



Dana Briley	30
Gene Knutson	30
Bob Hamm	28
Ric Paulsen	28
Carl Zysset	28
Case Douma	27
Jim Bowman	26
Brad Klein	24
Rick Endersby	23
Ursula Heay	23
Gary Morris	20
Randy Rowe	19
J.C. Coleman	15
Rod Lambert	14
Armando Vasquez	13
Lorenzo Garcia	12
Luis Hernandez	12
Mark Roath	12
Fernando Martinez	10
David Peres	10
Antonio Prado	10
Treena Kiefer	9
Scott Albrecht	7
Sandra Reed	6
Estuardo Hernandez	4
Les Reeves	4
Rolando Valdes	4
Juan Florencio	3
Daniel Petchel	3
Jose Luis Rios	3
Mike Roberts	3
Doug Maybee	2
Jeff Ragan	2
Jose S. Ramirez	2
Angel A. Lopez	1
John Nunn	1

Employee of the Month

When Leroy Hawkins retired from the Ice House last year he left in such a hurry he forgot to leave us the recipe for the ice. He also took quite a few secrets about the aging ice making and storage building we call the Ice House.

We needed someone to throw into the breach to figure it all out and keep it running. We needed someone capable of handling the maintenance, the paperwork, the customers and the long hours. Who ya gonna call? Gary Leroy Terpsma! That's right folks! That is his real name. Talk about symmetry.

Gary has moved right in and made the Ice House his, and speaking as his Foreman, I couldn't be happier. We have presented Gary with one new problem after another, and he has so far risen to every challenge.

Thank you and congratulations, Gary, for being the July Employee of the Month. Keep up the good work!

Mike Coggins. Fish House Foreman



MORE WAYS TO GO!

Bus Service Increase Begins July 31, 2005

High-Frequency Corridors, The GO Lines:

Three new "GO Lines" offer service every 15 minutes in both directions on weekdays. The GO Lines are being introduced along corridors with the strongest transit ridership. These are:

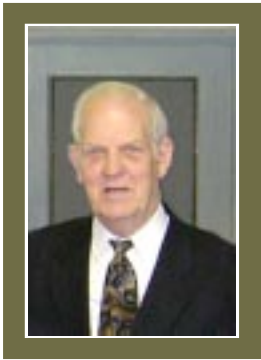
1. The **GREEN** Line: Downtown out Northwest to Bakerview, Whatcom Community College and Bellis Fair.
2. The **GOLD** Line: Downtown out Cornwall and Alabama to Woburn.
3. The **BLUE** Line: Downtown out Indian Street to WWU and south to 21st St.

Look for the NEW color coded bus shelters coming soon to these areas.

The new service features Bellis Fair as a second major transfer point.

ALL WTA BUS FARES ARE FREE THE ENTIRE MONTH OF AUGUST, 2005.

Please see Karen Hollingsworth for new route maps and WTA transit guides.



Farewell to a Friend

Friday afternoon, the 15th of July, I said goodbye to Dick Metcalf who passed away peacefully at his Sandy Point home on Sunday the 10th. Dick is a longtime friend, mentor, employee and board member of Bellingham Cold Storage.

Dick began his relationship with BCS and the Talbot family as the Bellingham Shipyards controller in 1955 when he and his wife Shirley moved to Whatcom County for the new job. Dick was very instrumental in keeping the Bellingham Shipyards in good stead financially, even once taking a trip to Washington DC to visit with (at that time) the Department of War in regard to new terms of compensation for completed vessels that were handed down by the government.

Dick sat in the Secretary of War's office for several days until he finally agreed to see him and negotiated a compensation agreement that would allow the shipbuilding in Bellingham to continue with a lot of help from several key contractors, including Mills Electric, Morse Hardware and Blythe Plumbing & Heating.

Following the end of the Vietnam War, the Bellingham Shipyards transitioned even more into a cold storage and food processing facility. In 1964, Dick established his own accounting firm here in Bellingham (Metcalf, Hodges) while continuing to provide valuable advice and financial services to what remained of the Shipyard and the growing Bellingham Cold Storage. Dick has continued to serve BCS as a Director on its Corporate Board right up to the June 22, 2005 meeting making his relationship with BCS a truly golden one of 50 years.

Dick was one of the nicest men I have ever met. Dick was also one of the most honest and blunt individuals that you will ever meet. He had a very brisk, yet professional way of letting you know just how he felt about something and was usually right. He never did anything unless he thought that it was in the best interest of everyone involved. If you gained his trust and respect he would do anything for you. He was a man that gravitated toward others who carried the same levels of integrity and good will for mankind while never seeking any personal recognition for his countless good deeds. Dick was a man that leveraged every bit of his positive relationships with companies, individuals and organizations for the benefit of children in Whatcom County and around the world. Following retirement Dick served on several company and philanthropic boards always with an eye toward helping to develop the "new kids", and for that I am extremely thankful. Dick's specialty during the last 10 or so years was to bake fresh cookies for each of the board meetings that he would attend - a real treat! Dick was truly one of a kind and we will all miss him very much!



Farewell Friend!

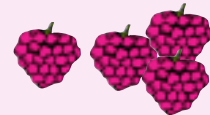
Doug Thomas, President & CEO

Bon Voyage



American Seafoods vessel, Baltic Prosperity, is ready to ship surimi overseas.

Raspberry Factoids



Number of raspberry growers in Whatcom County: 116

Amount of raspberries grown in Whatcom County in 2004: 46 million lbs.

Amount of raspberries grown in Washington State in 2004: 54 million lbs.

Amount of raspberries grown in British Columbia in 2004: 23 million lbs.

*source: Washington Red Raspberry Commission



Training Pays Off!

A life was saved a few weekends ago at a backyard BarBQ party. One fellow, with a look of astonishment, with eyes popping and with an anguished look of surprise and pain just happened to turn towards another neighbor for help. Fortunately, this neighbor was a BCS employee who completed his First Aid/CPR training this year. The victim wasn't able to talk and definitely needed to breathe. Immediately and without a hesitation, our BCS employee picked up on the body signals that he might be choking. He moved behind him and did the Heimlich maneuver for choking, and lo and behold, pieces of hotdog popped out.

Afterwards, our BCS employee was in a state of surprise that he reacted so quickly without having to even think. Looking around at the backyard picnickers later, they gave the impression that they wouldn't have had a clue what to do, or would not have been ready to react like he did. The next week, our BCS employee came to me to thank me for providing our first aid classes with a teacher that teaches "hands on techniques". He has never been in a situation before to use his first aid education, but was so pleased that he could put into practice what he learned. KUDOS to you, and you know who you are. You are one that pays attention in training classes and KUDOS also to Duane Korhuis, from Safety First who has that style of teaching all of us appreciate.

Karen Hollingsworth, Training Coordinator

World's Largest BBQ



This truck, known as the world's largest BBQ, payed a visit to BCS on its way back from a Strawberry Festival in Washington State where it promotes and sells sausage for JOHNSONVILLE. Pretty cool, huh?



Plant Manager Arrested in City-Wide Operation

Bellingham Cold Storage's Squalicum Plant Manager, Tim Unger, was "arrested" on June 29, 2005 as part of a city-wide "Lock up for Good!" program put on by the Muscular Dystrophy Association. Over 400 people were "taken into custody" in order to raise money for Muscular Dystrophy. The "arrests" were made by members of the Bellingham Fire Department. Those "taken into custody" were led off in handcuffs to the jeers and laughter of onlookers. Tim Unger was unfazed by this as he smiled for the cameras while being cuffed. "Detainees" were taken to Boundary Bay Brewery where they had mug shots taken and were served refreshments. Many of those "arrested" worked feverishly on cell phones that were provided in order to raise "Bail Money" (donations). "Teflon Tim" seemed to have everything in control as he strolled out with his moll (wife, Kris) 45 minutes later. When asked by reporters about his time in the "slammer" he had this to say, "A BIG THANK YOU to all of you that contributed to my incarceration. It was a success, and thanks to you I was able to raise over \$1000 for Muscular Dystrophy"!



From the Muscular Dystrophy Association:

"Since it's founding in 1950, MDA's mission has been to find cures and treatments for neuromuscular diseases, and between the hope and the cure, to provide services for all families affected by these diseases.

The term Muscular Dystrophy (MD) refers to a group of genetic diseases marked by progressive weakness and degeneration of the skeletal or voluntary muscles, which control movement. In short, MD is the wasting away of muscle tissue. The muscles of the heart and some other involuntary muscles are affected in certain forms of MD. It can affect people of all ages and it's not contagious. There are many diseases associated with MD, the most recognized being ALS, or Lou Gerhig's Disease.

MDA funded researchers and scientists are working around the clock to uncover a cure for these debilitating diseases that affect millions of individuals. Your time and efforts (and donations!) are greatly appreciated as we are trying to win the battle against muscle disease."

Tim Unger, Squalicum Plant Manager



Winners from Start to Finish

by Karen Hollingsworth, Training Coordinator

Rick Endersby and Jim Heay are a SMART commuter team. BCS celebrates by extending individual rewards to both of them. Because they carpool and both are registered SMART commuters they qualify for the Guaranteed Ride Home service. This service provides free taxi service for any employee who carpools, bicycles or walks to work and who needs emergency transportation home.



You may use Guaranteed Ride Home if:

- You or a family member becomes ill
- You unexpectedly need to work past your normal quitting time at the request of your supervisor
- Your carpool driver experiences any of the above situations

How do you use this service?

- When you need the service, contact the BCS receptionist or Karen Hollingsworth (the coordinators) immediately.
- The coordinator will make sure that you are a registered SMART commuter and then call the taxi company to request a ride for you.
- A voucher will be prepared for you.
- Give the voucher to the taxi driver when you are picked up.

So far, due to the family-oriented atmosphere here at BCS, someone has always come forward to offer a ride home to a fellow employee. BCS has not had to rely on Guaranteed Ride Home; however, it is information that every registered SMART commuter should be aware of. Congratulations to our BCS,ers of 2nd quarter, 2005. Remember: That acronym stands for Be Commute Smart, environmentally responsible.



Only Your Product Gets an Icy Reception



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