



# Seasons Greetings

**Mona Electrical  
Construction**

**Mona Electrical  
Service, Inc.**  
*December 24, 1993*

## Welcome Aboard

MECI has a welcomed addition to the Estimating team. Mark McCloud, Senior Estimator, came on board December 8th. Mark resides in Warrenton, VA and fills his free time reading and writing short stories.

MESCO is happy to introduce Dirk Kalweit to their team. Dirk works with Technical Service as Estimator/Project Manager. As a resident of Centerville, VA, Dirk enjoys golf, reading and is presently working on getting his pilots license.

## Thinking of You . . . .

Our thoughts and concerns are extended to Life Safety's Lester Shutt, and Foreman George Buete and their family. Lester's son Sean (George Buete's grandson) is fighting a serious illness. We'll keep Sean in our prayers.

## Mona Christmas Gathering

We hope everyone enjoyed themselves at the Mona Christmas Gathering. A special thank you is extended to Cap and Sue Mona for the generous offering of their home to hold the gathering. We would like to recognize the drawing winners at the party:

Carole Zemaitis - Christmas Basket  
Zack Brightwell - Christmas Basket  
Rick Miller - Christmas Basket  
Butch Ritter - Christmas Basket  
Lois Howell - \$50.00  
Kathy Schultz - \$50.00  
Joe Garzone - \$100.00  
Tim Caldwell - \$100.00

## Mona Academy Corner

**Foreman** - You will find enclosed your completion record for the 1st quarter of the Mona Foreman Academy. This shows those courses you have successfully completed and how many courses you have to fulfill in order to graduate.

Sign up now for January's class by calling Barbara Huber or returning the enclosed registration form.

**Thursday, January 13th  
4:00 to 8:00**

### Planning & Scheduling

Congratulations to the following foreman who have not missed a class:

- John Hall

- Joe Garzone

The following have missed one class:  
Bob Beckner, Bob Howell, Bobby Allen, Dan Adamski, Dave Joyce, George Adcock, George King, Harvey Zemaitis, Joe Ruby, John Robinson, Lionel Thomas, Matt Lambert, Richard Coats

**Project Managers** - You should have received your completion record for the 1st quarter of the Mona Project Manager Academy. This shows those courses you have successfully completed and how many courses you have to fulfill in order to graduate.

Sign up now for January's class by calling Barbara Huber or returning the enclosed register form.

**Wednesday, January 12th  
4:00 to 8:00**

### Planning & Scheduling

Congratulations to the following project managers who have not missed a class:

- Don Bifareti

- Pat Hall

- Paul Warren

- Ron Warren

The following have missed one class:  
Bill Millholland, Doug Smith, Gary Nycum, & Todd Jewell

## New Arrival

Congratulations to "Grandpa Del Pennington" on the birth of his granddaughter Jordan Allison Marion. Del's daughter, Jill Marion, gave birth to a healthy 8 lbs 1 oz 20" long baby girl on Tuesday, December 14th at 11:04 a.m. Congratulations to the new addition.

## 7 Ways to Avoid "Claus-Trophobia"

*(The fear of looking like Santa Claus after December 25)*

- Don't skip meals; you'll be less likely to snack on fatty foods or binge when you finally do eat.
- Center get-togethers around activities (caroling, religious services, tree decorating, service projects, outdoor sports, etc.) rather than around meals.
- Chew gum if you're likely to snack while preparing food or waiting for a meal to be served.
- Sip on low-calorie beverages rather than on punch, eggnog, or alcoholic drinks.
- Instead of using chips to scoop dip out of a humongous "community" dip bowl, put a small amount of dip on a plate and select raw vegetables.
- Avoid chips nuts, chocolate, cookies, and fudge if you can't "eat just one".
- At buffets, take half-portions of everything that looks good. Heavy-up on fruit and vegetables. Eat slowly and savor your food. You're not likely to want seconds.