



Make this year easier, healthier, and less stressful. Start fresh.

**CARE OF US** 

**ASK THE EMT** 

## New Year — New Start

No one can deny that the last couple of years have been challenging and a little bit of a roller coaster. But we want to help change that, even if just a little. Here are some tips and tricks to make this year a little bit easier, healthier, and less stressful.

If you're ready to start fresh, try these six health tips to improve your overall wellness:

• Set attainable goals. When people have unrealistic goals, they automatically set themselves up for failure, which can make it hard to stay motivated. Set yourself up for success. Instead of tackling a long list of lofty resolutions, start small.

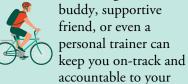
It's helpful to create alternative habits and routines to replace the ones you're trying to change.



Try setting one goal at a time, such as limiting sugar intake every week or going for a brisk walk or jog every

other morning. By starting with one thing you want to improve on, you can turn healthy habits into part of your regular routine. Once your goal becomes a habit, you can shift your focus to other goals you want to work on.

- Keep track of your progress. It's helpful to hold yourself accountable by logging your progress each day. If you're trying to lose weight or track your food or water intake, use an app or keep a journal. Once you've achieved your goal, it's a good idea to continue to log your progress to ensure you maintain your new healthy habit.
- Take time for yourself.
  You may be juggling a lot right now —
  parenting, work from home, caring for another family member but it's important to take time for yourself each day. Something as simple as a daily walk to listen to your favorite podcast, practicing self-gratitude, or taking 15 minutes to meditate can help reduce stress and anxiety from the day.
- Find a workout buddy. Do you find it hard to motivate yourself to work out? Finding a workout



goals. If your workout buddy is someone outside your household,

- don't forget to use masks and physical distancing, or even work out from separate locations over video chat. You can root each other on during the hard sets and encourage each other to try new workouts to keep your fitness routine fresh and fun.
- Eat cleaner. Eating can be a source of comfort in stressful times. But instead of reaching for that box of macaroni and cheese, consider replacing processed foods with more fresh foods. Introduce leafy vegetables to your meals and increase the amount of produce on your plate, and you'll see a positive impact on your health.
- Prioritize sleep. Sleep does more than just allow you to feel rested enough to take on your day. Losing sleep or not getting enough of it is known to affect your metabolism, making it difficult to lose excess weight and making you more prone to getting sick.

While most people need eight hours of sleep per night, if you feel sluggish most days and need to take a nap, that could be an indication that you might need to prioritize getting more sleep.

## G W R S GROUNDWATER REPLENISHMENT SYSTEM

It's never too late to celebrate good things and that is just what we are doing. On January 18, 2008, the Groundwater Replenishment System (GWRS) celebrated a momentous occasion by initiating operation of the world's largest water purification system for indirect potable reuse. It is hard to believe but it has been 14

## Celebrate Good Times...



years since the day the joint project between OC San and the Orange County Water District (OCWD), obtained final approval to send water to the recharge basins in Anaheim.

GWRS obtained approval the week prior to inject water into its seawater intrusion barrier. With these final permits, the facility lived up to its initial potential of producing 70 million gallons of water a day (MGD). Now, GWRS is in the midst of its final expansion, which will bring its capacity to 130 MGD, that is enough water for one million people in Orange County. Congratulations to us all for making this amazing project come to life.

# CONSTRUCTION CORNER

# The One That Almost Didn't Happen

It is often assumed that the larger the project budget, the more complex and lengthier the project will be. But that is not always the case, FE10-21 is a prime example that small jobs can be quite complicated to construct.

The Craig Regional Park Manhole Improvements project was first presented to the Clearinghouse in 2010. Five manholes at an Orange County Park in Fullerton needed improved access for maintenance purposes. The access to these manholes was around the lake area of the park and on a slope, making it steep and difficult for maintenance vehicles to access. So much so, that during routine maintenance in 2005 a

maintenance vehicle was not able to access the manhole safely due to a slope that was too wet and steep. The vehicle almost slid into a lake and had to be towed.

The construction project was to install structural grass pavers to support the large maintenance vehicles and equipment used in servicing the manholes. Sounds simple enough right? Well think again. Even though the construction duration is relatively short, less than six months, it has taken more than a decade to get to construction.

Why has it taken so long? Permits. To perform the work, permits were

needed from OC Parks and the United States Army Corp of Engineers (USACE). Permits from OC Parks were obtained, but it took four years to get permits from USACE, once that permit was in hand, the first permit had expired and needed to be renewed. Then COVID hit and that just added to the delays. Long story short, 12 years later the \$427,000 project is now in construction.

Crews are removing trees, removing existing asphalt, grading, and providing structural grass pavers to support the trucks and equipment used in servicing the manholes. The project is scheduled to be completed this coming spring. §



Crew preparing area for structural pavers.

# Division profile Taking Care of Us

**Division 870:** Facilities Maintenance

#### Group Size: 4

OC San Plant No. 1 Maintenance (Division 870) is made up of smaller teams that take care of most of Plant No. 1's maintenance needs.

One of those teams is Facilities Maintenance. They are a small team made up of four OC San employees who are called upon when someone needs help to move a desk or repair a broken sink. But they do a lot more than that!

They oversee building and ground maintenance, make custom pieces like tables and displays for staff and events, and manage contracts such as: janitorial, landscape, and window cleaning.

The Facilities Maintenance team strives to address items submitted to them in a timely manner and provide the best customer service possible. They take each task and give it the priority it needs while also having a quick turnaround time. By analyzing each situation on a case-by-case basis they also make recommendations that could improve working conditions.

A typical morning for this team starts off by checking Maximo, OC San's project tracking software, and responding to items that require immediate assistance or urgent work orders that might have been submitted throughout the night. The day continues by addressing the rest of the requests submitted to them. Each request can be something completely different which means that for this team every day brings something new.

COVID-19 has brought additional tasks and restrictions for most of the OC San staff. For the Facilities Maintenance team they have had to comply with the safety requirements by installing hundreds of safety signs throughout Plant No. 1. Not only that, but furniture had to be covered or relocated and areas that weren't in use had to be taped off. From creating a COVID-19 safe work environment to removing bats (the flying kind) from the top of a building, this team puts in the work. They prove it every day in the manner that they handle each situation.

Next time you see a new sign appear on a door, something quickly get fixed, or just admire how up kept our facilities are, you'll know which team was responsible for all of it. From all of us, thank you for all you do!



Alan Ralph Maintenance Supervisor



Mark Pauperas
Facilities Worker/Builder



**Larry Johnson** Lead Facilities Worker

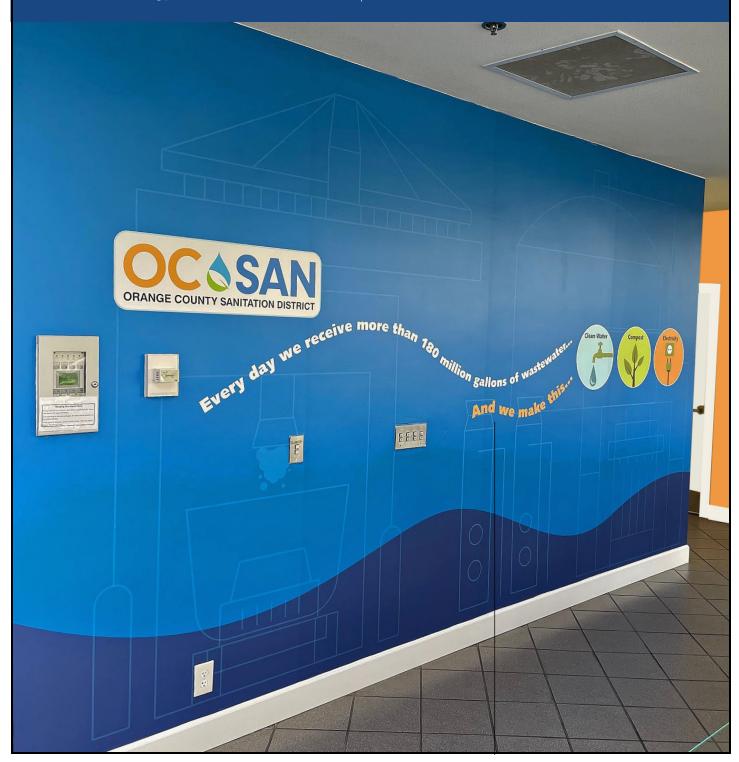


Jose Rocha
Facilities Worker/Painter

# The New Year Brings New Looks Inside the OC San Lobby

Have you stepped into the Administration Building at Plant No. 1 recently? Maybe you didn't have a reason too, but now you do. The wall next to front desk in the lobby just got a facelift. They say new year, new you and OC San has been doing just that. As we work towards

incorporating our new logo throughout the Plants, you will start to see many things get a new look. Next time you're out on a walk during a break, stop by and check out the new wall.



## ASK THE EMT\*

We asked the Executive Management Team what are their New Year's Resolutions.

• Jim Herberg, General Manager Personal: Get at least 7 hours of sleep every night.

Professional: When the pandemic is over — more face time and less screen time.

• Rob Thompson, Assistant General Manager Personal: I don't make new year's resolutions.

Professional: Continue to build organizational (people) resilience.

 Lorenzo Tyner, Assistant General Manager

Personal: Remembering not only to say the right thing at the right place but to leave unsaid the wrong thing at a tempting moment.

Benjamin Franklin Professional: Continue to learn new things.

• Celia Chandler, Director of Human Resources Personal: My New Year's resolution is to treat 2022 like a new chapter of a book waiting to be written. Professional: My New Year's resolution is to continue moving forward toward a healthy and positive year for all.

• Lan Wiborg, Director of **Environmental Services** Personal: Cultivate California pipevine and more milkweed plants to provide habitat for the swallowtail and monarch caterpillars.

Professional: Keep it simple work the root cause, not the drama.

• Kathy Millea, Director of Engineering

Personal: Wallpaper the powder

Professional: More construction site visits (socially distanced of course!)

\*This issue was prepared prior to the recent appointment of the new Director of Operations and Maintenance, Riaz Moinuddin.

## **IDEA** Incentives for District Employee Achievements



**Great IDEAS save OC San money**. The Incentives for Districts Employee Achievements (IDEA) committee recently approved an IDEA granting the creators a cash prize.

IDEA: Metal spray centrifuge sleeves with chromium oxide for better wear and corrosion protection.

Submitted by: **Kevin Peek**, (Div. 870)

Amount Awarded: \$4,000

SUMMARY: The IDEA committee started 2022 with the approval of another great IDEA, which reduces downtime of equipment and introduces great cost savings. The sleeves on the centrifuge machines in the Thickening and Dewatering (T&D) building are subject to corrosion due to contact with plant water. The cost of replacement with original equipment manufacturer parts is very significant. This IDEA proposed coating the worn out sleeves with chromium oxide for a higher corrosion resistance material at a significant lower cost instead of replacing them with brand new parts. The recommendation has been implemented on all six machines since August 2021 and has proved to be effective by providing similar runtime as original parts. Additionally, implementation of this IDEA saves OC San more than \$4,800 in equipment cost over a year and avoids extended equipment downtime due to long lead time to purchase replacement parts.

Congratulations to **Kevin Peek** on his wonderful IDEA!

## **mo and mo likes and** comments for mo!



Congrats to **Moyo** Abiodum, (Div. 250) for being hired on as a fulltime OC San

employee. He's starting at OC San as an IT Analyst II after being a contractor here for over two years.

We usually don't do this, because on The San Box all OC San employees get a chance to like and comment on staff retiring or being promoted, BUT it seems like Mo has broken the OC San intranet with how many likes and comments his hiring has received. With about 300 likes and comments in total, we are pretty sure he set a record.

### Service Awards

-30 YEARS-

Canh Nguyen Gregory Chesebro Tracey Murphy

-20 YEARS-

Gary Conklin Roy Reynolds Phillip Sullivan

**—15 YEARS**—

Marcus Lambertz

-10 YEARS-Jackie Lagade

-5 YEARS-

Tony Acayan Brett Beutler Mike Gonzalez Sterling Harris Dereck Hooks Larry Polk Brian Rick Shaun Siddiqui



Yolanda Herrera, (Div. 120) -Congrats on the Certification! Yolanda, received her Project Management Professional Certification from the Project Management Institute. 👌





Reflections

Pinky Burke, (Div. 250) — 26 years, what a great run! Leaving OC San during these unprecedented times is bittersweet. Nonetheless, as much as I have enjoyed my stint at OC San, the time has come for me to embark on my next fun and exciting adventure — retirement.

It's an honor to work side-by-side with talented, smart and fun co-workers who are subject matter experts in their own right while we help protect our environment.



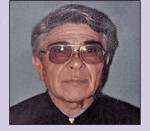
I appreciate the opportunities given to me that helped me grow personally and professionally and be a part of a great team. More importantly, the professional and personal relationships I have established and everything in between; they will be cherished. So long, until we meet again and God bless you!



## 🤏 In Memoriam 🄉



OC San retiree Silvino Zuccollo passed away on December 19, 2021. Silvino worked for OC San beginning in February 1985. He retired in August 2005 as a Senior Mechanic, (Div. 850). He will be greatly missed.





OC San employee **Deneb Smith** passed away on November 2021. She worked for OC San from July 2004 to February 2020 and most recently worked as a Contract/ Purchasing Assistant, (Div. 230).

### Wishing the best to...

Eddie Baker, Chief Plant Operator retired on January 13, 2022 after 16 years of service.

Pinky Burke, Data Management Tech II retired on January 13, 2022 after 26 years of service.

Gregory Chesebro, Power Plant Operator II retired on January 13, 2022 after 30 years of service.

Keith Criscuolo, Senior Plant Operator retired on January 15, 2022 after 19 years of service.

MarcoPolo Velasco, Principal Staff Analyst retired on January 13, 2022 after 30 years of service.

## **CORE AWARDS**

Congratulations to the following Core Award recipients (December 7, 2021 through February 14, 2022).

Wai Chan Heber Mendoza-Miguel Julio Montes Brian Rick John Myer Joel Martinez Shaun Juarez Reuben Contreras Cory Mayne Brendon Tran Christopher Walker Iesus Baez Michael Childers Fernando Paramo Gino Villalobos **Jason** Biedermann Derek DeVoe Bryan Spidell Kevin Peek Anthony Pimentel Joseph Robledo Absalon Diaz Jim Campbell

William Cassidy

Larry Johnson

Hai Nguyen

Mark Pauperas

Laura Terriquez

George Robertson Mike O'Reilly Tiffany Nguyen Natasha Dubrovski Cori Voss Heather Park Monica Sanchez Yai Phongmekhin Clarice Marcin Larry Roberson Digna Olmos Brandon Garcia Ludwig Lapus Diane Marzano Jay Kaura Anthony Segura Elsa Garcia Sean Henderson Darius Ghazi Donald Herrera Jackie Lagade Greg Blakeley Dionne Kardos Michael Hino Reed Calvo Jay Tagumasi Allan Suan Dave Rodriguez

Brian Engeln

Tyler Ramirez

## New Faces Welcome to OC San



Mo Abiodun
Division 250
Information Tech
Analyst II



**Ruby Kaura**Division 740
Student Intern



**Kevin Landry**Division 230
Storekeeper



Desiree Lopez
Division 230
Contract/Purchasing
Assistant



Jenna Obenshain Division 770 Engineer



Eric Perez Division 870 Power Plant Operator II



## OC SAN PETS



**MEET Georgie**, she just turned one. We got her from a rescue, and she is a Chihuahua/Pit Bull mix. She likes to lay in the backyard, chew on sticks and go for walks. *Rob Michaels*, (*Div. 250*)

MEET Poki, Smokey, and Loki. They each have different personalities but are one big happy family. Adam Montoya, (Div. 160)





MEET The Monster Squad aka the Neapolitan Pup Pack. Bespin, Kessel and Dee'ja – all Star Wars names, but one of them requires an extra level of "nerd" to get. *Cortney Light*, (Div. 830)



**Brandon Barents**, from Maintenance Worker to Facilities Worker/Builder

**Tyler Hilleboe**, from Operator-In-Training to Plant Operator

**Mark Kawamoto**, from Engineering Supervisor to Environmental Protection Manager

**Aaron Suarez**, from Lead Power Plant Operator to Maintenance Supervisor

**Randa Abushaban**, from Regulatory Specialist to Senior Regulatory Specialist

**Manuel Garcia**, from Mechanic to Senior Mechanic

**Bradly Kottke**, from Mechanic to Senior Mechanic

**Vanh Phonsiri**, from Principal Environmental Specialist to Scientist

**Mohaab Abodia**, from Information Tech Analyst II to Information Tech Analyst III

**Ryan McMullin**, from Senior Environmental Specialist to Principal Environmental Specialist

**April Frost**, from Operations Supervisor to Chief Plant Operator

**Tony Luong**, from Environmental Specialist to Senior Environmental Specialist

**Mike Rose**, from Power Plant Operator II to Lead Power Plant Operator

**Jim Kavalec**, from Electrical Tech II to Construction Inspector

**Sid Downer**, from Lead Plant Operator to Operations Supervisor

**David Ngo**, from Senior IT Analyst to Principal IT Analyst

**Eduardo Jimenez**, from Operator-In-Training to Plant Operator

**Brett Beutler**, from Senior Plant Operator to Lead Plant Operator

**Allan Suan**, from Data Management Tech I to Data Management Tech II