



The Latest Dirt...

You won't have a pain from the neck up when you work with us from the ground down!

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We won't be open, but leave a message.

Curtis, Marla, and Mary make up the team that records daily events, photographs C&E crews, shares history, and makes sure it's all error free.

We at C&E Trenching offer this monthly publication free of charge to our premier customers. We hope you enjoy reading about the real moments that molded the lives of our customers and crew. If you would rather not receive the exclusive offers we give to our premier customers, send an email to news@candetrenching.com and we will stop sending you our newsletter.

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

— William Arthur Ward

Be Grateful!!!

Some of you know exactly what the word "kaizen" means and some of you are just wondering if your theory that I am nuts was finally proved! Kaizen is a word that means continuous improvement. Some of you have noticed it on my work shirts underneath my name and assumed my name was Curtis Kaizen. Kaizen isn't original with us. It's a principle we were introduced to and adopted. It fits not only with our current culture and nature but also with who we want to have on our future team. We want people that are always looking for ways to improve not only their own skills, but their methods and tools as well. I believe that if we aren't improving, we really aren't living up to our calling in life. What we focus on isn't huge improvements. While sometimes big steps forward happen, with Kaizen we are looking for ways to improve by just 1% or even less. Micro improvements here and there which, of course, add up to large improvements over time.



Christine Gish, nurse at KGH, helped with the safe arrival of Kenedee. Our thanks to her and the rest of the staff there.

Recently, Marla and I welcomed our third child into our lives who so far has been healthy, calm and peaceful (for the most part). Until she has a wet diaper (she hates them) or feels the possibility of hunger coming on. Then there's loud discontentment! It had been seven years since we were in a hospital for more than a few hours and I was interested to see what changes, if any, there were. After all, in the last seven years externally, there have been huge changes in medical care around the Tri-Cities with new clinics actually outpacing Starbucks on every corner. Furthermore, I knew that virtual clinics have become a reality. A couple years ago, Jake and I had a chance to tour a software company's office. They have a room in their office equipped with a computer that has a thermometer, an automatic blood pressure reader and a video camera attached to it. If you are feeling sick, you go online, schedule yourself a virtual appointment over your lunch or break, then simply log in to take your own temp and blood pressure. This is recorded in the computer and then a doctor video conferences in, does a virtual exam and prescribes you medication if needed. You're back to work in fifteen minutes. With all that in mind, I thought

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Bob Shea: Hanford's 11-Year-Old Entrepreneur

"When mom and us kids got off the train in Pasco at 2:00 AM on June 20, 1943, it was like a bustling city," recalls Bob Shea. "There must have been a thousand people milling around the station and street outside. There were hot dog vendors and employment booths set up to help any new settler find work at the Hanford site."



Bob & Alice Shea as they were 35 years ago on their wedding day.

The Hanford site is exactly where Bob's family was headed to meet his dad who had already arrived and began working. The family lived in a small, hand built trailer on the Hanford site and shared a common bath house and wash tubs with about 15-20 other trailers. Bob's smart thinking mother had brought out her old Maytag ringer washer and the ladies about mobbed her wanting to use it. She'd rent it out for a dime a load and it was loaned out a lot of the time.

Bob was 10 years old when he arrived in Hanford. "The first summer I enjoyed playing. However, by the following year, I was ready to earn some money," tells Bob. "One of my money making adventures was selling ice cold, bottled Coke. At the end of the day, the buses would bring the workers back from the site and drop everyone off at a bus lot. There I'd be with my wheel barrow full of bottled ice cold coke. Those workers would get off that hot bus and buy my drink for a dime a bottle. My dad also made me a little shoe shine box. Some days I'd hang out near the Greyhound bus station and shine shoes for twenty-five cents. At one point, I also sold Cloverine salve. I would mail order a roll of salve (about a dozen little containers)

and then hit the barracks on Sunday afternoon when most of the workers were there. Many times when I would visit the barracks, there would be a person or two who had received a letter from home but was unable to read it. They'd pretend they had bad eye sight and ask me to read it for them because they didn't want to admit that they couldn't read. Sometimes I'd even help them write a letter to send back home. I think I made about three hundred dollars that summer."

The small towns of Hanford, White Bluffs, and Richland all totaled less than 2000 people until the Hanford site began. At its peak, the small town of Hanford had grown to house 52,000 people. The government implemented any entertainment idea in order to keep workers from leaving the site. After every major wind storm, there would be a mass exodus of people who couldn't tolerate the awful blowing sand storms. These storms were aptly named "Termination Winds." In order to keep folks on site, the government wanted to hire Kay Kyser but had no place for him to perform. Once he said he would come, a huge building, complete with hardwood floors for dancing, was built in two days.

Bob remembers when the workers donated a day of pay in order to purchase a B17 bomber named "Days Pay" for use in the war. When they brought the plane over to show the workers, the newspaper reported that it landed at the "Hanford Airport", which was really just the road leading to Hanford.

It was a highlight for the *Continued on page 5*

Other Area Info From Bob

- The army barracks just east of the Pasco airport was the Pasco Naval Air Station and trained 4500 pilots during the war.
- Vista Field was nothing more than a landing strip for the Pasco Naval Air Station pilots to practice aircraft landing. Pilots would take off in Pasco, then practice landing at Vista Field. At Vista Field, they had a steel mockup of an aircraft carrier complete with the signal men and the catch cable for the pilots to perfect landing before landing on a real aircraft carrier.
- Bombing Range Road was originally out in the middle of nowhere. There, they had a huge wall of concrete that the military would use for strafing practice. They would also practice dropping bombs using sacks of flour so they could track where it landed.
- The Richland Airport was entirely for Hanford security.
- The grand piano that was used in that big hall (built for Kay Kyser's appearance) is now at Carmichael Middle School.

Gratefulness...

Continued from page 1

surely the advances would be interesting close up. Unfortunately, I was disappointed. While the staff was great as always, I was shocked to note that much of the nurse's time is spent in manually charting contractions and when medication was given, a tedious task that seemed to be redundant, considering my wife was wired with a machine that plotted everything...exactly like it did seven years ago. The rooms were equipped the same. They still used the same style of thermometer. I was glad our baby's pediatrician done away with the cold, infuriating, under-the-arm style thermometer that always makes any alert baby scream! They have better options in the market place and have had for years. I've never trusted the old style as I still remember as a young child holding it really close to the piping hot wood stove to make sure I had a fever and school would be off the table!

There were some changes in procedures. Now the doors are locked to the baby ward. The drink dispenser was moved to the back where the overworked nurse had to get it for you. Bathing the baby was different. They asked us what our plan for the bath was. We looked blank and told them that as a general rule, we were good with bathing. She then went on to say that a lot of people come in with a bath plan that details when, how and who would do the bathing. I still feel a little concerned that we may have ruined our baby's future by not having a bath plan!

I hope you don't think that I am bashing the hospital and staff for not improving their methods over the last several years. I know why, or at least partly why, they haven't. Change, even good change, is stopped by fear and fear reigns all throughout the hospital. Fear of mistakes, so we double chart everything and keep it forever. Fear of lawsuit. Fear that the change will backfire, thereby hurting the patients or the career of the person suggesting change. In any large organization, change comes very slowly, if at all. This is why going into another presidential election, I find all the talk of change so amusing. Presidents, while extremely powerful, can do very little to change the huge bureaucracy that is the government. If change is desired, there is only one place to look and that is to us and our own hearts.

I hope that you have a blessed and happy Thanksgiving this year! I have heard one of the best ways to fight depression and promote good health is to consciously spend time giving thanks. Join me in being thankful this season. It may keep you out of the hospital!



Here is a drain field going in for a septic on a new house. Our thanks to the Cutler family for inviting us to be a small part of their project.



Sal works in tight quarters with never a complaint. We are grateful for employees like him!

It's not just our delivery guys and work crews that rock, our office staff is amazing too!

"I just had rock delivered. The delivery man was very professional and so was Cece, the clerk that I spoke with." - Cecilia Larios

Benefits of Gratefulness

Grateful high-schoolers have higher GPAs. Researchers also found that grateful teens were less depressed or envious.

Grateful people sleep better. Writing down what you're thankful for as you drift off to sleep can help you get better ZZs. Researchers found that when people spent 15 minutes jotting down what they're grateful for in a journal before bedtime, they fell asleep faster and stayed asleep longer.

Grateful people have stronger relationships. Being thankful for the little things your spouse or friends do could make your relationship stronger.

Gratefulness affects the heart. An American Journal of Cardiology study showed that appreciation and positive emotions are linked with changes in heart rate variability.

Gratefulness increases your health. Web MD reported that gratefulness is linked with optimism, which in turn is linked with better immune health.

Gratitude can help us better manage stress. "Gratitude research is beginning to suggest that feelings of thankfulness have tremendous positive value in helping people cope with daily problems, especially stress," Emmons says.

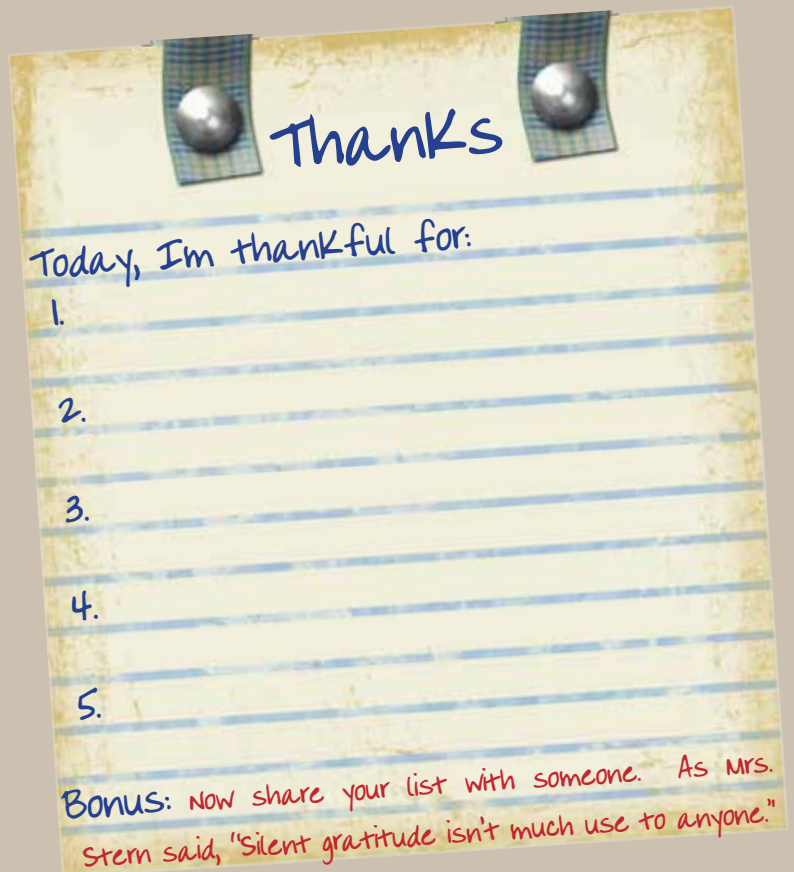
Gratitude improves psychological health. Robert A. Emmons's research has confirmed that gratitude effectively increases happiness and reduces depression.

Gratitude enhances empathy and reduces aggression. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

Gratitude improves self-esteem. Gratitude increases athlete's self-esteem, which is an essential component to optimal performance.

Gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs – which is a major factor in reduced self-esteem- grateful people are able to appreciate other people's accomplishments.

Gratitude increases mental strength. Gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience.



Start Every Day RIGHT!!

Starting today, implement these suggestions into your daily life:

1. Each morning before you get out of bed, think of the things for which you are thankful. Do this every single morning. It starts your morning off on a positive note and this sets the standard for a positive day.
2. Be grateful for life's challenges because it's those very challenges that serve as lessons and allow us to grow. View each challenge as a way to learn and build a better life.
3. Be thankful for what you have. Envy will suck the life out of you. Consumerism is not the path to happiness. There will always be those who have more, just like there will always be others who have less. Be grateful that you have enough.
4. Finally, help others. Every time you see someone less fortunate, think, "There but for the grace of God go I" and lend a hand, even if it's only a smile and a word of encouragement. You don't have to be religious to do this; it's merely an acknowledgement that you have it better than many.

- paraphrased from Dale Archer, MD

Today, make a point to tap into your invisible world through gratitude practice. You already have everything you need. Or as a Polynesian saying states, "We are standing on a whale, fishing for minnows."

Now is a great time to schedule pond maintenance. ---- Call us at 509-545-6940.

Shea Continued...

Continued from page 2

Shea's to go to the mess hall at Thanksgiving and Christmas. The meals were really good and were only thirty-five cents. They served everything family style so you could have as much of anything as you wanted. "One Thanksgiving," remembers Bob, "we sat across from a single man and all he ate that year was pie. In fact, he ate five pies!"

Bob eventually became a teacher and taught US History and American History at Kennewick High School working for Mr. Bennet, an amazing principal. (He was also mentioned in last month's history article that is available on our website.) Bob shares, "After being there about four years, I took a job at Prescott as the high school baseball and football coach, the grade school principal, and teaching 8th grade and high school classes." After Prescott, Bob was offered a teaching job in Wenatchee. He later moved to Olympia after being one of six men selected nationwide by the Automotive Safety Foundation to head up a driver's training program. Then, the Automotive Safety Foundation asked Bob if he would move to Washington DC and travel nationwide helping to establish driver's training programs. After two years, Bob wanted to move back to Washington and spent the next 20 years working construction and performing welding inspection. "In fact," Bob recalls, "the most interesting job was doing welding inspection on the Unit 2 nuclear reactor unit at Energy Northwest. It was the first and only time I walked steel (beams)." Bob also taught many drivers ed classes. "Teaching adults to drive was my main focus. My best students throughout the years were two ladies. One was 65 years old and the other was 67."



It may look like a maze for gophers but it will soon be the foundation for the City of Kennewick's new fire station. Our thanks to Meridian Construction for trusting us with the site work on this project.



The view both directions from the bottom of a trench box! Our thanks to a crew that is willing to spend hours looking at this!





Can this really be the same guy?



Seriously...where did the time go?!?! Thanks, Shelly, for sharing an update. We're glad to see he's reading (not eating) our newsletter!

Welcome to C&E

- We thrive on referrals.
- Blake Hall
 - Brent Bieren
 - Cruz Olido
 - Erika Barajas
 - Geri Randall
 - Greenridge Farms
 - Harry Parton
 - Joe Brothers
 - Josh Dykes
 - Meridian Construction Inc
 - Olga Ortiz
 - Shearer's Snacks, Inc
 - Sozo Sports
 - Sue Brenden
 - Tony Favero

Chili Cook-Off

A church was planning a chili supper for the homeless, and Florence agreed to prepare four gallons of her rather mild variation. The man in charge of organizing the program asked Florence how she would describe her chili -- three alarm or four alarm.

After hearing some of the ingredients that went into other chili donations, Florence replied, "I guess you'd call mine false alarm."

Thankfulness

Asked to write a composition entitled, "What I'm Thankful For On Thanksgiving", a student wrote, "I am thankful that I'm not a turkey."

Cooking Eggs

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh wait! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Where's the butter? Butter! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving."

Happy Thanksgiving



RECIPE: Pumpkin Gingerbread with Caramel Sauce

FROM THE KITCHEN OF: C&E Trenching

3 1/4 C. Flour	3/4 t. Cinnamon
3/4 C. Sugar	1/4 t. Salt
1 C. Butter, softened	1/4 t. cloves
1 C. chopped pecans (optional)	1 C. Buttermilk
1 1/2 t. Baking Soda	3/4 C. Molasses
2 1/4 t. Ginger	3/4 C. Pumpkin, Canned
	2 eggs

Caramel Sauce: 3/4 C. Butter	3 T. Light Corn Syrup
1 3/4 C. Brown Sugar	3/4 C. Whipping cream

Combine flour and sugar. Cut in butter until it resembles fine crumbs. Mix in pecans. Press 1 3/4 cup of crumb mixture into bottom of an ungreased 9x13 baking pan. Mix the remaining ingredients with the remaining crumb mixture. Pour over crust-lined pan. Bake for 45-50 minutes at 350 degrees. Caramel Sauce: In a medium sauce pan, melt butter. Stir in brown sugar and syrup. Boil until sugar dissolves, stirring constantly. Stir in whipping cream. Return to boil, then remove from heat. When ready to serve, pour over individual pieces.

Nice To See You, Again!

Alford Farms	John Hooks
All Seasons Contracting	John Parton
Bagley Landscape	Josh & Heather Bybee
Construction Inc.	Josh Bunger
Beaver Bark	Julie Jennings
Blade Excavation	Kelly Neil
Bonina Ranch	Ken Wood
Booker Auction	Larry Carlyle
Brady Cutler	Mac's Garden Center
Cat Rentals	Middleton Six Son's
Central Machinery	Farm
City of Hermiston	Miller Ag LLC
City of Pasco	Murelerl Ramirez
Columbia River Machinery	NRC Environmental
Country Christian Center	Phoenix Excavating Inc
Court Concrete	RDO Equipment
CPM Development Corp	Ritchie Brothers
Dan Voss	Rock Placing Co.
Daniel Sink	Roger Danz
Davidson Bros. Dairy	Rotschy Inc.
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Dream Builders, LLC	Rowand Machinery
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Elvin Ebersol	Sagemoor Group AP
Flat Top Ranch	Services, LLC
Fowler General Construction	Sara Gore
Fred Brown	Schultz Construction
Fred Perrin	Simplot
G-2 Construction	T Tap
Genesis Construction	Thomas Perkins
Greg Richardson	Torrie Stevens
Herr Enterprises	Tri Cities Produce
Hertz Equipment	Triple S Excavation Inc
Ideal Buildings	UPS Freight
Irrigation Specialist Pasco	Van Rijn Farms
J&B Construction Co.	Victory Ag
Jay Petty	Walt Maglessan
Jeff Renz	Wayne Woodward
Jerry Shubert	Western States CAT

Black Friday Deal

REI finally caught up with us!

Even though we didn't make a big announcement about giving our employees Thanksgiving Day and the day after Thanksgiving off to celebrate with their families, we do! In fact, this is nothing new for us. Since we began business, Thanksgiving is always a day off and the day after is too unless you have an emergency that we need to fix.

Even though we won't be in the office on Friday, we're offering a Black Friday deal anyway. If you need some work done, call our office (509-545-6940) on Black Friday and leave a message that you have work and you want our *Black Friday deal*. *When you call us, we'll enclose a SURPRISE GIFT CARD with your invoice. It may be Starbucks, See's Candy, Cabela's, Cousin's, Olive Garden, or something different. Amounts will vary but you know we always treat you right!*

Call BLACK FRIDAY for your SURPRISE GIFT CARD.



It's that time of year again and we are once again excited to be working in the ag community! Give us a call to put your project on our list.



FREE COFFEE

Last month we celebrated passing the 2000th subscriber to our newsletter. Congratulations to:

Dan & Pam Mildon!

They are the winners of our coffee gift basket loaded with amazing stuff!

Get gravel placed before the winter mud. ----- Call us at 509-545-6940.

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MORE INSIDE!!!*



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Happy Thanksgiving

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"The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving."

— H.U. Westermayer

Photo Contest

The Latest Dirt visits Your House?



Here's Batman! Or rather, his twin, Edward Ohman, getting ready to go fight crime and search the neighborhoods looking for tricks or treats.

Win Big!!

Get that camera out and snap some pictures, then send them to us. The catch? Every picture submitted must show a copy of our newsletter. So when on vacation, sitting around a cozy fire, jumping out of an airplane or pulling an Evil Knievel stunt, hold a copy of our newsletter and take a photo. Then send it in to us and you will be entered to win one of our custom C&E dump trucks loaded with C&E prizes. Send your picture to news@candetrenching.com.



Sorry, cute girl not included.

