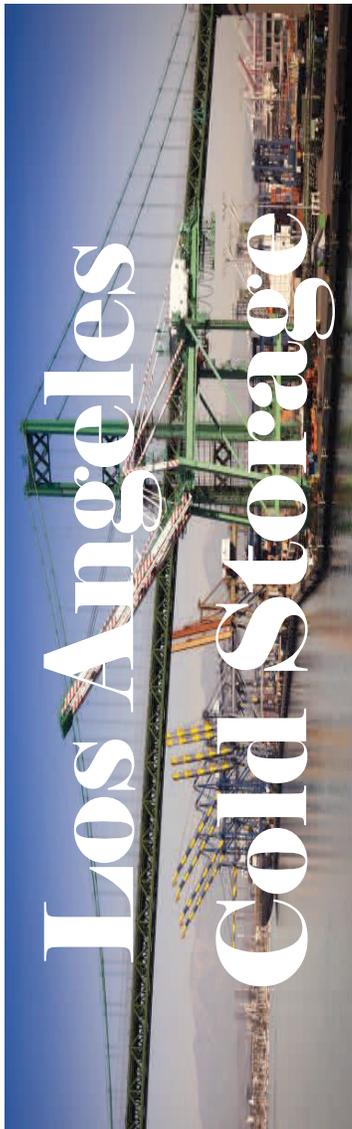


THE COOL NEWS



We Honor Our Veterans!



January 2015
Volume 33 Issue 1

Published by
Larry Rauch

Written By
Thom L. Thomas

Veterans are our special heroes and the employees of LA Cold are very proud of our co-workers who made the patriotic sacrifice to serve our country in the U.S. Armed Forces. We will never forget their service and their contribution to our freedom. We will also never waiver from our belief that our veterans are dedicated heroes, loyal Americans and very much worthy of our gratitude.

Six present employees of LA Cold made the sacrifice and proudly served our country. Some of these vets served in Vietnam, and some on American soil. Some have traveled the world and some never left California. But none the less, they served with bravery and they served with honor. We are grateful they have helped keep us from harm's way and we surely appreciate those vets who suffered injuries and distress as a result.

Here are some of our Veterans:

Sergeant Charles (Chuck) Gunther, U.S. Marine Corps, started serving our country just as the Vietnam War was winding down. Chuck now works for LA Cold as our Chief Engineer in our Regulatory Affairs Department. While in the Marine Corps, Sergeant Gunther was stationed in Guantanamo Bay, Camp Pendleton and Twenty Nine Palms. After boot camp, Chuck started his military service in transportation, where he was a Heavy Equipment Operator specializing in moving ammunition and supplies. Chuck was also a Rifle Range Instructor and eventually trained in electronics where he repaired a variety of machines including mine detectors and communication equipment; skills

he still uses today. Thank you for your service.

Sergio Murillo, LACS Operating Engineer is a recent veteran of the U.S. Army. Sergio began his military career in 2010 in Fort Hood, Texas for basic training. Sergio was then transferred to Aberdeen, Maryland for his Advance Individual Training courses. Eventually Corporal Murillo ended up in Fort Sill, Oklahoma where he worked as a heavy equipment mechanic.



He repaired everything from heavy forklifts to fight ready tanks. When not repairing M1A2 Abrams Battle tanks, Bradley Fighting Vehicles and Stryker's, Sergio managed the parts and supplies needed to keep the machines operating. At LA Cold, Sergio is a Certified Assistant Refrigeration Operator and is continuing his industrial refrigeration training.

Former Chief Petty Officer, Sam Reyes is a U.S. Navy veteran. Sam, our Manager of Transportation, traveled the world on a submarine tender; the USS Hunley and on an amphibious transport ship named the USS Cayuga. Sam spent many a month on the ocean and in distant harbors making sure the submarines he serviced and retrofitted remained operational and war ready. Sam stated that during most of his Cold War military service he was stationed on an off shore navy base in Holyloch, Scot-

Continued on Page Three

7 Most Common Causes of Workplace Accidents

Mark Twain once said, “It is better to be careful 100 times than to get killed once.” Think about this; 80 of every 100 accidents that happen in the workplace are ultimately the fault of the person involved in the incident. What does this tell us? Are we not taking the proper precautionary measures before working, or are we simply too lazy to be bothered with it? After all, we do our jobs everyday right? Why do we need to waste time with tedious things like inspections and precautionary measures? Well, considering the above statistic, there should be an ample amount of evidence to convince lazy and neglectful workers to start paying more attention to correct safety measures. Some workers seem to like to find “things” to blame when workplace accidents occur rather than the “root cause”. However, there are seven common causes for workplace accidents, and “root causes” account for every single one of them. To give us more incentive to practice proper safety measures within the workplace, I have compiled these 7 common causes to give a better illustration of what the root causes of accidents in our workplace are:

Shortcuts: Humans are notoriously lazy, so taking shortcuts is a rather common practice in all walks of life, not necessarily work alone. However, when we take shortcuts at work, especially when we are working around dangerous machinery or lethal chemicals, we are exposing ourselves to a potential catastrophe. Simply put, shortcuts on the job are not actually shortcuts, they are simply increasing the risk of injury, or even worse, death.

Overconfidence: Confidence is always a great thing to have, but there is also such a thing as too much confidence. When we walk into work everyday with the attitude that, “It will never happen to me”, we are setting an attitude that leads to incorrect procedures, methods, and tools while working. Be confident, but remember that you are not invincible.

Poor, or Lack Of Housekeeping: Whenever someone walks through our workplace, they can get a pretty good idea of your attitude towards workplace safety by just looking at how well we kept up our work area. Housekeeping is one of the most accurate indicators of the company’s attitude towards production, quality, and worker safety. A poorly kept up area leads to hazards and threats everywhere. Not only does good housekeeping lead to heightened safety, but it also sets a good standard for everyone else in the workplace to follow.

Starting a Task Before Getting All Necessary Information: The quickest way to get a job done is to do it right the first time. To do it right the first time, you need to make

sure that you have any and all pertinent information relating to the task you will be performing. When we begin a job with just half the information, or half the instructions, we are essentially doing the job while blind. Remember this; it’s not a mistake to ask questions, it is a mistake not to.

Neglecting Safety Procedures: This is probably the worst thing that any employee at any level of our company can do. Deliberately neglecting safety procedures in the workplace doesn’t just endanger yourself, but it endangers the workers around you as well as the company as a whole. Casually following safety procedures doesn’t work either. You are paid to follow workplace safety procedures, not your own.

Mental Distractions: Everyone has a life outside of the workplace, and sometimes life can take dips and turns that affect your emotions and your mood negatively. However, as harsh as it sounds, we cannot let mental distractions from our personal lives affect our performance at work. Not only will you become less aware of your surroundings and less safe, but you will also become less productive, costing the company time and money.

Lack of Preparation: When we begin a task without thinking through the process beforehand, or hastily start without any type of planning, we are setting ourselves up for failure. Make sure you plan your work, then work your plan.

These are the seven most common, and sadly, most overlooked, causes of workplace accidents. It really comes down to awareness and focus. There needs to be a conscious effort each and every day to make sure that these seven causes never happen. Your life, your coworkers’ lives, and our company’s overall well-being depends on it.



LA Cold Military Veterans-From Page One

land, which allowed him some time to explore Europe. Sam was also on the ship's fire suppression teams and was trained to fight fires and protect equipment in the event of a fire or explosion on board his ship. Thank you Sam!

Jorge Escutia, Astro Sub Foreman was a U.S. Marine Corps "Grunt". When asked to explain, he said that the term grunt is a tongue and cheek name for a member of the Infantry. Jorge joined the Marines in 1982, and was immediately shipped off to boot camp in San Diego where he was "volunteered" to become an Infantryman in a reserve unit. Trained to become a Rifle Expert, Jorge also used handguns, grenades and bayonets. He also became an expert in hand to hand combat tactics. When Jorge separated from the Marine Corps he had achieved the rank of Corporal. Semper Fi Jorge!

4th Street Warehouse expert Michael Hamano is a veteran of the Vietnam War. Michael served with the U.S Army and achieved the rank of E5 Specialist. After being drafted and serving two years in Okinawa, Japan, Mike re-enlisted in the Army and was trained to be a door gunner on a Huey UH1H Utility Helicopter. During this time, Mike's primary job was to protect the troops on the ground as he flew in both Vietnam and Laos. Mike completed two tours of duty in Vietnam and thankfully returned with no injuries to Fort Bragg, North Carolina. During his last two years of service, Mike helped maintain aircraft (mostly helicopters) with repair and maintenance and also participated in rescue flights when severe weather struck the Carolina's.

Miguel Resendez, Central W/H Checker extraordinaire is also a Vietnam Veteran. Miguel was drafted in 1968 but his mom was so against him going to war that she hid his draft notice until two days before he was suppose to report. After three years of ROTC preparing himself for military service, he almost missed his calling. But Miguel made it on time and ended up in Fort Ord for his basic training. Hoping for infantry duty, Miguel volunteered for a transfer to the Marine Corps, but no, they had other plans for Miguel. After a transfer to Virginia, the Army put him on a tug boat and then surprisingly an amphibious ship! Assigned to transportation duties, Miguel found himself on different military and civilian ships as a cargo specialist. Miguel eventually was transferred to Okinawa, Japan where he was a driver and mechanic. Miguel finished his military duty as a seaman, boat operator and truck driver. Miguel was honorably discharged from service after achieving rank as a Specialist E4.

We honor our Veterans and we are proud they are on the LA Cold team.

NXTCOLD Update: The next generation of refrigeration equipment designed by a team led by John Scherer has begun to see impressive results. Teaming with Southern California Edison, NXTCOLD is building a demonstrator unit in Atlanta, Georgia which will then be installed in a warehouse in Oxnard California. Once testing is completed, the revolutionary, environmentally and regulatory friendly NXTCOLD system will be available globally to many waiting buyers. Interest in NXTCOLD is also growing locally because Southern California Edison is planning to offer generous incentives to companies wishing to upgrade or install the new NXTCOLD refrigeration system.

Change is good! Dollars are better!

New Safety Pay\$ Bingo Game

The members of the LA Cold Employee Safety Committee are recommending minor changes in how the Safety Pays Bingo games are administered. The committee has made the following recommendations:

- All numbers will be promptly posted Monday through Friday, except holidays, ThomTV may be used to help post the numbers.
- All employees will be responsible for signing their own card.

These changes will be implemented at the end of the present games. Please contact your Employee Safety Committee member if you have questions or comments.

Environmental Inspection:

The County of Los Angeles, Department of Public Works-Environmental Compliance Unit recently conducted a complete audit and inspection of the Los Angeles Cold Storage facilities. Inspector Isaac Fresquez inspected and reviewed our storm water run-off systems, drains, sewage controls and water recycling efforts. The inspector also reviewed our waste management program regarding waste oil and recycling efforts and he verified that no hazardous chemicals might enter the environment via our storm or sewage systems should we not be careful.

After completing the inspection we were issued an "All Clear" with only two minor un-reported reminders; to fully close our trash bins and to dispose of any housekeeping generated buckets of waste water directly into the sewer for treatment. Special congratulations go to Chuck Gunther and Chris Samarin for insuring we remain compliant with all environmental laws, rules and regulations.

Just another example of how LA Cold Cares!



Gate Closure:

The East Gate of the Central Warehouse is being closed more frequently as we attempt to reduce congestion and pedestrian traffic. The gate may be opened when traffic demands require opening, but we have found the general closure has increased security and has reduced the chance of a vehicle versus pedestrian accident. In addition, while we utilize one gate instead of two, we have noted the lot is cleaner, less crowded and the traffic seems to flow easier.

More Product for Coolers:

Although primarily a frozen food warehouse, LA Cold does have refrigerated service available at +36/+38 (f) degrees. Two large coolers at the Astro Warehouse and a smaller cooler at the Fourth Street warehouse are both experiencing more demand and a higher turn of refrigerated goods. Refrigerated products require a little more scrutiny and close monitoring by our engineering and warehouse staff, but our customers know they can trust us to keep a close eye on the quality of our temperatures. With both warehouses using refrigerated docks to protect the goods, our customers can be certain their product is fresh and ready for prompt shipment to the consumers.

New Computer Controls:

Work continues on the new AAIM Computer Control System for our Engineering Department. New fiber optics lines have been installed and electrical connections for refrigeration controls are almost complete. The new AAIM System will replace our previous computer controls and allow even more protection, flexibility, accuracy and reporting on every aspect of our refrigeration systems.

It's what we learn after we know if all that really counts.

THE RAUCH REPORT

BY LARRY RAUCH, PRESIDENT



LA Cold Cares!

The employees of Los Angeles Cold Storage shared their holiday spirit with the children of Para Los Niño's again this year. Para Los Niño's, is a children's service agency that helps our neighborhood kids with school and life issues. This year the employees of LA Cold wanted to help the older children,

the teenagers who are sometimes forgotten during the holiday season. With the monies donated by the employees of LA Cold, we were able to purchase gift cards the teenagers could use for the essentials they need. I am proud to announce that this year the employees contributed more than we have ever collected in the past. Thank you to the following employees who participated!



CENTRAL WAREHOUSE:

Irma Arellanes, Arturo Arroyo, Carlos Beas, Gilbert Camacho, Raudel De LA Torre, Miguel Draper, Jaime Hinojosa, Archie Lara, Elijah Shelton, Pete Meza, Vince Mondragon, Jose Montoya, Richard Mosquedam Miguel Resendez, Al Trejo and Roxanne Gomez,

ASTRO WAREHOUSE:

Deby Clemens, Jorge Escutia, Reggie Hernandez, Juan Iglesias, Nick Martinez and Ricardo Martinez.

FOURTH ST WAREHOUSE:

Daishelle Combs, Dan Garza, Dave McLellan, Mike Hamano, Ruben Ortega and Maria Solis,

ENGINEERING DEPT:

Carlos Canales, Ron Fuller, Charles Holloway, Charmaine Lloyd, Sergio Murillo, Pedro Robledo, Ricardo Ruelas and Chris Samarin.

MAIN OFFICE AND MANAGERS:

Marlo Acosta and her team: Yasmine Basilio, Debbie Basko, Alicia Carrillo, Erinn Castro, Luis Guido, Claudia Valenzuela, Frosty Velez and Nathan Virgen.

Thom Thomas, John Scherer, Terry Miller, Sam Reyes and Renee Ross.

What a wonderful response! We feel we have a responsibility to give back to our community and Para Los Niño's is an agency that is well known for its good work in our neighborhood. We appreciate all the employees who contributed to this important company endeavor and helping the teenagers with a special gift; all because of your generosity. I am proud of the employees of LA Cold.

Thank you.

New Employees at Los Angeles Cold Storage

Ricardo Ruelas is our newest Operating Engineer. Ricardo joined LACS after working for many years in the office building side of the Operating Engineers. Ricardo expressed an interest in expanding his skills and wanted to learn industrial refrigeration, so we said "Okey-Dokey" and immediately put him to work in the coldest freezer. Ricardo never blinked and has been working with Chief Engineer Chris Samarin on a number of important refrigeration projects while at the same time studying for his RETA exam.



Richard Mosqueda stopped by and asked for a job operating a forklift at the Central Warehouse. One look at his resume indicated years of freezer work experience and we were sold! Richard joined the Central Warehouse team and boy are they happy! Training? What training? Richard has this job down pat!



Greg Bloom will start work for LA Cold in just a few short weeks. Greg will take on the IT Manager role as Renee Ross transitions to an Independent Contractor/Consultant position. Greg is familiar with warehouse management systems and has an extensive background in transportation and logistics. We expect Greg to "hit the ground running" especially if he wants to keep up with Renee's training program. Welcome aboard Greg!



Yasmine (Jasmine) Basilio is another experienced cold storage professional we were lucky enough to acquire from a friendly competitor. Yasmine joins the Main Office as a CSR and has already become a very valuable member of Marlo's Super Team. Main Office CSR's Erinn Castro and Alicia Carrillo have been training Yasmine and both say they are impressed with her accuracy and her speed. We believe Yasmine's speed probably comes from chasing her 3 year old Sofia around the yard!



Arnulfo (Army) Soares, Forklift Operator joins LA Cold after working in the food industry for ten years. His extensive experience with pallet jacks, standup and reach forklifts makes him the perfect choice as a "Rover" for the Central, Astro and 4th St. warehouses.



What are they doing now?

Howie Inglis lives in Covina and is enjoying retirement but he spends a lot of time caring for his convalescing wife....John Fleshman is the Operations Manager of a private limousine service....Rafael Gonzalez is living in El Paso, Texas and driving a dairy truck part time....Ruben Ruiz moved to Bullhead City and is a custodian for the local school district....Floyd Eldridge is cooling his heels at home enjoying retirement, reading and relaxing....Jim Montaque has returned to So-Cal from Portland and enjoying retirement....Lucia Montez returned to school and now working as a LVN....April Lopez is a 911 Dispatcher for the Highway Patrol....Dave Carter is a Facility Manager for Johnson Controls....Carlos Dunkerley teaches middle school health for LAUSD....Frank Padilla is home enjoying retirement and walking in the park with his friends....Eddie Solano is still active and looking very dapper....John (JP) Patterson, last we heard, is working up in the mountains for a security company....Felipe Malagone is a HVAC tech at UCLA....Manuel Morales is a school teacher and Wesley Coop is working for LADWP.