



March Anniversaries

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Who's This?!



A couple of hints:

This fella has been with the company for 11 years. His calm and gentle demeanor make him a good leader. He keeps in shape these days by riding his bike often times to work. Who is he?

Answer on page 2.

Employee of the Month

February's Employee of the Month is our own multi-talented Mark Tripp.

Mark started here in September of 1987, and has since worked in just about every area of the plant. Mark was a leadman in the Fish House on the night shift, and he managed the brine freezer for herring before settling in at West Dock where, among other duties, he has become one of the top winch operators for the foreign vessels which we load.

In his quest to broaden his plant experiences, the last three years have seen him spending one year warehousing for the Fish House, one year working the Cruise Line accounts, and this year taking on the inspection responsibilities for the Boxing Line.

When you see him, please congratulate Mark on his well-deserved Employee of the Month award.

Scott Albrecht, Squalicum Warehouse Foreman



Do the RIDE thing!



We have a program here at Bellingham Cold Storage that helps our employees wake up in the morning, fit a little exercise into their day, spend more time reading and save hundreds, even thousands of dollars a year. It's our Smart Commuter program! With assistance from our transportation coordinator, Karen Hollingsworth, many Bellingham Cold Storage employees have started walking, bicycling, ridesharing and riding the bus to work.

We're proud of our SMART Commuters! Whether they leave their cars at home once a week or everyday, they're contributing to a better community for all of us. Fewer cars on the road means cleaner air and water. Less traffic means better mobility and a stronger economy. Making room for more cars is expensive. SMART Commuting makes better use of our existing transportation infrastructure and preserves the attractiveness of our cities and rural areas.

We measure the results of our SMART Commuter Program every other year. There will be a short survey that asks you questions about how you got to work the week of **Feb 28 – Mar 4, 2005**. Please follow the survey instructions carefully and complete the survey promptly.

Thank you for your participation in this important activity.

Doug Thomas, President & CEO

Who's This:



It's Keith Sorensen!

Keith is the leadman in the Fish House and also the Mountain Biker on the Ski to Sea team this year.

Wanted:

Cross-country Skier for upcoming Ski to Sea Race

Race day is Sunday, May 29th. This is a Recreational Division team.

Listed below are the current team members:

Cross Country Skier	YOU!
Downhill Skier	Kevin Riley
Runner	Derek Andricos
Road Biker	Scott Albrecht
Canoeists	Kary Lambert and Rob Buswell
Mountain Biker	Keith Sorensen
Kayaker	Duane Shelly



The cross country leg is the first to begin the race. The beauty of this is that you finish first, and then you are able to cheer your team on throughout the rest of the day! It is truly a fun and exciting race to participate in, so if you've always wanted to give it a try, now's your chance!

If you are interested in joining the team, please call Keith Sorensen @ 733-1640, ext. 201.

Tee Time

with Mike Holcomb



Hello fellow hackers and welcome to Tee Time.

I should be telling you about how to care for your clubs in the winter and to make sure to keep them dry, because the winter months can take a toll on one's clubs if they are not taken care of properly. However, I'll skip that discussion until a later date since the weather here has been great.

I cannot remember a time when I have ever golfed so much in the dead of winter. Yahoo! Yahoo! Yahoo! I will calm down just a bit, but let me tell you that the courses are in pretty good shape. Oh the heck with it, they're GREAT for Winter: fairly dry and challenging. Lately, I have had the opportunity to play at Sudden Valley which was okay - just a bit wet. Raspberry Ridge was dry and fast. Dakota Creek is always a challenge and was drier than I was told it would be. It was a nice surprise, so get out there and Golf. Bob Walsh and I played 18 holes with Michael, my oldest son, and his friend, Quac, on President's Day. It was a good time, and the weather was sunny, and wow, can those kids hit the ball! All in all, we really had a nice day. What did you do?



On a personal note: I am seeing 20/20 in my right eye after having cataract surgery. After 45 years, no more glasses for me, and wow, I can really see the ball from start to finish. Life is thrilling: no glasses, family, good friends and golf, too. It can't get much better. As I am writing this they tell me there's no chance of rain until some time the first week of March. That should be good news for the rest of the courses around the county.

I'll leave you with this: My youngest son said something to me the other day that made me think and I found it quite amusing: A car goes in a garage. You can put a boat in there as well, and it's still a garage. However, if you put an airplane in there, then it's a hanger. Think about it.

See ya!



Fishking Processors, Inc. Awarded Customer of the Quarter for Spring 2005

Fishking Processors, Inc. has been selected as the BCS Customer of the Quarter for Spring 2005. Fishking has been in operation in Bellingham since 1978 when they were initially affiliated with Unisea Foods of Redmond, Washington. In 1981 their name changed to Cascade Seafoods. While still affiliated with Unisea, Cascade was given an opportunity to produce several new products unique to their Bellingham operation. The main products produced back then were mild cure lox and salmon eggs. In 1982 Cascade began producing smoked salmon, moving away from the mild cure portion of the operation. In 1985 they were one of the earlier companies to process smoked salmon in retortable (shelf stable) pouches. With the success of this program they dedicated all of their main plant (located on Seaview St.) to smoking operations and processed their eggs in a facility within the BCS Squalicum Waterway complex. Cascade Seafoods took on one more name change to it's present Fishking Processors, Inc. in 1997 carrying with it the new product brand name of Mrs. Friday's. In 2002 Fishking Processors made yet another major change. In May of that year Fishking and BCS had completed the transformation of the old Dean Foods Re-Pack facility to the new Fishking Processors, Inc.'s very modern production facility that they now operate within the BCS waterfront complex on Squalicum Way.



At left: Kim Turner, Terrill Beck and Kathy Brugge.

“Fishking Processors, Inc. has always used the highest quality ingredients in their processing operations” according to General Manager, Terrill Beck. It is also clear that one of the high quality ingredients to Fishking’s Bellingham based production facility that has remained constant over the years, are the exceptional employees that work there. Fishking employees are very professional, hard working, dedicated and very skilled at what they do. Fishking Processors is obviously a great place to work and also an outstanding long-term customer for Bellingham Cold Storage.

Several of the key players on the Fishking Processors team are: Terrill Beck, General Manager, Kathy Brugge, Office Manager, Kim Turner, Maintenance Supervisor; and Cindy Critchett, Production Supervisor.

The team at Fishking has always been a real pleasure to work with and we look forward to many more successful years together. We at BCS count ourselves very fortunate to have such an outstanding customer to compliment our Bellingham operations.

We very much appreciate your continued business and positive relationship!

Douglas G. Thomas, President & CEO



Barkley Easter Egg Hunt Returns March 26th

This year’s Easter Egg Hunt, for kids ages 8 and younger, is scheduled for 10:20 a.m. on March 26th on Newmarket Street in the heart of Barkley Village (near the intersection of Woburn and Barkley). The festive day begins at 9:00 a.m. with visits by a clown and the Easter Bunny, face painting, dance performances and other activities. Parking for this event will be provided in the lot to the east of Barkley Village (behind Barkley Village Family Dentistry) and north of Barkley Blvd. in the parking lot of the Arch Talbot Building.



This is a community event and is FREE of charge. For further information, please go to www.barkleyvillage.com or call (360) 671-6450.

Training Wheels Keep on Turning

First Aid Refresher courses take place in February for BCS Employees as well as Ammonia Training drills for BCS Engineers, Commercial Cold Storage, Sakuma Brother's Processing, Fishing Processors Inc. and Portionables Inc.

Pictures by Karen Hollingsworth, our Training Coordinator



Relief Without a Prescription



by Eric Brown, Orchard Plant Manager

It's probably been almost ten years ago now that Bill Freeman and I decided to get into a little better physical condition by going for a run after work.

When we first started we couldn't even make it down to Cenex and back from the Orchard plant without stopping a couple times to catch our breath, but we stuck with it. After about three weeks of at least three times a week we were up to three times around the trail in Cornwall Park and back (which we figured to be just a little better than three miles). It took us about thirty minutes and was a great stress reliever after a hard day's work at BCS. I lost ten pounds without dieting, and I felt great. Bill gets his exercise now by playing golf and riding his stationary bike, so he doesn't run with me anymore, but I still go three to five days a week.



For anyone that wants a great stress reliever or to lose a few pounds I would highly recommend running. Regardless of all the stuff you read these days, I'm totally convinced that the only real way to lose weight is to burn more calories than you consume. Even I took enough physics to know that. Running three miles uses up about 500 calories for someone my size (6'1" and 185lbs.). Doing that three to five times a week without increasing your intake is a great way to control your weight in a healthy way. The other great thing about running is that it doesn't cost anything. All you really need is a decent pair of shoes.

I have a treadmill at home but I much prefer running outside even if it's raining. There's something about the out of doors that really clears your head and makes you feel great. My favorite places are Cornwall Park and the Interurban Trail on the south side. The smell of evergreen trees is much better than the car exhaust experienced while running on the city streets. I am not a morning person, so I prefer to run in the evening right after work. It relieves the stress of the day, and I usually reward myself with a nice, cold beer when I get done.

I don't run because I'm concerned about my health or so that I'll live longer. I run because it makes me feel good, and being aerobically fit makes everything else much easier to do. I am not a very competitive person, but I've had a lot of fun participating in some of the local running events: The Barkley Run, the Jingle Bell Run, the Hagen to Hagen run, the Chuckanut Foot Race (my personal favorite) and the Runnin' O the Green (coming up on March 12th) just to name a few. They don't cost much, the profits often benefit different health foundations and they're a good source of new T-shirts.



Anyway, I'll be 53 years old this year, and I think I feel better now than I ever have. I attribute it to regular exercise and drinking lots of red wine. That red wine thing..... well that's a subject for a whole other article.

New Additions to the Maintenance Department



Alberto Perez joined the Maintenance crew on 02-08-05. He was previously driving forklift on the night shift and has been with the company since 1992.



Chuck Osborn began working for the BCS Maintenance Department on 01-31-05.

SMART commuter for January, 2005

Todd Morrow is the winner. Todd works a compressed work week of 4-10's and faithfully marks his timesheet with this information. Todd was awarded a money gift and packet of BCS mints.

BCS appreciates all of you SMART commuters.

by Karen Hollingsworth



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The ICEBreaker



March 2005

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.

Valores Basicos de BCS

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 trataremos 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 comedido 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.