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Employee of the Month

This month's Employee of the Month is someone who has been at BCS for quite some time. Unfortunately for Bob Knutson, by the time BCS started our Employee of the Month program, he had become a supervisor so was not eligible for many years.

Bob is such a dedicated, hardworking employee that he moved up in the company rapidly. His "can do" attitude made him an excellent supervisor and our customers really appreciated his great service. Bob continues to exemplify the best in BCS employees and so it was no surprise that Bob would earn this award.



Bob has been working at the Orchard facility and has been doing a number of jobs in the office there. When he was asked to take on more responsibility regarding a new account, Bob responded with enthusiasm. Bob has always enjoyed a challenge and since he has always worked well with customers, it was a natural choice.

Once again Bob has proven himself extremely valuable and helpful in establishing a new relationship with a new customer. Thanks, Bob, for being a great employee and congratulations for being the Employee of the Month!

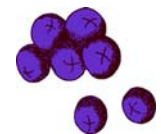
Tim Unger, Squalicum Plant Manager

For BCS Employees only:

BCS has eight surplus computers with monitors to give away to the first eight people who call Clyde at extension 115. The only software on these computers is the Windows 98 operating system.



Blueberries are good for you!



Blueberries are chalk full of a heart disease-fighting substance called pterostilbene (pronounced ter-a-STILL-bean).

This compound seems to lower cholesterol as effectively as drugs do. However, researchers don't know how many blueberries you'd have to eat for the cholesterol-lowering effect.

In the meadtime, enjoy your blueberries. They also help lower your risk for cancer and diabetes.

U.S. Department of Agriculture Research

BCS,er Award goes to Patrick Regan



YES, the Be Commute Smart, environmentally responsible (BCS,er) award for the second quarter goes to Patrick Regan.

Patrick works a rotating engineer shift and rides his bike whenever his schedule allows. He was awarded a cash gift and 2 coupons for double scoops at Mallard's Ice Cream Shop. Patrick is the "SMART" in our SMART commuter program.

Thank you for keeping those bike wheels turning...it's the RIDE thing to do!

by Karen Hollingsworth

SAND IN THE CITY is brought to you by the Inaugural North West Discovery Project and the Port of Bellingham

Bellingham Cold Storage is proud to be sponsoring a team to help raise funds for a new aquarium in Bellingham. BCS has a solid team of 12 with a fluctuating team of up to 17 persons who will be sculpturing a sand art display on September 29, 2006. There are 11 Bellingham corporate teams



supporting this "first time ever in Bellingham" sand sculpturing competition. None of us on the BCS team has ever done sand before, not even the local architect who volunteered to help BCS on this huge project. The team is currently working on a design, drawing and sketches to be submitted by August 15th. Next, our team will be doing practice sessions in a big sand box. Luckily, we are all big kids who will have fun on competition day with 5 cubic yards of sand on our 20' by 20' plot, Friday, September 29th.

It is not too late to join our team. If you cannot donate time and/or energy then please come and support our BCS sand sculpture on Sept 29th by purchasing "sand dollars" and use them as tokens to bid for the BCS team. There will be a ballot box in front of the BCS sand sculpture and stuffing our ballot box is encouraged by the SAND IN THE CITY committee. Every sand dollar you donate will go towards the aquarium. All BCS employees, customers, clients and friends are encouraged to think about supporting this worthwhile project. You can help "stuff" the BCS ballot box throughout the weekend of Sept 29th, Sept 30 and Sunday Oct 1st at the Squalicum Harbor.

Call Karen Hollingsworth at ext 157 about team membership.

Thank you,

Karen Hollingsworth, Training Coorinator

Planted Zucchini this year and don't know what to do with it all?

Try a Zucchini Bake!



- 6 small zucchini
- 1 cup herb-seasoned bread crumbs
- 1/4 cup chopped onions
- 1 tsp. dried parsley flakes
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1/2 tsp. paprika
- 2 Tbsp. vegetable oil

Scrub zucchini and discard stem ends. Cook in boiling water for 4 minutes. Slice each zucchini lengthwise. Hollow out centers. Chop pulp and mix with 1/4 cup bread crumbs and all other ingredients but oil. Fill zucchini with mixture. Place in baking dish. Mix 3/4 cup bread crumbs with oil, sprinkle over tops of zucchini. Bake 30 minutes at 350°F.

SERVES 6. Per serving: 92 calories, 5 g fat, and 64 mg sodium.