



ADMIN INSIDER

THE LATEST AND GREATEST
From the Department of Administration

August 2013

Governor's Family Picnics

Great fun in the Alaskan summer sun...

I hope that many of you had the chance to attend a Governor's Picnic in Anchorage, Fairbanks, Homer, Juneau, Kenai or the Mat-Su Valley. It's always fun to serve friends, neighbors and communities on a sunny Alaskan afternoon. Here are a few fun photos from this year...



Commissioner Becky Hultberg with DPS safety mascots at Juneau Governors' Family Picnic



Commissioner Becky Hultberg serving food at Anchorage Governors' Family Picnic



DOA Special Assistant Tina La Rose and ETS Director Jim Bates working at the Department of Administration's "Bubble Mania" booth at the sunny Governor's Picnic on Saturday in Anchorage.

Weight Watchers™ At Work

Take it from those who have seen the results...

The State of Alaska Weight Watchers at Work program has seen exciting progress over the past year and we are encouraged by the success and impact of the program. Nearly half of program participants in over 10 different meeting locations statewide lost 5% or more of their total body weight!

Beginning August 5, 2013, Weight Watchers is offering an 18-week [Meeting Series](#). AlaskaCare members who meet the [participation requirements](#) are eligible to participate in the 18-week series at no cost. Meeting locations will remain open throughout the course of the series even if attendance drops.

More information about the program, meeting and open house locations, and many FAQs can be found on the [Weight Watchers At Work web page](#).



DRB Systems Outage

August 9 through 11, 2013...

All Division of Retirement and Benefits public-facing web **applications will be down from 5 p.m. Friday, August 9 through Sunday, August 11**. This outage is necessary to implement a database upgrade. Affected applications include eReporting, Employer Access, myRnB, Member Services Online, Retirement Benefit Estimators, SBS Web and Direct Deposit Online.

Wellness Spotlight – Eat Right

It's about quality, not quantity ...

This month's new
**August Wellness
Often!"**



When it comes to how many to some of us to eat more are trouble, often resulting in finally make time to eat.

have benefits such as increasing your energy level throughout the day, reducing food cravings and increasing the amount of calories you burn each day.

wellness challenge is here...

Challenge – "Don't Eat More, Just More

times a day you eat, it may seem counter-intuitive often, but studies have shown that skipped meals a slower metabolism and overeating when you Eating small meals every two to three hours can

For rules and how to join the August wellness challenge go to:

<http://doa.alaska.gov/dr/alaskacare/employee/wellness/challenge.html>

Questions about Wellness? Visit the Division of Retirement and Benefits website at <http://doa.alaska.gov/dr/alaskacare/> and click on the WELLNESS logo on the left.

Knowing Your Neighbor

Amazing facts about the people you work with...

This month we have another amazing neighbor...can you guess who from the clues?

He ...

- started working life in a paper mill
- moved on to a global US power generation company AES. Worked for them for 6 years including 3 years in Qatar and secondments in Pakistan and Ithaca in New York state.
- was shocked to obtain a green card in less than 3 weeks.
- worked at Greens Creek Mine in the Electrical & Instrumentation section before joining the State in 2007.
- was a former cathedral altar server and soccer referee.
- loves cooking in his spare time and creating off the wall menu items – Ras al Hanout made with Ostrich anyone?
- and his wife recently opened a store in Juneau selling organic teas, herbs, spices and gourmet salt.
- has 3 children, eldest son is a professional singer and was a member of the choir at the royal wedding of Prince William and Kate Middleton.
- wants to own a Camaro and take it on a road trip on route 66.

Any guesses?

If not, “Tzivgs Qlmvh lu gsv Wrerhrim lu Tvmvizo Hvierxvh” is your clue.

Use an Atbash Decoder to find the answer: <http://9nl.me/KYN-Aug2013/>

Anyone in your office we should get to know? Send your stories to Andy Mills – andy.mills@alaska.gov

Thanks for reading!

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