

JUNE SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

1 YEAR

Charles Reynolds

4 YEARS

Sue Clouse
Orlando Chavez
Jesse Aguilar
Nicholas Clouse
William Clouse
David Nichols
Connor Swalley

5 YEARS

Justine Brown

12 YEARS

Dick Kelton
Dallin Woodruff

19 YEARS

Gurmit Singh

20 YEARS

Carmen Rutz

Thoughts from Richard Steed



Ah, the month of June, a time when the school year draws to a close and a world of possibilities opens up before us. As we bid farewell to classrooms and textbooks, our hearts fill with anticipation for the adventures that lie ahead. It's remarkable how June holds different meanings depending on where you find yourself in the world. While the Northern Hemisphere welcomes the warm embrace of summer, the Southern Hemisphere prepares for the chill of winter. It's a fascinating contrast, isn't it? While we soak up the sun, our friends in distant lands bundle up in cozy layers and embrace a different kind of beauty.

As we reminisce about summers past, it's important to acknowledge the occasional moments of youthful boredom. We all have those hazy recollections of pestering our patient parents, insisting that there was nothing to do. But let's be honest, those lulls in excitement were mere blips in a grand tapestry of memories. It's those treasured moments of exploration, laughter, and pure joy that truly define the essence of summertime.

As you embark on your own summer adventure, take solace in the knowledge that there are those who understand the importance of safeguarding what matters most. As the owner or manager of a business, you know the value of protecting its precious assets. We're proud to stand by your side, offering you unwavering support and security. Whether it's sunny or snowy, we ensure that your critical information remains safe, allowing you to find peace and relaxation so you can enjoy the summer.

So, as the sun dances across the azure sky and the scent of blooming flowers fills the air, let us embrace the warmth of June and all it represents. May this season bring you an abundance of unforgettable moments, where time slows down, worries fade away, and you find yourself immersed in the beauty of the present. We like to imagine that we're a part of those magical instances, supporting you in your pursuit of serenity. If you haven't joined our community yet, why not take a leap of faith and reach out? We're here, ready to weave ourselves into your story and ensure that your journey remains secure and blissful.

Richard

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June Offers!

SHRED 6 DRIVES FOR THE PRICE OF 5

One (1) Hard Drive shredded FREE for every five (5) you bring in during the month of June!

Crafting a Nutritious Picnic Spread

Embracing the joys of summer, indulging in a delightful picnic by the beach, in a park, or during a road trip is a cherished tradition. It's tempting to rely on store-bought convenience foods or load up on unhealthy snacks, but it's important to prioritize your well-being. What follows are some creative ideas to elevate your picnic lunch with both flavor and health in mind.

Elevate your sandwiches

Sandwiches are a quintessential picnic item: budget-friendly and easy to prepare in advance. Opt for low carb wraps as the foundation over high carb bread slices. Instead of reaching for deli cold cuts, buy your meat fresh from the local farm and slice it up as a nutritious alternative. Load up on farm-fresh veggies like crisp lettuce and juicy tomatoes. To maintain optimal sandwich texture, pack the veggies separately and assemble just before devouring.

Include a variety of fruits

While not all fruits are ideal for travel, some are perfect companions for picnics. Oranges and apples are convenient and refreshing options. And when it comes to relishing the epitome of juiciness, nothing surpasses the satisfaction of indulging in a watermelon. Dried fruits can also be a delightful addition.

Mindful selection of savory snacks

Potato chips may not be the most health-conscious choice, but you can opt for a better alternative by bringing baked chips. Salted nuts and beef jerky also make for smart and satisfying snack choices.

Choose healthier salad options

While potato salad, macaroni salad, and coleslaw are readily available at the deli counter, they often come loaded with unhealthy fats and excess calories. Instead, prepare these salads at home using low-fat mayo or substitute the creamy dressing with a light vinaigrette for a healthier twist.

Opt for wise beverages

Keep it simple: water.

By incorporating these ideas into your picnic planning, you can savor a delicious and wholesome meal while reveling in the beauty of summer!



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June Holidays and Events

Daily Observances:

- 1 National Doughnut Day
- 2 International Children's Day
- 3 International Vaccine Injury Awareness Day
- 4 National Cheese Day
- 5 World Environment Day
- 5-11: National Gardening Week
- 6 National Yo-Yo Day
- 7 National Chocolate Ice Cream Day
- 8 Best Friends Day
- 9 World Oceans Day
- 10 National Iced Tea Day
- 11 National Corn on the Cob Day
- 12 Loving Day
- 14 World Blood Donor Day
- 14 Flag Day
- 15 World Elder Abuse Awareness Day
- 16 Fresh Veggies Day
- 17 World Day to Combat Desertification and Drought
- 18 Autistic Pride Day
- 19 Juneteenth
- 18 Father's Day
- 21 International Day of Yoga
- 21 Summer Solstice
- 23 National Pink Day
- 24 International Fairy Day
- 25 Day of the Seafarer
- 26 Intl Day against Drug Abuse and Illicit Trafficking
- 27 National Sunglasses Day
- 28 Paul Bunyan Day
- 29 International Mud Day
- 30 Social Media Day

Monthly Observances:

- National Dairy Month
- National Fresh Fruit and Vegetables Month
- National Homeownership Month
- National Safety Awareness Month
- Alzheimer's and Brain Awareness Month
- Fresh Air Fitness Month
- National Iced Tea Month
- Great Outdoors Month
- National Adopt a Cat Month
- Men's Health Month
- National Rose Month
- National Zoo and Aquarium Month
- National Rivers Month
- National Camping Month
- National Flip-Flop Day
- National Pollinators Month
- Effective Communications Month

PacBlog

The Many

Advantages of Digital Records

PacBlog is the monthly web log of Pacific Records Storage. To read this month's installment, please click the title below.

<https://pacific-records.com/the-many-advantages-of-digital-records>

You may also access the PacBlog at the URL below. There you will find this month's installment along with archives of previous installments.

<http://pacific-records.com/category/pacnews>

Have A Question For Us?

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(888) 893-6054 or info@pacific-records.com

Do You Want To Win A \$25 Amazon Gift Card?



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 the name of one lucky winner.

Here is this month's challenge:

"I can be cracked, played, told, or made. What am I?"

Last Month's Answer to:

I am never seen, only heard. When I speak, I might not use words. I can bring joy or cause you dread, and sometimes leave a ringing in your head. What am I?

MUSIC

Last month's Winner:

MARGARET REEDY

**** CONGRATULATIONS ****

Email your answer to info@pacific-records.com

Trivia Quiz: All About June

1. In which month does the summer solstice occur in the Northern Hemisphere?
2. What zodiac sign does June represent?
3. Which historical figure famously declared, "Give me liberty or give me death," in June 1775?
4. Which flower is often associated with the birth month of June?
5. In Greek mythology, which god or goddess is associated with June?
6. Which famous sporting event takes place annually in June in Paris?
7. What is the birthstone for June?
8. Which famous author, known for novels like "1984" and "Animal Farm," was born on June 25th?
9. Which country celebrates its National Day on June 21st?
10. Which popular American holiday is celebrated on the third Sunday in June?

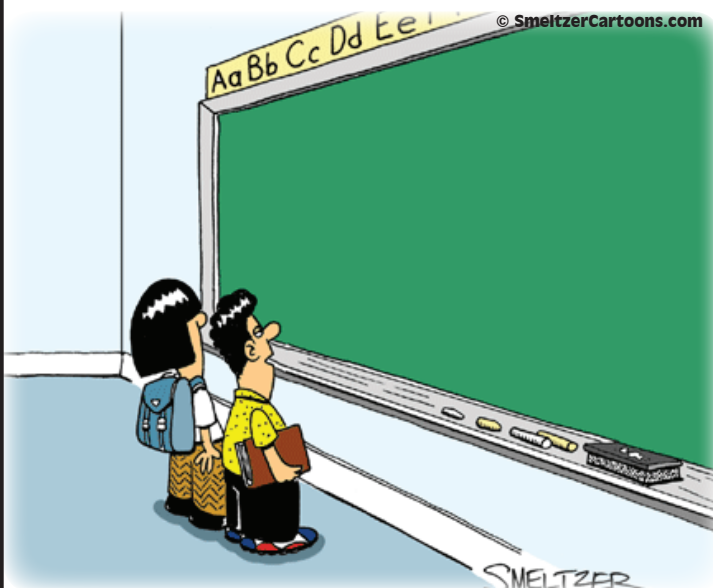
Answers on Back Page!



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A Quarterly Records Management Checklist

Pilots follow several checklists for every single flight: preflight, start up, run up, etc. And they have at least one binder full of many more checklists for every conceivable scenario, no matter how unlikely.

On January 15, 2009, Captain Chelsey Sullenberger had to ditch a passenger airliner on the Hudson River in New York City after losing engine power due to colliding with a flock of Canada geese. Did you know that immediately after impact, his copilot, Officer Skiles, started running through checklists? First for engine restart, then for engine shutdown, then for securing the passenger cabin and preparing to ditch. This was all done in under four minutes, and everyone on board survived; a feat likely unattainable without checklists and experience.

The value of checklists is:

1. They relieve us of depending entirely on our memory, which can be unreliable, especially in a stressful situation.
2. They force us to do due diligence. If the pilots had panicked and just made decisions on the fly (no pun intended), the outcome could have been far more catastrophic and they could have been held liable.
3. They allow us to attempt every possible solution before leaping into a critical decision.
4. Checklists prepared in advance provide considered and informed advice rather than relying on personal opinions that have the potential to conflict.
5. Combined with experience and knowledge, checklists allow for a higher rate of success.

If you agree that checklists are worthy of being used, we've provided the following 10-point checklist so you can do a quarterly checkup on your records management practices:

- 1. Allocation:** Have you clearly defined and allocated your records management responsibilities?
- 2. Policy Review:** Has your records management policy been reviewed and approved for distribution in print form?
- 3. Risk Evaluation:** Have you evaluated your records management risk level?
- 4. Staff Training:** Are your staff up-to-date on data privacy laws? Have they been fully trained, with periodic refresher courses, in the use of equipment, software, and procedures? Updating knowledge and training is just as important as learning it initially.
- 5. Compliance Monitoring:** When was the last time you compared your compliance practices with legal requirements? Is your business compliant with all data privacy laws?
- 6. Chain of Custody:** Are all your records tracked from creation to destruction? Are all retention periods being followed or do you have some records that have passed their dates?
- 7. Certificate of Destruction:** Do you have proof of destruction for every shredding job? Your chain of custody isn't complete without a third-party certificate to prove your compliance.
- 8. Electronic Protection:** Is your digital data protected with the best available software available to avoid theft and viruses? Do you have a plan in place should a data breach occur?
- 9. Restricted Access:** Are your records open to any employee, or are certain employees only authorized to access certain documents? Restrictions should exist to protect sensitive information.
- 10. Disaster Recovery:** Does your staff have a copy of your Disaster Recovery Plan, and are they familiar with the process? When was the last time the plan was updated and your staff trained for disaster recovery?

Hopefully you were able to mentally check off several of the listed questions because they are complete and up to date. For the others, set a goal to accomplish one at a time and you will find that your records management is in order for the second half of 2023.

Trivia Quiz Answers:

1. June 2. Gemini! 3. Patrick Henry 4. Rose 5. Hera 6. French Open (Roland Garros) 7. Pearl 8. George Orwell 9. Sweden (Midsummer's Day) 10. Father's Day

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