



INTERAGENCY CONNECTION

215 Dean A. McGee, Suite 320, Oklahoma City, OK 73102

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

(405) 231-4167

Chair's Corner



Happy New Year to all!

These are exciting times for the Federal Executive Board network. I had the opportunity to participate in a meeting, just before Christmas, with Office of Personnel Management executives and the Social

Security Administration's Regional Administrator from Atlanta regarding Federal Executive Boards and the role they play in implementing national initiatives at the local level.

The value of FEBs is evident when reviewing the following facts:

- FEBs are a critical and unique resource to leverage interagency cooperation and collaboration at the local level
- OPM figures show 867,000+ federal employees are in areas served by FEBs (as of 12/31/04)
- An estimated \$6M cost (for the network of FEBs) vs. estimated \$27.9 M cost avoidance for FY 2004
- FEBs can deliver in areas that no other government entity can do alone and has served as a national model for nearly 45 years

Now more than ever, critical national priorities require strong focusing of limited FEB resources on targeted results:

- Assuring safety of Federal employees and continuity of operations for citizens;
- Communicating and supporting the President's call for results-oriented, citizencentered government;

- Preparing Federal managers and employees for a market-based results-driven Civil Service system; and
- Interagency cooperation to mitigate effects of major workforce restructuring.

Four Lines of Business have been identified and consistent deliverables will be established at all FEB locations in the network to measurably impact government-wide priorities. The four lines of business are:

- Building Communities
- Emergency Preparedness, Security, and Employee Safety
- Human Capital Readiness
- Leveraging Resources

FEBs are widely acknowledged as a forum in which government-wide priorities are addressed. With this altered business approach, every FEB is encouraged to share developed products, assisting each other to expand local capacity with results-driven outcomes, and enriching the national network.

While this work stands on the shoulders of earlier efforts expended by past FEB Chairs, Lindy Ritz and Dean Despinoy, I am honored to be involved in this national planning effort to focus Federal Executive Board resources on current national priorities, maintaining the long-standing model of delivering creative solutions.

Wilke Roach, Charthair								
Inside Story	Pg	Inside Story	Pg					
Retirement Planning	2	Hardwired for Success	7					
TSP	2	Upcoming Events	8					
FHA	3	Energy you Need	9					
GS Pay Scale	4	New Salary Tables	10					
Law Enforcement Pay	5	Survival Skills for Managers	11					
Performance Pay	6	Calendar	12					



OPM Develops New Strategy for Retirement Planning taken from Federal Times, 11-28-05

The pre-retirement seminars employees typically attend one to two years before retiring are "too little too late," the Office of Personnel Management says in its notice of new programs to improve employees' career-long preparations for retirement.

The programs are being developed in response to the 2004 Thrift Savings Plan Open Elections Act, which requires OPM to develop a retirement financial literacy and education strategy as part of its retirement training for employees.

Highlights of the programs:

★ A retirement readiness profile, to be ready for use by April. This will give employees an age-based profile of their financial security and readiness to retire, financial risk management, level of retirement planning, and personal preparedness. For example, a 30-year old who understands the basics of investments—the differences among stocks, bonds and mutual funds—but doesn't understand strategies for spending down their retirement savings would be on track. However, a 60-year old should understand both the basics and how to spend down retirement savings, OPM says.

Agencies can use the profile to identify the retirement readiness of their employees and then plan programs to address issues identified. Employees can use the profile to determine steps to strengthen their individual weaknesses.

- ★ A savings goal worksheet, also to be ready for use by April. Similar to other worksheets for setting retirement investment goals, this one will be tailored for federal employees it will build in factors for federal annuity benefits, the Thrift Savings Plan, postretirement health benefits, and long term care insurance.
- ★ An Education Resource Guide, to be ready for use by July. The guide will identify resources already available for benefits officers. Information will be linked to gaps identified on the retirement readiness profile. Using the guide, a benefits officer can help employees locate data that will help them meet their individual financial literacy and education needs.
- ★ "Understanding your benefits" workshops, to begin by July. OPM will create a series of hour-long workshops for benefits officers to use. The workshops will be designed so that they could be conducted over a lunch hour and provide basic information about benefits, including retirement benefits, health and life insurance options, long term care insurance, and flexible spending accounts.

OPM also plans an annual symposium on retirement financial education for benefits officers. The first will be held this winter.

TSP RELEASES FAO

Taken from FedNews Online December 14, 2005

The Federal Retirement Thrift Investment Board recently created a question-and-answer Web page to notify Thrift Savings Plan participants of changes for 2006.

Beginning in January, the TSP percentage limits on employee contributions will be lifted. Agencies will have the flexibility to make this change either on the first pay date in January or the first pay period in January. The Board suggests participants contact their personnel or payroll office to determine the earliest date to make an election.

Beginning in January, TSP participants can elect to contribute 100 percent of their gross basic pay to the TSP. However, each participant's agency will make the necessary deductions from each participant's pay prior to taking voluntary TSP deductions. Deductions that may be necessary to take from one's pay include:

- ★ Federal Employee Retirement System
- ★ Civil Service Retirement System
- ★ Social Security
- **★** Medicare
- ★ Life insurance
- ★ Federal health benefits
- ★ Federal and state income tax withholding
- ★ Court ordered payments

The Internal Revenue Code places an annual limit on elective deferrals, and the 2006 elective deferral limit is \$15,000. Visit the Q & A sheet at: http://www.tsp.gov/curinfo/qsas-limits.html

Did you know that **federal employees in Oklahoma contributed \$3,688,650.00** through the Combined Federal Campaigns in 2004?

omemen readon cumpusme m zee						
Central Oklahoma	\$2,697,906					
Enid	\$63,174					
Ft Sill-Lawton	\$318,641					
Jackson County	\$96,866					
McAlester	\$51,395					
Muskogee	\$93,250					
Tulsa	\$367.418					



Spotlighting Federal Agencies *Did You Know...?*

The Federal Housing Administration, generally known as "FHA", provides mortgage insurance on loans made by FHA-approved lenders throughout the United States and its territories. FHA insures mortgages on single family and multifamily homes including manufactured homes and hospitals. It is the largest insurer of mortgages in the world, insuring nearly 33 million properties since its inception in 1934.

What is FHA Mortgage Insurance?

FHA mortgage insurance provides lenders with protection against losses as the result of homeowners defaulting on their mortgage loans. The lenders bear less risk because FHA will pay a claim to the lender in the event of a homeowner's default. Loans must meet certain requirements established by FHA to qualify for insurance.

Why does FHA Mortgage Insurance exist?

Unlike conventional loans that adhere to strict underwriting guidelines, FHA-insured loans require very little cash investment to close a loan. There is more flexibility in calculating household income and payment ratios. The cost of the mortgage insurance is passed along to the homeowner and typically is included in the monthly payment. In most cases, the insurance cost to the homeowner will drop off after five years or when the remaining balance on the loan is 78 percent of the value of the property - whichever is longer.

How is FHA funded?

FHA is the only government agency that operates entirely from its self-generated income and costs the taxpayers nothing. The proceeds from the mortgage insurance paid by the homeowners are captured in an account that is used to operate the program entirely. FHA provides a huge economic stimulation to the country in the form of home and community development, which trickles down to local communities in the form of jobs, building suppliers, tax bases, schools, and other forms of revenue.

The History of FHA

Congress created the Federal Housing Administration (FHA) in 1934. The FHA

became a part of the Department of Housing and Urban Development's (HUD) Office of Housing in 1965.

When the FHA was created, the housing industry was flat on its back:

- ★ Two million construction workers had lost their jobs
- ★ Terms were difficult to meet for homebuyers seeking mortgages.
- ★ Mortgage loan terms were limited to 50 percent of the property's market value, with a repayment schedule spread over three to five years and ending with a balloon payment.
- ★ America was primarily a nation of renters. Only four in 10 households owned homes.

During the 1940s, FHA programs helped finance military housing and homes for returning veterans and their families after the war.

In the 1950s, 1960s and 1970s, the FHA helped to spark the production of millions of units of privately-owned apartments for elderly, handicapped and lower income Americans. When soaring inflation and energy costs threatened the survival of thousands of private apartment buildings in the 1970s, FHA's emergency financing kept cash-strapped properties afloat.

The FHA moved in to steady falling home prices and made it possible for potential homebuyers to get the financing they needed when recession prompted private mortgage insurers to pull out of oil producing states in the 1980s.

By 2001, the nation's homeownership rate had soared to an all time high of 68.1 percent as of the third quarter that year.

The FHA and HUD have insured almost 33 million home mortgages and 47,205 multifamily project mortgages since 1934. FHA currently has 4.8 million insured single family mortgages and 13, 000 insured multifamily projects in its portfolio.

In the more than 60 years since the FHA was created, much has changed and Americans are now arguably the best housed people in the world. HUD has helped greatly with that success.

SALARY TABLE 2006-RUS

INCORPORATING THE 2.10% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 12.52% FOR THE LOCALITY PAY AREA OF REST OF U.S.

(See http://www.opm.gov/oca/06tables/locdef.asp for definitions of locality pay areas.)

(TOTAL INCREASE: 2.83%)

EFFECTIVE JANUARY 2006

Annual Rates by Grade and Step

Step 10	\$ 23,010	26,030	29,346	32,944	36,856	41,080	45,648	50,556	55,846	61,491	67,567	80,975	96,292	113,791	133,850
Step 9	\$ 22,444	25,363	28,594	32,099	35,911	40,027	44,478	49,260	54,414	59,915	65,834	78,899	93,824	110,874	130,419
Step 8	\$ 22,420	24,696	27,841	31,254	34,966	38,974	43,308	47,964	52,981	58,338	64,102	76,823	91,355	107,956	126,987
Step 7	\$ 21,810	24,029	27,088	30,409	34,020	37,920	42,138	46,668	51,549	56,762	62,369	74,747	988'88	105,039	123,555
Step 6	\$ 21,207	23,361	26,335	29,564	33,075	36,867	40,967	45,371	50,116	55,185	969'09	72,671	86,418	102,121	120,123
Step 5	\$ 20,847	22,694	25,583	28,718	32,130	35,814	39,797	44,075	48,684	53,609	58,903	70,595	83,949	99,203	116,691
Step 4	\$ 20,234	22,444	24,830	27,873	31,185	34,761	38,627	42,779	47,252	52,033	57,170	68,519	81,480	96,286	113,259
Step 3	\$ 19,626	21,864	24,077	27,028	30,240	33,708	37,457	41,483	45,819	50,456	55,437	66,443	79,012	93,368	109,827
Step 2	\$ 19,014	21,179	23,324	26,183	29,295	32,654	36,287	40,187	44,387	48,880	53,705	64,367	76,543	90,450	106,396
Step 1	\$ 18,399	20,687	22,572	25,338	28,349	31,601	35,116	38,890	42,955	47,303	51,972	62,291	74,074	87,533	102,964
Grade		2	3	4	2	9	7	8	6	10	11	12	13	14	15

SALARY TABLE 2006-RUS (LEO)

INCORPORATING THE 2.10% GENERAL SCHEDULE INCREASE AND A LOCALITY PAYMENT OF 12.52% INCLUDING SPECIAL BASE RATES AT GS-3 THROUGH GS-10 AND FOR THE LOCALITY PAY AREA OF REST OF U.S.

(See http://www.opm.gov/oca/06tables/locdef.asp for definitions of locality pay areas.)

(TOTAL INCREASE: 2.83%)

EFFECTIVE JANUARY 2006

Annual Rates by Grade and Step

Step 10	\$ 23,010	26,030	33,863	38,014	43,472	46,346	50,329	53,149	57,278	63,067	67,567	80,975	96,292	113,791	133,850
Step 9	\$ 22,444	25,363	33,110	37,169	42,527	45,293	49,159	51,853	55,846	61,491	65,834	668'82	93,824	110,874	130,419
Step 8	\$ 22,420	24,696	32,357	36,324	41,582	44,239	47,989	50,556	54,414	59,915	64,102	76,823	91,355	107,956	126,987
Step 7	\$ 21,810	24,029	31,605	35,479	40,637	43,186	46,818	49,260	52,981	58,338	62,369	74,747	988'88	105,039	123,555
Step 6	\$ 21,207	23,361	30,852	34,634	39,691	42,133	45,648	47,964	51,549	56,762	989'09	72,671	86,418	102,121	120,123
Step 5	\$ 20,847	22,694	30,099	33,789	38,746	41,080	44,478	46,668	50,116	55,185	58,903	70,595	83,949	99,203	116,691
Step 4	\$ 20,234	22,444	29,346	32,944	37,801	40,027	43,308	45,371	48,684	23,609	57,170	68,519	81,480	96,286	113,259
Step 3	\$ 19,626	21,864	28,594	32,099	36,856	38,974	42,138	44,075	47,252	52,033	55,437	66,443	79,012	898'86	109,827
Step 2	\$ 19,014	21,179	27,841	31,254	35,911	37,920	40,967	42,779	45,819	50,456	53,705	64,367	76,543	90,450	106,396
Step 1	\$ 18,399	20,687	27,088	30,409	34,966	36,867	39,797	41,483	44,387	48,880	51,972	62,291	74,074	87,533	102,964
Grade	1	2	8	4	2	9	7	8	6	10	11	12	13	14	15



The Secret to winning support for performance pay: Leadership By Mollie Ziegler Federal Times, November 28, 2005 issue

Support for performance pay increases dramatically when employees understand how pay decisions are made, see the link between pay and performance and trust their supervisors to be fair, according to officials at the Office of Personnel Management and Office of Management and Budget.

Support "can be tied to effective leadership practices, and, conversely, low support is not a result of poor design but rather ineffective leadership practices," the officials wrote Nov. 14 in response to Aug. 3 questions posed by Sens. Susan Collins, R-Maine, and George Voinovich, R-Ohio. The officials said as many as 80 percent of employees at agencies with good leadership practices support alternative pay systems compared with 28 percent of employees at agencies with poor leadership practices.

The response addressed lessons OMB and OPM have learned in the 25 years since demonstration projects, independent personnel systems and the Senior Executive Service performance pay have been developed.

Initially many employees who were moved to performance-based pay were skeptical, OMB and OPM officials conceded. When managers sought employee input, dedicated resources to performance-management systems and salaries, and created a strong performance culture, employees who said they were "very satisfied" with demonstration project pay systems reached 66 percent, internal surveys showed. For example, 70 percent of employees at the Aviation and Missile Research, Development and Engineering Center at Redstone Arsenal, Ala., supported the alternative pay project. OMB and OPM said the center is a good example of the benefits of unions and management working together to reform pay systems.

"Internal champions are critical in developing, communicating and advancing these projects," the report said.

Agencies that change their compensation systems should communicate heavily with their employees, OMB and OPM reported.

The Federal Aviation Authority used mass e-mails, monthly newsletters, briefings, mandatory training, brochures, a Web site, and follow-up training. It established a communication group of managers and employees.

The IRS used focus groups, briefings, satellite broadcasts, a Web-based calculator to help employees determine pay changes and executive communications packages to help its employees adjust to the pay changes.



Getting Hardwired for Success!

There are times in life when you need to climb inside your head with a metaphorical wire snippers and a soldering iron. You need to take the time to "re-wire" your brain circuitry so you can experience the success in life that you so richly deserve. I call this getting "hardwired" for success. Here are some hardwiring techniques that get results—

- 1. Accountability is the word of the 21st Century. Take total responsibility and accountability for your life. As a friend of mine used to say, "No one can do your push ups for you. You've got to do them yourself." Most self-help books begin with this important (and hard-wired) concept in chapter one: Don't make excuses and don't whine. Since life is a game played between the ears, your mind can either become a garden path or a garbage dump. Choose the garden path by hardwiring yourself to take responsibility and accountability for the outcomes that comprise your life's saga.
- 2. Hardwire yourself to champion a cause of some type. Greatness is not about rank, title or the organizational chart with the neat little boxes on it. Greatness is about passion. My friend has a daughter in a larger company in Chicago. She was hired directly out of college and went to work in the lower echelons of the organization. She volunteered to be on the planning committee for the company picnic. She continued to champion the importance of executing

superb parties and meetings. Her talent did not go unnoticed. This is now her full time job within the organization and she loves it. She gets to travel to some fine venues and is a key player amongst top-level corporate personnel. Find something for which you have passion in your organization. Embrace it. Nurture it. Garner support for it. See it through to some sort of completion—even if it a partial solution. Every organization needs champions that are hard-wired for making meaningful things happen.

3. Find friends and mentors that will "keep you grounded (excuse the pun)." Recently, a man told me that a good friend will stab you in the chest—not the back. This "hard-wired wisdom" or straight talk is necessary in a world that can often be confusing and confounding. Find those who won't mince words when you need a "coaching up" experience. Don't forget to reciprocate and deliver your necessary words of wisdom with these friends and mentors. They need your candor as much as you need theirs.

It has been said that you don't necessarily need to be outstanding, but you need to stand out. By hard-wiring yourself, I believe you have both the capacity and the capability to do both. Enjoy the journey!

© Copyright Mark "Tenacious" Towers www.speakoutseminars.com Phone: 816 578 4516



UPCOMING EVENTS January

Jan 9, 2006 Agency Visits in OKC areaThroughout Day POC: FEB Office, 405-231-4167

Jan 11, 2006 Mayor's Committee on Disability 7:30 a.m. Concerns

POC: FEB Office, 405-231-4167

Jan 11, 2006 Shared Neutrals Council

11:00 a.m. Grandison

POC: FEB Office, 405-231-4167

Jan 11, 2006 Black Program Council Mtg

3:30 p.m. 301 NW 6th St. 2nd Floor

HUD Conf Rm

POC: Rick Romain, 405-553-8873

Jan 12, 2006 Society of Govt Meeting

Professionals

11:30 a.m. Holiday Inn Hotel & Suites

Jan 17, 2006 Federal Employees Care Council

2:30 p.m. Allegiance Credit Union

POC: Tom Burton, 405-954-0625

Jan 18, 2006 Emergency Preparedness Council

2:00 p.m. 5020 S. Meridian

POC: FEB Office, 405-231-4167

Jan 25, 2006 Interagency Training Council

10:00 a.m. Small Business Administration

301 NW 6th St, Rm 116

POC: Sherri Beasley, 405-231-5854

Jan 27, 2006 Naturalization 12:00 noon 200 NW 4th St.

POC: FEB Office, 405-231-4167

He who conquers others is strong; He who conquers himself is mighty. —Lao Tzu

We grow up thinking that the best answer is in someone else's brain. Much of our education is an elaborate game of "guess what's in the teacher's head?" What the world really needs to know right now is what kind of dreams and ideas are in your head.

—Roger von Oech

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:

- Jim Akagi, US Drug Enforcement Administration
- Ron Berryhill, Director, USDA Risk Management Agency
- Michael Deihl, Administrator, Southwestern Power Administration, Tulsa
- Col Dean Despinoy, Commander, 507th Air Refueling Wing
- Steve Gentling, Director, VA Medical Center
- Bill Fillman, Director, VA Central Area, Muskogee
- Larry Flener, Representative for the District Director, US Postal Service
- Dottie Overal, Director, Small Business Administration
- Patti Ford, Director of Staff, Tinker AFB
- Lindy Ritz, Director, FAA Mike Monroney Aeronautical Center

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@juno.com no later than the 15th of each month.

Elected Officers:

Chair: Mike Roach, U.S. Marshal

US Marshals Service

Western District of Oklahoma

Vice-Chair: Kevin McNeely

OKC Field Office Director US Department of Housing and

Urban Development

Staff:

Director:LeAnn JenkinsAssistant:Trish PlowmanProgram Support:Constance Ward

Please feel free to copy this newsletter & distribute. The newsletter is available on our website, http://www.oklahoma.feb.gov where you can also request to receive it electronically.



Maintaining the Energy You Need to Be Productive

You can know all the productivity tips in the world, but nothing will work if you don't have the energy to give 100%. Personal energy is a measure of how strong, invigorated, or up to a task you may feel at any moment. Nobody has an unlimited supply of personal energy. If you feel down, your zest ebbs, and you tend to produce mediocre work. In periods of low energy, your productivity sinks, because you feel like you're slogging through a field of waisthigh mud.

Match the task to the energy. Know your own rhythms and plan your work around them. If you tend to have a lot of energy first thing in the morning, do your most challenging work then. High energy gives you the ability to concentrate well, make critical decisions, perform complex analysis, or do any task requiring creativity or problem solving. When your energy is low, however, these tasks become more difficult, take longer, and often have poor results.

If you're like me, afternoons are hard, and sometimes you get in a plain bad mood. I know this about myself, so I prepare for and honor it. Some of the things we do for ourselves to counter low energy may not be healthy. Some bad habits like smoking and overeating are actually attempts to moderate low energy or a bad mood. If you didn't get much sleep last night, for example, you might reach for a third cup of coffee, and the extra caffeine will actually give you the jitters later in the day. Instead, choose a healthy way of dealing with lowenergy periods, one that might actually bring you back to a state of alert productivity. When you feel like you simply cannot start a new task, take a break:

- ★ Go for a brisk walk.
- ★ Listen to upbeat music.
- ★ Call a friend.
- ★ Take a hot bath.
- ★ Stand up, stretch, and move your body.

Increase your metabolic rate. Different people have different energy levels. Some people have the energy to work all day then run around and clean the house in the evening. Others drag themselves onto the sofa and watch television all night. While it's true that some people have

higher natural energy levels, those with lower energy can use personal energy management techniques to make up the difference. The good news is you can impact your energy level and mood. You don't have to suffer from low energy!

One way to improve your energy level is to keep it from crashing in the first place. Just like an Eveready battery, you want to keep going and going and going all day long. To achieve that goal, you have to supercharge your metabolism and keep it high. Your body runs on blood sugar, and it needs a steady supply. If you typically have a muffin or donut in the morning or skip breakfast entirely, then grab fast food at lunch, you will be ravenous by 4:00 and munching on whatever snacks are sitting around the house. Instead, start out with a healthy breakfast and eat every 3-4 hours throughout the day, making sure to include protein and complex carbohydrates for prolonged periods of energy.

Keep your blood sugar steady. The right amount energizes you, while too much or too little makes your energy plummet. If you go a long period of time without eating, your body starts to shut down to conserve energy, your blood sugar drops, and your metabolism goes in the basement. If you eat refined carbohydrates when hungry—white flour, sugar, processed junk—you will get a brief surge of insulin, prompting an even bigger drop in blood sugar, leaving you edgy, irritable, and hungry, which increases your appetite and drives you to eat the whole bag of cookies instead of just one. It's a vicious cycle that can really disrupt your entire day.

Instead, focus on eating a diet that includes whole grains, such as brown rice, oats, and whole wheat bread; colorful fruits and vegetables like berries, melons, leafy greens, and red peppers; proteins such as chicken, fish, cottage cheese, eggs, or tofu; and heart-healthy fats, such as nuts, olive oil, and avocado. And don't forget to drink six to eight glasses of water each day as well!

Use energy boosters. If you haven't taken great care of your metabolism during the day, emergency measures are often required to



counter low energy. Once you've become aware of a low-energy period or bad mood, make a conscious choice to change it. Instead of walking to the vending machine for a candy bar, try one of these healthy energy boosters as an alternative:

- ★ Drink green tea. Green tea edges out coffee as an energy-boosting beverage. It has enough caffeine to pep you up but not enough to give you the jitters. Plus, it may aid in regulating your blood sugar from the Theophylline it contains, which dilates bronchial passages, thus improving the flow of oxygen in your body.
- ★ Take your vitamins. Use Vitamin C & Vitamin E (two good antioxidants), plus Folic acid, B-complex (known to boost energy in women), a good multi-vitamin along with 1000-1500 mg calcium, with Vitamin D and Magnesium for absorption. I like Emergen-C drink mix when I need a big shot of energy before an important presentation.
- ★ Down a protein shake. These are definitely helpful if you can't get a meal on the run and need to supplement rather than miss a meal completely. Much better for you than a sugary soft drink or afternoon cup of coffee. EAS makes a delicious ready-made chocolate protein shake in a box that doesn't require refrigeration.
- ★ Take a whiff of peppermint. Inhaling this essential oil through the day or eating peppermint candy can clear your thinking and

boost productivity. Other revitalizing oils include lemon, eucalyptus, juniper, orange, and spearmint. Keep a bottle on your counter, uncap, and sniff as needed. To sustain energy after work, place a few drops on the vents and turn on the fan.

- ★ Rub your ears. Your ears are particularly dense with pressure points; stimulating them can increase blood circulation and energy. Using your fingers, vigorously rub your ears all over for about one minute. When your ears start to feel hot, you should feel more alert.
- ★ Splash on cold water. Your face, neck, and throat are quite sensitive. Wetting those areas with cold water provides a jolt that temporarily diverts blood to your brain, simulating the "fight or flight" reaction. Also gargle with something ice-cold.

Truly, the difference between an energetic and an unenergetic person is often that the former pays attention to his or her fuel gauge and takes action before it reads empty. Energy management allows you to detect and control any factors that might deplete your energy. Here's to eliminating outages!

Laura M. Stack, MBA, CSP, is "The Productivity PRO!"® and the author of *Leave the Office Earlier*. She presents keynotes and seminars on time management, information overload, and personal productivity. Contact Laura at 303-471-7401 or visit www.TheProductivityPro.com.

2006 Salary Tables and Related Information

The 2006 Salary Tables and Related information for Senior Executives, GS Pay, Law Enforcement Officers, Administrative Law Judges, Employees in Senior-Level Scientific or Professional Positions, and Special Salary Rates is now available at: http://www.oklahoma.feb.gov/2006Salaries.htm





Survival Skills for Federal Supervisors & Managers "Supervise/Manage for Success" February 22-23, 2006 Holiday Inn-Norman

Two days of training on topics that categorize in Holding Employees Accountable and Recognizing Employee Rights

Our Instructor: William B. Wiley is a federal employment law attorney in private practice with nearly 30 years of experience in the field. He is the author of several books in the field, including *The Federal* Manager's Guide to Improving Employee Performance, The Federal Employment Law Practitioner's Handbook, and the Advanced MSPB Practitioner's Handbook. In addition, he has developed several etraining modules for computer-based instruction including How to Fire a Federal Employee, How to Defend a Federal Employee, and Witness Preparation (with Peter Broida). He is a frequent lecturer throughout government on the subject of federal employment law and is an adjunct faculty member at the Office of Personnel Management's Management Development Center. He is a senior contributor to the monthly newsletter, the Federal Labor and Employee Relations Update. He has held Presidential appointments under Presidents Reagan, George H.W. Bush, Clinton, and George W. Bush. recently, he served as a Presidential-appointed Chief Counsel to the Chairman of the U.S. Merit Systems Protection Board for over nine years. In addition, Mr. Wiley has served as the Chief of Staff to the General Counsel of the FLRA and as Regional Employee Relations Advisor for the Department of the Navy. He is an author and a lecturer, as well as a legal representative for both agencies and employees before MSPB, EEOC, OSC, and in arbitration. His most recent book is UNCIVIL SERVANT: How to Hold Government Employees Accountable.

Survival Training for Federal Supervisors & Managers

Name:	Agency:
Address:	
Phone:	Fax:
Email:	
•	Cost: \$225.00 participant, "When All Else Fails How to Fire a Federal Employee" [] check [] credit card [] government voucher
Please mail this registration to:	Oklahoma Federal Executive Board 215 Dean A. McGee, Ste 320 Oklahoma City, OK 73102
Or fax to:	(405) 231-4165

Cancellation Policy: Understanding that unforeseen circumstances may preclude an individual from attending, refunds and cancellations will be permitted through February 15, 2006. 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			
1	2	3	4	5	6	7			
8	9 Agency Visits- OKC	10	Town Hall Mtg hosted by Sen Coburn-Durant 7:30 Mayors Committee 11:00 Shared Neutrals 3:30 BPC	12 11:30 SGMP	13	14			
15	16	17 2:30 FECC	18 2:00 Emgcy Planning	19	20	21			
22	23	24	25	26	27	28			
29	30	31		JANUARY 2006					

OKLAHOMA FEDERAL EXECUTIVE BOARD 215 DEAN A. MCGEE AVENUE, STE 320 OKLAHOMA CITY, OK 73102-3422 OFFICIAL BUSINESS ONLY