Seminar-2012



Be sure you are financially prepared to do all the things you've planned for your retirement!!

CSRS session topics: <ul style="list-style-type: none"> ➤ Overview of CSRS ➤ Survivor Benefit ➤ Voluntary Contribution Program ➤ Federal Employee Health & Life Insurance Programs ➤ Identity Theft Solutions ➤ Social Security ➤ Flexible Spending Accounts ➤ Annuity Calculation ➤ Thrift Savings Plan 	FERS session topics: <ul style="list-style-type: none"> ➤ Overview of FERS ➤ Survivor Benefit ➤ Voluntary Contribution Program ➤ Federal Employee Health & Life Insurance Programs ➤ Identity Theft Solutions ➤ Social Security ➤ Flexible Spending Accounts ➤ Annuity Calculation ➤ Thrift Savings Plan
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TIME: 8:30am–Noon OR 1:30pm-5:00pm (each day) Registration will begin 30 minutes prior to the training

LOCATION: OKC Public Works Training Center, 3738 SW 15th Street, Oklahoma City

COST: No Cost

- I am registering for the CSRS session on Wednesday, August 22, 2012, 8:30 am-Noon
- I am registering for the CSRS session on Wednesday, August 22, 2012, 1:30 pm-5:00 pm
- I am registering for the FERS session on Thursday, August 23, 2012, 8:30 am-Noon FULL
- I am registering for the FERS session on Thursday, August 23, 2012, 1:30 pm-5:00 pm

Seating is limited to 50 per session. Once a session is filled, future registrants will be notified and provided the opportunity to be placed on a waiting list for the next Pre-Retirement session.

NAME(S): _____
List name of employee and spouse on same form to receive the discounted price for spouse

AGENCY: _____

ADDRESS: _____

PHONE: () _____ EMAIL: _____

Mail this registration form to:	Oklahoma Federal Executive Board 215 Dean A. McGee, Suite 320 Oklahoma City, OK 73102
or email to:	LeAnn.Jenkins@gsa.gov

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, substitute attendees are authorized and encouraged!



Guardian Accord Tabletop Exercise



Date:	Tuesday, August 14, 2012 (no cost)
Time:	8:30 a.m. registration 9:00 a.m. – 4:00 p.m. exercise
Location:	Memorial Institute for the Prevention of Terrorism 621 North Robinson Avenue, Oklahoma City, OK
Objectives	<p>This exercise is designed to increase awareness of Federal, State, territorial, tribal and local government jurisdictions, and the private sector, about the importance of incorporating the specific risks of terrorism into continuity planning.</p> <p>Upon completion of this course, participants should be able to do the following:</p> <ul style="list-style-type: none"> • Increase awareness about the importance of incorporating the specific risks of terrorism into continuity planning • Discuss how critical Essential Functions will continue through a terrorist event and the planning required to perform those functions • Identify gaps or vulnerabilities in organizational continuity plans and procedures; and discuss solutions or alternative actions to challenges.

Class participation is limited; however, a waitlist will be established and applicants will be contacted should there be a cancellation (up to 3 individuals from the same agency can attend)

Name:	Agency:
Title:	Email:
Phone:	Fax:

Name:	Agency:
Title:	Email:
Phone:	Fax:

Name:	Agency:
Title:	Email:
Phone:	Fax:

There are no tuition fees for this course. Participants from Federal and Non-Federal governmental agencies, private industry, and contractors must pay their own transportation and lodging fees.

Mail to:	Federal Executive Board 215 Dean A. McGee, Ste 153 Oklahoma City, OK 73102
Or fax to:	(405) 231-4165
Or email to:	LeAnn.Jenkins@gsa.gov



Financial Wellness Workshop



Date:	Wednesday, October 17, 2012
Time:	Three Hour Sessions (morning and afternoon, please identify your choice below)
Location:	Oklahoma City Public Works Training Facility, 3738 Southwest 15th Street, OKC
Why?	With Federal Salaries remaining flat and cost of living increasing, it is more important than ever for federal employees to be equipped with information on how to maximize their incomes.
Topics:	How Money Works – basic fundamentals you were definitely never meant to “know” Debt Solutions – alleviate unnecessary stress of too much month and not enough money Retirement Planning – protecting your money and never running out Long-Term Care – fastest growing need of people over 50
Instructor:	Eric Dubbell, Senior Vice President of Primerica

Registration

Name _____ Agency _____

Phone _____ Email _____

Please sign me up for the following session:

October 17, 2012, 9:00 a.m. - 12:00 noon

October 17, 2012, 1:00 p.m. - 4:00 p.m.

Mail registration to:	Federal Executive Board 215 Dean A. McGee, Ste 153 Oklahoma City, OK 73102
Or fax to:	405-231-4165
Or email to:	LeAnn.Jenkins@gsa.gov

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, cancellations will be permitted through October 10, 2012. Since this is a “no-cost” training, we ask your courtesy to cancel early so that we can accommodate people on the waiting list, if one exists.



Leadership Development Training Tired of “Doing More with Less”? Maximize Tools Available and Increase your Efficiency!



Date:	August 24, 2012
Time:	8:00 a.m. - 4:00 p.m.
Location:	Magnuson Hotel, 737 S. Meridian Ave, Oklahoma City
Cost:	\$165.00 per person
Why?	Has email (which was suppose to make our lives easier) dominated many of your work hours and cut into your personal time to “keep up”? Do you ever suspect that your “smart phone” has a higher IQ than you? Do the papers that come across your desk have a tendency to gather in social groups (otherwise knows as “piles of paper”)?
Topics:	Taming the E-mail Beast, Key Strategies for Managing the Mess of E-mail Overload: Learn how to tame your e-mail account, with proven strategies for keeping your inbox efficient and under control by having “natural” places for your email to go. Smart Phone Success, Getting more productivity (and FUN!) from your Smart Phone and Table devices: Learn about the apps and peripheral devices that help take your SmartPhone (and tablets) from “cool” to “critical” when it comes to productivity, time, project, people, and e-mail management as well as “remote” productivity. Ending the Office Clutter: Key Strategies for Managing Info Overload, “Stacks & Piles”: Learn how to reduce the mess on your desk by having “natural” places for all of your papers, project folders, items to read, etc., to go.
Instructor:	 Randall Dean, MBA, and author of the recent Amazon.com #1 E-mail Bestseller, <i>Taming the E-mail Beast</i> has more than 20 years of experience using and teaching an advanced time management/personal organization system, including systems for effective e-mail management, office clutter reduction, optimizing your Outlook usage, and getting the most from affiliated SmartPhone/PDA devices. He has personally tested his time, e-mail, Outlook, and office clutter management systems in major corporate, academic, and non-profit settings, as well as in small and fast-paced for-profit companies, and has found the system to be flexible enough to provide great support in all of these differing environments. His speaking and training programs are consistently some of the highest-rated programs for the many conferences and clients he speaks for, including major conferences, Fortune 500 organizations, top universities, governmental agencies, and leading nonprofits -- basically anyone struggling to better manage their time, e-mail, SmartPhones, Google apps, and/or Outlook. (And he makes these topics fun and engaging too!)

Registration

Name _____ Agency _____

Phone _____ Email _____

Method of payment: Check Government Voucher Credit Card

Mail registration to:	Federal Executive Board 215 Dean A. McGee, Ste 153 Oklahoma City, OK 73102
Or fax to:	405-231-4165
Or email to:	LeAnn.Jenkins@gsa.gov

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, refunds and cancellations will be permitted through August 17, 2012. However, after that date, registrations must be honored by the individual or agency involved. If you are unable to attend, substitute attendees are authorized and encouraged!



SUN	MON	TUES	WED	THUR	FRI	SAT
August 2012			1 Nat'l FEB Conference	2 10:00 OFFSHC	3 Agency Visits: Norman	4
5	6	7 Leadership FEB: USPS	8	9 Agency Visits: Altus	10	11
12	13	14 Guardian Accord	15 Reconstitution Training 10:00 ITC	16 10:00 Executive Policy Council	17	18
19	20 Agency Visits: Vance	21	22 8:30 Preretirement Seminar-CSRS 1:00 Preretirement Seminar-CSRS	23 8:30 Preretirement Seminar-FERS <i>FULL</i> 1:00 Preretirement Seminar-FERS	24 Efficiency Training	25
26	27	28	29 12:00 LFCC	30 Leadership FEB Training Day-Alumni	31 Naturalization	

OKLAHOMA FEDERAL EXECUTIVE BOARD
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