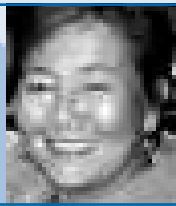


WORKING MATTERS

by JACKIE DAVID, Public Information [no word], Public Works



Vacation: Refresh, Rejuvenate



You've worked hard all year long and summer is in full swing. You hear bits of conversation around the office about vacations plans – other people's plans: a week in the Caribbean or Hawaii, a trip to Mexico, a drive down the coast, a day at Disneyland and the next day at Hurricane Harbor. Yet, here you are, stuck at your desk. No trips planned. No vacation plans, either. *Nothing, nada, zip* as you scan your calendar trying to schedule meetings – especially frustrating since everyone seems to be gone or leaving on vacation.

Why not you? Well, simply put, there's too much work and way too much going on. You've got projects with deadlines about to hit. Besides, who's going to take care of work with everyone else out? Sure, you're stressed. Sure, you're feeling tired and burned out. But, you can handle it. Vacations are for wimps. You're strong. You've got this work ethic. You don't need a vacation. The office might fall apart without you.

Still, there's that nagging deep inside. You need to get away. You haggle with yourself: "Okay, maybe one week max. I'll call in every day. I'll take my cell and laptop and make sure everyone has my contact numbers, including my hotel and room information. Maybe then it would work."

Question: "Why bother with vacation?"

Vacation. It comes from the Latin word *vacatio*, which means *freedom from occupation, to be empty, at leisure. It is defined as "a period of time devoted to pleasure, rest, or relaxation;" "a period in which activity or work is suspended."*

Vacation means detaching from the world of work completely and wholeheartedly, physically and mentally. It means not wearing a watch unless you're off to catch a plane, bus or train. It also means no pagers, laptops and phones (cell phones off and landlines screened). Tell the world you're leaving the

country and that you should be considered "missing" for the duration of your vacation.

This is not being irresponsible. When you've spent all year long working hard and, yes, preparing to leave for vacation with the clear understanding that there will be this pile of work waiting when you return, then you deserve to be away. Notify and remind everyone weekly so that they are mentally prepared. Delegate specific tasks to specific people. Assign and prime a trusted person to be your backup for any emergencies. Program your e-mail, work telephone and pager to say that you are on vacation and will respond when you return. Give contact information for your backup.

If you've been true to work then you must also be true to yourself, to your family and to your life.

Vacation means time to refresh, recoup, rejuvenate. It's a special time to breathe in the goodness and beauty of your life and remind yourself that "yes, this is why I work so hard." That way, as you return to work, you can then breathe out and say, "Yup, I'm back and look at this pile of work." "Still, it was a great vacation and I'll need to start planning next year's vacation." Why not? It will give you and your family something to look forward to the rest of the year.

Have a great vacation!

I looked at my kids this morning – my how they have grown.

Were they not just tiny toddlers – yesterday before the dawn?

Tomorrow, they'll be off and running – about and on their own.

I must spend this time with them – before the summer's gone.



From left: Rene Villa-Augustin, Sr. Management Analyst II, 15 years; Angela Sherick, Director, 20 years; Arthur Rudnick, retiree; Mark Butler, Sr. Construction Maintenance Supervisor II, 16 years; and Maria Alpuche, Sr. Clerk Typist, 15 years.

The Art of Retirement

■ Art Rudnick retires from General Services after 18 years of City service.

Photos by Robert Larios, Club Director of Communications and Marketing



From left: Assistant General Manager Tony De Clue, Plumbing Supervisor Arthur Rudnick, and General Manager Alvin Blain.

GENERAL SERVICES — Friends, family and co-workers gathered in City Hall South June 22 for a retirement reception for Art Rudnick, Plumbing Supervisor, Fuel Services and Environmental Compliance Division.

The commemoration/reception program included a welcome and introduction by Director Angela

Sherick, and the introduction of Art's family by Plumbing Supervisor Wesley Collier. General Services General Manager Alvin Blain presented Art with a GSD Certificate. Assistant General Manager Tony De Clue presented Art with a City Resolution. Rene Villa-Augustin, Sr. Management Analyst II, presented Art with the Fuel Services Plaque.

There were closing remarks by Art. Refreshments were served.

Congratulations, Art!

The Club thanks Maria Alpuche, Sr. Clerk Typist, General Services Fuel Services and Environmental Compliance Division, for her assistance.



From left: Sean Sullivan, Plumber, 6.5 years; Mike McCarthy, Contractor, 17 years; and Wes Collier, Plumbing Supervisor, 8 years.



Staff from the Construction Forces Division, from left: Carol Holguin, Tammy Nguyen, Nick Pendorf, and Angelica Rios.