



## May Anniversaries

Pete Miller	44
Carole Sorenson	31
Mike Coggins	18
Marco Llamas	8
Derek Andricos	5



BCS will be closed  
Monday, May 30th,  
in observance of  
Memorial Day.

## Who's This?



This cutie was born in February of 1951 and has been with BCS ever since July of 1972 - wow! He has a relative who works within the company, as well, but this fella is WAY more civilized. Who is he?

Answer on page 2

Don't forget

Mother's Day

Sunday, May 8th.



## Employee of the Month

Please congratulate our Employee of the Month for April - John Nunn.

John has been with the BCS Engineering Department since August 2004. Prior to BCS, John worked in the refrigeration industry for a number of years as a Refrigeration/Maintenance Engineer for Aleutian Dragon Fisheries in Chignik, AK, and also for Unipak Corp. in St. Paul, AK.

John's positive attitude is a great addition to our engineering team. He is the type of guy who

enjoys learning new things about our system and is always willing to tackle any project assigned to him. We appreciate his efforts.

Thanks, John, for all of your hard work!

Gary White, Engineering Department Foreman

## A Message from Mike

First things first: I would like to wish all Moms out there (as the most important holiday of the year approaches) a very Happy Mothers Day . I really like Mother's Day, not only because our Moms are so important to us, but because shortly after this wonderful holiday my wife, Kathy, and I will be taking our annual vacation pilgrimage to Las Vegas for a week in the sun with our friends.

As Elvis said in his music, "a little less talk and a lot more action, baby". I'm not sure he said "baby" in his song, but it sounds better that way to me. If anyone would like me to place a bet for them, I would be happy to. Just remember this: Like Vegas, I take a cut of the action.



BCS has just completed converting part of Warehouse #14 at the Orchard plant from a -20° F freezer to a + 34° F chiller room. There will now be 16,000 square feet more of cooler space available. Both the Engineer and Maintenance Departments played a big roll in making this possible.

The BCS Engineering Department also hopes to complete the new installation of an Energy Management Refrigeration Computer Control System at our Orchard plant by the

*continued on page 2*

# May Day Word Search



Find the flowers that are hidden in the puzzle below, then read a famous quote by Gertrude Stein!



- |          |           |
|----------|-----------|
| Azalea   | Lily      |
| Begonia  | Mimosa    |
| Crocus   | Orchid    |
| Daffodil | Pansy     |
| Dahlia   | Peony     |
| Daisy    | Poppy     |
| Foxglove | Rose      |
| Geranium | Sunflower |
| Hyacinth | Tulip     |
| Iris     | Violet    |
| Lilac    | Wattle    |

\*Puzzle solution on page 5.

## Answer to Who's This:



It's Bob Knutson!

*"A Message from Mike" continued*

middle of May. This system, developed by Logix Controls of Kirkland, Washington., will replace our existing aging Pacific Micro (S. Levy Systems) RCS Energy Management Control System. The Logix computer control system was designed to conserve even more electrical energy than our current energy management system. We hope to save another 15 to 20 percent. Part of the cost of this project will be paid for with an energy conservation grant from Puget Sound Energy. Mills Electric is performing the installation wiring and panel work.

Warehouse #7 is going though a much needed overhaul. We are replacing or overhauling the LPR vessel, valves, piping and pumps as well as running a larger suction main through the warehouse which will eventually connect both engine rooms. The primary contractor for this project is W.A. Botting Company of Kirkland, Washington. Many more smaller project are in the works for this season: Re-insulating of the overflow tanks, (or as we call them, "slug traps"), in Engine Room #1; Installing a new replacement Flake Ice machine; and replacing a sub-cooled liquid line just to name a few.

The BCS Maintenance Department has also been very busy. Many concrete projects have been completed, including the area near the boxing room. This area is one of the oldest of the plant, and the upgrade will be a great improvement for the Forklift Drivers.

Interior wall work in Tunnels #1 & #2 is complete. The maintenance crew has also built a new pallet storage stand for the sardine freezing as well as a new small computer and printer office for use in warehouse #14's new chilled area. In addition, they have been working on a project for the Ferndale Rotary Club, installing a walk-in cooler and freezer panels for the Ferndale Food Bank. This food bank services the north part of Whatcom County.

With two very large cold storage complexes to maintain, both the Maintenance and Engineering Departments have a never-ending job. I would like to personally thank all of the guys for a job well done.

*Mike Clausen,  
Maintenance & Engineering Manager*

Congratulations and best wishes to Dick Dandliker on his retirement. Dick was with BCS for 40 years. Enjoy yourself, Dick!



## 3 Simple Life-Saving Questions

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. A stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- 1) Ask the individual to SMILE.
- 2) Ask him or her to RAISE BOTH ARMS.
- 3) Ask the person to SPEAK A SIMPLE SENTENCE.

If the person has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher. Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage.

*Shared by Jim Sessions*

## Your Attention Please... This is Only a Drill!

On April 12<sup>th</sup> and 13<sup>th</sup> 2005, Bellingham Cold Storage had a chemical incident drill. All BCS employees protected themselves by using "Shelter in Place" procedures. Results of the drill were very positive. Thank you to everyone involved for your teamwork and outstanding efforts towards community safety.

Here are the steps for Shelter in Place:

- Go inside.
- Turn off heaters and air conditioners and close fireplace dampers.
- Close and seal all doors and windows.
- Cover your nose and mouth with a cloth if necessary.
- Listen to your local radio or TV.
- Wait for all clear signals before going outside.
- In your car: Simply close outside vents, windows, doors and turn on your local radio for instructions.

Cheer on the "Freezer Rats" as they participate in the Ski to Sea Race which takes place Sunday, May 29th!



*Lorenzo, Marco and Luis seal the door in the box line lunchroom.*



*Instead of performing the Practice Drill, Jerry, Eric and Clarke (?) decide to drink all of the pop and coffee left in the break room. Photos don't lie, fellas!*



*All eyes are on the office crew as they perform the practice drill. Remy supervises while his assistant, Stowe, looks on.*



*Joseph Mead seals a ceiling vent.*



*David Peres and Carlos Flores seal the door at Central Dock.*



*The office crew watches Sheryl receive incoming attendance calls.*

## Somebody's Mother

by Mary Dow Brine (1816 - 1913)



The woman was old and ragged and gray  
And bent with the chill of the Winter's day.

The street was wet with a recent snow  
And the woman's feet were aged and slow.

She stood at the crossing and waited long,  
Alone, uncared for, amid the throng

Of human beings who passed her by  
Nor heeded the glance of her anxious eyes.

Down the street, with laughter and shout,  
Glad in the freedom of "school let out,"

Came the boys like a flock of sheep,  
Hailing the snow piled white and deep.

Past the woman so old and gray  
Hastened the children on their way.

Nor offered a helping hand to her -  
So meek, so timid, afraid to stir

Lest the carriage wheels or the horses' feet  
Should crowd her down in the slippery street.

At last came one of the merry troop,  
The gayest laddie of all the group;

He paused beside her and whispered low,  
"I'll help you cross, if you wish to go."

Her aged hand on his strong young arm  
She placed, and so, without hurt or harm,

He guided the trembling feet along,  
Proud that his own were firm and strong.

Then back again to his friends he went,  
His young heart happy and well content.

"She's somebody's mother, boys, you know,  
For all she's aged and poor and slow,

"And I hope some fellow will lend a hand  
To help my mother, you understand,

"If ever she's poor and old and gray,  
When her own dear boy is far away."

And "somebody's mother" bowed low her head  
In her home that night, and the prayer she said

Was "God be kind to the noble boy,  
Who is somebody's son, and pride and joy!"

# CELEBRATE

# Cinco De Mayo

Celebrate Cinco de Mayo (the holiday commemorating the victory of the Mexicans over the French army at the Battle of Puebla in 1862) on May 5th by serving up some delicious comida mexicana. Here are a few to get you started:

## The Classic Margarita

1/2 oz. triple sec  
1 oz. fresh squeezed lime juice  
simple syrup (see below) to taste  
salt  
1 wedge lime



To make simple syrup mix equal parts granulated sugar and water, bring to a boil for one minute and allow to cool.

Make a slice in a lime wedge and run the edge around the rim of a glass. Dip wet glass edge in salt. Fill a large cup with ice and add remaining ingredients. Shake well. Pour ice and drink into salt rimmed glass for margarita "on the rocks". For a "straight up" margarita, strain out the ice. For a frozen margarita, place all drink ingredients, plus ice in a blender and process until ice is crushed. Pour into salted glass and enjoy!

## Black Bean and Papaya Salad

3 tablespoons fresh lime juice  
1 tablespoon minced fresh ginger  
1 teaspoon honey  
4 tablespoons olive oil  
1/4 teaspoon ground black pepper  
2 cups canned black beans, drained and rinsed  
2 medium papayas, peeled, seeded and cut into 1/2-inch dice  
1/2 small red onion, thinly sliced crosswise  
1/2 cup loosely packed mint leaves, coarsely chopped  
teaspoon salt

Combine lime juice, ginger and honey in a small bowl. Whisk in olive oil and season with salt and pepper. Set vinaigrette aside. Combine black beans, papayas and red onion in a large bowl and toss together. Pour vinaigrette over and toss again. Cover with plastic wrap and refrigerate for 30 minutes. Add mint, toss again, and serve immediately.

Serves 4.

## Carne Asada

1/2 cup fresh squeezed lime juice  
1/2 cup squeezed orange juice  
3 lbs beef skirt or flank steak (or any beef with lots of marble)  
4 - 5 garlic cloves, chopped  
2 tablespoons olive oil  
1 tablespoon red chilies, ground  
1 teaspoon freshly ground black pepper  
1 teaspoon ground cumin  
1 teaspoon salt

Slice meat into thin strips across the grain. In a large bowl, mix the meat with the oil, orange juice, lime juice and garlic. Cover and let marinate 1 hour. Sprinkle both sides of the meat with the mixed seasonings and rub in well. Cover with plastic and marinate 1 hour - overnight.

Start a good fire in your grill, preferably with mesquite charcoal. Remove the meat from its marinade and grill over hot flame until the first side is well browned, 5-7 minutes. Turn the meat over and grill on the other side till cooked to desired doneness. Remove from grill. *Serve alone or with fresh salsa, guacamole, sour cream and warm tortillas.*

## Tee Time

with Mike Holcomb

Hello fellow hackers. Welcome to tee time.

As far as I can tell April was the worst month for golf that I can remember in a long time. I think it rained 20 out of the 30 days, but by the end of the month it started to clear up a bit. I have heard we are still about 3 inches below normal for this time of year.

Hopefully some of you were able to watch the Masters and see some great golf. One amazing shot took place on the sixteenth hole of the final round by (who else) Tiger Woods. Tiger was 25 to 30 yards off the green to one side and against the second cut (which means he was on the fringe of the green but with grass 3 inches high right behind the ball). He hit up on the green, the ball bounced twice, stopped and then rolled sideways down to the cup, stopped on the edge of the cup, and 3 seconds later fell in. As you can imagine the crowd went absolutely wild. After the round was finished everyone was talking about what an amazing shot it was. Let's discuss that amazing shot for a minute: I would say there are maybe 4 or 5 players that I could list off who are capable of making a shot like that. Top of the list would be Phil Mickelson, and after he made the shot people would say what an amazing shot it was. Now, what if a player (let's say 95th on the money list) made that shot? Everyone would say that he was the luckiest golfer on the planet. The difference here is that we have come to expect these types of shots out of Tiger, and although he is very good, there is still a small degree of luck involved. I guess what I'm trying to say here is that if you wake up some morning and your horoscope says today is your lucky day then you could make that shot, too.

I will leave you with this: I've told you that we expect those kinds of shots out of Tiger, so it should not surprise you to learn that the networks have statistics on how many viewers tune in to watch a tournament that Tiger is in as opposed to one he doesn't play in. Just like the rest of us, they can't wait to see what he does next. See ya!



# Shush! Quiet Please!! Silence Everyone!!!

by Karen Hollingsworth

The LISTEN, Inc. van stopped at BCS for required hearing tests. The paperwork was changed this year and everyone diligently completed their forms prior to their hearing exam. Jen Mitchell was the Audiologist from LISTEN, Inc. Jen said the BCS employees were patient, easygoing, and polite to work with. She hopes she will be reassigned to BCS next year. All of you who tested deserve a “thank you” for your good manners and patience. It was a delightful afternoon.



*Jen Mitchell, Audiologist*



*Adrian Cuellar*



*José Sanchez*



*Jeff Ahern*



*Dick Dandliker's final test.*



*Duane Shelly*



*Alejandro Padilla*



*Mario Gonzalez*



**Date: Saturday, May 14th**

**Time: 7:00 a.m. - 2:00 p.m.**

**Place: 2628 Elm Street**

**(corner of Elm and Connecticut)**

All proceeds benefit Breast Cancer Research.

## Suggestions Granted

BCS appreciates everyone for their helpful suggestions. These people have all been awarded for suggestions since the first of this year:

Mike Gates - Roof over white racks.

Mike Holcomb & Brad Klein - Ramp readings posted on portable loading ramps.

Jan & Gene Knutson - New message for phone answering system on Holidays.

Remember, you too can benefit by submitting a suggestion to the Suggestion Committee: Tim Unger, John Duncan, Karie Lambert, Jack Cammack, Sandy Olson, Brad Klein.

## Puzzle Solution:



*Actitud: Nosotros mantenemos un modo cierto y positivo sobre los clientes y nuestros empleados y también mostraremos un modo progresivo en nuestro trabajo.*

*Responsabilidad: Nosotros con gusto acepto la responsabilidad por nuestros acciones.*

*Calidad: Estamos entusiastamente comitedo en proveer servicio del mas alto nivel de ejecucion y tambien en proveer producto de la mejor calidad.*

*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.*

*Cooperacion: Nosotros soportamos el concepto de cooperacion. Haremos todo lo posible para animar nuestros empleados en sus esfuerzos para hacer un buen trabajo cuando sea posible.*

**Cooperacion • Integridad • Calidad • Responsabilidad • Actitud**

## Valores Basicos de BCS

*Attitude: We have a positive outlook and progressive approach toward our jobs, customers and fellow employees.*

*Accountability: We willingly accept responsibility for our actions.*

*Quality: We are enthusiastically committed to providing the highest standards of service, product and performance.*

*Integrity: We treat all people and property with honesty and respect, and are dedicated to building trust with our employees and customers.*

*Teamwork: We support the concept of teamwork. We encourage fellow employees in their efforts to do a good job, helping whenever possible.*

**Teamwork • Integrity • Quality • Accountability • Attitude**

## BCS Core Values

May 2005



*Only Your Product Gets an Icy Reception*

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