

INSIDE

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LACTC/RCC
NEWSLETTER

JANUARY 1992

GETTING HEALTHY AND STAYING HEALTHY— LACTC'S EMPLOYEE WELLNESS PROGRAM

In December 1990, LACTC introduced the Employee Wellness Program. The Program consists of the Employee Assistance Program (EAP) and the Employee Fitness Program.

The EAP provides confidential, professional assistance to employees experiencing difficult health or personal problems. The Employee Fitness Program focuses on health education, disease prevention and physical fitness activities.

The EAP is administered by Managed Health Network (MHN). MHN provides confidential counseling and referral services to LACTC/RCC employees in such areas as marital and family problems, alcohol and drug dependency, career counseling and financial/legal concerns. Through the EAP employees can call the "Warm Line" a 24-hour, seven day a week

service providing counseling referrals and emergency counseling. The Warm Line phone number is: 1-800-777-WELL.

The Employee Fitness Program encourages good health through educational, preventive and physical fitness activities. The Program includes informal "Brown Bag Wellness Workshops" on topics such as dealing with anger, stress management, AIDS, juggling career and home responsibilities and elder care; publications such as the *UC Berkeley Wellness Newsletter* and physical fitness activities such as powerwalks, softball and volleyball games, and aerobic and exercise classes.

We recently spoke with Ed Sanchez, LACTC Human Resources Analyst about the Employee Wellness Program:

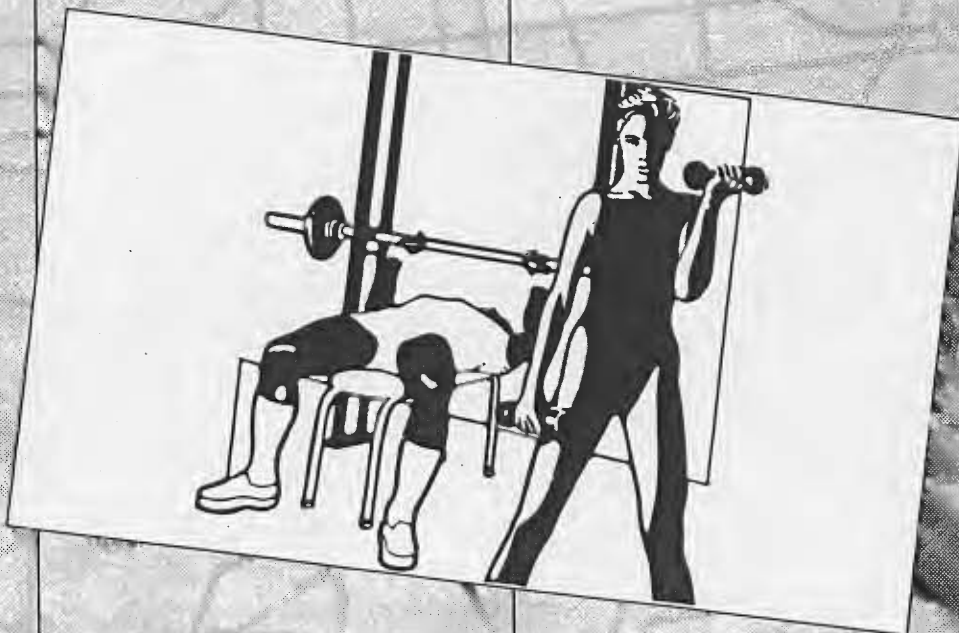
IM: Are there any special requirements to using the EAP?

ES: Yes, the EAP is for assessment and/or brief treatment only. The employee is entitled to up to five one-on-one sessions and unlimited use of the 800 Helpline. Eligibility is limited to all regular and probationary employees and their immediate family members (dependents).

IM: Are there any fees involved?

ES: No. All fees/costs for this program are picked up by LACTC. If the eligible member elects to continue treatment beyond the five free sessions, he/she will need to arrange for a payment schedule with Managed Health Network.

Continued on next page



GETTING HEALTHY AND STAYING HEALTHY — LACTC'S WELLNESS PROGRAM (CONTINUED)

IM: It's been over a year since the EAP and Employee Fitness Program were first introduced at LACTC. In your opinion, how successful has it been?

ES: The utilization ratio has been moderate. Employees have been hesitant to use the service for fear of lack of confidentiality or because they are simply unaware of the program. In the future, Human Resources plans to market the program more aggressively and to offer more Brown Bag Workshops.

IM: What are some of the activities currently available through the

Employee Wellness program?

ES: There are several programs operating and several being planned. A "Freedom from Smoking" program, sponsored by the American Lung Association is held during noon times. The program consists of ten sessions lasting for seven weeks. Each session lasts approximately 75 minutes.

In addition, most LACTC health plans offer drug and alcohol dependency programs, mental health care and other referral services.

Beginning in 1992, the American Heart Association will be offering blood

pressure and cholesterol screenings and present a 45-minute program to raise awareness of risk factors which contribute to the development of heart disease. The AHA will also present an "In Control" weight program to be offered during the lunch hour. The program will offer a combination of educational referrals and activities designed to create positive attitudes and behaviors with regard to weight control, nutrition, and exercise.

For more information about LACTC/RCC benefit programs, watch for the Human Resources "HR4U" newsletter. ■

LACTC/RCC EMPLOYEES HONORED WITH METRO WATCHES

One of the highlights of the monthly General Staff Meeting is the announcement of the Metro "M" Watch winner, awarded for a "Bright Idea" or with a "Medal of Valor" or "Spirit Award". Any employee is eligible to nominate or be nominated for an award.

AUGUST

In August, the winner of the Bright Idea award was RCC VP Project Manager John Adams. John, nominated by RCC Director of Public Affairs Elaine Stewart, received the award for his innovative approach in meeting Cal-OSHA requirements for ventilating the Metro Red Line tunnel this past year. John utilized the tunnel's existing duct system, hooked up large fans to both ends and was able to provide sufficient ventilation to meet Cal-OSHA's requirements.

The Medal of Valor award went to Linda Bohlinger, Director of Capital Planning. Linda was nominated by Capital Planning members Frank Flores and Lanna Bara.

The Spirit Award went to Nicky Astilla from Records Management. Nicky is probably a familiar face to many

LACTC/RCC staff who see Nicky's smiling face as he handles mail distribution several times a day. Nicky was nominated by Area Team members Naomi Nightingale and Carol Martin. Said Naomi and Carol, "Nicky's always friendly, helpful and enthusiastic about his job. He is so conscientious and still manages to keep a smile despite the growing number of employees at LACTC."

SEPTEMBER

September's Bright Idea award was given to Director of Communications Stephanie Brady. Stephanie was nominated by RCC's Herman Hagan for her outstanding work in coordinating the recent visit by President Bush to the Metro Green-Line site.

The Medal of Valor award was given to Senior Graphic Artist Anne Roundbeaux. Anne was nominated by



METRO WATCHES (CONTINUED)

fellow Communications member Michael Bustamante for her incredible work in consistently producing quality graphic work with little, if any, lead time.

Lynn Bell and Naomi Nightingale were both given the Spirit award for creating and sustaining LACTC's employee exercise program. The program, now three years old was started by Naomi who teaches classes on Tuesdays and Thursdays, and Lynn later began classes which she continues to teach on Mondays and Wednesdays. Both were nominated by Shelly Blansingham.

October's Bright Idea award went to Margarita Ortiz, Administrative



September Medal of Valor winner Anne Roubaux graciously accepts her Metro "M" Watch.



"Wanna buy a watch?" September Bright Idea winner Stephanie Brady tries to pawn off her prize.

OCTOBER

Assistant for the South Bay Area Team, Margarita, nominated by fellow Area Team member Naomi Nightingale, was nominated for her work in developing a directory of southeast area cities with corresponding federal and state legislators.

Ray Maekawa, Project Manager for the Southeast Area Team, received the Medal of Valor Award. Fellow Project Manager, Ram Kumar, nominated Ray for his work in prioritizing the project list for flexible Congestion Relief Funding. Ray was instrumental in paring down a \$22 billion project list to a \$400 million list.

The Spirit Award was awarded to Martina Moore from the LACTC Real Estate section. Martina was nominated by co-workers Leeanne Peterson and Frankie Roberts. Leeanne and Frankie said, "Frankie carries the load for two to three departments. She never complains and is a real team-player. She is always willing to handle extra work with a positive attitude."

If you know of someone who you think should be nominated for either the Bright Idea, Medal of Valor or Spirit awards, contact Tim Bamrick at extension 6150.

PERSONAL BEST

Have you published a paper, been a great speaker, or won an award? Well, don't keep it to yourself, tell us about it! In this column you can tell everyone at LACTC/RCC the good news. Inside Moves can help you cut down internal memos by announcing promotions and new assignments here.

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LACTC Real Estate Officer **Bob Flynn** has been accepted to the Judge pro Tem program of the Los Angeles Municipal Court. Bob is an attorney licensed to practice law in the California and federal courts.

Raynard Price, who works in the LACTC Executive Office, was recently inducted as a member of the International Society of Meeting Planners. Raynard is a past member of the San Diego, Los Angeles and San Francisco Convention and Visitors Bureaus. Raynard was also recently elected president of LACTC's Toastmasters Club.

Erica Goebel, Director of Visual Communications, announced that LACTC was awarded two first place awards by the American Public Transit Association (APTA) in the 12th annual AdWheel Awards competition. The awards were for "Driving with Daddy", a 30-second public service announcement urging Blue Line safety, and "Metro" a 5-minute music video history of the Metro Blue Line. Erica and her assistant, Bob Reece, also

received the CINE Golden Eagle award for the safety video "Keep Out" and their video "Freeway Service Patrol" was recognized as a finalist by the International Television Association. Congratulations!!

Samantha Mock, an intern in the Policy Analysis Section, was recently awarded two scholarships towards her M.A. in Public Administration at California State University, Los Angeles. Samantha received a \$1000 scholarship from the Robert Odell Scholarship in Public Administration and \$500 from the Black Support Group of CSU, Los Angeles.

Bob Minahan placed 3rd in a one-mile sea/beach rough water ocean swim this summer. Bob also placed first in a swim around Naples Island in Long Beach this past July!

Les Porter, Deputy Executive Director, was recently elected to the Board of Directors of the California Transit Finance Corporation (CTFC). The CTFC finances property owned or operated by the California Transit Association.

IN MEMORIAM

We're sorry to have to report the loss of Lynn Lowenstein, secretary to Joel Sandberg, on October 10. A "Celebration for Lynn" memorial service was held the following evening. Lynn will be greatly missed by the many LACTC/RCC staff who knew her.



RCC VEHICLE TEAM KEEPS METRO RAIL ON THE MOVE

Rail Construction Corporation's Vehicle Team is responsible for making sure the Metro Rail system is always ready to roll. The six-member team, composed of Al Scala, Alan Dale, George Trnka, Ben Nahid, Arun Virginkar and Hal Nelson, is responsible for vehicle procurement and other systems equipment associated with the Metro Rail vehicles. Inside Moves asked each member of the Team to tell us a little about their job including what they like the most about the job.

Al Scala is the Supervisor for Vehicle System Engineering and leads the contract team of vehicle engineering managers responsible for the Metro Red, Blue and Green lines as well as the Metrolink commuter rail vehicles. Al is responsible for ensuring the engineering managers properly oversee the rail vehicle programs, and is in charge of technical staffing and the budget for vehicle consultants.

He previously worked as the manager of contracts for LACTC. Al says his most interesting job was as Project Manager for the Washington D.C. Metro rail project. Al also previously managed equipment procurement for Transcal.

Al grew up in Pittsburgh and currently lives in Valencia with his family. When he's not overseeing the Vehicle Team, Al's out skiing or golfing.

Al says the favorite (and most frustrating) part of his job is making sure that the Red Line vehicle maker, Braeda, delivers on time. "Keeping Braeda's eye on our job 100% of the time is a challenge, yet when it comes together, it's a great feeling of accomplishment," he said.

Alan Dale is the Director of Systems Engineering. He has responsibility for systems equipment on all RCC rail projects, including the Red Line, Green Line and Pasadena Line. The primary equipment he is responsible for are the vehicles, train control power systems, communications and the collection system. Alan is also the lead engineer on the Red Line Segment 1 Team. Alan has been with RCC for 7 years. He was previously with the Metro Rail Transit Consultants

Team as Division Manager for Systems Design. "I've had the privilege of watching the Red Line Passenger Vehicle Team grow from a collection of paper requirements to a sophisticated vehicle system currently undergoing performance testing," he said. Alan has lived in Southern California most of his life, but has also worked on projects in Georgia, Florida and Texas. He and his wife live in La Crescenta and their four grown children have now gone on to start families of their own. Alan says what he enjoys most about his job is the many daily challenges which the broad nature of his duties provide.

Ben Nahid is Systems Engineering Manager for the Green Line. He is responsible for supervising the engineering activities of the Green Line vehicle procurement. Ben has been involved in several interesting jobs prior to joining the RCC, including the testing of a steam-powered passenger car project funded by a state research grant and the testing of a fully-automated braking control system for San Francisco's BART system. Ben also has very interesting roots. "I was born and raised in Tehran, Iran. I went to college in France and have worked and lived in Los Angeles and the San Diego area for 20 years." Ben and his wife live with their two children in Pacific Palisades.

George Trnka is the Systems Engineering Manager for Red Line vehicles. George has responsibility for managing Red Line vehicle

procurements and overseeing the delivering of the vehicles from Italy for testing and delivery to Los Angeles. George previously oversaw procurement, testing and delivery of the Metro Blue Line vehicles and ensured that all 54 vehicles were delivered as scheduled in July 1990. George was born and raised in Czechoslovakia and came to the United States after completing three graduate studies. George has been associated with the Metro Rail Line program on and off since 1982. George lives with his wife and two girls in the San Francisco Bay area where he continues almost every weekend. George's hobby is flying planes and he obtained a pilot certificate in 1972. "My favorite fly trips are to Mexico for scuba diving and sailing in the Sea of Cortez," he said.

Hal Nelson, Jr. is the RCC Systems Engineering Manager for Vehicles. He is responsible for the Red Line Segment 2 Contract Team and handles the Red Line passenger vehicles contract. Currently, Hal serves as vehicles program manager for the procurement and delivery of 70 bi-level passenger vehicles for the Metrolink commuter rail program of the Southern California Regional Rail Authority. Hal was born and raised in New Orleans and lived in seven other U.S. cities in addition to spending two years in Kobe, Japan. Two of Hal's three children are married and he is the proud grandfather of a five-year old girl.



RCC Vehicle Team, L-R: Hal Nelson, George Trnka, Alan Dale, Al Scala, and Ben Nahid.



THEATER REVIEW

"Specific Hospital" Will Leave You in Stitches!

by Paul Self

If you're looking for a laugh-filled evening of theater, then you'll want to take yourself to see "Specific Hospital" at the Zephyr Theater in Hollywood. Improvisation is the rule here in this free-wheeling, zany, soap-opera-style comedy concerning the trials, tribulations, foibles and love lives of the staff of Specific Hospital. From "extremely wealthy" hospital board member Gerard DeVaine to janitor-turned-hospital administrator Cable Taylor, to sex-pot Yvette LeMonde, "Specific Hospital" has no boundaries.

Part of the fun is that you never know what will happen next. Each scene is set-up by the director moments before the action begins with often zany results. (Example: "OK, in this scene Cable Taylor, Gerard DeVaine and "Doc" Matlan will perform, but there's one catch: at all times one of you must be sitting, one standing and one kneeling — or the audience will let you know!")

In other scenes, selected audience members are asked to provide lines and participate in the scene set-up — leading to often unpredictable results. And, in true soap-opera fashion, each show ends on a cliff-hanger so you have to come back to see what happens next week. (The night I went, one gentleman in the audience admitted he was there for his 75th performance!)



"Specific Hospital" recently celebrated a two-year run and shows are usually sold-out in advance. As an added plus, our very own Graphic Artist, Anne Roubideaux, designed the play's hilarious logo art. Tickets are very reasonable only \$4.99 and if you didn't buy tickets in advance, you can often get on a waiting list on the night of the show. The Zephyr Theater is located in the heart of the Melrose shopping district (a great place for a pre-show dinner as well), at 7456 Melrose Avenue. The show plays every Saturday at 10:30pm. For ticket information, call the Zephyr at 213-390-1958.

Zombie Attack

by Tim Banrick

Ready for a comic horror treat? For a brief snack at the lunch counter of George Romero-type horror, check out this one act encounter with a group of old friends in an isolated cabin...Mayhem and a send-up of new age culture ensue!

"Zombie Attack" plays on Saturdays at 10:30 p.m. at the Cast Theatre, 804 North El Centro in Hollywood. Phone: (213) 462-0265.



MOVIE REVIEWS

by Claudette Moody

It was not a stellar Fall for films, but here are my thoughts on a few I have seen in recent weeks.

LITTLE MAN TATE: B-

This first directing stint for Jodie Foster is a good start. Foster shows a great deal of sensitivity in directing this story of a child prodigy (not unlike herself) who must deal with rejection from "normal kids" and a lack of intellectual stimulation from his mother. The moral of the story is simple and straight forward: every child, no matter how smart, needs balance and nurturing as a human being. The movie tends to sugar coat that lesson at the end, but not unbearably so. Foster's portrayal of the mother is the weakest link to the story. The scuttlebutt is that Jodie may be nominated for an Oscar for direction.

29TH STREET: B

I enjoyed this sweet little film of supposedly "the luckiest man in the world." The story of Frank Peche, winner of the first New York lottery is not "rolling in the aisles" funny, but it does kind of leave you with a warm and fuzzy feeling. The supporting characters, middle-class New York Italians and small-scale Mafioso-types, are funny. The real story for me is that Peche is not so much a "lucky fellow," but a guy who sees the good in every situation. The real Frank Peche plays his own brother in the film. Danny Aiello plays the father. A nice afternoon treat, but slow in places.

RAMBLING ROSE: A- (ENDING, B-)

This is a film for good and near great actors to strut their stuff. The characters are immensely refreshing and the subject matter — sexual awakening, family life, love women as intellectual

beings — is timely today, especially in the era of the Thomas/Hill hearings. Duvall (one of my favorites) is excellent. Laura Dern does a fine turn as the randy Rose, who doubles as the housekeeper/au pair. Because of the less than blockbuster box office take, the movie is a long-shot for the Oscar nod. Not for children under 12.

FRANKIE AND JOHNNY: B-

A sweet little love story with some great lines about men, women, love, sex, etc. These aren't the greatest roles for Michelle Pfeiffer and Al Pacino, but both are believable as two lonely souls searching for and accepting the possibility of a mate. The movie is based on a two-person play, but expanded with additional characters. A positive note is the portrayal of a gay neighbor who is neither in angst or HIV positive; just a healthy, happy man starting a new relationship. Nice moments.

THE FISHER KING: B+

Visually, I think this movie is a stunner. As usual, Terry Gilliam (animator for "Monty Python," director of "Brazil") goes all out with images that make you stop and think. The movie is a story about redemption and a commentary on the homeless. Jeff Bridges is appropriately nasty as the abusive D.I. who tries to redeem himself through helping the homeless and (as usual) crazy Robin Williams. There is Oscar nomination talk for Williams. Not great, but worth your time. (Editor's Note: the Assistant Editor thinks it's GREAT!)

RECOMMENDED BY ALAN PATASHNICK:

"THE MAN IN THE MOON"

RECOMMENDED BY REBECCA GARCIA
FOR KIDS:

"CURLY SUE"



BOO!! Grand Prize Winners in this year's Halloween Costume Contest: Clockwise: "Cleopatra" - Martina Moore, "Christo Umbrella" - Maya Eriksen, "Metro Pylon" - Mary Hamilton, "Dia del Muerto" - Maria Gomez, "Gorby" - Dick Dominguez, "Ghoul" - Adrian Broughton, and "Prisoner of the Budget" - Lorenzo Tyner.



TIMELY TIPS

Making Meetings More Productive

(Editor's Note: From time to time Inside Moves will feature articles we come across that you might find informative and/or helpful. Since this is your newsletter, let us know if you find something that you think would ought to be in our next issue. The following article is from Working World Magazine, published by Rhodes Publications, Inc., Los Angeles.)

Most people dread meetings and see them as time-wasters. But meetings can be productive. You can decide courses of action, get people excited about a project, and improve communication and cooperation. Here's how to make meetings work better for you:

- Draw up and distribute an agenda a few days before the meeting. Include the purpose of the meeting, list topics to be discussed, and if feasible, assign time slots or limits for each topic. List decisions that must be made, and set a closing time.
- Invite only those people who need to be there. Provide them with background information when you pass out the agenda. Then they'll be prepared to discuss each topic.
- Start on time, stay on schedule. Start the meeting promptly, even if everyone isn't there. A good way to make sure people arrive on time is to place the most important topic first on the agenda. Be a clockwatcher. Keep the meeting moving. When the discussion gets off track, get it back on. Stick to the agenda and schedule.

- Take notes. Write down all important information, especially about what the group decided. Jot down good ideas that were offered but weren't acted upon. Include the name of the person who had the idea, and get back to him or her for follow-up if you think the idea can be used.

- Send a memo outlining decisions and responsibilities. Summarize decisions made for each topic discussed and list tasks for which each person is responsible. Include due dates. "We will mail a brochure on the new product in January. Judy will tell us when lists are

available. Diane will write the brochure. Copy is due September 10."

- Send copies of the memo to each person attending and to those who didn't attend but who should be informed of the decisions made.

When you're organized, meetings will be shorter and more productive. A little preparation and forethought about what you want to accomplish can help you get on track.

Source: Working World, published by Rhodes Publications, Inc., Los Angeles.



Miriam Long Simmons is the new Auditor II for LACTC Internal Audit.



EMPLOYEE PHOTOS



Todd Kramer (left) is a new Secretary I for RCC, and Michael Tanner is a Transportation Analyst II for the San Fernando Valley Team.



Right: Valerie Dean, Policies and Procedures, SST.



Above: Jack Clater, Contact Compliance Analyst II, SST.

MOVING UP

As part of the restructuring of the Human Resources department, three new directorships were created. Jose Mesa, formerly Director of Human Resources, was named as Director of Staff Development. Vera Walsh, new to the Commission was named as Director of Personnel Administration, and Cindy Kondo, who has led the employee activity programs, was named to the newly created position of Director of Internal Relations.

Monica Gonzales, who has been with the RCC Public Affairs staff for over a year, has been appointed to the position of Lead Public Affairs Officer for the Pasadena Line. Monica brings several years of public affairs experience to the position.

In October, Wayne Moore was appointed to the newly created position of Director of Financial Administration for RCC. Wayne has worked for RCC since April 1990.



Above: Susan Youngs was recently made a Transportation Analyst III for the South Bay Area Teams. She has been working on the Call Box Upgrade System program.

Below: It's Official! Elaine Stewart has moved from acting to permanent Director of Public Affairs for RCC.



EMPLOYEE PHOTOS

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L-R: Stephen Vollucci, Real Estate Officer I, LACTC Real Estate; Cecilia Melanson, Manager of Acquisition & Relocation, LACTC Real Estate; Thomas Carmichael, Facilities Engineering Manager, RCC Facilities Engineering; Greg Angelo, Real Estate Officer II, LACTC Real Estate.

L-R: Stewart Chesler, Program Manager I, Congestion Management Program; Olga Cervantes, Contract Administrator, RCC Contracts; Izett Barnett, Auditor II, Internal Audit; Tom Lee, Construction Manager, RCC Construction.



EMPLOYEE PHOTOS



Above L-R: Armando Ramirez, Project Manager III, Central Area Team; David Cobb, Transportation Analyst III, Capital Planning; Sarah Siwek, Director, Transit Demand Management, Area Teams Administration; Myra Diaz, Office Assistant II, RCC; Suzanne Schmutzler, Contract Administrator, RCC Contracts; Duncan Robb, Manager of Property Management, LACTC Real Estate.



Above L-R: Leyton Warren, Auditor II, Financial Audit; Donna Ann, Administrative Assistant II, Area Teams Administration; Myra Diaz, Office Assistant II, RCC; Donna Alexander, Graphics Coordinator, Communications.



Right: Jennifer Bedford, Manager, Public Affairs Officer II, Marketing and Ben Mendoza, Contract Administrator, RCC Contracts.

EMPLOYEE PHOTOS

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L-R: Aaron Kunz, Programming Manager II, Capital Planning; Josee Larochelle, Administrative Analyst II, Policies & Procedures; Jane Faerber, Secretary I, Internal Audit; Tracey Young, Secretary II, RCC Construction; Deng Bang Lee, Program Manager III, San Fernando Valley Area Team.

Vicent Greene is a new Auditor II for LACTC Internal Audit.



EMPLOYEE PHOTOS



Chris Copeland, Real Estate Officer III and Michael Antonucci, Contract Analyst III, RCC.



Left: Arlene Reyes, EEO Coordinator, SST and Candy Bitteranta, Administrative Assistant II, FAST.



Below Left L-R: Leo Brayton, Secretary I, RCC Public Affairs; Rick Gonzales, Manager of Environmental Affairs, RCC; Kathy Mack, Auditor II, FAST; Bill Gaskill, Systems Engineering Manager, RCC.

Below: Miriam Schoengarth is a new Secretary I in RCC.



EMPLOYEE PHOTOS

Left L-R: Dorothy Sperry, Lead Environmental Specialist, RCC; Linda Austin, Contract Compliance Analyst II, SST; Juanita Carey, Senior Secretary; Estella Brown, Contract Compliance Analyst II, SST.

Below Left: David Meiger, Transportation Analyst IV and Andres Ocon, Project Manager both of the San Fernando Valley Area Team.

Below: Mary Morgan is an Auditor II in FAST-Internal Audit.



INSIDE *moves*

The Inside Moves Staff

Editor	Roberta Tinajero
Assistant Editor	Paul Self
Graphics	Joe Simpson, Jr
Photos	Roberta Tinajero/ Paul Self

Special thanks to our contributors:

Tim Bamrick	Cindy Kondo
Cindy Yasuda	Phyllis Meng
Claudette Moody	Wendy Taylor



Anderson Bennett is new Systems Engineering Manager for RCC Engineering. He prefers to go by "Andy."



Pauline Lee is a Senior Cost Engineering Administrator for RCC Program Management.

