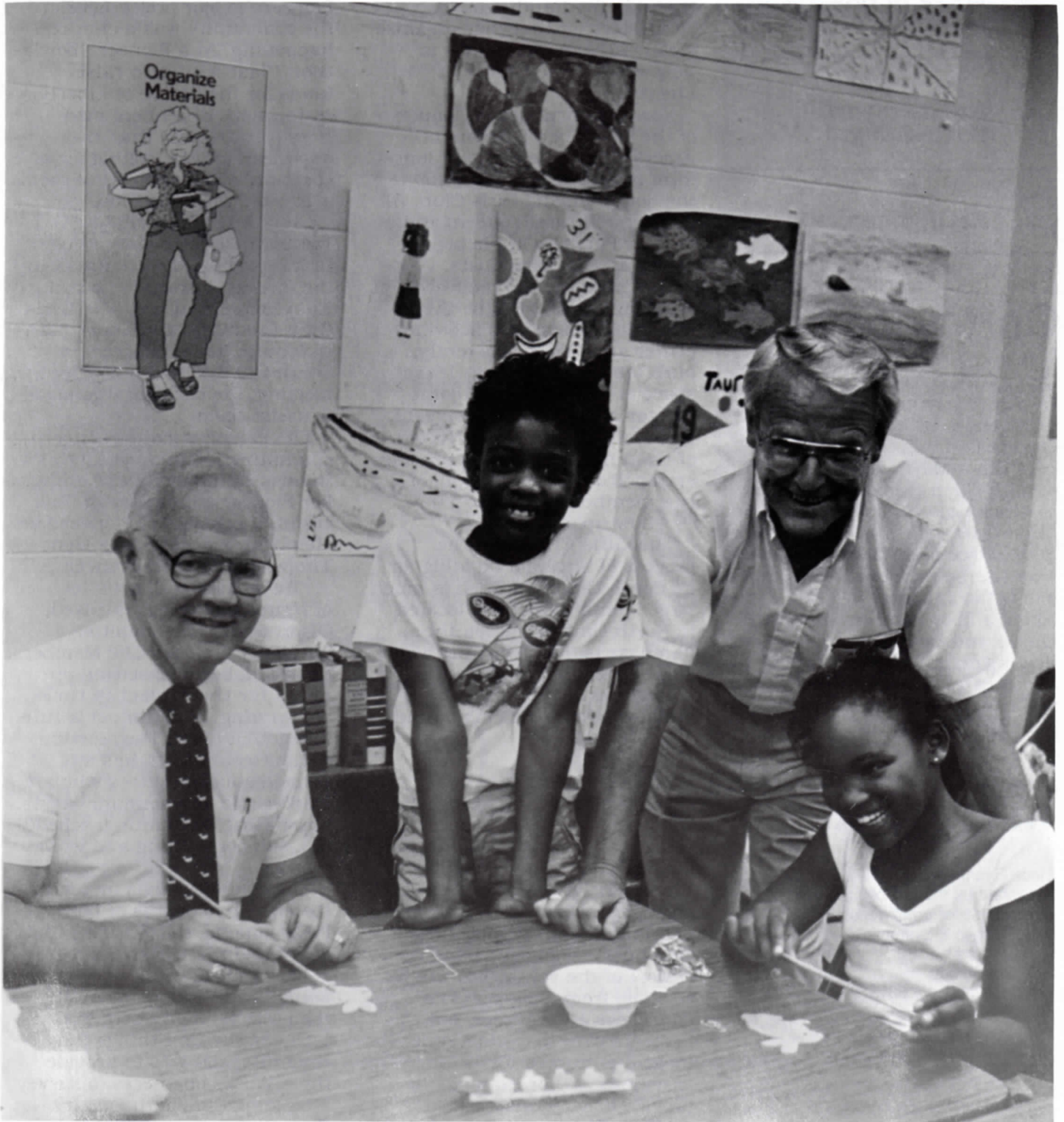


WESTERNER

Omaha Works
July 1985



Contents

July 1985

Vol. 29, No. 7

3 What's cooking?

4 We're in this together

6 Another (yawn) restless night

7 Retirements

On the cover

You learn something new every day, as Tom Olson (left) and Dewey Ehrenberg found out when they visited the South Omaha Girls Club. Club members Etika Mayfield (left) and Monica Allen explained to their visitors how to make keychain ornaments, one of the day's craft projects. In talking with Monica, the men discovered that she is the daughter of Andy Allen, a floor hand in Dept. 429. Olson and Ehrenberg are helping organize Cornhusker Pioneers on a major project that will benefit the South Omaha club. See the story on this page.

WESTERNER

Linda Ryan, editor
Published by the reproduction
department for employees of
AT&T Network Systems,
Omaha Works
P.O. Box 37000
Omaha, Nebraska 68137
402-691-3553



Pioneer project aids Girls Club

Those Cornhusker Pioneers are at it again.

It's not enough that they provide "Hot Trikes" and learning aids for handicapped youngsters, or that they organize a campaign to raise funds to help restore the Statue of Liberty.

Now the Cornhusker Chapter of the Telephone Pioneers of America is committed to a long-term project that will benefit the South Omaha Girls Club. All Pioneers, Future Pioneers and Pioneer Partners are being encouraged to participate.

The project is the renovation of a building which will be the new site of the club's activities center and offices. Currently, club members meet in leased space at the LaFern Williams Center at 30th and Q streets. The club's 1,400 square feet of main floor area easily becomes cramped quarters when all of the members — up to 70 — show up at once.

The Girls Club is in the process of buying a building for its South Omaha branch (a much larger center already is located in North Omaha). When the purchase is final, the Cornhusker Pioneers will provide the volunteers to remodel the building to suit the club's needs.

Volunteers needed

Volunteers will be needed to help with carpentry, painting, electrical wiring and plumbing, among other things, said Dewey Ehrenberg. A senior industrial engineer in Dept. 477, Ehrenberg is this year's president of the Cornhusker Pioneer Chapter.

Most of the volunteers will be solicited from among Works employees and retirees, but the Pioneers plan to contact other local businesses for their assistance — for example, to provide donated materials. Additionally, the Pioneers have

pledged \$30,000 toward the renovation over a two-year period.

Selecting the Girls Club as the Pioneers' major project within the community was a chance happening. At a Pioneer "bowlation" last winter to raise funds for the Statue of Liberty restoration, Ehrenberg mentioned to friends that the organization was looking for a community project. One of them suggested the Girls Club.

Club officials, including executive director Mary Heng-Braun, were invited to speak to the Pioneers' executive board. They explained how the Girls Club functions and about plans to acquire larger quarters in South Omaha. Not long after that meeting, the decision was made to assist them.

The Pioneers named a steering committee for the project. Besides Ehrenberg and Cornhusker Pioneer administrator Tom Olson, it consists of Pioneer Life Members Jim Bosworth, Gene Tingwald and Dick Branecki.

"We're hoping to get a lot of retired employees involved," Olson said. The committee purposely includes Life Members, he added, because setting up plans for the project is time-consuming, and almost a full-time job in itself. The steering committee, in turn, has appointed subcommittees who are responsible for communications, purchasing, accounting, scheduling, sub-contracting and work crews.

The committee has met with the executive boards of both IBEW unions, the WEOMA Club board and the Works' large staff, "and we've received their enthusiastic endorsement of the project," Ehrenberg said.

One of the first things the committee did was to provide three Works engineers to survey a building the South Omaha Girls Club is negotiating to buy.

Charlie Johnson, Charlie Petersen and John Peterson toured the larger north Omaha Girls Club first to get an idea of the kinds of facilities that are required. Then they visited the proposed South Omaha building and estimated what it would cost to adapt it to the club's needs.

Ehrenberg said a major portion of the renovation costs would be funded through the Girls Club capital budget. But through volunteer labor provided by the Pioneers and with donated materials, renovation costs can be cut considerably.

"We're really excited about the project," Olson said. "Because of the work that the Girls Club does, it's really a worthy cause."

10 years old

The Girls Club, which receives funding from the United Way of the Midlands, celebrated its 10th anniversary earlier this

year. It opened its doors for the first time on Feb. 6, 1975, in the basement of Clifton Hill United Presbyterian Church in North Omaha.

Patterned after Omaha's highly successful Boys Club, it grew quickly. The South Omaha branch of the club was formed early in 1978. As membership increased, the north branch was moved to more spacious quarters at 37th and Lake streets. And now the focus is on expanded room for the club's South Omaha members.

The Girls Club provides a wide choice of activities. It offers educational programs in which basic skills development is stressed to members who generally range in age from 8 to 12 years at the South Omaha location. Such programs involve reading, computation and problem solving, and their applications to other areas such as sewing or nutrition.

There are recreational programs and classes in arts and crafts and exercise. Older members can participate in a career awareness program, in which they learn job-related skills pertaining to dressing properly and behaving in a business-like way. A "Cat and Mouse" program has been introduced, which teaches girls how to protect themselves from physical and sexual abuse.

Dinners are served after school to all girls who meet income guidelines, and counseling services for the girls and their parents also are provided.

Girls Club officials say the organization could not exist without the support it receives from individuals, organizations and businesses, just like the help the Pioneers are offering.

Employees and retirees who are interested in volunteering their help with this project should call Olson on Ext. 3564 or Ehrenberg on Ext. 3659.



Recipe book prepared

Pioneer Partners Kathy MacVittie (left) and Helen Ehrenberg work on editing and clarifying the close to 1,000 recipes Works employees have submitted for the Cornhusker Pioneers cookbook, "The Pioneer Pantry." The cookbook is a fund-raising project whose proceeds will be used for charitable work the Pioneers do, such as renovating a building for the South Omaha Girls Club (see story on opposite page). The book promises a wide selection of recipes in 14 different categories. The cookbooks should be printed and ready for sale tentatively by the first part of November. Other Pioneer Partners who are helping to compile the cookbook are Bette Olson, Pat Brewer, Blanche Brannecki, Melba Wigg and Kathryn Schwetz.

They call it teamwork

It's what gets the space shuttle off into space and back safely and won the pennant for the Chicago Cubs last year. Teamwork. It's essential to the success of any operation, and the Omaha Works is no exception. We see examples of teamwork around us everyday. Sometimes, however, the teamwork is extraordinary — like in the instances that follow.

The 700 jack fights back

Without a doubt, there is a market for apparatus like the 700 jack. The jack is required by the Federal Communications Commission to act as a kind of breaking-off point, distinguishing between customer premises equipment and telephone company equipment. Since divestiture, it helps us to know who is responsible for what communications equipment.

The Baltimore Works began

making the 700 jack series in 1981, and Omaha took over the job in 1983. Sales were going fairly well until this year, when demand for the 25-pair 700 jack waned.

A combination of factors contributed to the drop in demand, but chief among them was that potential customers thought our jack cost too much. The 25-pair 700 jack is an important part of the Works' 700 jack family. Rather than dropping it from our product line, the Works set out to make it cost-competitive.

Within a 90-day period, the mission was accomplished. A team of employees assigned to the project met in planning meetings, redesigned the jack, made and set up the tooling in the shop, and introduced a new and more efficient way to make the product.

The 25-pair 700 jack, being a relatively new product, has undergone a series of cost-reducing modifications during its lifespan, some of them resulting from efforts of Omaha Works people. This most recent cost reduction, however, is the most impressive.

Compared to manufacturing costs before the 90-day project began, material and labor and load costs have been cut by approximately a third. Total cost was cut by 27 percent which means, figuring in previous cost reductions, the 25-pair 700-jack today costs just about half of what it cost when it was first manufactured in Baltimore.

Teamwork make it possible, noted Earl McLean, manager of engineering and manufacturing network distribution apparatus. At an appreciation coffee for team members, McLean cited each of the team members for their contributions:

The project planners were Bob Stofko and Bill McCormick of product engineering and Gary Steinkraus of industrial engineering. Working with them were Gene Saab, Carol Hawley and Georgia Daily of production control; Ann Sanders and Eva Fetherkile, shop operating employees; Harry Wagner of design engineering; Don Bailey of plant and factory engineering; Ron Beckman of the tool maintenance and construction department; Dan Dankof of product engineering; Roger Jirka and George Ujdur of industrial engineering; and Bill Lockhart and Lee Boettcher of plant trades.

Stofko commended team members for pitching in "with no thought of personal glory." He said he has never worked on a project during his career that "demonstrated such a great positive attitude from everyone concerned — it was almost dynamic."



EVERYONE PITCHED IN . . . Employees who worked on the 25-pair 700 jack project represented all areas of the Omaha Works. Among them were Harry Wagner (left to right) of design engineering; Ron Beckman of tool maintenance and construction; Bob Stofko of product engineering; and Georgia Daily of production control.

McLean thanked the group for "an extremely fine job, and I hope the first of many other similar jobs." He praised the speed in which the project was completed and the efficiency of the new manufacturing operation, which will result in fewer mistakes on the job. "We now have the responsibility to extend the techniques we have developed to other wiring jobs."

Stand up and be recognized

You knew they all had to have something in common because they all wore blue T-shirts that touted a "Somethingorother Whatchamacallit Recognition Day" — or somethingonthator-der.

But even if they didn't wear matching T-shirts, it wouldn't take long to determine their common bond.

These employees are members of the Omaha Works Quality of Work Life (QWL) circles. They are dedicated to working together for ways that will improve or enhance the quality of work life of employees their circles represent.

In a little more than four years the number of circles has grown to 15. That includes a new circle for circle leaders and another for production control employees, the first to be formed in the office.

Teamwork is the basis of these circles and it shows. Their research and follow-through have produced results that positively have affected the whole plant.

Among their accomplishments: Employees whose jobs won't be adversely affected can now use personal radios at their work stations in the shop. Ordering parts from the central storeroom has been streamlined thanks to new order forms one circle developed.

In many instances the efforts of circle members have resulted in improved maintenance and quicker repairs to machinery. Not only has this helped alleviate on-the-job frustrations for employees, but it also has reduced scrap at considerable savings.

July 1985



"T" FOR T-SHIRTS, TEAMWORK . . . Members of different Quality of Work Life circles show off their recognition day T-shirts. From left to right (front row) are Donna Erickson (Dept. 443), Dee Kelly (442) and Carl Michel (424), and (back row) Josephine Willis (294), Don Donovan (442) and Ed Betzer (444).

It was time, circle members believed, to come together in celebration — take a look at their records and officially recognize the support and cooperation the circles have had since their beginnings. Thus, the first Quality of Work Life Recognition Day was held in the auditorium on June 27.

The gathering was similar to a combination Academy Awards Night and "show and tell" time. Invited guests — supervisors, engineers, management representatives and others who worked closely with the circles — filed through the double doors. They could mingle with circle members and browse through displays featuring circle logos and presentations of their achievements.

The program began with an announcement and explanation of a formal quality circle awards of excellence program, whereby circles will be recognized on the basis of points accumulated in various categories. The program's first awards will be given next year.

Next came a spoof of a Johnny Carson routine. The Great Karnass (Sharon Brown) and Ed McPickrel (Paul Pickrel) localized retorts to some rather unorthodox questions.

Individual circle members were introduced to the audience, and finally, recognition awards were presented. An Award of Achievement went to Circle No. 3 for its radio usage survey which eventually resulted in allowing radio usage on certain shop jobs. Circle No. 1 received an Award of Excellence for Cost Reduction, for developing improved central storeroom order forms at a savings of \$26,000. Circle No. 7 also won the same award for working to eliminate a cardboard insert in packing DFW coils, an improvement amounting to more than \$91,000 in savings.

An Award of Distinction was presented to General Manager Jack Childs for his support of quality circles, and an Award of Appreciation was earned by the QWL steering committee, whose members are management and labor union representatives.



Love-Life

Can't sleep? You're just one of the crowd

The following is one in a series of articles about health as part of "Love-Life," a health education program developed by the Immanuel Medical Center.

Have you ever been on the verge of sleep when suddenly you were jerked awake or had the experience of falling? Do you find that a glass of warm milk just before bedtime helps you sleep better than over-the-counter sleeping pills? Do you claim that you never dream?

Join the crowd. You're like most other people when it comes to sleep.

The jerk you feel — called a myclonic jerk — is nothing more than a sudden burst of activity in the brain which sometimes takes place just on the threshold of sleep.

Doctors have found that Grandmother's old warm milk remedy actually does work. Certain elements in the milk induce sleep better than most over-the-counter sleeping aids.

And everybody dreams — four

to six times a night depending on how long you sleep. We pass through five different sleep stages every 110 minutes or so. During one of those stages, we all dream. However, many of us do not remember what we dream unless we are awakened during or shortly after a dream.

Can't sleep

You're also part of the crowd if you have trouble getting a good night's rest. Americans spend more than \$25 million annually on over-the-counter sleeping aids which, at best, do nothing to help bring on sleep. Some sleeping aids actually keep you awake if used repeatedly. An additional 8.5 million Americans take prescription drugs in order to sleep.

Everybody has trouble falling asleep once in a while. Worry, excitement, stress, anticipation and emotions can cause you to spend a restless night. When the problem reoccurs frequently, you may face serious conse-

quences.

Without sleep we often feel achy or sore. We aren't as alert as we should be and accidents are more likely to happen. We may suffer from a nagging headache, stumble around the day going through the motions of being awake. Whether you call it burning the midnight oil or burning the candle at both ends, it causes the same problem: temporary burn-out.

Do it too often and you run the risk of accident or sickness. Your body needs sleep time to rest and rejuvenate. During sleep, your body temperature drops, your breathing and heartbeat slow down, and your muscles relax.

People's sleep needs vary. Some do extremely well on six or even four hours a night, while others need nine hours. Pay attention to what your body tells you. Don't figure you can catch up on lost sleep over the weekend. Sleeping 15 hours one day does not make up for two nights without sleep.

A form of abuse

Too little sleep is one more way to abuse your body, pushing it beyond its limits. If you schedule enough sleep each night but have trouble falling asleep, try the tips that follow. And remember, most doctors won't prescribe sleeping pills unless there is a severe problem.

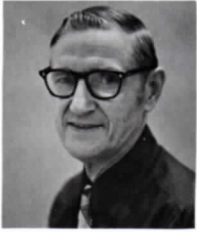
- Put yourself on a regular schedule. Go to bed and get up each morning at the same time.
- Get plenty of exercise during the day. If you do calisthenics, don't do them before you go to bed. They can act as a stimulant.
- Don't eat heavy foods or a spicy meal late in the evening.
- Don't drink coffee, tea or cola containing caffeine late in the evening. If you drink tea, try an herbal variety. Better yet, have a glass of warm milk at bedtime.
- Try to do something quiet like read a book or listen to soft music about an hour before you go to bed. Make sure your sleep environment is conducive to sleep. Loud colors, too much heat or too much light can keep you from falling asleep.

Retirements

Not pictured:

C. Henry Scoles—28 years
 Ronnie Ahrens—27 years
 Jack Sedlacek—26 Years

Garland Carroll—19 years
 Dorothy Randolph—16 years
 Cecilia Garside—15 years



Don Smetter
39 years



Orv Olson
30 years



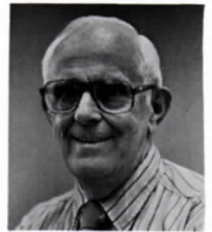
Harvey Peters
26 years



Wilma
Dunavin
25 years



Larry Lass
25 years



Ed Baco
23 years



Bess Balus
21 years



Rosalie Porter
20 years

Service anniversaries

35 years

D. D. Dunekacke 3444 7/31
 A. R. Edwards 405 7/31

30 years

C. F. Woltz 471 7/5
 H. M. Wagner 553 7/25

25 years

H. L. Callsen Jr. 293 7/28
 B. M. Fitchhorn 448 7/11
 R. B. Hilt 423 7/28
 L. B. Honeywell 402 7/25
 W. C. Miller 1723 7/26

20 years

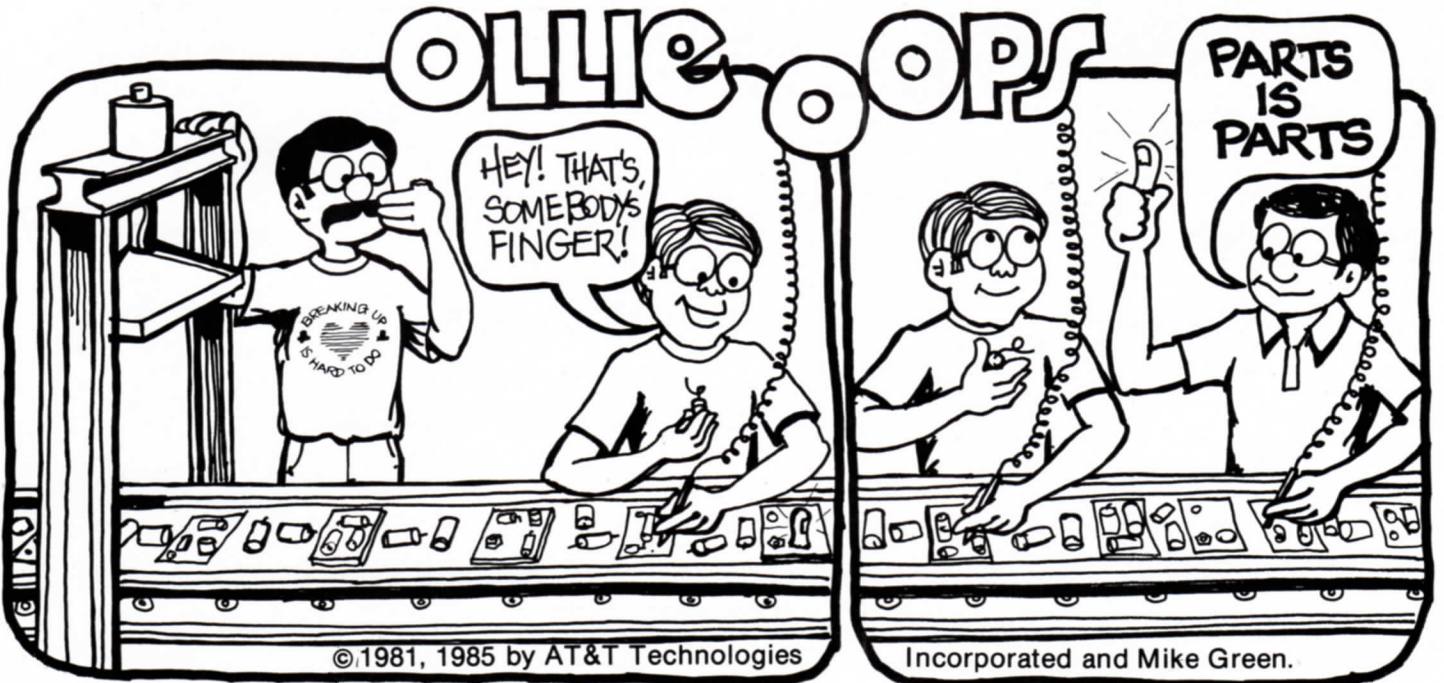
R. P. Avolio 424 7/26
 F. D. Caruso 402 7/26
 L. K. Daubman 449 7/15
 M. P. Frank 294 7/8
 N. T. Johnson 429 7/26
 C. J. Leffall 201 7/14
 J. C. Sempek 443 7/1
 D. M. Stika 429 7/3

15 years

P. E. DeBolt 444 7/7
 S. N. Tucker 101 7/27



Norm Akers
16 years





Last frame

Now you see it, now you don't. Marilyn Kobjerowski, a secretary in the labor relations department, places proprietary information documents in the top drawer of one of the new proprietary waste containers located in Building 20.

When she closes the drawer, the documents fall to a tamper-proof, locked cabinet below. They cannot be retrieved except by a Pinkerton guard who unlocks the containers once a day after office hours. The guard collects all documents and destroys them in a paper shredder.

Five containers are in place on the second floor of the administration building and three are on the first floor. The containers are a visible sign that AT&T

takes its competitive environment seriously.

They are the latest in the company's campaign to alert employees to the importance of guarding proprietary information — information which could be harmful to our business should it end up in the wrong hands.

A "clean desk policy" also has been introduced, requiring employees to lock away proprietary information used in their jobs before they leave for the day.



AT&T
Network Systems

Omaha Works
P.O. Box 37000
Omaha, Ne. 68137