



Job Training and Safety NEWSLETTER

Information & Schedule for November 23rd through December 29th, 2011

Electric Departments

PLEASE NOTE THAT IN DECEMBER WE WILL ONLY BE DOING SAFETY MEETINGS FOR ELECTRIC DEPARTMENT PERSONNEL

- Hearing conservation
- Electrical Safety
- Fall Protection

MESO will send reminder cards before any scheduled safety meeting should there be a change due to weather or other unforeseen occurrence. We will contact appropriate safety personnel by phone.

CALENDAR OF UPCOMING PROGRAMS

Professional Growth Series-Teaming with Others	Claremore, OK	November 3, 2011
2011 Management Series-Delegating for Personal Growth	Perry, OK	November 29, 2011
Professional Growth Series-The Conflict Workshop	Claremore, OK	December 1, 2011
Oklahoma Gas Association Annual Conference-Golf Tourney	Norman, OK	August 27-29, 2012

**FOR INFORMATION ON UPCOMING PROGRAMS,
PLEASE CONTACT OUR OFFICE (405) 528-7564 or
(800) 636-6376**



JT&S TRAINING SCHEDULE
Training Period 9
November 23rd, through December 29th, 2011

DATE	CITY	MEETING	TIME
Wednesday, November 23 rd	TRAINERS MEETING	MESO OFFICE	10:00 am
Monday, November 28	Kingfisher	ED	8:00 a.m.
	Watonga	ED	10:30 a.m.
	Geary	ED	1:15 p.m.
Tuesday, November 29	Fairview / Okeene	ED	8:00 a.m.
	Mooreland	ED	10:30 a.m.
	Waynoka	ED	2:00 p.m.
MANAGEMENT TRAINING SERIES			
Delegating for Personal Growth			
Perry, Oklahoma			
Thursday, December 1	Perry	ED	8:00 a.m.
	Yale	ED	10:30 a.m.
	Cushing	ED	1:15 p.m.
PROFESSIONAL GROWTH SERIES			
THE CONFLICT WORKSHOP			
Claremore Community Center			
Claremore, Oklahoma			
Monday, December 5	Stroud	ED	8:00 a.m.
	Mannford	ED	10:30 a.m.
	Hominy	ED	1:15 p.m.
Tuesday, December 6	Prague	ED	8:00 a.m.
	Tecumseh	ED	10:30 a.m.
	Stillwater	ED	1:30 p.m.
	Pawhuska	ED	8:00 a.m.
	Skiatook	ED	1:00 p.m.
	Collinsville	ED	3:15 p.m.
Wednesday, December 7	Ponca City	ED	8:00 a.m.
	Tonkawa	ED	10:30 a.m.
	Blackwell	ED	1:00 p.m.
	Miami	ED	7:00 a.m.
	Monett	ED	10:00 a.m.
	Bentonville	ED	2:00 p.m.
	Pawnee	Resolving Issues Together	10:00 a.m.
Thursday, December 8	Edmond	ED	7:00 a.m.
	Siloam Springs	ED	8:00 a.m.
	Spiro	ED	1:00 p.m.
	Sallisaw	ED	3:15 p.m.

DATE	CITY	MEETING	TIME
Friday, December 9	Pond Creek	ED	9:30 a.m.
	Newkirk	ED	1:00 p.m.
	OMPA	ED	3:00 p.m.
Tuesday, December 13	GRDA	ED	7:30 a.m.
	Claremore	ED	10:00 a.m.
	Pryor	ED	1:00 p.m.
Wednesday, December 14	Purcell	ED	8:00 a.m.
	Lindsay	ED	10:30 a.m.
	Anadarko	ED	2:00 p.m.
	Wagoner	ED	8:00 p.m.
	Tahlequah	ED	10:30 a.m.
	Stilwell	ED	1:00 p.m.
Thursday, December 15	Duncan/Marlow	ED	8:00 a.m.
	Comanche	ED	10:30 a.m.
	Walters	ED	1:15 p.m.
Friday, December 16	Frederick	ED	8:00 a.m.
	Altus	ED	10:30 a.m.
	Mangum / Granite	ED	1:15 p.m.
Monday, December 19	Lexington	ED	10:00 a.m.
Tuesday, December 20	Clarksville	PW - Make-up	7:00 a.m.
	Clarksville	ED	9:00 a.m.
	Benton	ED	2:00 p.m.
Wednesday, December 21	Hope	ED	7:30 a.m.
	Prescott	ED	10:00 a.m.
	Broken Bow Housing	PW	2:00 p.m.
Thursday, December 22 nd TRAINERS MEETING MESO OFFICE 10:00 am			



HAPPY NEW YEAR

Becoming Santa With a Smile

From: YourHealthStyle — December 1999

List your favorite activities, and, chances are, holiday gift shopping isn't in the top five. (Maybe not in the top 50!). you may have to make time for shopping, fight traffic, choose, gifts, wrap them, deliver them and then, if you're like lots of people, pay for them in January. But plan a strategy for completing the job well in record time, and you'll become a much more relaxed Santa.

SIMPLIFYING GIFT GIVING



Don't procrastinate. Holiday shopping isn't so bad when done a little at a time instead of at the last minute.



Pare your shopping list. Agree with a friend, for example, that this year you'll meet for lunch instead of buying one another a gift. Draw names among extended family members. That means just one gift instead of a gift for each member of the family.



Ask members of your family what they'd like. Why guess when you can know exactly how to please each one of them?



Shop at stores that gift wrap.



Shop on line. Shop via computer any time of the day or night. Extensive catalogs are available 24 hours a day. Discounts usually make up for shipping costs. If you're nervous about using a credit card on line, each site usually has a phone or mail-in option as well



Buy the same gift for several people. Choose a gift that's appropriate for most anyone — a dozen cookies from the best bakery in town, a gift basket filled with foods that are manufactured in your state or framed snapshots of events that took place during the year.



Use gift certificates.



Shop at museum gift shops. Especially right before Christmas, they're less likely to be crowded than the mall. And they're a good source of high quality, unusual gifts.

Get What You Want

From: YourHealthStyle — December 2000

Traffic and lines and debt aren't on anyone's Christmas list. Buy they're some things most of us get. You might have a better holiday if you plan ahead to ensure your family as a group gets something it does want. A trip to Disney World or a pool table may not fit your budget or time frame. But there's probably some item or event that would enhance the holidays for your whole crew. Brainstorm together about what you want, and then do what it takes to make it happen. Even if all you can manage together is a small gesture, maybe you'll grow better at getting what you want in years to come. Let the following examples of what you might want inspire family Christmas together.

- Dinner out at your family's favorite restaurant
- A board game that they family can enjoy playing
- A fixed amount that your family will donate to its favorite charity
- An evening set aside for relatives or family friends
- A family ski trip
- A family outing to see a long-awaited movie or a sporting event
- A night when the entire family works on holiday preparations
- A quiet night at home when the phone's turned off, no one goes out and no one mentions the word "Christmas"

JT&S PARTICIPANT CITIES

Altus	Mannford
Anadarko	Marlow
Antlers	Miami
Benton, AR	Monett, MO
Bentonville, AR	Mooreland
Blackwell	N Central Area Council
Bristow	OMPA
Broken Bow	Okeene
Chelsea	Pawhuska
Claremore	Pawnee
Clarksville, AR	Perry
Cleveland	Ponca City
Clinton	Pond Creek
Comanche	Prague
Cordell	Prescott, AR
Cushing	Pryor Creek
Drumright	Purcell
Duncan	Sallisaw
Edmond	Seiling
El Reno	Shawnee
Fairview	Siloam Springs, AR
Frederick	Skiatook
GRDA	Spiro
Geary	Stillwater
Granite	Stilwell
Grove	Stroud
Guthrie	Tahlequah
Guymon	Taloga
Haskell	The Village
Hominy	Vici
Hope, AR	Vinita
Kingfisher	Wagoner
Laverne	Walters
Lexington	Watonga
Lindsay	Waurika
Mangum	Yale

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