



## April Anniversaries



Mike Gates	44
Jan Knutson	22
Alejandro Sierra Mora	9
Ian Harper	3
Louis Paul DallaSanta	1



NSEA is celebrating Earth Day and World Fish Migration Day! There's a potting Party on Sunday, April 21st at the NSEA facility from 9 am until noon. Celebrate the planet we live on by planting bare root plants to restock the NSEA nursery for future projects restoring native salmon habitat. Parking is available at Heritage Bank (2504 E Bakerview Rd) with shuttle service to the NSEA nursery just down the street. The first 200 volunteers will receive a free limited edition t-shirt. This is a fun way to make a difference!



What's a Giraffes' favorite fruit? Neck-tarines of course. . . LOL!

## Employee of the Month *by Barbara Jenks*

The person who nominated Natasha said, "Natasha has become a rising star in the HR department. She not only handles all the plant payroll, she takes care of all dental claims along with making sure people have all their hours documented and accounted for. She does it with a smile and laughter even though she has to deal with Gene everyday. Natasha is a great team player, always taking on new tasks and willing to help out when needed, no questions asked. When it comes to core values Natasha has them all. She would be a great employee of the month"

Natasha is also a very valued member of the HR team for her amazing attention to detail and process-oriented thinking. She has been a huge help supporting the department through the transition to a new HR Manager, and she applies the BCS Core Values to all she does. Thank you, Natasha, for all of the support, focused attention, and good humor that you bring to work every day!



## Correction *by Sharon Rouse*

It was brought to my attention on Saturday night (3/24/18) at the Employee Appreciation Party that I forgot to include Kary Lambert in the 25 year award presentation. I apologize for this oversight and would like to recognize her in our monthly newsletter along with her 25 year watch. This was not intentional and I feel very bad that it happened. When you see Kary, please congratulate her on her 25 years with BCS.

Sincerely,

Sharon Rouse  
Executive Assistant  
Bellingham Cold Storage

**1992-**  
**2017**

## Wellness *By Bob Knutson*

Walking is a proven way to treat a host of ailments.

High Blood Pressure:

Walking can lower blood pressure. According to a 2017 review of 27 trials, walking reduces your risk for heart disease. Walk 1.75 miles at 3-4 mph most days of the week.

Arthritis:

Walking strengthens your muscles and relieves joint pain and joint stiffness. Plus it helps you maintain weight. A 2015 study concluded that walking was as effective as non-steroidal anti-inflammatory drugs for pain relief. Start slow and build up to 30 minutes a day 5 days a week

Depression:

Walking increases the production of serotonin, dopamine and other brain chemicals that lift your mood. Start with 10 minutes of strolling then walk briskly to 75 percent of your maximum effort, which is a pace that makes talking difficult. Keep that up for 2-3 minutes, then reduce to a strolling pace. Repeat these intervals for 20-30 minutes.

Insomnia:

Morning walks expose your body to early daylight. Light inhibits the body's secretion of melatonin, our natural sleep agent. When you block melatonin in the morning by walking outside, it then increases later in the day, helping to promote sleep. Late afternoon walks can also help our bodies relax and prepare for sleep. Walk in the morning or afternoon for 15-30 minutes at a comfortable pace. For late afternoon walks finish at least 3 hours before bedtime.

Before attempting any new exercise or life changing regiment, consult your Doctor for proper advise.

Words of Wisdom by Raider Bob

Coming together is the beginning.

Keeping together is progress.

Working together is Success.



Live well ~ Think well ~ Be well

## Raise the Roof in our Community *by Ian Bakke*

Northwood Hall (3240 Northwest Avenue) is home to the upcoming Habitat for Humanity Raise the Roof Auction on Saturday, April 28th from 5:30 pm to 9 pm. The event is a fundraiser for our local Habitat for Humanity projects which helps build homes in Whatcom County and provides an affordable path to home ownership in our community. Tickets are \$45.00 and include 2 drinks, appetizers, dinner, live entertainment and of course, live & silent auctions. Visit the Habitat for Humanity store at 1825 Cornwall Avenue or call (360) 715-9170 for tickets or more information. Please join them and help bring a family one step closer to home.



**Habitat**  
for Humanity®  
in Whatcom County



## The Person Who Can Help You *shared by Natasha Noso*

A man, who was down on his luck, went to visit an old woman. She was rumored to have traveled the world, studied under great masters and be wise beyond her years. If anyone could help him turn his life around, she could, he thought.

When she invited him into her home, he crossed the threshold with his hat in hand, head bowed and shoulders curled forward. She asked about his troubles and he told her one sad tale after another. All the while, his gaze fixed on the floor.

After listening to the man, the old woman told him she could not help him but knew someone who could. She explained that another person was also visiting her that day, and was in the next room. She offered to make an introduction and suggested the man stand to his feet, square his shoulders, lift his chin and gaze and take a deep breath, as his life was about to change.

The old woman motioned for the man to open the door. Who the man saw caused him to gasp. In the next room was a full length mirror reflecting the man's image back to him.

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# CSA Anyone? *By Ian Bakke*

What's delicious, nutritious and easy all the way around for BCS employees? Community Supported Agriculture (CSA) delivery.

What is CSA delivery you ask? It's a program where local farmer Mike Finger and his family grow food just for YOU. Starting in late June and running into late October, they will deliver freshly picked produce to the BCS main office every two weeks.

Just stop by the office at the end of your shift to pick up your groceries. It's fresh, local, organic produce delivered to our doorstep while supporting our local farmer.

If you want to participate or for more information, contact Brad Flinn at the main office by phone or via email [brad.flinn@bellcold.com](mailto:brad.flinn@bellcold.com).

You can also stop by the Saturday Bellingham Farmers market to see Mike and Kim Finger and pick out your own fresh produce and even frozen chickens.



## Pun Times *with Ian Bakke*



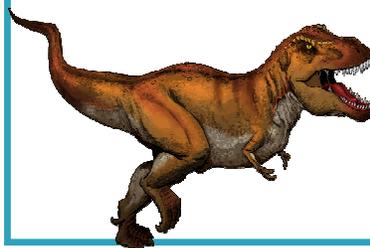
I found a nice stereo at a garage sale. The sign said, "\$1.00, Volume stuck on high."



I thought to myself, "I can't turn that down."



How do dinosaurs pay their bills?



With tyrannosaurus checks!



**Good words to share? If YOU would like to contribute to the BCS community, please contact the Icebreaker editorial staff via email at [ian.bakke@bellcold.com](mailto:ian.bakke@bellcold.com) or call 360-733-1640. We love sharing your stories, pictures, and announcements!**