Employee of the Month  
By Jake Eiford

Congratulations to John Lantzy for earning our March Employee of the Month Award. Over his 4 years here, John has taken great pride in every project he has touched. Recently we began to clean and organize the maintenance shop. Without being asked, John took the project to the next level by painting all of the walls and making countless suggestions about better ways to organize parts and materials. With this type of effort, it inspired the entire shop to want to make improvements on the way things are done, which is a sign of a real leader. John proudly puts his name on every project he takes on, and strives to leave things better than the way he found them. With his continued effort to maintain and improve the facility, John is very deserving recipient of the BCS Employee of the Month Award.

BCS Employee Appreciation Dinner  by Doug Thomas

We are especially excited about this year’s employee appreciation dinner scheduled for April 2nd, 2016. We have two new fun things to add to the special evening. Sharon Rouse arranged for a Photo Booth Company, “Oh Snap!” to be there when we all arrive. They will have various fun costumes to get dressed up in for you, your guests and or your co-workers. You’ll receive a fun photo strip for your memories. We will be out at the Silver Reef Casino again and expect to have another great event. Please complete the RSVP cards that Sharon sent recently and either mail or hand deliver them to the main office. Sharon can be reached at extension #103 if you have questions. I’m looking forward to seeing everyone there again this year!

More Good Things  by Ian Bakke

Please notice the NSEA celebration on the inside of this issue of the Icebreaker. YOU are a big part of their ongoing success. Work parties and other opportunities to come soon.

The Annual Community Support Campaign for the Whatcom YMCA runs for the month of March. 100% of the donations brought in to the Y for the campaign go directly to the Y's programs like Pedaling for Parkinson’s, Exercise and Thrive for Cancer Survivors, and more. One of the most important programs is the Community Shower Pass Program. Showers for the homeless are offered two times a day, six days a week. The program works with the Opportunity Council, Light House Mission as well as 15 other nonprofits to provide showers. The YMCA is the only organization in this area providing this service to the homeless in Bellingham, Ferndale, Lynden and Sudden Valley. You can help by making a contribution at the YMCA business office. Or call Tracy Diehl for more information at 360-733-8630. Tell them the Icebreaker sent you!
The Benefits of Burying the Hatchet  

shared by Natasha Noso

Letting go of a grudge can improve your health. A recent study asked 71 people to mentally relive hurtful memories by thinking of specific instances when they felt betrayed, insulted, or lied to by romantic partners, family members, or friends. Next, the participants were asked to add two alternative endings to the memory, one in which they harbored a grudge and one in which they forgave the offender. Researchers then measured their vital statistics.

The study found that when participants visualized holding a grudge their heart rates and blood pressure were two times higher than when they conjured up feelings of forgiveness. They also tended to sweat more and feel more hostile and out of control.

Sustained anger and hostility are known risk factors for heart disease and reduced immunity, so letting go of a grudge could have dramatic and fast-acting health benefits. But how do you stop harboring bad feelings toward another person? Here are some suggestions from the experts:

1. **Empathize.** Try to understand the factors that influenced the other person’s behavior, and put yourself in those circumstances. Remember, there are probably times when you have hurt someone too.

2. **Stop expecting the person to change the past.** Even if they wanted to, they cannot take back their hurtful act. Also, don’t wait for reconciliation before you forgive and take responsibility for healing yourself.

3. **Replace bitterness with positive feelings.** Find some way to wish the other person well, even if it means just hoping that they learn to control their temper for better health.

Adapted from Prevention reprinted with permission from Bits & Pieces

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The BCS Employee Appreciation Party is on Saturday, April 2nd at the Silver Reef Casino!

Mark your calendars! Celebrating all that you do!
FULL OF BULL by Chuck Smith

BS: well, everyone knows what it stands for. It is used when someone tells a lie: “The sky is falling.” “BS” Or it’s used when someone trying to suck-up: “Your dress is the prettiest thing I have ever seen!” “BS” Or it’s used to talk your way through something with nothing really to say: I can BS my way through this. You might say that you have the “gift of gab”; i.e., the ability to talk others into doing what you want. Will Rogers had the gift of gab. He was born to a Cherokee family in the Oologah Indian Territory (we now call it Oklahoma). He started out as a cowboy vaudeville performer and turned into one of the most influential people of the mid-1930s. He was a pilot that flew around the world three times, made 71 movies, wrote over 4,000 nationally syndicated newspaper columns, and he was famous for his satirical remarks while performing rope tricks. So enough history-- here are 9 quotes from Will Rogers because the 10th one is inappropriate...

1. Advertising is the art of convincing people to spend money they don’t have for something they don’t need.
2. Everything is funny, as long as it’s happening to somebody else.
3. Even if you’re on the right track, you’ll get run over if you just sit there.
4. The quickest way to double your money is to fold it in half and put it back in your pocket.
5. Good judgment comes from experience, and a lot of that comes from bad judgment.
6. If you’re riding ahead of the herd, take a look every now and then to make sure they’re still there.
7. Letting the cat outta the bag is a whole lot easier than putting it back.
8. Never kick a cow chip on a hot day. And, finally:
9. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral of the story: When you’re full of bull, keep your mouth shut.

Together we freeze, divided we thaw.

Special Feature
Questions!!
1. What do you do when you have up to 800 vans to unload in a season and only two loading bays to do it with?
2. What do you do when you need 150 containers loaded? Answer!!
Call 17-FM for the Rockin’ East Dock Invaders!

Then and Now by Bob Knutson

This place has a lot of history. Here is the 1986 Ice Breaker with an article about East Dock and below are old pictures of East Dock taken in 1985. The old East Dock office is now located at Dock 5 at the back end of Warehouse 9 by the railroad tracks. There is a picture of the old scale shack used to weigh halibut and salmon which is no longer there. Also below is a picture of Jerry Farwell painting long before his retirement. East Dock was a boxing line area until 1981, we created another loading and unloading dock to facilitate Icicle Seafoods.

One more tidbit, notice the color of the old East Dock Office. Silver And Black. The only office in the history of BCS to be painted in the color of their foot ball team! Da Raiders! Raider born and bred a Raider till I’m dead!