



August

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Employee of the Month *by Glen McKay*

Please congratulate Greg Slemp for being selected as the BCS Employee of the Month for July. Greg is our Check In Center (CIC) controller at the Orchard facility. His primary duty is scheduling all the in and outbound trucks. This includes ensuring all orders are correctly attached to the 40 to 80 daily trucks on our master schedule, summarizing the weeks schedule with our customers and communicating with each dock before assigning a truck to a door. Greg's efforts have been instrumental in helping our crews turn around time for trucks in and out of the Orchard Street facility.

The next time you call and hear, "Thank you for calling Bellingham Cold Storage Orchard Facility. This is Greg. How can I help you?" please congratulate him on being selected as our July Employee of the Month.



If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.
~Oprah Winfrey

Wellness *By Bob Knutson*

Fish such as salmon, mackerel, and lake trout bring a healthy dose of omega-3's to the table. Leave the skin on when preparing and cooking these fish. If you skip the skin, then you're not maximizing on the benefits of these good fats!



Grilling frozen salmon? Remove frozen salmon from packaging and rinse. Pat the salmon dry with a paper towel. Brush the salmon with a coat of olive oil on both sides to prevent the frozen salmon from sticking to the grill. Brush the grill grates with olive oil or spray the grill grates with a nonstick oil.

Prepare your grill by heating to medium heat or a temperature of 375 degrees Fahrenheit. Make sure the grill is hot before you place the frozen salmon on. Place the salmon skin-side up directly on the grill. Sprinkle a combination of thyme, garlic powder and pepper over the top side of the frozen salmon, if you did not pre-season the salmon before freezing it.

Grill the salmon for three to four minutes on each side per 1/2 inch of salmon thickness. If the thickness is 1 inch, grill the salmon six to eight minutes on each side. Turn the salmon only once during cooking time. Handling the frozen salmon too often will cause it to break apart. From start to finish, frozen salmon can be ready to serve in less than 20 minutes.

Words of Wisdom By Raider Bob
If you aren't healthy, it doesn't matter how much money you have!
Time is simply how you live your life!

Save the date for SeaFeast 2017
Friday and Saturday
September 22 & 23
Seafood, live music, Coast Guard
Rescue demonstration, as well as
guided tours of BCS!



www.Bellinghamseafeast.com

New Warnings from Cyberspace *by Judi Edwards*

Heads-up. There is a new social engineering attack currently being tested in Europe, and that means we will see it in America in the near future.

The bad guys are using malicious WhatsApp ads, which offer a \$250 coupon for a well known retailer, in exchange for a short survey. The invite looks like it comes from a friend on WhatsApp. A similar strain installs a malware on the phone, which looks like a software update, but steals all the contacts, phone numbers and email addresses - and if they can find any, passwords and banking credentials.

There are different ways to monetize all this phishing data, and it looks like the bad guys have got that down too, from selling the stolen credentials to using the malware to go viral to all the contacts on the phone.

The large retailers have reported hundreds of these attacks to Europe's federal Cyber Crime Unit. *Watch out and don't click on dodgy WhatsApp special coupon offers.*



I just got an email about how to read maps backwards, but it turned out to be spam.

The Benefits of Smiling *Shared by Natasha Noso*

The Consumer Guide to Dentistry list eight different components of a smile. It's practically from ear to ear, beginning with the frame (lips) and ending with the buccal corridor or the dark space between the corners of the mouth and the upper teeth.

Although smiling might seem like a complicated process, especially when you consider that it takes anywhere from 11 to 17 muscles just to prop up both sides of your lips, the life benefits that smiling provides are immeasurable.

"A beautiful smile is a combination of factors that communicate a sense of well-being to those who see it," says Dr. Jamie Reynolds, an orthodontist, national and international lecturer and author of *World Class Smiles Made in Detroit*. "A smile works on both the physical and emotional level to transfer positive feelings between the parties involved."

It can also have the opposite effect.

"I've had some patients who are self-conscious about their smile, and it has seriously affected them," says Reynolds. "It made them feel timid, hesitant or even like they were poor or not intelligent because their teeth were crooked."

Here is a closer look at how your smile can directly affect your life:

Your longevity might depend on it. A 2010 study by Wayne State University, measured the span of smiles on Major League Baseball players from their 1952 trading cards. The study found that those who didn't smile in the pictures lived an average of 72.9 years, versus 79.9 years from the players who did smile.

Smiling has therapeutic effects. There are a number of therapeutic effects that smiling has on a person's brain and demeanor, Reynolds says. Smiling reduces stress hormone levels, taking on similar conditions to cortisol, adrenaline and dopamine, while increasing mood-enhancing endorphins. British researchers found that one smile can provide the same level of brain stimulation as 2,000 chocolate bars, while also lowering blood pressure.



Smiles are a universal language. Non-verbal communication doesn't always translate well between cultures. For instance, in the United States, a thumbs-up signals that all is well. Try that gesture in Australia and the reaction might be a little different from what's expected, thanks to a vulgar meaning of the hand sign. Smiling at the same person, however, should give the recipient the intended positive response. In every culture and every country around the world, a smile means that same thing, essentially making it a universal language.

"If you have a smile you are proud of, you want to show it off to others," says Reynolds. "I'd like to see everyone giving off honest, heartfelt smiles."

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If YOU would like to contribute to the Icebreaker, please contact the editorial staff via email at ian.bakke@bellcold.com or call 360-733-1640. We love sharing your ideas, stories and announcements!



The BCS Intern's Report by Amy Eddy

I want to begin by saying how grateful and impressed I've been by the kindness of every person that I have encountered at Bellingham Cold Storage. Every single person that I've met across every department and warehouse has been a genuinely warm person who made me feel comfortable, made me laugh and made me feel like I was part of the team. This is a sentiment that I have been able to pass along to everyone at school and work over the past three months. Thank you for making me feel welcome.

When I first started down my degree path I doubted myself very heavily. I asked myself if I was truly capable of learning topics that I had convinced myself were too difficult to grasp. Now, two years later, I'm graduating and proving to myself that hard work and persistence will never go unrewarded. Yet, success in Information Technology (like many careers) is not possible without the help and collaboration of your peers. Of everything I've learned at Bellingham Cold Storage, this is the finest lesson. Every person at every layer of this company works in conjunction with one another to accomplish goals. Whether it was the work at Central dock, the renovations to the main office or even a busted camera that's fifteen feet off the ground, no task is the product of a solitary person. Achieving something takes teamwork and collaboration and working with Nick and Bellingham Cold Storage has sharpened my ability in this regard.

I want to extend a special thank you to Nick for his seemingly boundless patience while he watched me bumble, snip, click and snap many an incorrect piece into place while never making so much as a cross or contemptuous sigh. I felt very comfortable to learn and make mistakes around Nick and that's something that I will forever be grateful for. I think Nick truly exemplifies the spirit of teamwork, knowledge and collaboration that Bellingham Cold Storage projects. Thank you to Judi for onboarding me and providing a stable, productive center for the rest of the IT team to galvanize around. Thank you to Doug and the administrative team in the main office for providing this invaluable experience that will continue to pay dividends far into the future. And, thank you to everyone across Bellingham Cold Storage for your warmth and patience.



Always do your best. What you plant now, you will harvest later. ~Og Mandino

Volunteer Opportunities by Ian Bakke

Stay tuned for information about our United Way campaign coming in October.

The Whatcom Dispute Resolution Center offers conflict prevention and intervention services for businesses, organizations, individuals, and families. They offer training for adults and youth in an effort to build skills and reduce unproductive conflict. Conflict is a normal and natural part of life, and sometimes people and organizations need impartial assistance. The WDRC also provides mediation, facilitation, and coaching services. You can help this process of creating peace in the world. It's easy if you like coffee and blues, share an afternoon volunteering for the WDRC. Summer Dates for Coffee and Blues events are on the 4th Wednesday of every month from noon to 2 p.m. on August 23rd and on September 27th. Each date will include something different depending on WDRC needs. Coffee, cookies, and blues are provided. This is a fun, interactive way to get to know the Whatcom Dispute Resolution Center and help them get things done! For more information or to RSVP, contact Leah at (360) 676-0122 x123 or at leah@whatcomdrc.org. Also, be sure to mark your calendar for the 15th Annual Peace Builder Awards Gala on Nov. 17th, 2017 at 5:30pm at BTC Settlemeyer Hall.



The Northwest Washington Chapter of the American Red Cross, headquartered in Bellingham, is looking for volunteers to join the organization and help serve and provide support to our community. They are always looking for volunteers to serve in a variety of different roles from disaster responders to light office workers. Currently there is a need for Home Fire Preparedness volunteers. The American Red Cross Disaster Cycle Services (DCS) launched the Home Fire Preparedness Campaign (HFPC) in October 2014. Their goal is to reduce the rate of deaths and injuries due to home fires by 25 percent over 5 years. The strategy includes participating in a community coalition that targets neighborhoods at-risk for home fires; installs and tests smoke alarms; and provides fire safety and disaster preparedness education/planning. If you are interested in helping out or learning more about volunteer opportunities with the Red Cross, please contact Kelly Hill, Volunteer Services Manager, Kelly.hill@redcross.org or (360) 733-3290.



Thanks to all who came and supported the Nooksack Salmon Enhancement Agency (NSEA) at Salmon at the Bay at Boundary Bay last month. The musical celebration sponsored by BCS was a success and celebrated our precious local resource with style. Stay tuned for more from our good friends at NSEA. Fall work parties start Saturday, October 14th and will be hosted nearly every weekend from October 14th to December 9th, 2017. Bring your friends, your family and your enthusiasm and we'll see you at the creek.

"Volunteers do not necessarily have the time; they just have the heart." ~ Elizabeth Andrew

Tee Time by Mike Holcomb

Hello fellow hackers and welcome to Tee Time. We don't have to talk about the weather, unless it's to remind you to wear sunscreen and drink water— safety first. For a big old hacker like me the sun is not my friend, but I play anyway. If you watched the British Open, or as they call it now the Open Championship, you will have seen Jordan Spieth win the tournament. With that win, it gives him the third leg of his possible career grand slam. For those of you who don't play golf, that is winning all four major golf tournaments in your lifetime. The four majors are the Masters, US Open, The British Open, and the PGA Championship. There have been just five people to ever do it. They are Gene Sarazen, Ben Hogan, Gary Player, Jack Nicklaus and Tiger Woods. As you can see, it's not that easy. And as far as I know the only one to do it in a single year was Bobby Jones in 1930.



Continuing with my confabulation of the new rules of golf, the one we'll discuss today is the one that's getting the most press. From what we hear so far, they may not change this one. You will see why as I explain it. As the rule is now, if you have to take relief which means you have to move the ball from where it is sitting, you use two club-lengths from where the ball is sitting. The club of choice here is the driver because it is the longest club in the bag. The new rule will be to move the ball between 20 to 80 inches from where the ball is sitting. And that's when the controversy starts—everyone's wondering, "Do we have to carry a tape measure around with us now?" In this particular case, I feel like—if it's not broke don't fix it! You already have the clubs in your bag, enough said.



I'll leave you with this. With all this hot weather we are having, be sure to use the sunscreen and drink lots of water. See Ya!

Concerts in the Parks

Boulevard Park - Saturdays 7-9 pm

August 12 - SpaceBand ~Old School Dance covers and classics~

Enjoy amazing music and views! Food available for purchase. Ride your bike or walk to avoid the parking hassle!

Music at Maritime - Wednesdays 6-8 pm

August 9 - Kuinka ~Folk Pop~

August 16 - Down North ~Alternative Soul~

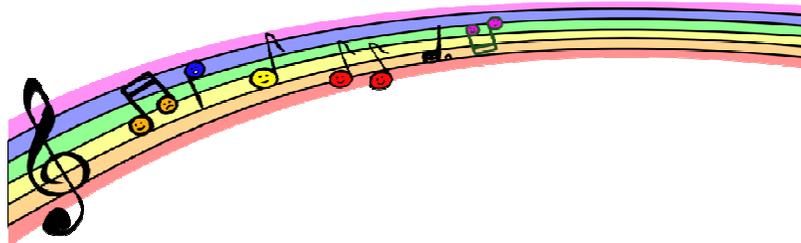
August 23 - OSO ~Funky Improvisational Space Rock~



It's BCS night on August 4th at the Deming Speedway! BCS is proud to sponsor Alan Lindquist racing number 84.

Gates open at 5 pm ~ Races start at 7 pm

Check out the ACTION!



Music, circus entertainment, games and more! Beer Garden hosted by Kulshan Community Land Trust. Food available for purchase.



Elizabeth Park - Thursdays 6-8 pm

August 3 - BandZandt ~East County's Unbridled Rock'n'Roll Band~

August 10 - Sleepy Alligators ~Grateful Dead Cover Band~

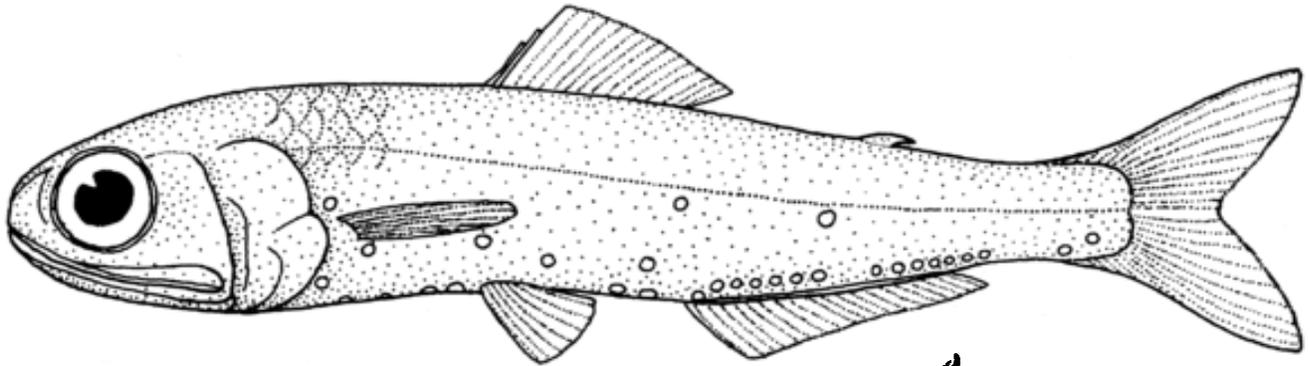
August 17 - Quickdraw String Band ~Bluegrass~

Hosted by The Eldridge Historical Society and supported by Bellingham Parks and Recreation. Food available for purchase.

The concerts are free and are fun for the whole family. They draw quite a crowd, so avoid the parking hassle and ride your bike!

Coloring Contest - Turn this into the BCS office by noon on Thursday, Aug. 17th. The winning picture gets a prize!

Small fry could be dinner someday but he's looking a little pale.
How about some camouflage to help him survive the journey ahead.

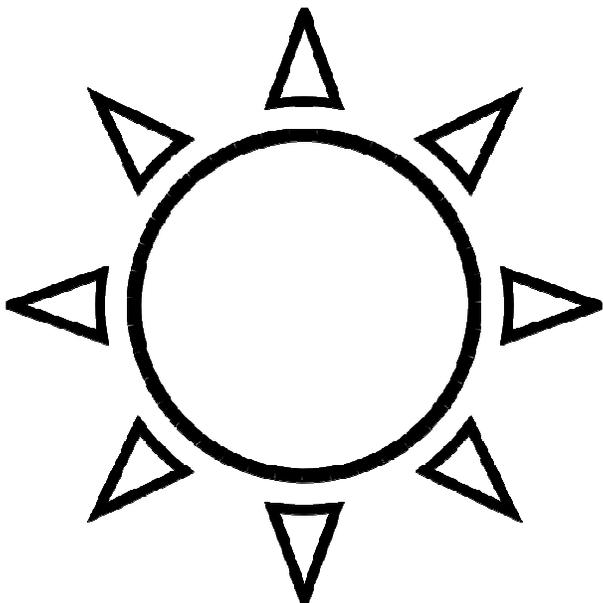


The sockeye salmon is sometimes called red or blueback salmon, due to its color. Sockeye are blue tinged with silver in color while living in the ocean. When they return to spawning grounds, their bodies become red and their heads turn green. Sockeye can be more than 2 feet in length and weigh from 5 to 15 lbs. Beyond that, I can tell you that they are healthy to eat and delicious!

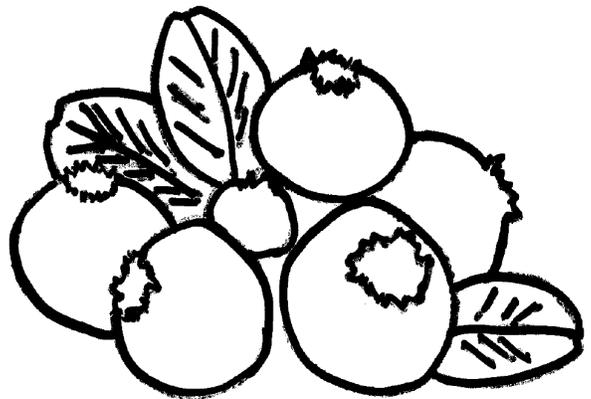


August Fruit?

This berry bunch is known for its rich color and high anti-oxidant content. It's super healthy in a small package known as nature's aspirin. What color should this be?



Yes, it's still SUMMER so enjoy the sunshine!



Name: _____

Contact Info: _____