



Armando Vasquez Obtains U.S. Citizenship



Armando Garcia Vazquez was honored at BCS on January 16, 2006, for successfully completing one of his goals in life: obtaining United States Citizenship.

Armando came to the United States in 1987 from Mexico City, D.F. His first job was in San Paul, Alaska. It was there that Armando purchased his first book on how to learn English for \$1.79. With this book tucked under his arm and with lots of self-confidence, Armando made the decision to just jump right in and start speaking in English.

For the next step in his life, Armando was hired at BCS in August, 1992. He started studying English much more seriously in our BCS Workplace Literacy Classes that started in 1999. Armando has taken classes at the Bellingham Technical College and also English at Whatcom Community College. He passed both the written and oral tests on his first attempt.

Congratulations to our new U.S. citizen!

by Karen Hollingsworth

Employee of the Month

This month we recognize a BCS team player who has been at the center of ordering, preparing, wrapping and paying for many of the holiday gifts that we all enjoyed.

No it's not Santa!

Too often we overlook the ones that do much more than we all know or remember to thank. They often work quietly, diligently and behind the scenes so that everything comes off without a hitch. Sharon Statema, Executive Assistant and Accounts Payable Specialist, is just that person here at BCS.



Kind of like Mrs. Claus...

Sure, Sharon takes care of preparing all of the checks and invoice paperwork required in the world of Accounts Payable, but she also takes care of the holiday gifts for customers, employees and vendors, internally manages the BCS tariff system, tracks and reports community donations, takes minutes at the management and board meetings and also keeps several of us here in the office hitting on all cylinders when it comes to the piles of administrative tasks, phone calls, e-mails and requests that continue to come with higher volumes and more velocity every day. Sharon takes care of everyone's travel needs and makes sure that we are prepared for our meetings with regulatory folks, customers, vendors, politicians, inspectors, etc...

Sharon has always been a very hard working, anticipatory and pleasant individual when wearing each one of her many hats. I know that I speak for all BCS managers when I say that I count myself fortunate to have Sharon on our staff and keeping us in line!

Congratulations Sharon!

Douglas G. Thomas, President & CEO

Bellingham Cold Storage will be closed on Monday, February 20th, to honor President's Day.



BCS'er of the Quarter

With the luck of the Irish, the 4th quarter BE COMMUTE SMART, environmentally responsible (BCS,er) award went to Seamus TROUBLE O'Carey. He does a great job of SMART commuting all year round. Seamus says, "Although it is much more difficult to bike this time of year, I like to ride my bike as often as possible. Riding a bike not only saves gas and is good for the environment, but it is also great exercise and a lot of fun." BCS hopes you have fun with your cash gift, REGAL movie ticket and candy. Thank you for doing the "wheel" thing.



by Karen Hollingsworth, SMART Commuter Coordinator

Peter Miller



July 29, 1937 – December 30, 2005

(written by Sharon Statema)

On December 30th Bellingham Cold Storage lost a good friend and employee to cancer. He was a very wonderful person who made you feel special whenever you were around him. Pete has been an employee of BCS since 5/24/61. That's 45 years Pete has been a part of our family. Below is a letter that Pete and his wife, Marie, wrote to BCS when they were told of the news that he had cancer. Pete Miller will be missed by everyone who worked with him and knew him. Pete, you will always be in our hearts and memories as someone very special. May you rest in peace.

Love,

The Bellingham Cold Storage Family

Below is a letter from Pete and Marie Miller written on December 6, 2005:

Bellingham Cold Storage,

Peter and I would like to thank Bellingham Cold Storage, from the bottom of our hearts, for the unbelievable Thoughtfulness, Generosity and Support. Peter was so concerned about not having medical coverage to continue his much needed hormone shots for his cancer. Peter knew that the loss of income would make it harder in an already hard situation with the never ending medical bills. You have no idea of the magnitude of what you have done for us. When I told Peter what Bellingham Cold Storage had offered to do, all I could hear on the other end of the phone was a man crying in both relief and gratitude. You took a burden off of him that he thought there was no way out from underneath. He can now focus on fighting the hard fight put in front of him.

His cancer has gone into his lungs, liver, bones, lymph nodes and a 3 inch tumor against his spine, which causes his intense pain. The prognosis is grim, the doctor says it's not curable, and is trying to keep Peter as comfortable as possible.

Peter's faith is keeping him positive and hopeful for a miracle. We hang on to every new day with the possibility of a new cure.

He hangs on to the good memories of the life long friends in the main office and co-workers and welcomes any and all visitors. Pete definitely is going to miss every one of you. Hopefully we can bring him by one last time some time next week.

Thank you again, Bellingham Cold Storage, for a wonderful place to work, and all you have provided for us over the 45 some years.

Sincerely,

Peter & Marie Miller

The Christmas Gift of Courage (a special memory of Pete by Karen Hollingsworth)

On Christmas Eve I was given a gift that I will always hold dear and one I wish to share with you, courage. On that day, my husband, Jim, and I were fortunate to visit Pete Miller and his wife, Marie, at their home. Pete was seriously ill and was in a weakened condition. Pete called to us from the back bedroom to come in and was glad that we had come to visit. He welcomed us throughout his visit with big, wonderful hugs. I personally got three of them. We conversed about the present and the past. It was news to me that Jim and Pete worked together in the 70's on the Vita Foods account. Pete finished his ENSURE and a half bottle of water during our visit. When we were ready to leave, Pete said, "Karen, all I need to do is gain some weight back and get some extra strength, then I'll be all right." He indicated that he would like to read more as soon as he got a bit stronger. The purpose of our visit was to give Pete some company and comfort. However, we were the ones that received the most, gifts of real courage and unflinching hope. Thank you, Pete. If my courage should ever falter in the future, I will remember yours and remember your bravery. I left Pete and Marie's home feeling uplifted and that there was hope for him. Pete, please accept my thanks for the precious gifts you gave on your last Christmas.

Tee Time

with Mike Holcomb

Hello, Fellow Hackers, and welcome to Tee Time.

Golf this time of year is played solely for the challenge. As you know, around here the courses are totally potluck. What do I mean? Well let's just say that the weather can make you her best friend or her worst enemy.



Considering the snow, cold temperatures and the rain we have been having, it hasn't been a picnic. Some of the courses have been closed for periods of time due to heavy fog and frost, so you might want to call ahead before you head out the door to just make sure you can play. However, if you're like me, you just like to be at the clubhouse to hang out with your friends. My son has informed me that the only dry fairways are on Raspberry Ridge. I have also heard that Dakota Golf is not too bad. Their course is so steep that the rain water isn't on the ground long enough to soak in.

Over the next several months I'm going to start a new series about what clubs are in your bag, beginning with the first set you ever owned. And, since I'm on my favorite subject, we will start with me. I didn't start playing golf until I was 24 years old. When I came to work here I played a lot of golf with Steve Pringle, Kevin's brother. He gave me my first full set of clubs - Lee Triveno Faultless forged irons. About 3 years later, I bought a set of Ping Eye Two knock-off clubs called F/X Pro. I played with that set for about 23 years - right up to the time I won the Callway irons which I used to hit a hole-in-one during the Red Cross Tournament. I carry 3 wedges and I have had various woods. I'm the kind of guy who blames his bad games on his clubs, so I'm forever experimenting with new clubs. Next month's Tee Time will feature someone else and what's in their bag.

For now I'll leave you with this: No matter how much it rains (and it certainly has rained), the sun will come back out, so go find your clubs because I'm going to be calling to go and play.

See ya!

Natural Highs

from Kirsten Freeman



At times we take for granted some of life's simple pleasures. Here are some examples of those "natural highs." Read and smile.

- * Laughing so hard that your face hurts.
- * Taking a drive on a pretty road.
- * Running through sprinklers.
- * Being part of a team.
- * Playing with a new puppy.
- * Hot Chocolate.
- * Hearing your favorite song on the radio.
- * Hot towels out of the dryer.
- * Riding a bike downhill.
- * Holding hands with someone you care about.
- * Swinging on swings.
- * Watching the sunrise.
- * Watching the expression on someone's face as they open a much-desired present from you.
- * Road trips with friends.
- * Accidentally hearing someone say something nice about you.
- * Song lyrics printed inside your new CD so you can sing along.
- * Homemade cookies!
- * Seeing smiles and hearing laughter from your friends.
- * The beach.
- * Falling in love.
- * Finding the item you want is on sale for half price.
- * Late night phone calls that last for hours.
- * Making new friends, and spending time with old ones.

Coping with Crisis 101: Disaster Response Training

by Karen Hollingsworth

Bellingham Cold Storage hosted Steve Bassett for the day on January 17, 2006. BCS managers and foremen were invited to hear this very engaging speaker who gave us the tools to prepare for and handle a crisis should it occur.



Steve Bassett

The program focused on four main areas: 1) Prevention, 2) Preparation, 3) Response and 4) Recovery. The program provided a checklist of things to consider avoiding in a disaster, how to develop a crisis management plan in the event an accident occurs and to educate us on how to protect the company and its assets effectively. We never want to have to deal with a crisis. However, if faced with one, it is better to be prepared!



Cooperacion • Integridad • Calidad • Responsabilidad • Actitud

Cooperación: Nosotros soportamos el concepto de cooperación. Haremos todo lo posible para animar nuestros empleados en sus esfuerzos para hacer un buen trabajo cuando sea posible.

Integridad: Nosotros tratamos a toda la gente y toda la propiedad con sinceridad y respeto y nos dedicaremos sobre tener buenas relaciones con todos los empleados y clientes.

Calidad: Estamos entusiastamente cometiido en proveer servicio del mas alto nivel de ejecución y también en proveer producto de la mejor calidad.

Responsabilidad: Nosotros con gusto acepto la responsabilidad por nuestros acciones.

Actitud: Nosotros mantenemos un modo cierto y positivo sobre los clientes y nuestros empleados y también mostraremos un modo progresivo en nuestro trabajo.

Valores Basicos de BCS

Teamwork • Integrity • Quality • Accountability • Attitude

Teamwork: We support the concept of teamwork. We encourage fellow employees in their efforts to do a good job, helping whenever possible.

Integrity: We treat all people and property with honesty and respect, and are dedicated to building trust with our employees and customers.

Quality: We are enthusiastically committed to providing the highest standards of service, product and performance.

Accountability: We willingly accept responsibility for our actions.

Attitude: We have a positive outlook and progressive approach toward our jobs, customers and fellow employees.

BCS Core Values

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