



# INTERAGENCY CONNECTION

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## Chair's Corner



With the beginning of December, we have many things behind us: the election, Thanksgiving, and the end of our 2012 Leadership FEB class.

I had the opportunity to graduate the participants of this year's Leadership FEB class. The class of 2012 had 24 participants, 23 of whom graduated, along with a 2011 class member who made up the necessary forums to graduate. This last forum was a fun, packed day, with them receiving briefings from the U.S. Department of Housing & Urban Development, U.S. Small Business Administration, National Park Service, and the U.S. Secret Service.

I thought it was notable that with busy schedules, the demands of federal employment, and balancing families, we had two class members who made the commitment for perfect attendance from March-November 2012!

I want to applaud the efforts of Keith Burlison, Director of Emerging Technology at the Mike Monroney Aeronautical Center and Danette Dallas, Chief of Flight Operations at Altus AFB!

While the FEB just wrapped up this year's class, coordination is already underway for the 2013 Leadership FEB class. An email will be sent to agency leaders in late January and registration information will be in this newsletter in February.

Other FEB activities are being coordinated for agency leaders' participation, including quarterly forums in which we can share best practices and discuss challenges within our agencies with the hope of developing collaborative solutions!

If you have suggestions on activities or events, please contact the FEB office!

  
A.D.: Andrews, Chairman



Keith Burlison, Adrian Andrews, Danette Dallas

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## Fed Awarded Nobel Prize

### Commerce scientist co-wins coveted physics honor

Reprinted from Federal Times Executive Summary article, dated October 15, 2012

David Wineland, a scientist at the Commerce Department’s National Institute of Standards and Technology, is a co-winner of this year’s Nobel Prize for physics.

Wineland, a 37-year NIST employee now at the agency’s laboratories in Boulder, Colo., was honored last week for his achievements in quantum mechanics, a branch of physics that deals with subatomic particles. He shares the award, which includes \$1.2 million in prize money, with French physicist Serge Haroche, who works independently in the same field.

“Through their ingenious laboratory methods, Haroche and Wineland, together with their research groups, have managed to measure and control very fragile quantum states, which were previously thought inaccessible to direct observation,” the Royal Swedish Academy of Sciences said in a release announcing the award. “The new methods allow them to examine, control and count the particles.”

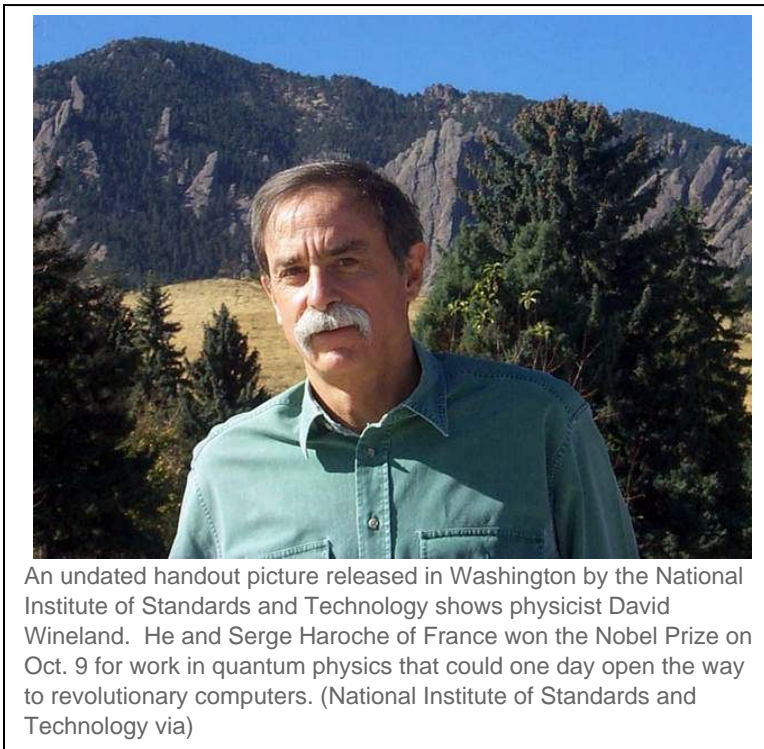
Wineland, who also holds a lecturership at the University of Colorado at Boulder, is the fourth NIST researcher to receive a Nobel since 1997. His work helps foster construction of better atomic clocks and is also “paving the way” for quantum computers for more powerful than what is available today, Thomas O’Brian, chief of

NIST’s time and frequency division, said at a news conference.

The prize is “a richly deserved celebration of work that’s at the forefront not only of science, but of our measurement mission here at NIST,” the institute’s director, Patrick Gallagher, said at the same event. “It’s also a celebration of

decades of hard experimental work that has really paid rich dividends.”

Wineland said last week he plans to continue his work as a NIST fellow. He will formally receive the award at a Dec. 10 ceremony in Stockholm.



An undated handout picture released in Washington by the National Institute of Standards and Technology shows physicist David Wineland. He and Serge Haroche of France won the Nobel Prize on Oct. 9 for work in quantum physics that could one day open the way to revolutionary computers. (National Institute of Standards and Technology via)



## Spotlighting Information in Public Service

### Did you Know...

Experience of Federal Agencies losing employees to suicide has prompted us printing the following information (available on the US Office of Personnel Management's website)

#### *Supervising an Employee with Suicidal Concerns*

Suicide is a significant cause of death among Americans, and government personnel are not exempt from the problem. Though there are differences in suicide rates based on such factors as age, gender, and ethnicity, a person from any background can commit suicide, or go through a period of seriously contemplating it.

People considering suicide often have been "worn down" by many stresses and problems. Actual or expected loss, especially a love relationship, is often a contributing factor. The suicidal person is frequently lonely and without a solid support system. Sometimes this is a long-term characteristic of the person; in other cases a geographic move, death, or a divorce may deprive an individual of personal ties that were formerly supportive.

Listen carefully to what your employees say--people thinking about suicide often give hints about their intentions. Talking about not being present in the future, giving away prized possessions, and making funeral plans are examples of possible hints of suicidal intent. If you hear such talk, question it, kindly but firmly. You won't make the situation worse by clarifying it, and an open conversation with you may be the person's first step toward getting well.

Be alert to changes in behavior. A deterioration in job performance, personal appearance, punctuality, or other habits can be a sign of many problems, including suicidal concerns.

#### **If an employee admits thinking about suicide:**

You'll want to get your employee to professional help, and the way you do this is very important. The way you approach the issue can have an impact on the employee's willingness to receive professional help. Your respect and concern for the employee can contribute to the healing process.

- First offer your own personal concern and support. Let the person know you care--the employee is both a unique human being and a valued member of your team.
- Show understanding of the employee's pain and despair, but offer hope that, with appropriate help, solutions can be found for the problems that are leading the person to feel so desperate.
- Ask whether any of the employee's problems are work related, and, if so, take initiative in attacking those problems. For example, the employee may feel improperly trained for key responsibilities, or may be having difficulties with leave or some similar issue without having made you aware of it. If you can act as an advocate in remedying some of these problems, you will help in three ways-- removing one source of pain, showing concretely that someone cares, and offering hope that other problems can also be solved.
- Do not question the employee about personal problems, as the individual may wish to keep them out of the workplace, but listen with empathy if the employee chooses to share them.
- Do not offer advice, but acknowledge that the problems are real and painful.
- Protect the employee's privacy with regard to other employees. This will require thought and planning, as questions are sure to arise. When dealing with higher management, you need to think clearly about what they actually need to know, e.g., that the employee is temporarily working a reduced schedule on medical advice -- as opposed to what they don't need to know, e.g., intimate personal information that the employee may have confided in you as the immediate supervisor.



- Without hovering over the employee, show your continued support and interest. Make it clear that the individual is an important part of the team, and plays a key role in mission accomplishment.

### **Get Help:**

As a general rule, anyone feeling enough pain to be considering suicide should be referred to a mental health professional, at least for evaluation. Make it clear that you want the employee to get the best possible help, and that some types of assistance are outside your own area of competence.

- Usually, the Employee Assistance Program (EAP) is the referral source for mental health assistance. If the employee consents, call the EAP yourself, emphasizing that the situation is serious and needs timely attention.
- If for some reason the EAP is not immediately available, turn to your community's Crisis Intervention or Suicide Prevention resource. These are normally listed with other emergency numbers in the telephone book, and available on a 24 hour basis.
- Should there appear to be immediate danger, do not hesitate to call 911 or your agency's security officials.

### **Follow Up**

Once your employee is involved in a treatment program, try to stay in touch with the program. This does **not** mean that you should involve yourself with specific personal problems that the employee is discussing with a therapist. What

you do need to know, however, is how you can work with the treatment program and not at cross purposes to it.

*Does the employee need to adjust work hours to participate in therapy?*

*Has the employee been prescribed medications whose side effects could affect job performance?*

*Should you challenge the employee as you normally do, or temporarily reassign the person to less demanding duties?*

Mental health professionals will not, for ethical reasons, release information without the employee's consent. If you make it clear to the employee and treatment team what your goals are--to support them, not to delve into the employee's private concerns--you will probably have no difficulty getting cooperation. With the employee's consent, the EAP counselor can often play a coordinating role between the employees' health care provider and you as the supervisor. A meeting involving you, the employee, and the EAP counselor can be particularly helpful in clarifying relevant issues and assuring that your supervisory approach is consistent with the employee's treatment.

### **Take Care of Yourself**

Working with a suicidal person is highly stressful, and you should take positive steps to preserve your own mental health while you help your employee. You should not hesitate to get support for yourself, either from your own supervisor or from the EAP.

Taken from OPM's A Manager's Handbook: Handling Traumatic Events

[http://www.opm.gov/Employment\\_and\\_Benefits/WorkLife/OfficialDocuments/handbooksguides/Trauma/Ch4.asp](http://www.opm.gov/Employment_and_Benefits/WorkLife/OfficialDocuments/handbooksguides/Trauma/Ch4.asp)



### Federal Benefits: What Is Accidental Death and Dismemberment (AD&D) Insurance?

Accidental Death and Dismemberment (AD&D) insurance provides funds in the event of a fatal accident or an accident that results in the loss of a limb or eyesight. For benefits to be paid, the death or loss must occur not more than one year from the date of the accident and be a direct result of bodily injury sustained from that accident, independent of all other causes.

AD&D insurance is automatically included in Basic insurance at no additional cost. It is equal to your Basic Insurance Amount (BIA), and does not include the Extra Benefit. AD&D insurance is also automatically included in Option A in the amount of \$10,000 at no additional cost. Option B and Option C do not include AD&D insurance. Accidental death benefits are paid **in addition** to other FEGLI benefits that may be payable. **AD&D coverage stops when your employment ends. It does not carry into retirement.**

The following is a list of covered losses under AD&D insurance and the corresponding amounts payable:

AD&D SCHEDULE OF LOSSES	
For the Loss of	The Amount Payable is
Life	Full amount
Two or more Members*	Full amount
One Member*	50% of Full amount

*\*A Member is a hand, foot, or the sight in one eye.*

Note: For all losses resulting from any one accident, no more than the Full amount is payable.

The Office of Federal Employees' Group Life Insurance (OFEGLI) will not pay AD&D benefits if your death or loss in any way results from, is caused by, or is contributed to by:

- physical or mental illness;
- the diagnosis of or treatment of physical or mental illness;
- ptomaine or bacterial infection (however, OFEGLI will pay AD&D benefits if the loss is caused by an accidentally sustained external wound);
- a war (declared or undeclared), any act of war, or any armed aggression against the United States in which nuclear weapons are actually being used;
- a war (declared or undeclared), any act of war, or any armed aggression or insurrection in which you are in actual combat at the time bodily injuries are sustained;
- suicide or attempted suicide;
- injuring yourself on purpose;
- illegal or illegally obtained drugs that you administer to yourself;
- driving a vehicle while intoxicated, as defined by the laws of the jurisdiction in which you were operating the vehicle.

Taken from OPM's website: <http://www.opm.gov/insure/life/reference/federal/info2.asp>



## Before retiring, consider financial, emotion needs

This article continues from the Federal Times article dated Oct 1 (also in the November Oklahoma FEB newsletter)

**Leave accrual.** If you retire at the end of a pay period, you'll get credit for any annual leave you earned. It will be added to any other unused annual leave you have and included in your lump-sum payment. You'll also get credit for four hours of sick leave—some of it, if you are under the Federal Employees Retirement System, or all of it, if you are under the Civil Service Retirement System, will be added to your actual service and used in the computation of your annuity. If you retire before a pay period ends, you won't get any credit for sick or annual leave accrual in the pay period.

**Taxes.** When you retire will affect the amount of taxes you'll have to pay in your retirement year and the one that follows. For example, if you retire Dec. 29, 2012, you'll be taxed on your salary for the entire year. However, your taxes in 2013 will be much lower, even if you received a substantial lump-sum payment. That's because your annuity will inevitably be smaller than your salary was.

Further, a portion of your annuity will be tax-free because it represents a return of the contributions you made to the retirement fund—contributions on which you were already taxed. You can find out how that will affect you by going to [www.irs.gov](http://www.irs.gov) and reading the Internal Revenue Service's Publication 721, "Tax Guide to U.S. Civil Service Retirement Benefits." The tax guide applies to both CSRS and FERS retirees.

**Financial considerations.** In this column and the last, I've given you the basics to calculate what your annuity would be, how much you'd receive when you cash in your unused annual leave and so forth. Among other financial considerations on the plus side of the ledger: what you have in your Thrift Savings Plan account, how much cash you have in the bank, any other negotiable instruments you're holding onto and the amount of life insurance that will be available to your survivors.

And on the minus side: your mortgage, outstanding loans, educational expenses for you

or members of your family and monthly out-of-pocket expenses.

Working out how many dollars will be coming in and how many going out will require some serious number crunching. It would be a good thing to figure out before you retire. To get the job done right, consult a financial adviser. However, be sure you pick someone who doesn't have a financial stake in what you decide.

**Emotional considerations.** Now's the time for some honest reflection. Ask yourself if now is really a good time to retire. Think about what you're going to do after you retire. While no longer having to go to work may sound like a dream fulfilled, in the long run it may not be. Most of our lives we define ourselves by what we do. Saying "I'm a retiree" doesn't have the same ring to it as "I'm an accountant," "I'm an engineer" or "I'm a park ranger."

These days, most retirees don't really retire. They get involved in community activities, join volunteer organizations and start second careers. If you think you are ready to retire but haven't thought about what you're going to do with all that free time, it's time you did. If you are married, hanging around the house isn't going to cut it. As the old saying goes, "I married you for better or worse, but not for lunch." And if you aren't married, spending all your time with a book or a TV will soon grow old.

After you work your way through the financial issues, understand why you are leaving government now and have a fix on what you'll do after you retire, you'll be in a better position to pick a retirement date that is right for you.

Of course, sometimes that best retirement date may simply turn out to be the one you have to accept if you want to take advantage of an early retirement opportunity or are catapulted out the door by a reduction in force.

*This article is written by Reg Jones, previously the head of retirement and insurance programs at the US Office of Personnel Management.*



## 4 Surprising Things Your Body Language Is Saying

[Molly, selected from Experience Life](#)

We've all encountered people whose physical presence makes us vaguely uncomfortable. They might perch on our desk rather than sitting in a chair, or lean in a little too close for a chat. They might look at the wall or fiddle with their smartphone while we talk. Unfortunately, there's a good chance that we've all done equally irritating things ourselves without realizing it.

Research suggests body language makes up as much as 80 percent of all communication. And, because the vast majority of nonverbal cues are automatic nervous-system responses, most of us are fairly oblivious to what our bodies communicate, says former FBI special agent Joe Navarro, coauthor of *What Every Body Is Saying* (HarperCollins, 2008), with Marvin Karlins, PhD.

For better or worse, body language tends to broadcast the way we are feeling, says Carol Kinsey Goman, PhD, author of *The Silent Language of Leaders: How Body Language Can Help — or Hurt — How You Lead* (Jossey-Bass, 2011). "Almost all of our body language is driven by some kind of emotion," she explains.

When we're feeling things we're not ready to overtly express, our bodies often do the talking for us.

The problem is that when we're not aware of the messages our bodies are sending, we may find ourselves getting reactions from other people that we don't understand, says Goman. Or we may wind up inadvertently offending and distancing people in ways that create unintended conflicts.

Often, the postures we adopt offer subtle (or not so subtle) cues about our true level of comfort, attention, or emotional connection.

In other cases, though, body language can simply be the result of ingrained, unconscious habits. For example, a woman who was

uncomfortable with her chest as a teenager might habitually cross her arms, unaware that she might be broadcasting a message of hostility to the very colleagues she wishes to impress.

The key to mastering your own body's signals is to become conscious of whether or not they are consistent with the emotional messages you intend to relay. If you suspect one or more of the



following habits might be sending the wrong signals and causing you unwanted trouble at work, here's what you can do about it.

### 1. Telltale Tune-Outs

Ever tried to have a conversation with someone who is

constantly checking text messages, fidgeting, staring down at the floor or picking lint off her clothes? The feeling you get is: *This person doesn't really care what I'm saying.*

Given the barrage of electronic communication we all face these days, it might seem socially acceptable to shoot off a text or glance at our computer screen during a chat. We may even think this multitasking makes us appear professionally dedicated and efficient. But by fracturing our attention, we're actually making our interactions *less* efficient. We may also wind up discouraging others from sharing complex, sensitive or important information with us because they pick up on the message that "it's not a good time."

Making it clear to others that you are paying attention is fairly simple, says Goman. First, sit still. Know that playing with your pencil or checking your texts communicates inattention. Get in the habit of turning your head and body toward whoever is speaking. Make eye contact. Leaning forward, nodding and tilting your head are other nonverbal ways to indicate interest.

Such small adjustments can yield rich rewards. "You'll not only be received positively," Goman says, "but you will also likely receive reciprocal



## 4 Surprising Things Your Body Language Is Saying (cont'd)

attention.”

### 2. Defensive Maneuvers

When we cover the body's points of vulnerability, like the stomach and groin, or we cross our arms or place our hands on our hips, we're in a defensive posture. Human beings often assume defensive postures when they feel criticized, attacked or manipulated, says Navarro, who characterizes these responses as “part of our nervous system's flight-or-fight response.” These body postures signal aggression (much like a dog's growl), and because they tell people to back off, they tend to shut down communication.

When you notice your hackles are up, try taking a deep breath and remind yourself that you're safe. Think about someone you love or a pleasant experience you have planned after work. Remembering you have a life beyond this moment will help call off the nervous system's state of alarm.

If someone else is using defensive body language around you, make space, Navarro suggests. “Take a step back and turn your body to a slight angle,” he says. You might also try standing next to (rather than across from) the other person, and “tilting your head slightly to create a sense of empathy and openness.”

### 3. Oozing Expressions

Negative feelings at work are inevitable, but it's critical to deal with them professionally. Just-barely-suppressed emotions can manifest in passive-aggressive behaviors like sneering, sulking and even eye rolling. “Rolling the eyes immediately communicates a sense of disapproval and disrespect,” says Navarro.

Breaking this habit requires some self-awareness and healthy discipline. Communications coach Nick Morgan, author of *How to Read Body Language* (New Word City e-Book, 2010), suggests that if you're inclined toward letting your negative feelings leak out in this way, you begin practicing more appropriate methods of processing strong feelings in a professional setting. If you're upset at work, diffuse the

emotional charge outside the office: Go to the gym, see a movie, take a long walk. Then, when it's time to discuss the situation with your colleagues — a round of layoffs, unreasonable deadlines, overwhelming overtime — be direct and to the point.

Directness also can be an antidote to a coworker's passive-aggressive antics. If you notice someone making a face or rolling his eyes, just ask calmly if he has something to say. This will likely stop the behavior cold and might even provoke a problem-solving conversation.

### 4. Space Invaders

You've probably noticed that people in positions of power tend to take up a lot of room at the table: They splay their legs, spread their arms or slap people on the back as a greeting. While this may look like supreme confidence, hogging space or crossing physical boundaries is often just a sign of insensitivity.

“Violations of our personal space make us hypervigilant,” Navarro says. We may think we're communicating confidence or joviality, but we might just be making our colleagues uncomfortable by getting too close.

While the meaning of “too close” varies between individuals and cultures, most Americans consider the 4 square feet of space around them to be “personal space.” Unless you have a personal relationship outside the office, crossing this line with a colleague can send a signal of disrespect or intimidation. So stay in what's considered “social space” — between 4 and 12 feet — with everyone but your pals.

And rather than putting hands behind your head or stretching out your legs at the boardroom table, communicate confidence by assuming a calm, upright posture in your chair, with both feet planted firmly on the ground. This shows you know how to claim your space and leave room for others, too.

This article was taken from Care 2 Make A Difference website. [www.care2.com](http://www.care2.com)





### UPCOMING EVENTS December 2012

- Dec 6, 2012**     **Agency Visits-Tulsa**  
POC: FEB Office, 405-231-4167
  
- Dec 6, 2012**     **Oklahoma Field Federal Safety & Health Council Meeting**  
**10:30-12:30**  
Location TBD, POC: Stephanie Schroeder, 405-954-0371
  
- Dec 8, 2012**     
  
- Dec 11, 2012**    **Emergency Preparedness/COOP**  
Okla City County Health Dept  
921 Northeast 23rd Street  
POC: FEB Office, 405-231-4167
  
- Dec 12, 2012**    **CAMI Celebrates 50<sup>th</sup> Anniversary**  
POC: Cammey Kasper, 405-954-1002
  
- Dec 19, 2012**    **Interagency Training Council**  
**10:00 am**  
NW Library, 5600 NW 122 St, OKC  
POC: Stacy Schrank, 405-606-3823
  
- Dec 25, 2012**         **Merry Christmas**
  
- Dec 26, 2012**    
  
- Dec 31, 2012**         **New Years Eve**

#### INSPIRATION CORNER

A leader has two important characteristics; first, he is going somewhere; second, he is able to persuade other people to go with him.  
 –Maximilien Francois Robspierre

The ability to keep a cool head in an emergency, maintain poise in the midst of excitement, and to refuse to be stampeded are true marks of leadership.  
 –R. Shannon

When you find a man who knows his job and is willing to take responsibility, keep out of his way and don't bother him with unnecessary supervision. What you may think is cooperation is nothing but interference.  
 –Thomas Dreier

### 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 15<sup>th</sup> of each month.

#### Officers

**Chair:**                    **Adrian Andrews**  
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## Civil Aerospace Medical Institute Observes 50th Anniversary

By Mike Wayda

**THE CIVIL AEROSPACE** Medical Institute (CAMI) observed the 50th anniversary of its dedication on October 21, 2012. The official 1962 dedication, a gala outdoors ceremony complete with a brass band and tour of the facilities, attracted a Senator, three Congressmen, and the FAA administrator to the new research facility to join in the celebration.

Local Oklahoma business leaders and officials participated, including one of the most famous military and civilian flight surgeons, **Randolph Lovelace, II, MD**.

On the previous day, a scientific seminar had been held, and that night, the immortal **Jimmy Doolittle** gave a banquet talk in downtown Oklahoma City in honor of the Institute.

The FAA's medical and scientific staff from other locations would now be located in the new 22,000 square foot facility.

In the 50 years since the inauguration of the new facilities, CAMI has achieved numerous milestones in aviation safety and is perhaps best known to aviation medical examiners (most of whom have toured the facilities) as the place where the Aerospace Medical Certification Division and the Aerospace Medical Education Division staffs reside. These and the other activities will be described for your information.

### **Aerospace Medical Certification.**

Approximately 400,000 airman medical certification applications are received each year by the AMCD; of that number, 20-25% require further review by legal instrument examiners and staff physicians. Their extensive databases help them evaluate the remaining 80% of applications received. Medical standards are being evaluated for commercial space travelers, unmanned aerial vehicles, and crewmembers of the not-too distant future.

**Aerospace Medical Education.** The Education Division helps to promote aviation safety through educational programs that:

- Train and evaluate aviation medical examiners, now about 3,400 physicians.
- Train civil aviation pilots and FAA aircrews in aviation physiology and global survival skills.

- Provide safety of flight information to aviators and the flying public.

The CAMI research organization includes:

• **Human Resources** researchers study the behavior and performance of people at work in aviation: human factors—especially for safety-critical jobs like those of aircrew members and air traffic controllers. Because aviation is a demanding work environment, CAMI researchers look for ways to achieve harmony between individuals and their tasks—to improve performance, efficiency, and aviation safety.

• **The Aerospace Medical Research Division** investigates specific issues applicable to improving safety, health, security, mediation of injury, and enhancing survivability of passengers and crew in civilian aerospace operations. The two major research areas are: Bioaeronautical Sciences (Forensic Toxicology, Biochemistry, Functional Genomics, Radiobiology, and Bioinformatics) and Protection and Survival Biodynamics Research (Cabin Safety, Aviation Physiology, Medical, Vision, and the Autopsy Program).

**CAMI's Occupational Health Services Division's** professional medical staff offers emergency medical care, preventive medicine, and health awareness programs for Mike Monroney Aeronautical Center employees and students. These programs also touch the health and safety needs of airmen, as well as the flying public—whether they are in airports or aboard air carrier aircraft.

### **Rededication**

The CAMI building has recently been renovated to update the facilities, and a rededication ceremony will be held on December 12, 2012, to roughly correspond with the 50th anniversary date. Just like in 1962, many are invited to participate—distinguished friends, current and former colleagues, Senators, Congressmen, the FAA Administrator, local officials.... Best wishes to CAMI for its second 50 years of service to the American people.

*Taken from The Federal Air Surgeon's Medical Bulletin • Vol. 50, No. 2*





Dieting on a per diem  
**Don't Say "Goodbye, Diet!"**

*Travel Tips for Eating Well on the Road*

By Sara Woldai, Certified Government Meeting Planner (CGMP) and Kimberly Kowal, CGMP

**THE CONSTANT RUSH** of activities often trumps our valiant efforts to maintain a healthy diet. Eating on the road can be very challenging, but if you keep unhealthy food choices at bay, you'll find you can maintain a healthy regimen during your travels with no regrets.

1. **Eat local foods.**

No matter where you are, there is usually some type of cuisine local to the area you are in. Eating local foods is fresher, tastes better and keeps us in touch with the season. Focus on meals that include fresh vegetables and lean proteins.



2. **Do your research.** Find out what your dining options are before you arrive so you can pre-plan where and what you will be eating. Look into what time restaurants/convenient stores close around your hotel so that you aren't stuck eating what's in the hotel vending machine or minibar. This will also help you stay on budget and avoid paying more than you need to.
3. **Sauces on the side.** Ordering a salad always seems like the better option but sometimes it's the worst when you don't use dressings in moderation. Always ask for dressings and sauces on the side so you can use in moderation.

4. **Beware of table snacks.** If you're hungry when you sit down at a restaurant, those table snacks like bread, chips and crackers etc. will be looking good. These little bites can add hundreds of calories, and can fill you up before your meal ever

arrives. Be sure to tell your server you don't want any or order a salad or healthy appetizer instead.

5. **Start the day off right.** Eat a full, healthy breakfast. This will limit the temptation to snack throughout the day and will prepare your body for the day's activities. It's

also important to drink plenty of fluids. Water is the most ideal, but tea, juice, and milk are also good options. Avoid sodas and sugary drinks as much as possible. Your body needs all the energy it can get to overcome jet lag. The easiest option is not always the healthiest.





Reprinted from article run in Government Connections (A Society of Government Meeting Professionals [SGMP] magazine)

*Authors of this article are:*

*Sara Woldai, SGMP's Executive & Conference Assistant, and*

*Kimberly Kowal, SGMP's Membership Communications Manager.*



SUN	MON	TUES	WED	THUR	FRI	SAT
30	31 New Years Eve 	December 2012				1
2	3	4	5	6 10:00 OFFSHC Agency Visits-Tulsa	7 Naturalization	8 
9	10	11 2:00 Emergency Prep/COOP Council	12 CAMI celebrates 50!	13	14	15
16	17	18	19 10:00 ITC	20	21	22
23	24	25 Merry Christmas 	26 	27	28	29

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