

**November Anniversaries**

Gregorio Carreto	9
Keith Sorensen	9
Lotte Freeman	5
Joseph Hartley	4

**Who's This?!**



*He was a teacher of English, Speech, Drama and Driver's Ed for 28 years at Nooksack High School. He now works for BCS. Yahoo! This photo was taken in 1967. Answer on page 2.*

**Employee of the Month**

The BCS Employee of the Month for October is Ned Thompson.

Ned began work at Bellingham Cold Storage in February of 2003. Since being assigned to the BCS maintenance department, Ned has shown a real desire to become familiar in all areas of the plant.



Ned has been asked to help with the repair and upkeep of forklifts. He recently began taking an electrical course at Bellingham Technical College. He also offered to be on the BCS Safety committee. He is a very talented individual, capable of welding, making hydraulic repairs, plumbing repairs, doing electrical work and troubleshooting various discrepancies. When Ned is assigned a job, one can count on it being completed and done correctly.

Ned has a great personality, and it is a pleasure to work with him and have him on the Maintenance crew.

*Bud Vermeulen, Maintenance Foreman & Jack Cammack, Maintenance Leadperson*

**If You Want to Win at the Game of Life, You have to Know the Rules (Especially the First Rules).**

*By Stew Thomas, BCS Chairman*

I promised Lotte that I would come up with an article for the newsletter this month and while looking around for an idea I ran onto a rulebook of common sense and great ideas to get through life ahead of the pack. I would like to share some of the ones that I thought were outstanding.

Imagine playing cards, chess, or monopoly without knowing the rules. You wouldn't be any good and it wouldn't be any fun. It's the same with sports. They would be frustrating to play or watch if you didn't know the rules. It's the same with Life.

Good news is that you already know a lot of the First Rules. Let me prove it to you: What's the first rule of crossing the street? That's right, "Look both ways".

So, here we go with some **First Rules of life:**

**Human Nature**

1st rule – The Golden Rule.

1st rule of life – The best things in life aren't things.

1st rule of frustration – When you're right, no one remembers. When you're wrong, no one forgets.

1st rule of caring – People don't care how much you know until they know how much you care.

*continued on page 2*



Be Commute  
Smart,  
Environmentally  
Responsible  
(BCS,er)



Chuck Smith has won the 3rd quarter, 2003 BCS,er award. This prize will entitle Chuck and his wife to a night out at the movies. Chuck says “BCS has the best program of most companies”. Thank you Chuck. You are the role model of carpooling and walking...and check out those model legs! Do the RIDE thing.

*Karen Hollingsworth,  
Training Coordinator*

**New Arrivals**

*Congratulations to Tom Costa Jr. and Janelle Delacruz on the birth of their son, Elijah, born on 10-10-03.*



AND

*Cogratulations to Ian and Kasandra Boote on the birth of thier daughter, Audrey Karen, born on 10-29-03.*

Answer to Who's This:

*Harlan Todahl, our friendly BCS Guard.*

*continued from page 1*

**•Self Improvement (the last two rules)**

#1 – It will be difficult.

#2 – It will be worth it

1st rule of how to overcome procrastination - Nike’s first rule, “Just do it”.

1st rule of comfort zones – If you don’t stretch your limits, you’ll set your limits.

**•Time**

1st rule of time management – Make the time because you’ll never find the time.

1st rule of punctuality – The only time meetings start on time is when you’re late.

**•House and Home**

1st rule of cleaning out a cluttered closet – When in doubt, throw it out.

1st rule of housekeeping – Daily pickups prevent weekly pileups.

1st rule of cleaning glass – The spot you’re trying to clean is always on the other side.

1st rule of how to fasten a screw – Righty tighty; lefty loosey.



**•Health**

1st rule that almost everyone breaks – Floss daily.

1st rule of quitting cigarette smoking – Don’t start.

Grandma’s first rule of getting well – Starve a fever. Feed a cold.

1st rule of sunbathing – Sunscreen.

**•Shopping**

1st rule of supermarkets – The other line always moves faster.

1st rule of lines – If you change lines, the one you just left will start to move faster than the one you are now in.

1st rule of Food shopping – Eat first.

1st rule of buying a used car- Never buy it from a friend or relative.

**•Education**

1st rule of college success – Don’t major in minor things.

1st rule for students – The tassel is worth the hassle.

1st rule for being a great student – Ask good questions.

Bill Cosby’s 1st rule of education – If you drop out, you miss out.



**•Communicating**

1st rule of Communication – Say what you mean, mean what you say, but don’t say it mean.

1st rule of being interviewed – Make a good first impression.

1st rule of making a good first impression – Smile.

1st rule of mornings – Say “Good morning” even if it isn’t.

**•Travel**

1st rule of travel – Take half as much clothing and twice as much money.

1st rule of taking a long road trip – Pack a great friend or two.

1st rule of driving – Buckle up.



**•Rules to live by**

1st rule of the Boy Scouts – Be prepared.

1st rule of winning the lottery – Buy a ticket.

1st rule of taking risks – If you don’t take a chance, you’ll never stand a chance.

1st rule of problems – The best way to forget your own problems is to help someone else with theirs.

**•The last rule -**

Reading these rules isn’t enough – You have to use them. **Good luck !!**

## A Word of Thanks

by Mike Clausen, M&R Manager

By the time you read this, most of the busy season will be behind us. I wasn't sure the place was going to fill up, but once it got started it just didn't seem to stop. Everybody in the plant has done an outstanding job, but I would like to especially thank the maintenance and engineering departments for a job well done. This place would begin to fall apart without the help of the Maintenance and Engineering departments making sure everything runs as expected. Not much is said when things are running good, but when something quits running, that's when things get a little tense. Please remember, "They don't break em. They just fix em."



I would like to recognize a couple of new Maintenance and Engineering employees; Ned Thompson in Maintenance and Doug Maybee in Engineering. They are both doing a very good job and are fitting right in with the crew. Ned previously worked for an aluminum plant and berry processor, and Doug previously worked for a Seafood processor in Alaska.

A lot of the work that both the Maintenance and Engineering departments perform is behind the scenes. Here is a list of some of the projects done by these departments this year:

- Dock five truck ramp overhaul this year. They were completely dismantled, new parts built, rewelded, galvanized and reinstalled. They are now working as well or better than new.
- Tunnels #7 & #8 were converted to freeze herring and then reconverted back to freeze salmon. During these conversions, many new parts had to be manufactured and reinstalled. This project was no small undertaking and required many man hours to complete.
- Tunnel #3 was prepared to run IQF raspberries. New equipment was installed to perform this task. This operation worked very well, and we expect to see it operate for many years to come.
- Tunnels #1 & #2 had a new fan programmable controller installed to control the blast freezing fans. This has worked very well all season.
- A new energy management computer control system was added to replace the existing RCS system in both engine rooms #1 & #2 at the main plant. This project has been ongoing for a few months and will soon be operating at 100% capacity.
- Four aluminum refrigeration units were replaced with a new galvanized steel coil unit in the -20 degree side of Whse. #14. This all came off without a hitch, and is working great.
- Many ammonia compressors were overhauled in the engine rooms. This task is performed every year, and I'm sure most of the people that work for BCS don't even know it happens. These compressors are stripped down to the bare castings, cleaned, new parts added as needed, and then completely reassembled.
- BCS has a very large fleet of forklifts. There are sixty-eight, to be exact, between the plants. Brian Morgan tells me there are sixty-one electric and seven gas forklifts. These are all maintained on-site. This is a very large fleet, and requires knowledge of all the different models and types.

These are only a small sampling of the projects done, which are all done outside of the normal everyday maintenance such as: plant production, equipment breakdowns, leaking roofs, plugged drains, light fixtures not working, heaters not working, broken water pipes & hoses, plugged toilets, blown fuses and panel breakers, false intrusion & fire alarms, ammonia leaks and the list goes on. So next time you see one of the men in the coveralls, give them a big "thank you", and tell them you appreciate what they do. I'm sure they would appreciate it very much.

## November Forecast

Puget Sound chum salmon

Alaskan King crab  
cranberries



Steve and Treena unload bulk cranberries at the Orchard plant.

Safety First!



Evil Flu Shot Nurses Visit BCS on Oct. 21st - Many Tears Shed.



## Actions on Bioterrorism Proposed Regulation: Registration of Food Facilities

From the U.S. Food and Drug Administration Website (<http://www.fda.gov/furls/>)

The Public Health Security and Bioterrorism Preparedness and Response Act of 2002 requires domestic and foreign facilities that manufacture, process, pack, or hold food for human or animal consumption in the United States to register with the FDA by December 12, 2003. The registration process started on October 16, 2003. The easiest way is to register is the internet, using the link shown above. This registration is **mandatory**. Please, check with the FDA:

Charles Breen  
Seattle District Office  
Phone 1-800-216-7331

From Customs and Border Protection Website  
Customs-Trade Partnership Against Terrorism (C-TPAT)  
[http://www.customs.ustreas.gov/xp/cgov/import/commercial\\_enforcement/ctpat/fact\\_sheet.xml](http://www.customs.ustreas.gov/xp/cgov/import/commercial_enforcement/ctpat/fact_sheet.xml)

C-TPAT is a joint government-business initiative. Participating in C-TPAT is **not mandatory**. Customs indicates that those companies participating in this initiative will see their shipments expedited through the border. Please, check with:

Robert L Bayne  
Industry Partnership Coordinator, CBP  
(360) 332-5771 Ext. 3018  
[robert.l.bayne@dhs.gov](mailto:robert.l.bayne@dhs.gov)

If you have questions regarding this article, please contact José M. Roqués at (360) 733-1640.

## Tee Time *with Mike Holcomb*



Hello fellow hackers. Welcome to Tee Time.

Let me say first that I missed you all last month. We were on a much needed vacation. I can tell you there is nothing like a little vacation to revive you.

I hope you all had a safe and howling Halloween!!

Now a little Golf information that I found most interesting: Michelle Wie is 13. You ask what's so interesting about her, well she just happens to be the youngest player to make the cut in a LPGA event. She also won the U.S. Women's Publinx. That's amazing. But wait. There is another. Her name is Aree Song, and she is 17. She was at the U.S. Women's open and finished 5th. Kids are fast and strong. They are totally awesome at such a young age.

But don't for one minute think that your game is over just because you're 30-40-50-60 something. Take Peter Jacobsen who is 49. He earned \$720,000, his biggest check ever this year, at Hartford. And what about Fred Couples, 44, who won his 1st since 1998. There are more: Fred Funk and Jay Haas, who both made the U.S. team for the President's, cup and Craig Stadler, 50, who won on both PGA and Champions tours. So what I'm getting at is to stay fit. You can have a great game at any age, and you can get tips on how to improve your weakest link (Sorry about the pun. What I really mean is that you can improve your game). Maybe you just need a new putter. It seems to work for me. I always need a new putter, but that's me. Hee hee hee. So let's try to stay fit in this wet, cold, damp time of year. You'll be on top of your game by this Spring.

Now I will leave you with this tidbit:

Thanksgiving is fast approaching, so let us all be thankful for all that we have: family, health, love, happiness, work and the joy of just being here. That's reason enough to be thankful, so always count your blessings, whatever they are.

See ya!

## Management Meeting 10-9-03



Doug requested that the management team meet for a breakfast meeting on Wednesday morning, 10/9/03. This also happened to be his 40th birthday!

Little did he know that he was putting together his own birthday party. All that I had to do was provide some entertainment since he had already taken care of the invites. No Problem. Well as it turned out, I enlisted the help of his wife, Sandy, to help come up with something to do. She, in turn, called her sister, Heidi, for some ideas as well. This is how the clown (bunny rabbit) came to be. The bunny brought Doug a black balloon hat, a red nose, two large apple fritters from Lafeen's Bakery and a bouquet of black balloons. The management team also gave Doug some WSU Cougar paraphernalia to help cheer the Cougars on to victory. (Whatever!) We all sang "happy birthday" to him and wished him 40 more years of life on the other side of the hill (now that he is "over the hill"). Only 25 more years till retirement!!

Thank you, Doug, for being such a good sport.

*Sharon Statema, Executive Assistant*



## Russian Librarians visit BCS

*The Russian librarian delegates were visiting Bellingham from all parts of Russia. Their interests were varied, however all were interested in books and literacy. They found our BCS Workplace Literacy classes fun. They participated in a couple of crash-courses: English and American money. This second class prepared them for their next activity ... SHOPPING for souvenir gifts for family and friends .*

## Valores Basicos de BCS

Cooperacion • Integridad • Calidad • Responsabilidad • Actitud

Cooperación: Nosotras soportamos el concepto de cooperaci3n. Haremos todo lo posible para animar nuestros empleados en sus esfuerzos para hacer un buen trabajo cuando sea posible.

Integridad: Nosotras tratamos 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 cometi-do en proveer servicio del mas alto nivel de ejecuci3n y tambien en proveer producto de la mejor calidad.

Responsabilidad: Nosotras con gusto acepto la responsabilidad por nuestros acciones.

Actitud: Nosotras mantenemos un modo cierto y positivo sobre los clientes y nuestros empleados y tambien mostraremos un modo progresivo en nuestro trabajo.

## 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.

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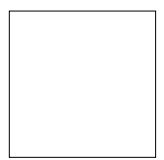
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November 2003



Only Your Product Gets an Icy Reception



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