

ABC Recycling Today



Golfing to raise funds for BC Women's

Powered by Metal, Guided by Inner Strength, Since 1912.

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Melvyn Yochlowitz, Dirk Odenwald, Ron Ramsey & Harold Yochlowitz

ABC Recycling's Tee Sponsorship

On July 14th, ZLC Foundation held its 29th annual Charity Golf Tournament at the Richmond Country Club. This year's proceeds benefitted the BC Women's Hospital Foundation in support of the Newborn Intensive Care Unit. Melvyn Yochlowitz, Dirk Odenwald, Ron Ramsey and Harold Yochlowitz were among the many golfers who helped raise funds for this very important cause.

Each year approximately 1,400 critically ill newborns are admitted to BC Women's Hospital Newborn ICU. Here, these tiny patients receive the advanced, often life-saving medical care they need. The 60-bed unit is the largest, most advanced and specialized newborn critical care facility in BC, staffed by a diverse group of highly experienced neonatal specialists. But leading edge care requires leading edge equipment. To continue to provide the very best life-saving care, state-of-the-art tools and technologies are needed.

To learn more about the BC Women's Hospital & Health Centre Foundation visit www.bcwomensfoundation.org.



Jennifer Derksen enjoying a hot dog to celebrate Hot Dog Day on July 23.

BC Hydro Power Smart Fridge Buy-Back Program

ABC Recycling is an approved contractor for the BC Hydro Power Smart Fridge Buy-Back Program.

Refrigerators are one of the highest energy users in your home. Did you know? If all spare operating fridges were recycled in British Columbia, enough energy would be saved to power all the homes in the City of Chilliwack for an entire year.

Save yourself the expense and recycle your old spare fridge. BC Hydro will recycle it and pay you \$30.

Fridge size, type and other eligibility information:

- Offer is for a maximum two residential fridges per BC Hydro residential customer account, and each fridge must be registered separately.
- Fridge must be clean and in working condition.
- Fridge size must be limited to an interior volume of 10 to 24 cubic feet (please check size).
- Bar-size, sub-zero and commercial fridges excluded.
- Offer available for a limited time only while funding lasts.

For more information visit: www.bchydro.com/powersmart

Safety Corner



10 Healthy Habits for Mental Fitness

While there is growing awareness of the role that the workplace plays in affecting our mental wellness, employees can also take steps towards promoting their own mental well-being by building a strong resilience to stress - a process referred to as mental fitness.

By actively practicing mental fitness, we can elevate our health and work performance, while effectively managing varying levels of stress:

1. SCHEDULE "me-time" daily.
2. REWARD yourself.
3. PLAY to your strengths.
4. ASK for and OFFER help.
5. DE-STRESS your diet.
6. PRESS pause once in a while - downtime is good.
7. GET regular physical activity.
8. SET goals and stay on target with a journal.
9. PRACTICE relaxation techniques and get enough sleep.
10. CHOOSE a positive attitude.

August Employee Milestones

- 10 years of service - Wendy Osuna Bernal
- 10 years of service - John Lachman
- 5 years of service - Phuoc Huu Ho



Congratulations to Minh & Thuy Ngo on the birth of their son, Khang Minh, on April 15!

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