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FROM THE CLERK

Welcome to the New Year! Some things are the same—travel allowance reimbursement remains at 55.5 cents per mile. Some things are new—the Wellness Committee is up and running. There was great attendance at their first meeting and I am expecting a lot of positive recommendations to come from this work.

2012 is an election year for the County Clerk, Court Clerk, Sheriff, and District 2 Commissioner—along with the President of the United States, of course. While employees may not campaign during work hours, I hope each of you will be involved in the process as having a voice is a unique privilege of American citizenship.

We have a participatory government and our first point of participation is in the voting booth. We now have access to a voter registration form on the Wagoner County website—so if you aren't registered, check it out at www.wagonercounty.ok.gov Have a great 2012 and remember that "the road ahead lies within."

Carolyn Kusler



Special points of interest:

- Purchase Order Information.....



Wagoner County—Growing from Good" to Great"!

2012 COUNTY HOLIDAYS

Martin Luther King Day	Monday	January 16 th
President's Day	Monday	February 20 th
Good Friday	Friday	April 6 th
Memorial Day	Monday	May 28 th
Independence Day	Wednesday	July 4 th
Labor Day	Monday	September 3 rd
Columbus Day	Monday	October 8 th
Veteran's Day	Monday	November 12 th
Thanksgiving	Thursday and Friday	November 22 nd and 23 rd
Christmas	Monday and Tuesday	December 24 th and 25 th



COUNTY CLERK SAFETY TRAINING

Just a reminder—The County Clerk administration offices and Land Records will be closed the first Wednesday of every month from 8:00am—9:00am.

The next scheduled training is Wednesday, **FEB 8TH.**

JANUARY TRIVIA

1. January is known as National Soup month in America.
2. The 1st Football Super Bowl Game was held at the LA Coliseum in January.
3. Most people know the month of January was named after the Roman God Janus.
4. Janus (Ianuarius) was the Roman God “of the doorway” or gate-keeper, many times represented as a 2 faced mask signifying beginnings and endings.
5. The Saxons called it “Wolfmonth” or “wolf-monath”, because in the cold deep snow nights during the month wolves would come out of the forests and into villages hunting for food.
6. The garnet is the official birth gemstone of the month.
7. The Latin root word that January comes from is ‘ianua’ – which means door.
8. January 4th is designated as National Short People Day and National Spaghetti Day, in America.
9. Did you know on January 4th, 1965—CBS bought the Fender Guitar Company?
10. In Minnesota on January 4th, 1999, former Professional Wrestler Jesse Ventura became Governor.
11. January 8th is National Bubble Bath Day.
12. In 1935 on January 8th Elvis Presley, (“THE KING of ROCK N ROLL”) was born in Tupelo, Mississippi.
13. In January of 1964, the 1st Country Music Album became #1 on the Billboard Pop Music Chart: the Johnny Cash record ‘Ring of Fire’.
14. Did you know that President Lincoln issued the EMANCIPATION PROCLAMATION on New Years Day in 1863, ending slavery in America?



A Message from Dyan Marrs, Human Resources

Fit It In!

Strategies and Tips to Help Squeeze in Some Exercise During Your Busy Day Everyone agrees that they should exercise regularly, but who has time? Between soccer game trips, business meetings and house projects, how do you squeeze in a workout? With a little smart planning, it is possible.

Six Strategies to Help you Fit in a Workout

Whether you're a stay-at-home parent or a career woman or man, here are tips that might help you get in a regular workout.

- 1. Get up earlier.** This may be tough to do at first, but the bottom line is that sometimes the only way to make time is to start earlier. Offset this by getting to sleep earlier. Even 20 or 30 minutes will be a good start.
- 2. Consider commuting.** If it's a realistic option, try cycling or running to work or to do errands. This can be one of the most effective ways to consistently exercise during the week, with small to moderate time sacrifices.
- 3. Do a lunchtime workout.** If you have a nine-to-five office job, squeeze in a lunchtime workout at a nearby health club, running trail or fitness facility. Make sure you eat a nutritious snack at your desk while you work.
- 4. Set the table for dinner with a workout.** Fitting in a workout before dinner requires self-discipline, but it can be a great evening re-energizer. If you're in charge of dinner, rally the troops to help out and begin to prepare the meal while you shower.
- 5. Focus on weekends.** If, no matter what you do, weekday exercise just isn't happening, focus on longer workouts on weekends when you'll have more flexibility. Block off a bigger chunk of time to offset your lack of exercise during the week.
- 6. Plan out your week.** Have a weekly planning session on a Sunday evening or night. Instead of finding time for exercise, adopt the attitude that you must make time. Schedule your workouts in your weekly planner in the same way you would an appointment.



Five Time-saving Exercise Tips

Besides having a scheduling strategy, try these tips to help you get the most out of your day.

- 1. Organize your gear.** No matter when you workout, organize your apparel and gear so you're ready to go in minutes. That's especially important for morning workouts—have your clothes set out and a gym bag packed.
- 2. Combine trips.** During your work commute or errand running, bring your workout gear with you. Stop at the health club or running trail along the way.
- 3. Recruit some help.** Ask your spouse (nicely) to run that errand or pick up the kids from school. That way you can workout. Explain that you'll be happier and healthier, which benefits both of you. It might be a tough sell, but it won't hurt to ask!
- 4. Exercise at home.** Reduce travel from the health club or YMCA by investing in some gym equipment, such as a treadmill or elliptical machine. More affordable alternatives are a yoga DVD, Pilates gear or an inflatable exercise ball.
- 5. Do group workouts.** Join a group workout, such as running, cycling, walking or yoga, which is a fixed appointment. This saves you time worrying about when to workout.

Find the perfect opportunity in your busy day to exercise. Try some of these time-saving tips. You'll be squeezing in your workouts in no time.

Let it Snow, Let it Snow...

Back in February of this year, Oklahoma had record snowfall and the winter months and the possibility for more severe weather is fast approaching. Here are some tips to get ready for winter:

When you are outside, wear layers of clothing to stay warm. Be sure to walk slowly, always wear gloves and keep your hands out of your pockets so if you should slip, you can break your fall and more easily prevent injury. To gain better traction on slippery sidewalks, elastic snow and ice cleats can be purchased.

During cold weather, prevent broken pipes and cold air coming into your home by :

- Disconnect water hoses and install an insulated faucet cover
- Install washer and dryer pipe insulation.
- Cut down on hot water bills by installing an insulating wrap on the hot water heater.
- Use heat tape and expanding foam to fill cracks around windows.
- Shrink wrap can be obtained at any hardware store to wrap windows to prevent drafts.

Ahead of a storm, put together a winter survival kit containing:

- NOAA Weather radio and extra batteries.
- Non-perishable foods which does not require cooking. Also high energy foods like dried fruit or candy.
- Drinking water.
- Flashlights and extra batteries
- First aid supplies and any needed medications.
- Also, if your home runs on heating fuel such as propane, be sure you maintain ample fuel levels as some carriers may not be able to reach you for several days after a storm.

Be ready if the power goes out:

- When using alternative heat sources, use safeguards and properly ventilate. Use a carbon monoxide detector.
- If you don't have heat, close off unneeded rooms and stuff towels under doors.
- Eat and drink. Food gives the body energy to produce heat.
- Wear layers of clothing. Remove layers to avoid overheating, perspiration and then chill.



Let it Snow, Let it Snow...

Winter can also bring with it, slick streets. AAA suggests keeping the following in the Car:

- Bag of abrasive material (sand, salt or cat litter)
- Snow Shovel
- Flashlight with extra batteries
- Window washer solvent
- Ice scraper with a brush
- Roll of paper towels or cloth
- Jumper Cables
- Extra warm clothing and a blanket
- Warning devices such as road flares
- Drinking water and snacks
- First aid kit
- Basic tool kit



A NOTE FROM **THE PURCHASING DEPARTMENT**

PURCHASE ORDERS

We will not be issuing Warrants for P.O.'s on January 30th so that Payroll Warrants will be ready for distribution on the 31st. All Purchase Orders submitted for payment after January 18th will be paid on February 6th.

Wagoner County

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We have a new web
address!

www.wagonercounty.ok.gov

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CALENDAR



Jan 23 Commission Meeting
Jan 30 Commission Meeting
Jan 31 Excise Board
Feb 6 Commission Meeting
Feb 8 County Clerk Safety Mtg
Feb 7 Excise Board
Feb 13 Commission Meeting
Feb 20 President's Day (Holiday)

I hope you enjoy this January Newsletter!
If you wish to contribute to the newsletter
for Feb., please let me know. *Char*



MISSION A MATTER OF RIGHT

"A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy; or perhaps both. Knowledge will forever govern ignorance: And a people who mean to be their own Governors, must arm themselves with the power which knowledge gives."

- James Madison