

Harbor Health Fair

Port aims to keep employees healthy by hosting fair.



From left: Edcon Lacuesta, Engineer, 12 years of City service, Club Member; and Marvin Nationalesta, with InterCoast College.



Irma Flores, Custodian, 3 years of City service; Elgin Norris, Equipment Mechanic, 18 years, Club Member; and Tracy Boehm, Gardener, 4 years, Club Member.



From left: Esperanza Martinez, Student Worker, 3 months of City service; and Phyllis Nino, Clerk Typist, 6 years, Club Member.



From left: Mimi Gutierrez, Civil Engineer, 10 years of City service, Club Member; and Kathleen Brozee, with Young Living Company.



From left: Brian Correa, Civil Engineering Associate, 8 years of City service; Amando Parrero, Accounting Clerk, 26 years; and Marie Gutierrez, Risk and Insurance Assistant.



From left: Kevin Ferrell, Roofer, 4 years of City service, Club Member; and Felix Santacruz, Roofer, 8 years, Club Member.



Peter Duk, Construction Division, 19 years of City service.



Sgt. Robert Myers, Motor Unit, 23 years of City service, Club Member; and Jackie Aguilar, with Generation Wellness Company.



Story and photos by Noelle Kauffman, Club Counselor

On Aug. 22, the Port of Los Angeles held its annual Health Fair for all employees. The event theme was, "I Love Living Healthy."

From 10 a.m. to 2 p.m., employees could participate in free health screenings, which included tests for measuring body fat, body mass, blood pressure, cholesterol, glucose levels, metabolic rates, and bone density. Dental, vision, and massage booths were also set up, offering information as well as relaxation. A free lunch of a chicken wrap, trail mix, and frozen yogurt was also provided.

The 2012 Harbor Health Fair came to a close with a silent raffle, where numerous door prizes including sporting goods, fitness gear, movie tickets, and gift cards were given away.



Sgt. Rosario Ferrara, Port Police, 10 years of City service, Club Member; Sgt. Jonathan Octeau, Port Police, 8 years of City service, Club Member; and Maj. Glenn Twardy, Port Police, 17 years, Club Member.



From left: Marco Sanchez, Civil Engineering Associate, 5 years of City service; and Francisco Zinkewich, Civil Engineering Associate, 1 year.



Long Nguyen, Civil Engineering Associate, 5 years of City service, Club Member.



From left: Monique Rodriguez, Professional Student Worker, 3 years of City service; Jisell Rodriguez, Professional Student Worker, 1 year.

HARBOR



From left: Denise Obrien, Clerk Typist, 7 years of City service; Valeska Calero, Accounting Clerk, 12 years, Club Member; and Renee Little, Executive Administrative Assistant, 34 years.



From left: The Club's Jackie Causillas, Club Counselor; Martin Chavez, Human Resources, 28 years of City service, Club Board Member; and the Club's Angel Gomez, Director of Member Services.



From left: Robel Afewerki, Civil Engineer, 20 years of City service, Club Member; with Elaine Ruggiero and Anise Goldfarb with Harbor Community Clinic.



From left: Eunice Lee, Engineer, 6 years of City service; and Phoebe Hoang, Engineer, 5 years.



From left: Dory Boyd, Maintenance and Construction Helper, 17 years of City service, Club Member; and Delfin Octoman, Building Operating Engineer, 7 years, Club Member.



Steve Baker, Assistant Director, HR, 25 years of City service, Club Member; and Phyllis Yogi, Sr. Management Analyst, 24 years, Club Member.

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This ad is possible thanks to the generosity of Terrance Yeager

HARBOR

Get Cracking!

Harbor hosts 13th annual Lobster Fest.



Doors open to Lobster Fest, and the horde enters the Port of LA.



From left: Andrew Benson, Harbor Events Coordinator, 18 years of City service, Club Member, with Officer Jose Alvarez, Port Police Cycle Unit, 5 years, Club Member.



Gerald Travens, LAFD, 37 years of City service with Lithe, a Hawaiian dancer.



Hawaiian dancers formed one of the many entertaining acts of the day.



At a lobster booth: Get your bib on and butter up!



From left: Officer Jane Chiapetta, Port Police, 7 years of City service, Club Member, with Officer Guillermo Lopez, Port Police, 5 years, Club Member.



Officer Andrew Sklarsh, Port Police K-9 unit, 3 years of City service, Club Member.



Officer Logan Braun, Port Police, 5 years of City service, Club Member.



Harbor Dept. information booth receives the visitors.



Story by Michael Anderson, Club Information Technology Manager; Photos by Tiffany Sy, Club Counselor

The creatures came ashore by the thousands, with giant claws and hard chitinous shells. The denizens of the Port of Los Angeles were overwhelmed. The only hope, the only thing that could save the LA Harbor were steam pots and lobster bibs, hot butter and coleslaw.

Port Police, LAFD, Transportation and Harbor employees were all at the scene to witness the carnage. Everywhere could be heard the cracking of red shells and the devouring of delectable tender lobster meat.

Thousands of Angelenos flocked to the Harbor on the weekend of September 14-16 for the 13th annual Lobster Festival to consume plentiful fresh lobster flown in directly from Maine. Surrounded by numerous musical acts, sword-swallowing pirates, Hawaiian dancers, vendors of all types and hungry patrons, the lobsters never stood a chance.

But beware, the hoard of sea monsters will return again next year. Your presence is necessary to safeguard our city. Come early to beat the traffic and find good parking.

Special thanks go to Arlene Herrero, Club Counselor, for the recommendation to attend the Lobster Festival. Your name came up several times during the weekend; they love you at the Harbor!



From left: Batt. Chief Ray Gomez, LAFD, 34 years of City service, and Firefighter Doug Lewis, LAFD, 12 years.



From left: Officer Al Garcia, Port Police, 25 years of City service, Club Member, with Officer Justin Sepe, Port Police, 6 years, Club Member.



From left: Regina Pacheco, Harbor, 7 years of City service, Club Member; Eunice Zordilla, Harbor, 7 years, Club Member; and Renee Decker, Harbor, 7 years, Club Member.



From left: Officer Jose Alvarez, Port Police Cycle Unit, 5 years of City service, Club Member, and Officer Aaron Smith, Port Police Cycle Unit, 5 years, Club Member.



Michael Anderson, the Club's Information Technology Manager, with a Lobster Fest pirate. Sorry Michael, no whip is needed to crack open the fresh lobsters, but thanks for contributing to the comical entertainment.



BY JEFF GELINEAU
Vice President of United Agencies,
The Club's Auto and Home Insurance Partner



REST INSURED

Ten Minutes for Safety's Sake

Safety isn't very exciting. It's not something that you think about often, but when it comes time for an emergency, every minute you spend on home safety pays off. I would like to encourage you to spend 10 minutes right now and review the following.

Pick one, ten or all of the following, and do it right now! It won't be a waste of time!

- Test each smoke alarm in your home.
- Count how many smoke alarms you have in your house. If you do not have one on every level and near sleeping areas, purchase additional smoke alarms.
- Designate an outside meeting place for your family (for example: the mailbox) in case of a fire or emergency.
- Blow out candles before leaving the room or going to sleep.
- Store all matches and lighters out of reach of children.
- Post your fire escape plan on your refrigerator.
- Post the Poison Control hotline number, (800) 222-1222, next to your phone.
- Move anything that can burn, such as dishtowels, at least three feet away from the stove.
- Schedule an appointment to have your furnace cleaned and inspected.
- Turn space heaters off before going to bed.
- Put a flashlight in each bedroom.
- Check your holiday decorations – keep breakable decorations out of reach of young children.
- Water your Christmas tree every day.
- Keep your Christmas tree at least three feet away from any heat source.
- Inspect your Christmas lights for signs of damage.
- Purchase a carbon monoxide detector for your home.
- Check www.recalls.gov to see if any items in your home (including cribs) have been recalled.
- Write down emergency contact information for your family and make sure everyone has these numbers.
- Use a fireplace screen.
- Put on safety glasses before any DIY project.

- Put tools away after your DIY project is complete.
- Pick up one new thing for your family's emergency preparedness kit.
- Purchase a first aid kit.
- Check your home for too many plugs in one socket and fix the problem.
- Never leave food cooking unattended.
- Turn out the lights when you leave the room.
- Unplug appliances that aren't in use (especially in the kitchen).
- Take your hair dryer off of the bathroom counter and store it safely.
- Replace an old light bulb with a new energy-efficient option.
- Remove any extension cords that are pulled under rugs or tacked up.
- Place an escape ladder in an upstairs room that might not have an easy exit.
- Remove any painted furniture that is pre-1978 to avoid possible lead exposure.
- Clean the lint trap and hose on your dryer.
- Check your swing set for sharp edges or dangerous S-hooks.
- Take a tour of your home from your child's perspective looking for hazards.
- Move cribs away from windows.
- Test small toys for choking hazards – if it fits in a toilet paper roll, it's too small.
- Remove all plastic bags from the nursery.
- If you have toddlers, install a toilet seat lock.
- Use plastic instead of glass near the pool.
- Remove clutter from the stairs.
- Hold a family fire drill.

Be safe and have fun!

About United Agencies

United Agencies is the Club's partner in helping members with their home and auto insurance, and related products. We specialize in creating personal relationships with our customers, and serving their needs in a prompt, efficient and friendly manner.

Check out our City Employees Club page on the United Agencies Website at www.unitedagencies.com/cityclub. This website lists the upcoming visits we'll be making to City Department meetings where you can ask us any question in person, and get an instant quote!

Have a question?

Is there something about insurance that you've always wanted to know, but were too ashamed to ask? Maybe something that you've just always been curious about? Feel free to send me an email at jgelineau@unitedagencies.com, and I will try to answer your question in one of our monthly columns.