



March Anniversaries



Mark Emmons	42
Mike Holcomb	41
Sharon Rouse	32
Doug Thomas	26
Juan Padilla	23
Kyle Loney	21
Abraham Sierra Mora	17
Tammy Courtney	8
Kevin Harbine	5
Donovan Morris	5

New Guy: Hey, I like your lunch box. Where did you get it?

BCS Veteran: It was a gift that I took home from the Employee Appreciation Party last year.

New Guy: The *what* party?

BCS Veteran: The Employee Appreciation Party. As part of working for BCS, they celebrate our achievements and hard work by throwing a party for all the employees and the folks that have spent their lives and retired from working here.

New Guy: Really? Why do they do that?!?

BCS Veteran: Well, they feel that we're worth it. Frankly, they're right. It's nice to be recognized for all that work we do. We put in many hours for the long season. We're part of a great team. The party brings us all together to break bread, cut loose, and say thanks for everything. You should come. Watch for the invitation in the mail, then turn in your RSVP card. It's that easy.



Employee of the Month *by Jake Eiford*

I am happy to announce that Don Morris is our February Employee of the Month.

Don does an outstanding job of leading the crew in the engineering department and keeping both projects and maintenance up to date. It is often difficult with various lead responsibilities to accomplish the general workload of the rest of the department. However, I continue to be impressed with what Don can get done on a day to day basis.

His work ethic and leadership have gained him a lot of respect from his crew and supervisors alike. If you see Don running from engine room to engine room this month please stop and congratulate him on this award. He has really earned it and deserves it.



BCS Employee Appreciation Party!

Please watch for your invitation by mail to the BCS Employee Appreciation Party. This event is a celebration of all the amazing things that you have accomplished throughout the last year, 2017.

Please make sure and send in your RSVP so we have an accurate count of attendees. Door prizes will be given out and dinner will be served for you and your significant other at the Bellwether Ballroom on Saturday, March 24th. We look forward to seeing you there!



Three Powerful Ways to Discover Your Purpose *By Zach Mercurio*

Philosopher Friedrich Nietzsche said, "He who has a why to live can bear almost any how."

We know through extensive research that he was right. A sense of purpose makes us happier and more productive and can help us live longer.

But where do we start?

1. First, stop trying to "find" your purpose. Purpose is defined as the "reason for which something is done or created." At any given point in our lives and work, there is a reason why we're doing what we're doing.



Philosopher Friedrich Nietzsche

Try asking yourself this question: "*Beyond what I do now, how I do it, or what I get for what I do – why does it exist?*"

The answer is purpose. When we see purpose as "out there" waiting to be found, we miss out on cultivating the habits of living purposefully right now.

2. Keep a focused, daily "purpose" journal for a week, better yet, a month. One of those key habits is daily reflection. Try keeping a focused journal for seven days. After each day make three lists. The first list are the things you *loved* doing that day, the second are things you were good at, and the third are the things that bothered you about the world.

For each list, write down everything (no matter how small) that comes to mind until you can't come up with more.

Review your lists at the end of the week. You'll have 21 of them and will soon discover recurring themes in each of these areas: passion, talent, and contribution. The intersection of these themes is where purpose is.

Repeat this exercise regularly.

3. Focus more on others. The biggest mistake I've seen people make when trying to discover purpose is that they focus too much on themselves. Ironically, if it weren't for other people, you'd have no real purpose or reason for existing at all. Reminding yourself how what you do every day helps others can transform your life.

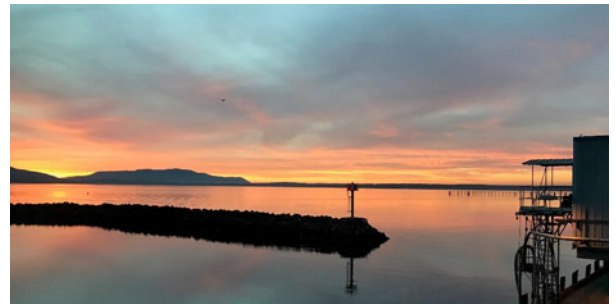
Psychologists call this focus on others a *greater good motivation*, and it's been shown to increase both motivation and overall wellbeing.

As a quick exercise, pick the most mundane part of your day. Now, intentionally trace its impact to its end. At the end of the chain, you will find that you're solving some problem or fulfilling some need for another human being.

What you do for others, and why you do it, is ultimately your purpose.

Zach Mercurio is an international speaker, author, consultant, researcher, and adjunct faculty member at Colorado State University in Fort Collins, Colorado. His latest book is called, *The Invisible Leader: Transform your Life, Work and Organization with the Power of Authentic Purpose*. To learn more, visit www.zachmercurio.com or check out Zach's blog on purposeful leadership, work, and life at PurposeSpeaks.com.

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Ripple Effect *By Raider Bob*

In Life you create a ripple in how you treat others and it gets carried through to them. Anger has a negative effect and should be addressed seriously! It's easy to spread negativity when life creates challenges for us. However, it's just as easy to spread kindness instead.

Let's create kindness, be positive, curtail anger, and think situations through before reacting.

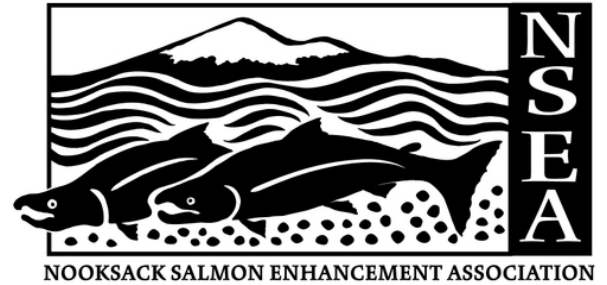
Remember, we're here for a good time not a long time.



Every moment is a fresh beginning ~ *Unknown*

Volunteer Opportunities *shared by Ian Bakke*

The spring schedule is out for the Nooksack Salmon Enhancement Agency (NSEA) work parties restoring salmon habitat. March has 4 work parties listed below. This is feel good, dirty hands work that really is a party. Check it out and remember all ages welcome! They bring the tools and gloves. All you have to do is wear sturdy shoes and weather appropriate clothing. Bring your friends, family, and enthusiasm. See you at the creek!



Saturday, March 3, 2018 from 9 am to noon - North Fork of Baker Creek Work Party

NSEA is partnering with Habitat for Humanity to improve salmon habitat along Baker Creek. Remove invasive vegetation and plant native trees and shrubs. Parking available at Unity Church (1095 Telegraph Rd.) of Bellingham (1095 Telegraph Rd.). Follow the signs and look for the blue NSEA tent.

Saturday, March 10, 2018 from 9 am to noon - Squalicum Creek Work Party

Help restore Squalicum Creek by planting native trees and shrubs to help reduce erosion and decrease stream temperatures. Location: NSEA campus. Park at 3057 E. Bakerview Rd. and shuttle to the restoration site. Look for our signs and the blue NSEA tent.

Saturday, March 17, 2018 from 9 am to noon - St. Patrick's Day Work Party at the South Fork of the Nooksack River

Join NSEA and Whatcom Land Trust for a day full of green on St. Patrick's Day by improving salmon habitat along the South Fork of the Nooksack River. Plant native vegetation and take a tour around this scenic site! Location: From Bellingham, head east on Mt. Baker HWY (WA-542). Turn right onto Valley HWY (WA-9), and follow for about 7 miles. Turn right onto Turkington Rd. Parking is located at Acme Elementary 5200 Turkington Rd. Sign-in and catch a shuttle from the blue NSEA tent.



Saturday, March 24, 2018 from 9 am to noon - Squalicum Creek Park Work Party

Help enhance Willow Spring, a tributary of Squalicum Creek, at Squalicum Creek Park by removing invasive vegetation with NSEA and Bellingham Parks and Recreation. Location: Parking is available at Squalicum Creek Park at 1001 Squalicum Way. Look for the blue NSEA tent!

Have you saved a life today? Would you like to? Anytime is a good time to give blood. Contact BloodWorks Northwest to make an appointment today.
Call (360) 671-8848

The Three Bones *Shared by Natasha Noso and reprinted with permission from Bits and Pieces*

Before setting out from his family's homestead, a young man's father pulled him aside and said, "There's only one thing any of us ever need to make it in this world, three strong bones."



"Three bones?" the young man questioned with a raised brow.

"Three bones," his father repeated. "A wishbone, a jawbone, and a backbone."

"You need a strong wishbone to dream big and imagine a life of endless possibilities," his father said.

"Keep your jawbone intact and ask for help when you need it," he continued. "Speak your mind when you have to, and raise insightful questions to feed your curiosity and your intellect."

"Finally," he added, "let your backbone be as strong as the courage, effort, and determination you'll need to achieve your goals."

The young man smiled and nodded, then turned and headed down the road and toward his future.

Good words to share? If YOU would like to contribute to the BCS community, please contact the Icebreaker editorial staff via email at ian.bakke@bellcold.com or call 360-733-1640. We love sharing your stories, pictures, and announcements!