

FLEET FOCUS

A newsletter from Lee County Fleet Management

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JUST DO IT!!

We hear it almost every day: “Sigh, sigh, sigh. I just can’t get myself motivated to....” And we hear an equal number of sighs from health and wellness educators who can’t get their patients motivated to do the right things for their health. We have news for you. Motivation is not going to strike you like lightning. And motivation is not something that someone else – nurse, doctor or family member – can bestow or force on you. The whole idea of motivation is a trap. Forget motivation. Just do it. Exercise. Lose weight, test your blood sugar or whatever.

Two years ago, a group of Fleet employees made the decision to get healthy. They began meeting regularly to discuss healthy diets, to exercise and generally get fit. Now, two years later, Fleet staff members continue into their third year of their “Just for the Health of it” program. Some of our team members have moved away, but others have been added in their place. Totally we’ve lost almost 200 pounds, cholesterol scores have dropped hundreds of points, and blood pressure is within healthy limits. Recently we added a new area of concentration by introducing a smoking/nicotine cessation program with 6 Fleet employees participating. All participants hope to be nicotine-free by mid January.

So, do whatever you need to do without waiting for motivation. And then, guess what? After you start doing the thing, that’s when the motivation comes and makes it easier for you to keep on doing it. Motivation is like love and happiness. It’s a by-product. When you’re actively engaged in doing something, it sneaks up and zaps you when you least expect it. As Harvard Psychologist Jerome Bruner says, “You’re more likely to act yourself into feeling than feeling yourself into action.” So act! Whatever it is you know you should do, do it.

QUOTABLE QUOTES:

“The enemy is anybody who’s going to get you killed, no matter which side he’s on.”

- Joseph Heller
American Novelist

“Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.”

- Eddie Rickenbacker
U.S. WWI Aviator

“Every organization has to prepare for the abandonment of everything it does.”

-- Peter Drucker,
Harvard Business Review

“Courage is being scared to death – but saddling up anyway.”

- John Wayne
Actor

“A hero is no braver than an ordinary man, but he is braver five minutes longer.”

- Ralph Waldo Emerson
US Essayist, Poet

“We can do anything we want as long as we stick to it long enough.”

- Helen Adams Keller
American Author / Lecturer

DO I REALLY NEED TO KNOW THIS?

** The Baltimore Ravens were named after the poem "The Raven" by former Baltimore resident Edgar Allen Poe. Three ravens named Edgar, Allen and Poe are their mascots.

** The actual dimensions of a 2 X 4 piece of lumber are: 1 ½ thick by 3 ½ inches wide. The lumber's rough size before planing is 2 inches by 4 inches.

** A polar bear's toes on its front feet are partially webbed to help with swimming. The bear paddles with its front feet while steering with its back feet.

** The philtrum is the groove that runs from the top of your upper lip to your nose.

** Thermometers were filled with Brandy in the 1600s before mercury came into use.

** British Prime Minister Tony Blair was the long-haired lead singer of a rock group called the *Ugly Rumours* while he was studying law at Oxford.

** Admission to the first drive-in movie in Camden, NJ in 1933 was 25 cents per car plus 25 cents for each occupant with a \$1 ceiling per car.

** Singer George Michael's real name is Yorgos Kyriatou Panayioutou.

** When the Hoovers did not want to be overheard

by White House guests, they spoke to each other in Chinese.

** In 1970, "MCI" stood for "Microwave Communications, Inc." No longer an acronym, it now stands alone.

** Mageiricophobia is the intense fear of cooking.

** Richard Milhouse Nixon was the first US President whose name contains all the letters from the word "criminal". William Jefferson Clinton is the 2nd.

** Columbia has the most murders with .63 per 1,000 people. The remaining top 5 are South Africa, Jamaica, Venezuela and Russia. The U.S. is 24th with .04 per 1,000.

** Dolphins sleep with one eye open, eat an average of 66 pounds of fish a day, and are capable of diving as deep as 1,000 feet.

** The Goodyear blimp, the Mayflower, was first used to photograph a sporting event at the 1960 Orange Bowl on CBS.

** A cluster of bananas is called a hand and consists of 10 to 20 bananas, which are known as fingers.

** As bananas ripen, the starch in them turns to sugar. Therefore, the riper the banana, the sweeter it will taste.

** 99% of the pumpkins sold in the U.S. end up as jack-o-lanterns.

** 84% of a raw apple is water. A cucumber is 96% water.

** The largest flower is the Rafflesia or "corpse flower" at 3 feet in diameter.

LAST MONTH'S TRIVIA

After Spiro Agnew resigned from office in disgrace in 1973, what entertainer loaned him money for living expenses and payment of Internal Revenue Service fines?

A- Frank Sinatra

B- Dean Martin

C- Sammy Davis Jr.

D- Joey Bishop

The correct answer is "A." Frank Sinatra loaned Spiro \$230,000. This month's trivia winner was Cathy Bia from EMS/Public Safety who was the only correct respondent! Way to go Cathy! Thanks to all who played our trivia game.

**CHANGING LANES???**

A national survey reveals that 57% of American car drivers admit they don't use their turn signal when changing lanes. Their excuses?

42% Don't have enough time;

23% Too lazy;

17% I forget to turn it off;
 12% I change lanes too much to bother;
 11% It's not important;
 8% Other drivers don't do it;
 7% It adds excitement to driving;



THIS MONTH'S TRIVIA

What state's capitol building has an active oil well on its grounds?

- A. Texas
- B. Alaska
- C. Oklahoma
- D. Montana

Send your guess to Marilyn Rawlings at Fleet to be eligible to be this month's prize winner. The winner will be selected randomly about the 25th of the month from all correct respondents.



THE GRINCH WHO STOLE CHRISTMAS??

A news story reported that two bikes were stolen from children who had received them as Christmas presents. The angry parents posted a sign in their front yard that read, "Dear Thieves: We hope you enjoy the bikes. You stole our children's Christmas!" The next day,

they found an envelope on their front porch. Inside was \$200 and a note which read: "For every crook, there are 1000 nice people in the world. Merry Christmas."

Be one of the nice people!



THE LEGEND OF THE LONE RANGER

Captain Dan Reid used his connections with the Secret Service and secured a position with the Texas Rangers. His brother, John, also joined the Rangers.

Hired gun Butch Cavendish was ordered to kill Daniel Reid. In 1866 Captain Dan Reid of the Texas Rangers led his men into Bryant's Gap where they were betrayed by another Ranger and ambushed by the Butch Cavendish gang. All but John Reid were killed. The traitorous Ranger stopped to check the bodies but was shot in the back by Cavendish. Cavendish left thinking that all Rangers were dead. An Indian who had been watching from a hiding place checked for survivors.

Finding one man severely wounded, but still alive, he bound his wounds and buried the other bodies. He then took the wounded man and what supplies remained and nursed Ranger John Reid, Captain

Dan Reid's brother back to health. John Reid, the only surviving ranger from the raid, became known as "the Lone Ranger" and vowed to avenge the death of his fellow rangers. His mask was made from the fabric of the vest worn by his slain brother, Captain Dan Reid.

WAYS TO INCREASE FUEL ECONOMY

1. **Make sure tires are properly inflated-** this is the easiest and cheapest way to control fuel costs and the one most overlooked.
2. Clean out the trunk - according to AutoZone, every 200 lbs of weight trims off one mile of fuel efficiency.
3. Avoid long idling - The worst mileage a vehicle can get is 0mpg which occurs when idling. When idling longer than a minute, shut off the engine.
4. Use the AC sparingly - The AC puts extra load on the engine, forcing more fuel to be used. Using the AC can increase gas consumption by up to 20 percent.
5. Drive at the posted speed limit. This may save a life as well as fuel.
6. Buy fuel at the coolest time of day when fuel is the densest. You're charged by volume. Don't fuel when temperatures are highest as the fuel is expanded due to the heat.



HAPPY BIRTHDAY TO U
Russell Ball 1/05

- Mark Goulston

QUOTABLE QUOTE:

"Proofread carefully to see if you any words out."
- Orlando A. Battista

married to Marisel and they have two children, Eric Jr. (2) and Dominic (4 months).

Please take the time to welcome them the next time you visit Fleet.

TEN MEASURES OF HIGH SELF-ESTEEM

- 1) How much you do to raise and *don't* do to lower the self-esteem of others.
- 2) How long you sustain an effort outside of your comfort zone to help the common good.
- 3) How full an effort you give to a fair decision that you disagree with.
- 4) How easily you ask for help or assistance.
- 5) How quickly and sincerely you thank someone who has helped you.
- 6) How quickly you offer help without the other person having to ask for it.
- 7) How completely you forgive and forget after you've been hurt and how quickly you move on.
- 8) How quickly you recognize and earnestly you apologize for your failures of commission or omission.
- 9) How enthusiastically you congratulate someone else on an achievement or good fortune.
- 10) How much more you give to the world than you take from it.



WELCOME WELCOME!

Fleet is proud to welcome two new employees to the Fleet family. You will meet Melissa Capizzi at the front service desk when you bring in your vehicle for service. Melissa comes to us from Brooklyn NY (we now have the Battle of the Boroughs!) where she worked at a physical therapy office. Melissa and her husband, Orion, are the proud parents of Samantha (6) and John (10 months). Melissa replaces Nytasha Riggins who is moving to the Windy City of Chicago.

Eric Gutierrez joins the Fleet parts room as a Supply Specialist, where he will be serving the Fleet mechanics and departmental customers. Eric moved to Fort Myers from Key West where he worked for Monroe County as a mechanic. Eric is

'JUST FOR THE HEALTH OF IT' PROGRAM ENTERS 3RD YEAR

Several Fleet Management employees enter their third year as participants in the "Just for the Health of It" program. Six employees are working on eating right and exercising regularly in an attempt to reduce their dependence on medicine for high blood pressure and high cholesterol, lose weight and become more physically fit. Nutritionist Ginger Patterson PhD. from "Fitness on the Move" continues to motivate the group toward healthier eating.

Another group of Fleet employees is working toward eliminating their dependence on nicotine products. These six employees are meeting weekly to encourage each other. Some stopped smoking "cold turkey" while others are reducing the number of cigarettes smoked each day. Their goal is for each participant to be

"nicotine-free" by the middle of January.

Special thanks to Heather Kearns, Lee County's Wellness Coordinator, who is working with this group to help them be successful in their program. If you or your work group is interested in starting a wellness program of any type, contact Heather at HKearns@leegov.com or 335-2103.