



## Meet the Team

Our friends and clients know that Fort Docs invests heavily in our employees, systems and infrastructure in order to provide you with the best possible customer service. This investment pays dividends over and over again in the form of low turnover rates and employees who are themselves invested in making Fort Docs a better service organization.

We are very proud to re-introduce you to Norma Landry, our longest-tenured employee and an excellent provider of customer service the Fort Docs way.



Norma joined Fort Docs ten years ago in our microfilming department and helped start up the document storage business shortly thereafter. When I bought the company in 2000 I was told, "Norma is the storage department and she knows where every box is in the warehouse as she has put most of them there herself." I quickly learned that this was true.

Eight years later and Norma finds herself working hard just to keep up with all of our Clients. A testament to the hard work of our entire team along with Norma, the business has grown almost 10 fold over the past 8 years. Yet Norma's customer knowledge and dedication to finding every file and box has only grown.

Norma is the mother of Jasmine (14) and Jovan (6). She is very involved with a large family here in Northern CA and is a big sports fan along with her husband, Joe. The whole family just returned from three days at Disneyland courtesy of Fort Docs in honor of her 10 years of service.

If you get a chance, please congratulate Norma on her 10<sup>th</sup> anniversary and her dedication to you, our customers.

## Things That Make You Go "HMMMMM . . ."

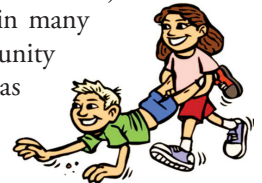
1. What do you call a male ladybug?
2. What hair color do they put on the driver's license of a bald man?
3. Why didn't Noah swat those two mosquitoes?
4. Why doesn't glue stick to the inside of the bottle?
5. If you choke a Smurf, what color does it turn?
6. When dog food is new and improved tasting, who tests it?
7. Why don't they call mustaches "mouthbrows"?
8. Which is the other side of the street?

## Thoughts from John Becker

August is the only month with no official holiday. But that doesn't mean there's nothing to celebrate. Some English-speaking countries, most notably Ireland, England, and Scotland still celebrate "Lughnasadh," which was one of the four main festivals of the medieval Irish calendar. It marked the midpoint between the summer solstice and the fall equinox. It was considered the beginning of the harvest season, the ripening of first fruits, and was traditionally a time of community gatherings, market festivals, horse races, and reunions with distant family and friends.

On mainland Europe and in Ireland many people continue to celebrate Lughnasadh with bonfires and dancing. Vestiges of these ancient festivities are evidenced by the fact that some families still choose August as the traditional time for family reunions. On August 1st, the national holiday of Switzerland, it is traditional to celebrate with bonfires. In Northern Italy, Lughnasadh traditions are still incorporated into modern August 1st festivities.

Historians claim that due to modern work schedules, we in the United States have moved these events to the adjacent secular holiday of July 4th, which could explain many of the festivities associated with community Independence Day celebrations such as "wheelbarrow races." But personally I think we no longer celebrate Lughnasadh in the US because it's too hard to pronounce!



I like the idea of family and community, so I'm going to celebrate Lughnasadh this month! No need for a day off because I have family and community right here. And if you need us to retrieve a file box for you, well, we'll just have a wheelbarrow race on our way! We'll welcome any extra shredding you may have—it will be like making confetti! And, of course, we'll gladly harvest any backed up data you may need picked from our data center.

I can feel the "first fruits" of my personal Lughnasadh celebration ripening already. Lughnasadh rocks!

Happy Lughnasadh!

JOHN BECKER

## Have A Question For Us?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question related to off-site document storage, shredding, or media vaulting, please feel free to give us a call or send us an email.

(707) 571-8313 or [info@ftdocs.com](mailto:info@ftdocs.com)

## FREE File Box!

For every box of shredding you send us in August, we'll give you a new file box FREE!



## What to Bring on a Hike

Hiking lets you enjoy the great outdoors while you get in some quality exercise time. This is one activity that you will want to take time to prepare for correctly. What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Clothing (always bring extra socks and rain gear)
- Compass
- First aid kit
- Food (bring extra)
- Flashlight
- Foil
- Hat
- Insect repellent
- Map
- Nylon filament
- Pocket knife
- Pocket mirror (to use as a signaling device)
- Prescription glasses (an extra pair)
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Always allow for bad weather and for the possibility that you may be forced to spend a night outdoors unexpectedly.

It's a good idea to assemble a separate "survival pack" for each hiker to have at all times. In a small waterproof container, place a pocket knife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle. With these items, the chances of being able to survive in the wild are greatly improved.

*I can never fear that things will go far wrong where common sense has fair play.* -- Thomas Jefferson

*Success is more a function of consistent common sense than it is of genius.* -- An Wang

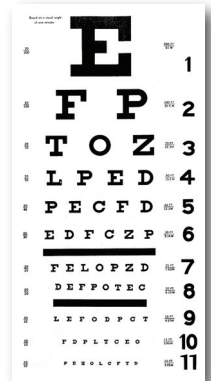
## Qwik Tipz

Give each member of your family a small mesh laundry sack. At the end of the day, they can each put their dirty socks into their own sock sack. On laundry day, collect the mesh sock sacks and toss them as is into the wash. Later, each family member can then retrieve their sock sack from the drier and match up their own socks, saving you time. No more lost socks!

## August Events

- 3 Sisters' Day
- 3-9 Single Working Women's Week
- 4 Coast Guard Day
- 4-8 Psychic Week
- 8 Happiness Happens Day
- 9 National Garage Sale Day
- 10-16 National Resurrect Romance Week
- 12 International Youth Day
- 14 Navajo Code Talkers Day
- 15 Best Friend's Day
- 15 National Relaxation Day
- 16 National Homeless Animals Day
- 21 Poet's Day
- 22 Be An Angel Day
- 25 Kiss and Make-Up Day
- 25-31 Be Kind to Humankind Week
- 26 Women's Equality Day

Astrological Sign:  
Leo (Jul. 23-Aug. 21) &  
Virgo (Aug. 22-Sept. 23)  
Flower: Gladiolus  
Birthstone: Peridot  
Full Moon: August 16



### August is also:

- Children's Eye Health and Safety Month
- Happiness Happens Month
- National Immunization Awareness Month
- National Inventors' Month
- What Will Be Your Legacy Month

## Community Safety

Living in an apartment community means that your neighbors are constantly around you. What you may give up in privacy, you can gain in safety, however. Meeting your neighbors can be one of the best ways to protect yourself and your property. Neighborhood Watch programs for years have touted that the best way to foster a safer neighborhood is to simply watch out for your neighbors. This idea transfers well to apartment communities. Get to know your neighbors. Keep an eye out for unusual behavior in your community and immediately report anything suspicious. Let your neighbors and the leasing office know when you will be gone for an extended period of time. If you do become a victim of a crime, let your neighbors know. They may have seen something or someone and can give information that would assist in solving the crime.



## Organizing Tip

Do you ever find yourself home from a trip to the grocery store, only to find that you forgot to get an item you need? You can solve this dilemma by placing a notepad with a magnetic backing right on your refrigerator. Attach a pen or pencil with a string to the pad, and you'll always be ready to jot down any items you need to buy. Ask everyone in the family to make a quick notation when they use the last of anything. On your shopping day, tear off the sheet and add it to your grocery list. This way, you'll always be sure to get exactly what you need.

## New Rules for Driving

Although there are new models of cars introduced each year, many people still drive with outdated driving habits. In fact, some older rules of the road may in fact be unsafe in today's vehicles. Review these new rules to keep you and your family safe.

1. Don't pump your brakes when you need to make a sudden stop if you have an anti-lock braking system (ABS). In cars without this system, pumping your brakes would keep your brakes from locking up. The ABS does this automatically. In fact, if you feel your brake pedal shutter or pulse, don't panic--this just means the system is working properly. To stop as safely as possible, press the pedal down hard and hold it until the vehicle has stopped.



2. Don't place your hands at the 10 and 2 o'clock positions. Instead, put your hands on the steering wheel at either 9 and 3 o'clock or 8 and 4 o'clock. The reason for this is that today's vehicles have airbags in the steering wheel. Placing your hands at this lower position lessens the chance for injury if the airbag is deployed. Also, with the lower positioning, you will have more range to move when turning without having to cross over the center of the wheel. Finally, it is more comfortable, lessening fatigue in your wrists, elbows, and shoulders.

3. Don't leave a large space between you and the steering wheel, as you will reduce your ability to handle your car effectively. Also, don't sit too close or you will risk injury from a deploying air bag.

4. Don't set your outside mirrors to see the sides of your car. In order to reduce your blind spots, situate your mirrors so that the sides of your car are just outside of your view.

## Win Lunch for four at Mary's Pizza Shack!

Each month we'll give you a new challenge of some type. All those who reply with a correct answer are eligible to win. At the end of the month we'll draw a lucky name. Here is this month's mind bender:

**Question:** *Whoever makes it, tells it not. Whoever takes it, knows it not. Whoever knows it, wants it not. What is it?*

**Last Month's Answer to:** *What word can be written forward, backward or upside down, and can still be read from left to right?*

**NOON or I**

Email your answer to [info@ftdocs.com](mailto:info@ftdocs.com)

## Zucchini Mania

Many a home gardener knows that one of the most prolific plants around is the zucchini. Zucchini is tremendously versatile. It can be steamed, sautéed, grilled, deep-fried, stuffed, or shredded to use in baked goods, sauces, or omelets. If you find yourself overloaded with this hearty vegetable, or you've been given part of the bounty of someone else's garden.

### GRILLED ZUCCHINI

Slice zucchini into length-wise slices. Cover with bottled Italian dressing and let sit for about an hour. Place onto medium grill, turning once, for five to ten minutes or until tender. If you have any leftover the next day, try stuffing pita bread with your leftover barbecued meat, the grilled zucchini, plain yogurt, salt, and pepper.



### CREAMY ZUCCHINI SALAD

Combine one cup of sour cream, 2/3 cup of white wine vinegar, one tablespoon of mustard powder, 1/4 cup of sugar, one teaspoon of dill, and salt and pepper to taste. Combine with two large or four small zucchini, sliced thinly. Add one thinly sliced onion. Combine well and chill for several hours before serving.

## Web Site of The Month

This Government Site is run by the Federal Trade Commission. Information about how the government can help protect kids and the general public. Privacy is a central element of the FTC's consumer protection mission.

[www.ftc.gov/privacy/](http://www.ftc.gov/privacy/)

### On This Day

August 25, 1939 - "The Wizard of Oz" was released.

**GET WITH THE TIMES,  
THOR. YOUR FILING  
SYSTEM IS ARCHAIC!**



## \$293 Toward ANY NEW Service!

We want you to benefit from the many services Fort Docs offers, so we would like to introduce you to ANY service of ours that you haven't tried yet! We are offering you a \$293 coupon to use on any one of our services that you do not currently use.

That's right we are giving you **\$293 FREE!**

Try our shredding, imaging, backup media tape storage, data destruction, or hard copy services.

## **BITS and PIECES**

is a free monthly newsletter  
from your friends at



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### **What's Inside This Month?**

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Zucchini Mania

## **Computer Recycling is Both Environmentally and Economically Good Sense**

*Basically 100% of the materials found in your computer have some value in the world as a recyclable material.*

*Discarded electronics waste valuable resources.* Electronic products are made up of valuable resources, including precious and other metals, engineered plastics, glass, and other materials, all of which require energy to source and manufacture. Many electronic products also contain parts that could be profitably refurbished and reused with little effort. When we throw away old electronic equipment, we're throwing away these resources and generating additional pollution associated with the need to access virgin materials and manufacture new products.

*Discarded electronics may contain hazardous or toxic substances.* Most computer monitors contain cathode-ray-tubes which are known to contain at least five toxic materials. The toxins are safely locked in the monitor normally, but when it is crushed or burned these toxins are released damaging the environment. When disposed of properly they can be almost fully recycled and the hazardous material reused or cleanly removed. In particular, the glass screens, or CRTs in computer monitors and televisions can contain as much as 27% lead. Some estimate that since many batteries (such as car batteries) have started to be removed from waste, electronic products represent the largest remaining contributor of heavy metals to the solid waste stream. There is concern, particularly at the state and local levels, that products containing these constituents might pose some environmental risks if they are not properly managed at end-of-life.

### **Natural Resources Used In The Manufacture Of Desktop Computers**

There are approximately 6 pounds of ABS or polystyrene plastics found in a standard desktop computer system, which includes a CPU, monitor, keyboard and mouse.

Each pound of plastic requires 2 cups of crude oil and 50 cubic feet of natural gas to manufacture.

Thus each new computer system requires 1-1/2 gallons of crude oil and 300 cubic feet of natural gas to manufacture.

With 25 million new computer systems sold in this country each year, new computer manufacturing requires the consumption of approximately one million barrels of crude oil, and 7.5 billion cubic feet of natural gas every year.

Little did we know that economically, oil and natural gas play a part in our computers too.