



Retirement plans D and E transfer period to end June 25, 1984

The first opportunity for employees now enrolled in Retirement Plans A, B, C and D to transfer to Plan E and those enrolled in Plan E to transfer to Plan D will end June 25. A second transfer period will begin November 1 and end December 31.

Employees who declared their intent to transfer to Plans D or E have been sent individually addressed disclosure packets and election forms. For employees who have not received disclosure materials but wish to consider transfer to Plan D or Plan E at this time, disclosure packets and election forms are now available at their departmental payroll office.

The Retirement Association cannot accept elections to transfer after the June 25 deadline. Employees who are unable to decide by that date may submit their elections during the November 1 to December 31 transfer period. Meanwhile, employees wanting more information may call the Retirement Association at 974-2080. Those who have questions concerning the long-term disability program offered in connection with Plan E should direct their questions to the Department of Personnel at 744-3080 between 2:00 and 4:00 p.m.

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Employee of the Month for May 1984

Gwen Kirk, Community Affairs Officer, Department of Adoptions, has been selected by the Board of Supervisors as Employee of the Month for the month of May 1984.

During a ceremony in the Board of Supervisors Hearing Room, Kirk was presented an outstanding achievement scroll from the Board of Supervisors by Board Chairman Deane Dana. "It is with great pleasure that I commend Gwen Kirk, who is truly an outstanding County employee. She has a highly creative mind and has been a tremendous asset to the Department of Adoptions, the children and the community," Supervisor Dana said.

In response to being named as Employee of the Month, Kirk said, "I'm very touched and deeply honored to receive this special recognition. I share this acknowledgement with my colleagues, whose collective efforts helped to meet the needs of the children and the community families. None of our achievements would have been possible without the dedicated efforts of the Department of Adoptions' staff and the Board of Supervisors' support of the Black Adoption Festival, Latino Fantasy Festival and Adoption Day in Court."

Kirk has generously given of her time, talent, knowledge and skill toward sustaining the Department of Adoptions' positive image and toward promoting community awareness of the Department's services.

Kirk is described by her colleagues as a one-of-a-kind employee in the area of community relations. She creatively coordinates her efforts, using diplomacy and intellectual skills in working with local, state and federal agencies and numerous businesses and public affairs organizations.



GWEN KIRK
EMPLOYEE OF THE MONTH

She is known as a true friend to children and donates much of her time and energy to their cause. She has for five years served on the Boards of Directors of PIRATES (Public Information Radio and Television Educational Society) and The Free Arts Clinic For Abused Children, and has arranged publicity for an adopted youth who achieved the rank of Eagle Scout.

Helen Ramirez, Director of the Department of Adoptions, said, "Gwen Kirk's tireless and innovative efforts have truly benefited children in need of child welfare and adoptive services in the County of Los Angeles."

Kirk's ability to solicit private sector resource services and donated televi-

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RETIREES . . .

The following people have retired in recent months after more than thirty years of service to the County:

Sheriff: Marshall Knight, Mark McHenry, George Kipley.

Fire: Donald Bright, Carlis Cunningham.

Also: Naomi E. Blackburn, Public Library; David L. Davis, Assessor; Jose Falcon, Animal Care-Control; Gloria J. Penrice, Public Social Services; Robert C. Schwarz, L.A. Municipal Court; Sidney A. Stern, Probation; Emma L. White, Mental Health; H.F. Winder, Flood Control; Leon H. Bell, Rancho Los Amigos Hospital.

The following have retired with over twenty-five years of County Service:

Sheriff: Franklin Oakden, Myron A. Hak, Jack L. Holt, Stanley C. Ross, Kathleen E. Wygal.

Fire: John Rantz, Wade Shurtleff, Wade Vaughn, Francis Smith, William L. White.

DPSS: Ruby C. Shane, Agusta G. Myers.

Public Health: John W. Entz, Ralph B. Smith.

Probation: John T. Davis, Don E. Yetter.

Assessor: Walter G. Starr, Anthony W. Pasano.

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County savings bond drive results given

The County of Los Angeles added more than 5,000 new and increased savers to its 1984 U.S. Savings Bond Payroll Deduction Program during the recent Savings Bond Campaign.

This achievement was made possible by the efforts of the many County employees who encouraged their fellow employees to save and invest in our country's future.

The participation by County employees enabled the County to achieve its goal, which accounts for more than 50 percent of the U.S. Treasury's goal of 10,000 new and increased savers for County governments nationwide.

During the County's Savings Bond Campaign Awards Ceremony, Board of Supervisors Chairman Deane Dana commended County employees for the 3,666 new savers and the 1,389 employees who increased their savings. "Our County employees have definitely led the way for other counties throughout the nation," Supervisor Dana said. "Because of our commitment to the Savings Bond Program, Los Angeles County has been named as the model County for the nation for

both the 1983 and 1984 campaigns."

In 1983 Los Angeles County achieved the national goal for all counties nationwide with more than 8,000 new and increased savers. Prior to 1983, there were only 628 Los Angeles County employees purchasing savings bonds through payroll deduction. By comparison, there are now more than 11,000 employees enrolled in the Bond Program.

"The purchase of a savings bond is a worthwhile investment. Bond purchases not only strengthen our national economy, but allow small savers to have access to market-based interest rates with a guaranteed minimum," Dana said.

During the Savings Bond Awards Ceremony, Supervisor Dana accepted, on behalf of the County, a U.S. Patriotic Service Award for the County's outstanding employee participation in the 1984 U.S. Savings Bond Campaign. An award was also presented by Steven Mead, Executive Director, U.S. Savings Bond Program, to Supervisor Antonovich for his efforts during the County's 1983 Campaign.

Department Award Winners For The Highest Employee Participation Are As Follows:

—Group "A" — Departments with over 2,000 employees:

DEPARTMENT OF PUBLIC SOCIAL SERVICES

37.4% employee participation

Eddy Tanaka, Director

—Group "B" — Departments with 1,000 to 1,999 employees:

DATA PROCESSING

24.1% employee participation

Edgar Hayes, Director

—Group "C" — Departments with 300-999 employees:

PUBLIC LIBRARY

62.6% employee participation

Linda F. Crismond, County Librarian

—Group "D" — Departments with 100-299 employees:

CHIEF ADMINISTRATIVE OFFICE

64.5% employee participation

Harry L. Hufford, Chief Administrative Officer

County of Los Angeles

DIGEST

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Savings bond drive results

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— Group "E" — Departments with less than 100 employees:

EMPLOYEE RELATIONS COMMISSION
33.3% employee participation
Walter F. Daugherty, Executive Officer

Department Award Winners For New and Increased Savers Are As Follows:

— Group "A" — Departments with over 2,000 employees:

DEPARTMENT OF PUBLIC SOCIAL SERVICES
18.2% new and increased savers
Eddy Tanaka, Director

— Group "B" — Departments with 1,000 to 1,999 employees:

DATA PROCESSING
11.2% new and increased savers
Edgar Hayes, Director

— Group "C" — Departments with 300-999 employees:

TREASURER-TAX COLLECTOR
26.7% new and increased savers
Bradley Nuremberg, Chief Deputy*

— Group "D" — Departments with 100-299 employees:

CHEIF ADMINISTRATIVE OFFICE
50.2% new and increased savers
Harry L. Hufford, Chief Administrative Officer

— Group "E" — Departments with less than 100 employees:

HUMAN RELATIONS COMMISSION
15.8% new and increased savers
Eugene S. Mornell, Executive Director

* Richard Dixon appointed Treasurer-Tax Collector subsequent to Awards Ceremony.

Getting help for personal problems

The following article was prepared by the Labor-Management Joint Committee on Employee Health to provide information to County employees relating to improving and maintaining their health.

At times, each one of us encounters personal problems and difficulties which affect the way we feel and how well we are able to do our jobs. Often, when such problems strike, we don't know which way to turn or where to go for help. No matter how bad things seem, however, there is help available.

The Los Angeles County Employee Assistance Program (EAP) offers professional counseling and referral assistance for a broad range of personal problems. Counselors at the EAP have dealt effectively with difficulties such as emotional stress, anxiety, marital or family discord, and bereavement, as well as alcohol and drug problems.

Services of the EAP are free to both County employees and their family members. The services are private and confidential. The records of the EAP are kept separate from personnel records and are not made available to others.

Don't go without County EAP assistance. Contact the EAP at (213) 744-4431, Monday through Friday, between 8:00 a.m. and 5:00 p.m.

Staff at the EAP knows that a person's need for help may not always coincide with the EAP normal office hours. The following 24-hour "hotlines" are recommended by the EAP as useful resources when help is needed:

- Suicide prevention 381-5111
- Bi-line: transsexuals, gays, and bisexuals 373-3700
- Do it now hotline: drug information/counseling 463-6851
- Stress crisis 343-9105

Gwen Kirk, Employee of the Month

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sion time, has resulted in significant cost savings in the Department of Adoptions' budget. Her solicitations total \$857,200 from such firms as KCBS, KTTV, Disney Cable TV, A Child In Need, Waifs' Inc., Atlantic Richfield, Sony Corporation and Essex Distributors.

Kirk was graduated from the University of Illinois and has a bachelor's degree in English. She minored in Journalism and French. She is married to Lewis L. Kirk, Jr., a Research Engineer for Litton Industries.

RETIREES

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Also: Leon Johnson, Mechanical; Henry R. Lemons, Health Services; Edna Lester, Psychiatric Hospital; Ethel L. Levy, Senior Citizens Affairs; Steven K. Mokiao, Animal Care-Control; Maxine Nicherson, Warm Springs Rehab.; Cara Price, Rancho Los Amigos; Lillie M. Stephens, Women's Hospital; Mary L. Vande Weerd, County Clerk; Turner Williams, Jr., Medical Center; James F. Brady, District Attorney; Darrell G. Pearson, Aviation.

Eight big reasons to exercise

A person planning to begin an exercise program should check with his or her doctor about the exercise plan that's selected.

Exercise helps improve one's health. Physical inactivity is far more detrimental to health than any hazards of exercise, according to a report by the New England Journal of Medicine.

The following are eight reasons to exercise:

— ONE

You'll feel better! The more active you are, the more energetic you feel. Exercise improves the efficiency of the lungs and the circulatory system, and increases the supply of glycogen, a muscle fuel to make you feel less fatigued.

— TWO

You'll be more attractive. If you do not exercise, the ratio of body fat to lean muscle tissue goes up. At the same weight, you'll have a thicker waist, wider hips, and your body will not be as firm. As muscle strength declines, the position of the skeletal frame changes. Everything sags.

— THREE

Your bones will be stronger. Exercise helps prevent osteoporosis, a bone disease characterized by a reduction in bone density accompanied by

increasing porosity and brittleness, associated with loss of calcium from the bones.

— FOUR

It's good for your blood pressure. Several studies show regular exercise reduces blood pressure in both normal and hypertensive people. It increases the flexibility of artery walls.

— FIVE

Your appetite will be reduced. Besides burning calories, regular exercise for an hour a day suppresses hunger and increases the rate at which calories are burned for as long as six hours afterward.

— SIX

Your heart will be stronger! Exercise strengthens the heart muscle.

— SEVEN

You'll smile more. People who exercise regularly are more likely to be relaxed, optimistic, energetic, better disciplined and sleep better. Even patients suffering from depression have reportedly improved significantly when they exercised regularly.

— EIGHT

You'll be more effective at work! Fit employees are better workers. Studies show they have better energy, higher productivity, and better emotional balance in times of stress.

Current U.S. Savings Bond rate up

The new United States Savings Bond interest rate for the May 1984 through October 1984 semiannual interest period is 9.95 percent. This is up .57 percent from the previous six month period, and up 1.31 percent from the previous May 1983 through October 1983 rate of 8.64 percent.

This means that if a person purchased a U.S. Savings Bond between November 1, 1982 and April 30, 1983, and continued to hold the bond

for five years, the bond would average 9.77 percent for the first four semiannual interest periods. This rate is based on five year Treasury marketable securities.

All U.S. Savings Bonds purchased between November 1947 and November 1982, if held until November 1987, will also qualify for the market-based rate or their current guarantee . . . whichever is higher.

HALL OF ADMINISTRATION BLOOD DRIVE SCHEDULED

MONDAY, JUNE 18, 1984
HOURS: 8:30 A.M. - 1:15 P.M.

AND

WEDNESDAY, JUNE 20, 1984
HOURS: 8:30 A.M. - 1:15 P.M.

Location For Both Dates:
B85-G, & H - Hall of Administration

To schedule a donor appointment
or for
further information please contact:

LULA ULLOA — 974-2511

Hispanic installation banquet set

The County Hispanic Management Association will hold its annual installation banquet on Thursday, July 12, at Luminarias Restaurant in Monterey Park. Officers and Board of Directors for fiscal year 1984-85 will be installed.

This year's Master of Ceremonies will be CBS-TV personality Maclovio Perez.

The aims of the Association, which is comprised of Hispanic County employees at the management levels, are to improve the delivery of County services to the community, with special regard to its Hispanic population; to increase the numbers of Hispanics in the County workforce, increase the numbers of Hispanic managers and to provide training, exposure and career enhancement opportunities for its members.

Persons interested in attending the banquet (\$25.00/plate) should contact Toni Yaffe, 974-7255, by June 30.