



King County
METRO

Moving forward together

RAIL



July 29, 2021

Virtual Sessions

Tues. Aug 24th 11AM - 12PM

ONLINE:

<https://zoom.us/j/94942387515>

CALL IN: 253-215-8782

Meeting ID: 949 4238 7515

Passcode: 201201

Making Life Easier

For help with personal issues

1-888-874-7290,

Available 24 hours / 7days

KCMakingLifeEasier.com

Username: King County

Equity and Social Justice:

We cannot live only for ourselves. A thousand fibers connect us with our fellow-man; and along those fibers, as sympathetic threads, our actions run as causes, and come back to us as effects.

~Herman Melville~

KCM and ST Partnership Principle

DIVERSITY: We know that by celebrating and embracing our diversity and differences, we are a stronger, united organization.

Wellness and Wellbeing Digital Apps

As we continue to recognize National Minority Mental Health Awareness month, Balanced You has collected resources, tools and webinars from our partners to facilitate positive mental health for our diverse community of King County employees. Using a digital tool to guide your self-discovery and healing is more and more common. [MyStrength](#) is an emotional wellness app free for all King County employees. You could also explore these apps, designed for BIPOC (Black, Indigenous, People of Color) users to support mental health:

- [Shine \(theshineapp.com\)](http://theshineapp.com): BIPOC-owned self-care app to calm anxiety and stress
- [The Safe Place](#): Minority mental health app for the Black Community
- [Liberate \(liberatemeditaion.com\)](http://liberatemeditaion.com): Black meditation app
- [Exhale \(exhalesite.com\)](http://exhalesite.com): Emotional well-being app designed by Black, Indigenous, Women of color

Metro Employee Resource Groups - HUMV

The Helping Unite Metro's Veterans (HUMV) group - All Metro employees who have or are currently serving in the US Armed Forces are invited to network with other Veterans to build a culture of equity, promote opportunities for education and employment for Veterans, and coordinate group volunteerism and community outreach. Meeting are monthly, on Fourth Wednesdays. Contacts: Michael Stromberg, michael.stromberg-KCRail@soundtransit.org

Documenting Siemens Faults

It has always been very important that operators make sure they document any faults on the trains with defect cards. It is just as important to document all Siemens defects as well. As we move closer to the end of car commissioning it is critical that any faults on Siemens cars get reported on the defect card. Defect cards must be filled out in their entirety to correctly identify the issues. One of the new issues is the consist separation faults. Please report these to LCC and make sure they are placed on the defect card.

Rail-Supervisor-In-Training (RSIT) Recruitment

Rail is preparing to post a new recruitment for RSIT's. This is a great opportunity for advancement and new challenges. If you are interested in this position, please check the King County job site for the posting. All postings will have a deadline so don't wait until the last minute. When filling out the application, make sure you complete the application in its entirety. Answer all questions with as much detail as possible. Remember, the hiring process is a very competitive process. You want to make yourself shine!!

Commendation

Rail would like to commend the support that Saun Lund, Al DeSart, and George Morgan provided for one of our employees during their medical emergency on Sunday morning. After not feeling well, the employee was going to drive themselves to the hospital, but Saun insisted that he get a medical evaluation immediately based on his condition. While waiting for medical, Al DeSart was at his side while George maintained operations in the LCC. In addition, Saun reached out to the employees contacts to let them know the news of the incident. All of their actions show how much of a family we really are here at Rail and they are to be commended for the way they stepped up to help and provide comfort

Amanda Nightingale
Rail Operations Section Manager