

GOOD NEWS FOR PARENTS!

Childcare Benefit

Expanded Nationwide

American General expanded the discount daycare program to all employees nationwide. La Petite's Preferred Employer Plan offers a 10% discount on full-time tuition, available for children ages 2 through 12 years.

La Petite Academy, Inc. facilities are fully licensed and offer childcare services for preschoolers, after-school services, and summer camps. La Petite operates 725 Academies in 34 states and the District of Columbia.

You can find the nearest La Petite in your yellow pages or visit their Web site at (www.lapetite.com). In addition, regional offices have lists of states and cities where La Petite operates.

Before You Enroll

Before you register your children, be sure to visit the facility, meet the childcare providers, and determine whether the center meets your requirements - as you would with any daycare decision.

The reduced rate applies only to full-time tuition and is not applicable to a child already receiving an additional discount from La Petite, such as a sibling discount.



Take the Plunge—Enjoy Your Job!

Need to liven up your work day?

Maybe you need to go "FISH" ing. FISH is the motivational video used in our new staff programs called "Enjoying Your Job" offered by AGRS Human Resources.

// We noticed that we could make a difference for people. People have said that they leave in a better mood. Some people have said we made their day. //

(from the FISH video)

Would you consider working **14** hours a day in a fish market fun? The guys at the Pike Place Fish Market in Seattle think it is, and have become hugely successful by making their business fun, maintaining high energy, and involving the customer.

The lively "Enjoying Your Job" session presents four steps for having more fun at work.

- **Play!**

How can you make work fun?

- **Make their day**

Give compliments, offer assistance, or maybe, mmmm, chocolate.

- **Be There**

Give your full attention to what you're doing while you're doing it, listen.

- **Choose Your Own Attitude**

Decide to be happy, and act accordingly.

Attendees at the "playshop" enjoy the video, play games and brainstorm how they can adapt these principles to fit their own work areas. It's great for team building. Come on, give it a try, you might like it.

Sign me up!

How do you get a piece of the fun? Contact Lois Bush, senior training and development coordinator, at extension 5432 or send her a Lotus Note, to schedule this exciting 60-90 minute "Enjoying Your Job" session for your department/unit . It just might make your day!

Pedaling for Charity

AG bicycle team rides to Austin and raises more than \$6,000 for MS
Team captains already gearing up for next year

On a chilly Saturday morning in April, a team of 20 American General bicyclists set out on a 168-mile, two-day ride from Houston to Austin, Texas. The MS 150 is the largest bike tour in the nation benefiting the Multiple Sclerosis (MS) Society. More than 6,000 Houston area cyclists rode the distance to help raise an estimated \$2.2 million. Led by co-captains Ginny Romero and Jim Goldsmith, American General's first team ever, managed to raise an impressive \$6,000!

The first-year American General team impressed MS officials with the number of riders it was able to muster with only a few months to plan.

Jim teamed up with Ginny, after posting a notice on the VALIC Lotus Notes Non-Biz database for a partner to ride in the MS 150. "Jim and I shared a vision of making this a big event for American General," Ginny explains. "I helped with the vision. Jim was the fire."

After a first-day 98-miles ride, the AG team rolled into the American General tent at the LaGrange Fairgrounds for a night of barbecue, music, and fireworks. "The overnight stay was exciting. It's one of the biggest events in LaGrange," Ginny says. "It was wonderful to see an AG tent there. I was proud to be part of it." The team members spent the night under the tent and then headed for Austin, where the first AG rider crossed the finish line at about 11:30 a.m.

The co-captain's goal for next year is to double participation. "We'd like to get 100 to 150 AG people signed up to help and ride next year," Jim says. "The occasional cyclist can participate in the training runs we're planning in January to help build themselves up a couple of months before the event."

Here are some of our volunteers after riding 70 miles to LaGrange!



Front row: Brian Gambrell, Darwin Williamson, Melody McBroom, Carol Anders, Paul Choate
Second row: Ginny Romero, Jason Fedak, Jennifer Juday

Standing: Michael Scholten, Eric Geiger, Ed Mays, Michael Manuel, John Anders, Jim Goldsmith

Riders not pictured: Don Paullo, John Grounds, Maurice Kennedy, Mike Gonzales and Robert Yoon

Thanks also to the support team - Janie Rodriguez and daughter Elizabeth, Virginia Canac, Tamera Phalen and Jeff Johnson.