



## January Anniversaries

Teresa Rohwer	26
Todd Morrow	17

## Who's This?!



He has worked for BCS since 1980 and is one of the most efficient workers we have. In his spare time he has traveled throughout the world and even stood in the coliseum in Rome. His grandfather was a highly ranked professional boxer, and his other grandfather was a doctor in the Seattle area. Besides traveling and tracking his family history, he also has time to be a gourmet cook and was one of the original members of the Fairhaven Lobsters!

Can you guess who he is?

Answer on next page.

## Employee of the Month

Luis Hernandez came to work at Bellingham Cold Storage on August 3, 1993. He has worked in just about every area.

Luis has spent most of his time the past few years working at the Boxing Lines. He started out grading and boxing, and soon he wanted to do more. He has been working as a tally person for the last four years.

This past year we have been grading SSRAA chums in the old Icicle packing room. Luis has stepped up to the plate, and while tallying he has watched the grade and kept the graders grading correctly when Steve and I are not in the area.

Thank you, Luis, for your extra effort this past year.

*Marvin Hawkins, Squalicum Boxing Services Foreman*



## Gary Hershey Retires

After 40 years of service, Gary Hershey has retired from BCS. Anyone who is familiar with Gary knows that he will keep pretty busy during his free time.

We wish you the very best of times in your retirement, Gary.

Please come and visit.



*Gary, pictured in middle, next to his two wives, Jerry Smith from SPC and Sheryl Hershey.*

Training  
Wheels  
Keep on  
Turning to  
Support  
Lifelong Learning!



The Education and Training Department extends appreciation to all who participated in our training programs in 2004. A lot of material and many courses were completed to help keep BCS not only in government compliance, but to provide more environmental awareness, safety and literacy within our workplace.

I wish you a learned new year. Let me know if I may be of assistance to you and any of your future life goals.

*Karen Hollingsworth, Training Coordinator*

## Support Debra & Nancy on a 60-Mile walk!

Debra Tamcke, Accounts Receivable, & Nancy Waterman, Computer Programmer/Analyst, will join thousands of other dedicated women and men at the San Diego Breast Cancer 3-Day benefiting the Susan G. Komen Breast Cancer Foundation and the National Philanthropic Trust Breast Cancer Fund. This year, more than 200,000 women and men will be diagnosed with breast cancer and more than 40,000 will lose their lives to the disease. On October 14-16, 2005, participants will walk 60 miles during three days to raise breast cancer awareness and to raise money for critical research and community outreach programs.



In order to participate, each walker must commit to raising a minimum of \$2,100. To help Debra & Nancy reach their goals, please consider making a donation – either stop by the BCS office for a donation form or go online at [www.The3Day.org](http://www.The3Day.org). All donations are tax deductible to the extent allowed by law. To learn how to participate or volunteer with the Breast Cancer 3-Day, visit [www.The3Day.org](http://www.The3Day.org) or call (800) 996-3DAY.

## Your Trip, Your Way



Are you thinking of SMART commuting? If you are undecided, perhaps you would like to speak with one of our 2 lucky winners from BCS's SMART commuter program.

Juan Padilla is shown here with Susan Horst, a Washington State transportation representative, who is giving Juan a \$50.00 gift certificate from Target (just in time for Christmas). Juan was chosen out of 23,780 Washington state entries.

Rolando Valdes is our SMART commuter for the month of November. Rolando checked the box "carpooling" on his daily timesheet and was awarded a gift of money and certificates to Mallard's ice cream café. It is your trip, your way. Remember that you have options!

*by Karen Hollingsworth, Training Coordinator*

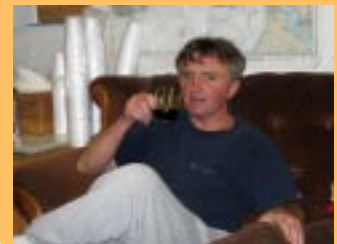


## Easy and Fun-to-Keep New Year's Resolutions

Often we break our New Year's Resolutions because they're not realistic and they require too much work - not to mention they're not any fun. Try adding a few of these pleasant resolutions to your list in 2005.

1. Do something daily that makes you laugh out loud.
2. Make funny friends.
3. Put up a humor bulletin board and post funny cartoons, sayings, postcards, etc.
4. Smile at least once every hour.
5. Take more risks.
6. Worry about only one thing at a time.
7. Rent or buy a relaxation, yoga, or stress management video.
8. Hug a living creature every day.
9. Learn to say "no" without feeling guilty.
10. Take a walk whenever you feel stressed.
11. Focus on what went right every day instead of what went wrong.
12. Make a list of all the things you like about yourself.
13. Watch a whole sunset uninterrupted, at least once every season.
14. Stop and smell the roses, and plant a rose bush if you can't find any roses to smell.
15. Spend one night a week without the television on.
16. Find five nutritious foods you actually like - and eat them a couple of times a week.
17. Walk to more places, like the store, a friend's, the post office.

Answer to  
Who's This:



It's Johnny Ohman!



## Orchard Rocks!

Here's proof that the Orchard BCS employees know which way the wind blows. On Dec. 20, the Orchard facility had a fire/earthquake drill and everyone participated (some were slower than others in arriving at their designated meeting place) and even brought Mills electrician Steve Nelson with them to safety. Good job! Thank you for closing the old year of 2004 safely.

