It has been said that to become an expert in a subject, one needs to spend thousands of hours in study or in rehearsal. Many believe 10,000 hours or so. Studies of some of the greats in performance, art, science, etc. show that ten years of dedicated, daily effort will add up to the necessary number of hours that one needs to become a “master of a craft”. In addition, natural talent is often what most people attribute to the success of those that have freakishly awesome abilities. Perhaps some have a special mix of both. Many of those individuals are known by their first names: Peyton, Kobe, Sting, Adele, Drake, Denzel, Oprah, Cher, etc.

Since the great majority of us will never realize a “freakish” talent, spend thousands of hours to master one activity, or be known worldwide by our first name only, I found great interest in a recent list I saw on Facebook. The title caught my eye immediately: “Things That Require Zero Talent”. The items on the list do not require hours of time to master, either. So, rehearsals and talent are not required. The writer had my interest. What things can I do right now as well as or better than the “one-name phenomenons” mentioned above?

No explanation of the words below is necessary so none is given. I offer this as “food for thought” towards how we might all improve our lives personally, at home and in our workplace.

**THINGS THAT REQUIRE ZERO TALENT**

*Being On Time, Effort, Energy, Attitude, Passion, Being Coachable, Doing Extra, Being Prepared*
Tyler Pipe Annual Health Fair
For all Tyler Pipe Team Members and their Dependent Family Members!

WHERE: Tyler Pipe Admin Building
WHEN: Thursday November 10, 2016
TIME: 7 am to 4 pm

All Tyler Pipe Team Members as well as your dependent family members are invited to receive services performed by UT Health Science Center, all at no cost to you. Normally these services would cost you at least a $20 to $30 co-pay, but by attending our Health Fair you will be able to have them performed in a relaxed setting, at no charge to you. These services will include blood pressure checks, cholesterol screenings, blood sugar testing, sleep screening, and FLU shots. UT Health Science Center will be providing Flu shots at no cost to any Team Member as well as any dependent over age 13 attending the Health Fair.

This will be the ONLY opportunity to get a flu shot at no cost this year, so please make time to attend!
Please contact Jennie Shephard at ext. 2060 with any questions.

Open Enrollment is upon us. How you can save BIG BUCKS!

By the time that you read this article, Tyler Pipe will be half way through our open enrollment period. Indeed our Corporate office moved up our enrollment period which use to last all of November. Now we are conducting the open enrollment that began on October the 17th and is continuing through Saturday, November the 5th. I took the liberty of creating a helpful flier that will take you through your open enrollment step by step. First let me say, for the third year in a row we are requiring spousal affidavits for each Team Member that has their spouse on our medical insurance. If you are covering your spouse then you must complete a spousal affidavit and turn it into HR by Friday, November the 5th or he/she will be dropped from your policy effective 01/01/2017. Since we went to the online system neither Faye nor myself have the ability to override the system and add your spouse back. So please, if you are covering your spouse and you have not yet completed a spousal affidavit, please stop by HR today.

Last year we contracted with BenefitSolver to enroll, maintain and administer our benefits here at Tyler Pipe. If you have not gone into www.benefitsolver.com then you need to take the time and log in. You can remove, add or modify coverage that you have or some that you may want. You just have to go into www.benefitsolver.com and complete the registration page and you are set. By the way, the company key is: mcwane While you are on BusinessSolver you can make sure that you check your tobacco designation. Who doesn’t love discounts? If you are a non-tobacco user then you can save up to $120 a year on your benefit costs. Want more discounts? You might have heard some people talking about a health survey that people are taking that saves them money off of their insurance premiums. That’s correct! If you log on to www.behealthy.com and complete the HealthQuotient then you can save $2.31 a paycheck which comes out to $60 a year on your benefit costs. Want more discounts?

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Folks, between the tobacco discount and the healthquotient that is $240 in savings a year. I always get this question, “Do we need to go online if we are not making any changes?” I strongly suggest that you log on to the websites that I have listed in this article and get all of the benefits that you have afforded to you. It is like leaving money on the table. You may make additions, deletions and changes as well as update your beneficiary information. As always, I am here to assist if you need help!
Each year in United States, over 1 million people receive a cancer diagnosis. Foundations like the American Cancer Society, the Susan G. Komen Society & even the Gilda’s Club make it their mission to help raise funds for research and to increase the awareness of our society as a whole. But how did it all get started? The infancy of cancer support groups goes all the way back to 1952 when cancer detection and mammography were in their infancy. It wasn’t until 1985 that the familiar pink ribbon or activities like the “pink out” became popular, in part; when the Susan G. Komen Foundation first handed out pink ribbons to those running in a race for breast cancer survivors in NYC. In 1993 the pink ribbon was adopted as the symbol for breast cancer awareness. More recently the month of October has been designated by the ACS as Breast Cancer awareness month and Tyler Pipe wished to show their support by donning pink on Friday, October the 21st. All in all it served us well to remember those brave individuals that chose to stand and fight against their cancer diagnosis.

This year we proudly celebrated the life of Ginger Sweetman, the late wife of Ted Sweetman, Safety Manager at Tyler Pipe. From the beginning Ginger had been told that she was dealing with a very aggressive form of cancer and she never quit searching for a cure and she never stopped fighting. Ted and Ginger searched tirelessly to find a facility that could alleviate her of this fast moving cancer. In February of this year, Ginger passed away from her illness. Ted brought an 8 x 10 picture of Ginger to display against the pink cladded Team Members that stood behind him in support. Our heart goes out Ted and his daughters for their loss.

Even though the Texas Rangers did not make it to the World Series this year, a few lucky team members enjoyed the moment as if they were at the World Series. You see these lucky few were the recipients of the 2016 CHOICE AWARD. What’s the Choice Award you ask? Well every team member who participated in at least 50% of the community events sponsored by Tyler Pipe had an opportunity to win the Choice Award which is a choice be-tween:

A gift card to Studio Movie Grill, which is dinner and movie for two OR two tickets to the Texas Rangers Major League Baseball game that included transportation, food, drinks …..all in luxury of an executive suite directly over home plate.

This is the first year that we have given our top 10 participators a choice of two grand prizes and this idea is a keeper. Of course, most of the winners choose the Texas Rangers game however there were a few that elected to take the gift card instead. All those who attended the game had a great time. Just the experience of watching a major league baseball game from the comforts of a luxury suite with all the amenities was the ultimate experience. This was especially sweet if it was your first time ever attending a MLB game and that was the case of two of the winners. Richard Bell and Ampelio Galaviz were so very excited to be told they were winners for the first time.

Participation in the community events is voluntary and has grown from when we first started this program. This year yielded more participants and more community involvement from our entire team. This has been very popular for our team and it’s a program that we will continue in the future.
Did You Know ~ Yes, you really do need a flu shot!

Most of us have had the flu and survived, so how serious can it be? This serious: influenza and pneumonia (a complication of the flu) together are the eighth-leading cause of death in the United States. For those over 65, they are the seventh-leading cause of death. The flu kills from 3,000 to 49,000 people each year, according to the U.S. Centers for Disease Control and Prevention (CDC). Flu season lasts from October to May, with most cases occurring in January and February.

“The flu can make you miserable for a week or more. Symptoms include fever or chills, cough, congestion, sore throat, head and muscle aches, and fatigue. You may be so tired and weak that you can barely get out of bed,” says Dr. Angela Cade, a UT Health Northeast family medicine specialist. You can also have vomiting and diarrhea.

The CDC recommends that everyone over 6 months of age get a flu shot. Certain groups are more likely to develop serious complications from the flu: children, adults over 65, pregnant women, and anyone with a chronic medical condition such as asthma, diabetes, or heart disease, Dr. Cade adds. Besides pneumonia, complications include ear infections, sinus infections, dehydration, and worsening of chronic medical conditions.

“People spread the flu virus through small droplets expelled by coughing, sneezing, or talking. You can also get the flu by touching a surface with the flu virus, such as a doorknob, and then touching your mouth or nose,” Dr. Cade says. Those with the flu can infect others from one day before symptoms start to five to seven days after becoming ill.

Fortunately, there’s a good way to avoid it – get a flu shot. You can get one at your doctor’s office, your local pharmacy, the county or regional health department, or your place of employment. “The flu is nothing to sneeze at. Protect yourself and your family by getting a flu shot,” Dr. Cade says.

Editor’s Note: Speaking of Flu Shots, this is one of the services that will be offered at the Tyler Pipe Annual Health Fair on Thursday, November the 10th.

WHO: JAN BEATY
WHERE: Tyler Pipe Admin Building
WHEN: Thursday November 10, 2016
TIME: 7 am to 4 pm

Note from Harold Golden: “Selah came in about 45 minutes prior to her start time and noticed that the molds for all three stationary machines were not in the oven. Selah took it upon herself to load the molds into the oven and contact an electrician to raise the temperature setup so that we could start the machines on time.” Selah is a credit to Tyler Pipe and if you see her give her a pat on the back for the job well done as well as celebrating her 34th year in this foundry. Way to go Selah!