

June



Anniversaries

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|-----------------------|----|
| Kary Lambert | 26 |
| Gary White | 26 |
| Miguel Morales | 24 |
| Brad Flinn | 22 |
| Rene Cardona | 21 |
| Jabari McClain | 13 |
| Gilbert Minjarez | 13 |
| Ian Bakke | 10 |
| Kathy Payne | 9 |
| Alan Speidel | 9 |
| David Richardson III | 5 |
| Nancy Medina | 5 |
| Timothy Judge | 4 |
| Domingo Ortega | 3 |
| Jose Ortiz | 3 |
| Gregory Slemp | 3 |
| Cecil Cooke | 2 |
| Robert Courtney | 2 |
| Ben Dyer | 2 |
| Marques Reynolds | 2 |
| Lance Wallace | 2 |
| Christine Acuna | 1 |
| Kristina Courtney | 1 |
| Arthur Gonzalez | 1 |
| Stuart Lopez-Rose | 1 |
| Santiago Olivarez III | 1 |
| Elisa Sanchez | 1 |
| Cameron Westbrook | 1 |

Employee of the Month *by Glen McKay*

Lorenzo Garcia is May's Employee of the month. Lorenzo has such a positive attitude towards his fellow coworkers that spreads to whoever he works with. He has always been very helpful with his instructions and his willingness to over see any task until it is complete.

He never complains and is always looking for the best way to get the job done. Lorenzo does a great job at verifying everything matches and reports any possible errors to a supervisor. When you see Lorenzo congratulate him on being our May employee of the month.



Mark Emmons retired! After 42 years at Bellingham Cold Storage, his freezer suit will be hung up for the last time. Thank you Mark for helping make BCS what it is today. Enjoy your new adventures ahead!



Outstanding Logistics Partner Award *By Joel Harvey*

Bellingham Cold Storage is proud to recognize Coastal Transportation with the BCS Outstanding Logistics Partner Award. In the last two years, Coastal's deliveries to BCS have increased 90% due, in part, to the introduction of their flagship 5th vessel the 'Coastal Standard'. At 240 feet in length and 125,000 cu. ft. of capacity, the Standard is like a floating cold storage. BCS' 1,000' long deep-water pier is a perfect fit for Coastal's fleet with our cold storage located immediately adjacent to vessels for optimum efficiency and quality.

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Coastal Transport *Continued from page 1*

For 30 years Coastal has carved out a niche connecting Alaska directly to Bellingham Cold Storage and Seattle. As Coastal's fleet grows and traffic in Seattle worsens, the demand for BCS destined products is also growing rapidly. Coastal now operates a year round schedule with bi-weekly service to BCS. Coastal will pick up at your facility, alongside your vessel with their cargo gear in your hold, or from their brand new 4,000 metric ton cold storage capacity in Dutch Harbor.

The Coastal Standard has been a real game changer for BCS. JP Amo, Managing Director Coastal Transportation, has been actively promoting BCS and tapping into our customer base and infrastructure. We find ourselves in conversations with many more customers than even just a year ago. Many of our largest customers are now using Coastal.



Our customers have noticed substantial benefits recently. We are seeing a lot more pollock across our dock, and it is shipping out via BCS' on-site rail service. Last summer we started to see our SE Alaska seafood customers using Coastal to facilitate their fresh sales. The Standard was getting down from Sitka in 36 hours. BCS has two onsite custom processors: Homeport Seafoods and QSea Specialty Services, both able to handle your fresh packaging, and value-added fresh and frozen re-processing.

Please think of Coastal Transportation for your northbound cargo needs as well. They ship a wide range of products including seafood processing supplies and materials, pallet boards, groceries, household items, building materials and even autos.

Thank you to JP Amo, Elliott Strong, Matt Yip, Maureen Fitzgerald, John Nordin, and the whole Coastal Transportation team for embracing Bellingham Cold Storage all these years. You are an integral solution for many of our mutual Alaskan customers!



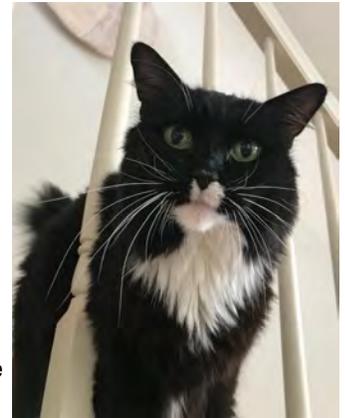
Cogs Corner Returns:

Everything I Know About Retirement, I Learned from my Cats *By Mike Coggins*

Well, I shouldn't say everything. I didn't learn zip from them when it came to handling my investment portfolio once I retired or signing up for all of the government programs necessary to keep body and soul together. Nor have they had to worry about the Social Security system running out of moolah. Lucky them.

But I have learned from close observation of these furry creatures how to spend a lazy afternoon. First find a comfortable spot, preferably on some part of a warm human being, and doze. Food is never a problem. You just have to learn how to ask for it effectively. Ignore the phone. There is no better way to spoil a good nap than by getting out of a comfy position to talk to someone you'd rather not. The doorbell is usually some tree service rep or someone handing out religious pamphlets so answering the door is optional.

My cats don't worry about anything at all except for noisy workmen invading their cat palace. I've learned to worry about that, too, because the workers never go away without leaving behind a bill for mucho dinero. My cats don't worry about boredom, either, because there is always a sunbeam to chase down. Those are great for napping in, too, by the way. In the absence of sun just sitting and watching the rain or contemplating the wildlife strolling around the grounds is a fine alternative.



They have taught me that beds are to be spread out on, not to sweat the small stuff and enjoy the moment. Life is too short, especially for cats, to waste any time at all on things you can't control or don't enjoy doing. The future will certainly come no matter what you do or don't do, so why let it bother you?

My cats, Cleocatra and Gracie, live in the moment. They don't bother with what comes next because what is happening right now is the most important thing going on for them. That's one of the lessons they've been trying to teach me ever since I retired, but I still kinda like looking forward to an exciting future. Living in the moment is good, too, though. They do make a point.

On a completely different note, I haven't missed the work at BCS very much although I did enjoy my job. I really miss seeing the fine people I got a chance to work with, though, and think of you guys often. Jackie and I are doing our best to enjoy the fruits of our many years of labor, and paying attention to Cleo and Gracie has helped. They're a lot smarter than they look. I'll try to stay in touch but in the meantime, thanks for listening.

Wellness ~ Feel better head to toe! *By Bob Knutson*

You may have heard this line before, "Abs are made in the kitchen." But what does that mean? You can't exercise away the effects of a poor diet, particularly for areas that hang on to fat and get bloated.

Stave off fat: Blood sugar imbalances can play a role in the concentration of fat in the belly area.

Stay Balanced: Make sure meals have three blood sugar stabilizing nutrients: a lean protein, a quality carb, and a healthy fat.

Eat Regularly: Blood sugar tends to dip every four to five hours. So don't go more than four hours without a meal or snack.

Fill up on fiber: Eat fiber rich foods like fruits, veggies, and whole grains, which can stimulate the growth of beneficial bacteria in your belly.

Get more potassium: Eat more foods containing potassium such as bananas, sweet potatoes, leafy greens and lentils to help balance out any bloat-causing sodium in your diet. Potassium helps counter fluid retention.

Feed your muscles: Have a snack with 20-25 grams of protein within 30 minutes of working out to help kick-start muscle recovery and growth.

Eat Protein Foods: Seafood, dairy, lean meats, nuts, and soy products.

Hydrate Daily: Drink at least two to three liters of water a day. When working out and sweating, three or more liters will prevent dehydration and not compromise your workout performance.



Words Of Wisdom By Raider Bob:

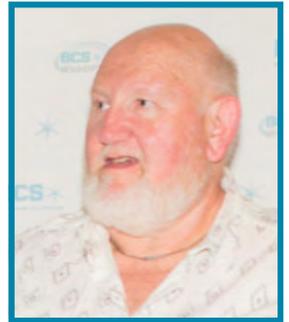
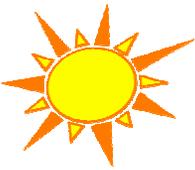
When things are tough, I remind myself that all I can do in any given moment is my best, and that there are good days and bad days.

Tee Time *by Mike Holcomb*



Hello fellow hackers. Welcome to Tee Time. I know you have been asking where I've been. Well, I'm getting older now, and it takes a lot of energy to type. You believe me, don't you? So you will see these articles periodically after I have rested up from the last article I wrote. We held the BCS golf Tournament or, as I like to call it the Holcomb Open, on Saturday the 5th of May. The weather was outstanding—about 70 degrees and sunny all day. The winning team was our very own Gary White, Brad Flinn and Ian Bakke with guest John Delaney. They finished at just four under par. The long drive was won by Mr. Kevin Galley. We don't know the exact yardage, but let's just say it was way out there.

I'm going to leave you with this: As I'm writing this, they just finished playing the Players Championship. In that Tournament Justin Thomas finished 1 shot better than Dustin Johnson, and as a result is now #1 in the world. That is a little unheard of, but in this day and age where most tour players are so close to the top, #1 in the world could change every week. Seeing it change over one shot is pretty remarkable. I'll try and save enough energy from now on to keep you all informed. See Ya!



In memory of Charles Westra Kuyper, 'First you gotta smile, then you gotta grin, then you gotta laugh . . .

I went to the tire company today. They had a blowout sale.

If you have a frog in your throat, you could croak.

Two guys were out hunting at night. It was just a shot in the dark.

I tried to stop smoking. Came close, but no cigar.



What do kids do when eating on the train? They chew, chewww!

Why are salmon so smart? Because they stay in school.



Shakshuka – a one pan meal *shared by Ian Bakke*

With many variations, Shakshuka is a delicious easy meal for just one, or to feed the whole family depending on the size of your pan. This combination of eggs, tomatoes, and spices is popular across the Middle East and North Africa. It's of Tunisian or Yemini origin, and the name simply means "mixture" and originates from either the Arabic or Berber. I think it's just fun to say. "Lookout - I'm having Shakshuka for breakfast!" or "Shakshuka and Ala~Kazam, dinner is served!"

I'm confident our adventurous reader/cooks can follow this loose description of how it's prepared. Enjoy playing with the variations. This should serve 3-4 (or more if used as a side dish).

1. Heat up a deep cast iron pan. Sauté two medium diced yellow onions and a large bell pepper in olive oil until tender.
2. Add several (4-5) cloves of diced garlic, one large diced jalapeno, salt and pepper. Cook for a couple minutes. (Some recipes call for adding diced other types of peppers. Many call for spices like cumin, paprika, bay leaf, and/or zaatar at this point too. Feel free to experiment with the base flavor profile here as the recipe's I've found vary greatly.)
3. Stir in a can of tomato paste and a couple chopped tomatoes (or diced canned tomatoes). Add, 1 teaspoon of sugar to cut the acidity of the tomatoes. (You could also add cauliflower, eggplant, or Zucchini.)
4. Add ½ bunch of chopped Swiss chard or chopped spinach and maintain heat allowing mixture to thicken/reduce. Go fold laundry or play cards with your kids for 10 minutes.
5. Crack 4 to 6 eggs on top (or as you can fit in your pan) to poach on top.
6. Cover and simmer on low for about another 5-10 minutes. (Cheese may be added at any point as this simmers. I recommend feta or some other type of good salty cheese.)
7. Remove from heat when eggs are done to your liking. I like the rich creaminess of a warm runny yolk so just about 5 minutes is enough time for me. Sprinkle with



Balance of Choices *Shared by Natasha Noso*

Balancing your job and the rest of your life obviously requires some hard choices. The career of John Donahoe – former president of eBay, currently president and CEO of Service Now – offers insights on how to handle some of them.

When Donahoe was 23 and starting his career with management consulting firm Bain and Co, he was excited about his prospects for advancement and rewards. His wife reminded him to also expect long hours, constant travel, and stress. Did he really want all that?

In a moment he decided “No.” Donahoe swore: “I will not live the life of a management consultant,” meaning that he wouldn’t let his job narrow his personal life.

In his first year of business school, that resolve was tested. His wife went into labor during final exams, and he had to decide whether to stay with his wife or focus his efforts on his finals. True to his word, he reduced his study sessions and spent considerable time with her. He was surprised when he did extremely well on the tests-much better than students who studied obsessively. *Lesson:* Focusing your efforts while remaining relaxed and confident about your priorities can pay off.

You cannot reach for anything new if your hands are still full of yesterday's junk.
~ Louise Smith

Focusing your efforts while remaining relaxed and confident about your priorities can pay off.



Another test came when his wife finished law school to accept a clerkship with a federal judge. To make this work, Donahoe would have to reduce his travel and hours. He was quite willing to do so but felt he had to resign his job at Bain. However, when he announced this to his manager, the manager didn’t want to lose an employee with Donahoe’s accomplishments and potential. He reduced Donahoe’s assignments to limited hours for a single local client. *Lesson:* Don’t throw up your hands in despair. Leverage your achievements to get what you need.

Everyone’s tough choices will be different. However, one thing remains constant in most scenarios: If you sort out your priorities and the resources you can use to achieve them, you can balance your life and keep moving forward.

Adapted from Fortune and reprinted with permission from Bits and Pieces.

Welcome New Employees *by Sheryl Hershey*

WELCOME to the new BCS employees who have joined us this year. As of 5/25/18, twenty new people have become employed by BCS. Most are forklift operators who are busily learning our plant and processes prior to the start of the busy season. If you see an employee whom you haven’t previously met, please introduce yourself and let them know that you’re available to help if needed!



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