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July Forecast

black cod	poultry to Russia
halibut	pollock / hake
strawberries	raspberries
salmon	sardines

Employee of the Month

Congratulations to Debra Tamcke, the deserving recipient of June's Employee of the Month award. Debra and I actually worked together at another company, Ershigs, before I came to BCS. I knew back then that she was an excellent employee and that if a position ever opened in the Accounting Department here at BCS that I would encourage her to apply. Fortunately, she did. Debra took over the Billing/Accounts Receivable position from Cal McKay when Cal retired in 1999. During the last three years Debra has learned the nuances of the job as well as helping organize and standardize the billing process. As a result, the system has become more streamlined and consistent.



If you want to know what's happening with the Mariners, Debra's the one you want to check with. Her favorite player is Edgar Martinez based on his amazing ability to occasionally steal a base despite wearing cement shoes. She also has a great sense of humor which helps with the crew we have here.

Speaking on behalf of all your co-workers, Debra, you are a pleasure to work with!

Brad Flinn, Controller

Message from the President

To celebrate the 4th of July this year, remember that, even though we live in a country that struggles from time to time with traffic congestion, onerous regulations, burdensome taxes, expensive health care and an occasional energy crisis thrown in there...



The United States of America is by far the best place in the world to live and call home!

Please take special pride this year when enjoying the celebration of our country's birth!

Happy Birthday America! Home Of The Brave!

Doug Thomas, President & CEO

BCS'er of the Quarter



Congratulations to Kary Lambert, the BCS'er of the Quarter. BCS'er stands for: Be Commuter Smart, Environmentally Friendly.

Kary is a smart commuter because she both bicycles and uses carpools to get to work. As Kary is expecting a baby in October, she has put her mountain bike aside for now, however. Kary received a \$15 gift certificate for her reward. Thanks, Kary, for helping reduce the number of commuter trips at BCS!

Strawberry-Rhubarb Crisp



- 1 cup flour
- 5 tablespoons powdered sugar
- 1/2 teaspoon salt
- 1/2 cup butter

Mix dry ingredients, cream butter into them. Pat into 9x13 pan. Bake 10-12 minutes at 350°F.

- 3 cups rhubarb
- 3/4 teaspoon salt
- 1 1/2 cup sugar
- 1/4 cup flour

Mix, spread on top, bake 25 minutes more. Top with 2 pints strawberries and whipped cream.

Enjoy!

Summer of '72

Summer is my favorite time of year. It often makes me think of my youth. My favorite summer pastime when I was a teenager was water-skiing. I was convinced that I would be a beach bum who did nothing but water-ski and lay around the beach for the rest of my life. Obviously my parents convinced me this was not a wise choice of careers. However, this didn't stop my buddy, Ron, and I from spending many hours with my parent's boat out skiing.



Several years after graduation I was with my family one summer and we were skiing. Ron stopped by our lakefront property and I gave him a tow and then he offered to drive me. I skied for a short while and then signaled that I was ready to go in.

When dropping off a skier, my family always drove the boat parallel to shore and the skier careened off to shore any way he or she chose. Ron did it differently. He used the "crack-the-whip" method of which I was not familiar. Using this method the boat heads straight in to shore and then, from a good distance, makes a 180 degree turn to "whip" the skier in. In order to keep from running the skier up the beach and halfway to Lynden, the boat has to make this maneuver quite a distance from the shore. I didn't understand that. I didn't have a clue what was going on and I am sure Ron realized that when I didn't let go of the rope. This method also calls for the boat to increase its speed to as fast as it can go, which was 33 % faster than my normal ski speed or in my estimation, 150 mph. To this day I am not sure if this was part of some plan he had or not.

I began to cut a beautiful circle in the water going at least the speed of sound. Trust me, you don't want to crash at that speed. I'd almost made it clear around when I felt my body start to pass my ski. I now realized that my puny life was about to end and I would never have the joy of buying my first new Corvette or seeing my new ski boat floating in the sun. My thoughts began to turn to, "This is really gonna hurt!". My brain seemed to leave my body and it was like I was floating. No..., actually my brain was leaving my body because it had been blown out of my head by several blasts of water I contacted as I skipped along. It was a kind of a rolling or tumbling, skipping action where your body is acting the same way it would if it were tossed out of a speeding car at 50 mph and hit the concrete. I had the supreme joy of seeing, in flickering images, my legs, feet, and other body parts either in the air or on the water. Eventually this all came to a stop in the same way as a roller skate having a head on collision with a truck. The skate's forward momentum is crushed from existence.

I am laying in the water in a semi-conscious state wondering if this was what heaven was like or whether I was even going there. Then I hear voices, like in a dream. "Yes Lord?" was my mumbled response but I could not understand what He was laughing about. As my brain swam to higher visions of consciousness I recognized Ron's smiling face looking at me with tears running down his face. If I was dead he sure was taking it well, but then I realized I had survived. He was obviously very happy to see me alive because he was laughing and doing this rolling motion with his hands. The pain started to arrive about the time I was dragged into the boat like a dead halibut. Still my mind said, "Boy, this sure is fun!"

Take it from me, whether you are working or playing - have a safe and fun summer!

Tim Unger, Squalicum Plant Manager

Automated External Defibrillator (AED)

Now that is a real mouthful, almost enough to send your tongue into cardiac arrest! An AED is a small device, about the size of a lunchbox, used to administer an electric shock to the chest of someone who is suffering from heart failure. When a person suffers a sudden cardiac arrest, their chance of survival decreases by 10% for each minute that passes without defibrillation. That's why having such AED units available right in the workplace is so important. Last year BCS purchased 2 such units at a cost of \$2,000 each; a modest amount considering it may someday save a life. AED's are becoming more and more common in the workplace and daily life: For example, AED units can now be found on most major airlines.

The new, portable AED's are very simple to use: After the operator places the adhesive electrodes on the victim's chest, a microprocessor inside the defibrillator analyzes the victim's heart rhythm and advises the operator whether a shock is needed. If it is needed, the electric current is delivered through the victim's chest wall through the electrode pads.

Although the units are designed such that even a novice can use them, BCS requires that a team of about 16 employees receives training on the units to be the "certified operators". This "BCS Emergency Response team" is re-trained every year for certification. The latest training took place on June 11, 2002.



Eric Brown, practicing with the AED.



Cary Gustafson of the Bellingham Fire Department.



Duane Korthuis, AED Instructor.



Mike Coggins, showing off his CPR skill.



Marvin Hawkins to the rescue.



Steve Martin, Tim Unger and Clyde Duranceau.

BCS's certified AED operators are:

Ted Lindquist	Scott Albrecht
Tim Unger	Trevor Wagner
Duane Sines	Bill Freeman
Steve Martin	Mike Coggins
Marvin Hawkins	Dick Dandliker
Eric Brown	Gary Hershey
Karen Hollingsworth	Juan Padilla
Clyde Duranceau	Mike Mills

Besides the AED re-training, instructor Duane Korthuis also covered CPR (cardiopulmonary resuscitation) basics. The Bellingham Fire Department also sent a representative, Cary Gustafson, to help explain how we would hand over a patient to the 9-1-1 Medic team, and how to efficiently give the required medical information.

In August, 2002, BCS will offer the basic AED training to 8 more BCS employees. That will give BCS a total of 24 AED trainers for medical response. I feel safer already!

by Karen Hollingsworth



Customer of the Quarter

Fishermen's Finest

BCS is pleased to announce Fishermen's Finest as our Summer 2002 Customer of the Quarter. Fishermen's Finest has now been a significant customer of BCS for several years. BCS appreciates the business brought our direction and the quality of people we work with from their organization. Fishermen's Finest is universally respected for the quality of their equipment and product and we are honored to have been chosen as business partners by them.

Fishermen's Finest is actually a management and marketing company for four vessels operating in Alaska. Following is basic information about the vessels:

<u>Vessel Name</u>	<u>Year into Service</u>	<u>Length</u>	<u>Type</u>	<u>Crew</u>
US Liberator	1997	162ft	freezer-longliner	25
Pathfinder	1990	185ft	freezer-longliner	25
US Intrepid	1997	180ft	H&G trawler	40
American No.1	1986	160ft	H&G trawler	30

The whole thing really began in 1967, with the creation of North Pacific Fishing by Rudy Petersen. In the beginning, NP Fishing was a crab boat company. Until 1980, the company continued to be largely a crab boat company. The company also was involved with catcher boats and this continued until 1985, when Fishermen's Finest was created by Rudy Petersen and H.J. Park.

Rudy Petersen, a fisherman, National Highliners' Award Recipient and former member of the North Pacific Fisheries Management Council is a prominent member of the Seattle fishing community, stands at the helm as CEO. Ms. Park, a food nutritional science specialist and businesswoman directs the company as COO.

The new company's philosophy was (and is) as follows: Top-notch crew, fishing vessels, and management support work together to produce first quality fish products, that demand top dollar in the worldwide marketplace. They are very proud of their fishing operation and consider their people and vessels to be the best in the industry.

A brief note about the F/V American No.1 is warranted here. First of all, many people believe that this boat is the prettiest in the fleet, from her beautiful lines to her bold paint job. She was christened in 1979 by Senator Warren G. Magnuson, who proclaimed at the time, "this vessel marks the beginning of the end of foreign dominance of the U.S. fisheries." The famous Magnuson Act had just been passed, ending decades of foreign dominance in Alaska's fisheries. The American No.1 has lived up to her name and the company is proud to refer to her as Fishermen's Finest Flagship Vessel.

The two longliners focus their efforts on cod. There are two basic products of cod, J cut and collar-bone on (CBO). The J cut product is primarily sold to Japanese and domestic markets while the collar-bone on product normally goes to Europe for the salting market. The longlining seasons are typically January through April and August through November.

The two trawlers fish for a wide variety of species, including AK plaice, Arrowtooth Flounder, Cod, Rockfish, Atka Mackarel, Yellowfin Sole, Rex Sole, Pollock, Flathead Sole and Pacific Ocean Perch. Generally speaking, the females of these species and their associated roe go to Asia while the males are moved to domestic markets. The trawl season normally runs from January through October each year. Overall, approximately 70% of the company's production is exported and 30% sold domestically.

Aside from the vessel crews, Fishermen's Finest maintains a staff of 12 in their Ballard administrative offices. BCS most often interacts with the sales' staff, made up of Wayne Okino and Rita Okitkun. They manage the logistics and sales side on all product coming out of Alaska. More often than not, BCS sorts products as it arrives from Alaska and then quickly consolidates it for shipment. Thanks again for the business!

Ben Savery, Marketing/Sales Manager



Eric Brown and Tim Unger pose with Roland, the happy retiree.



Roland Stone Retires After 41 Years of Service

With a mixture of sadness and deep gratitude, BCS bid farewell to one of its best: Roland Stone is retiring from BCS after working here since April of 1962. BCS owners and employees recently gathered in the fishhouse lunchroom to present Roland with a cake and some special gifts. As his boss Eric Brown remarked, Roland has always been one of the most innovative and hardworking warehousemen in the plant. Roland thanked BCS and the Talbot family for providing him with such a good place to work for over the years.

Roland, who lives out in the county, plans to relax and maybe do some more golfing, fishing and camping. BCS is grateful to Roland for all his years of service; we will miss him greatly. For his part, Roland promises to stop by frequently, and make sure we are keeping up on our good warehousing practices. Good luck, Roland on all your new adventures!

Tee Time *with Mike Holcomb*

Hello fellow hackers. Welcome to Tee Time! We are now into the full summer golf weather. Now is about the time that I quit telling you about the weather, because there is nothing to tell. The weather will be nice for the next 3 to 4 months, so don't ask me again about it. See, I made it all your fault that I had to report it.

I sure hope most of you were able to see the Tiger Woods show again this year at the U.S. Open. Is this guy too much or what? We watched the field self destruct right in front of him at the Masters. Now we see him playing average golf on a very difficult course (in case you didn't get to see it, trust me, this course was something else). The rest of the field could not rise up and give him a game. Now let us talk about that for a minute. Why do you think it is that no one challenges him at the big events? He is not the only one out there with a good game. Most of these guys have been doing this for longer than Tiger. Some have been doing it for longer than he has been alive. Who are we to think that he intimidates the players in his group or that they can't handle the crowds around him (it has come up in interviews). It may be a little of both. Somebody had better get their game on, because this is not going to stop happening. As of right now, Tiger holds the lead after the 3rd round. There are very few people that I can think of whom Tiger doesn't bother; maybe Hal Sutton or Joe Durant. They do not seem to care whether he is there or not. They just continue matching him shot for shot. That might be it. Pretend you're playing by yourself, and tune out the 47,000 fans that came to see "what's his name" play.



I will leave you with this: I read an article from the people who designed Nike's golf ball. They brought Tiger in to try them out. Each ball is wound at a different compression. They handed Tiger 4 balls. He bounced each ball off the face of his 8 iron once and gave them back to the testers in order from lowest to highest compression, and he was correct. How do you beat a guy like that?

See ya!

Valores Basicos de BCS

Cooperation • Integrity • Quality • Responsabilidad • Actitud

Cooperación: Nosotros promovemos 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 comitedo en proveer servicio del mas alto nivel de ejecución y tambien 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 tambien mostraremos un modo progresivo en nuestro trabajo.

BCS Core Values

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.



July 2002

BCS *Only Your Product Gets an Icy Reception*

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