



October Anniversaries

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October Forecast

Pacific Cod	Groundfish
Vegetables	Cranberries
Halibut	Alaska Salmon
PS Chum Salmon	Black Cod

The ABCs of BCS

Oct. 8, 12:30 - 4:30 p.m.

Forklift class for tenants:
Q-Sea Specialty, J Calman and
D Jay Enterprise.

Oct. 14 -18

RIDESHARE WEEK. See article in
this month's Icebreaker and bulletin
board flyers throughout the plant.

Oct. 22, 3:00 - 4:30 p.m.

Beat the Bug, preventive flu shots.
Sign-up is required.

Fall Qtr. begins Oct. 7, Mon. &
Wed. 2:00 - 5:30 p.m. Tues. & Thurs.
4:30 - 5:30 p.m. and by private appt.

ESL Classes	Writing
Pronunciation	Keyboarding
U.S. Citizenship	Math
Eng. Conversation	GED
Reading	Internet

Everyone is welcome!

Employee of the Month



Eric, or Ric as he prefers to be called, Paulsen has been our "go to" guy here at Central Dock for several years. He is proficient in all RF functions and computer skills. Ric is more than willing to teach the rest of us how to use functions in the computer RF system that we might not even know about yet. He always seems to be up to speed in this area. He spends a lot of his spare time developing computer programs and learning all he can about how computers and other programs work.

Ric is someone that can get any job in the plant done without supervision. This is a real asset, given how spread out we get with Dock 1 traffic, railcars and Central dock trucks and containers. Also, on the rare occasions that Mike Holcomb and I are both gone at the same time, Ric fills in as the Central Dock Foreman. No matter how busy or stressful the job may become, Ric always manages to keep a good attitude. It is a real pleasure to have him working here with us at Central Dock.

Duane Sines, Central Dock Foreman

Come Together During Rideshare Week

Are you ready to sit back, relax, and let someone else drive? Or perhaps try walking, bicycling, or taking the bus? Now's your chance! During **Rideshare Week, October 14 – 18**, you have the opportunity to try a smart commute.



This year 25,000 Washington state residents are expected to participate in Rideshare Week – one of them should be you. Why, you ask? Last year over 23,000 people won prizes such as sailing trips, autographed baseballs, and gift certificates. And if winning prizes isn't enough, ridesharing has some great fringe benefits: You can catch up on reading; meet new people; or enjoy a brisk walk or bicycle ride. We bet you didn't know your daily commute could be so relaxing!

Rideshare Week participation forms will be distributed with your October 5th payroll checks. Simply record your daily commute on this form and return it to Karen Hollingsworth by October 22, 2002. Every participant will receive an AMTRAK coupon, have an opportunity to win BCS special prizes and participate in state-wide prize drawings. Bellingham Cold Storage encourages all employees to participate in Rideshare Week. Good luck!

3rd Quarter Smart Commuter BCS'er Award Given to Dave Wanlin!



Dave was awarded a \$15.00 gasoline gift certificate. This is what Dave has to say: "I'll keep on commuting with my lovely wife, Diane. Maybe she'll let me drive the Mitsu one day!" Congratulations, Dave!

Reminder:

Don't forget, Halloween is on October 31st - a Thursday this year. There is plenty of time to get that costume ready for the most exciting, fun-filled day of the year!



The Ice House Takes Control

Until August, 2002, the Ice House has always depended



upon the BCS Engineering and Maintenance departments for help with our safe work practice of LOCKOUT/TAGOUT. Now, however, the Ice House is proud of their own lockout box, complete with locks and tags. BCS cares about the safety of all employees in the workplace.

Cozy Recipes for Chilly Fall Nights

by Jan Knutson

Scallop Corn Chowder

Fry 6 slices of chopped bacon until crisp
 add 1 chopped onion to bacon grease
 add 4 chopped celery stalks
 Cook until tender.
 Add 2 minced gloves of garlic
 1/2 teaspoon salt
 1/8 teaspoon pepper
 1 teaspoon Italian season
 4 cups chicken broth
 4 medium potatoes
 Let simmer for at least 1/2 hour.
 Add 3 cans of creamed corn
 1 pound small scallops
 Let simmer for 1/2 hour.
 Add 2 cups cream or half and half (do not boil)

Serve and garnish with grated cheddar cheese and green onions or parsley.
 Yummy!



Caraway Seed Bread

1-1/2 cup flour
 1 Tablespoon baking powder
 1/4 cup sugar
 4 Tablespoons shortening
 2 teaspoons caraway seeds
 1 egg
 1/2 cup plus 3 teaspoons milk

Mix and sift dry ingredients. Work in shortening. Add seeds and mix. Beat egg and milk. Blend into dry ingredients.

Grease 9" round pie pan.

Bake for 30 minutes until brown at 350° oven.

Who are these Young Fellas?

Hint:

This photo was taken during the month of October, 1969. They are long-time BCS employees. Answer on page 5.



Fall 2002 Customer of the Quarter – Rader Farms

We are very pleased to announce Rader Farms as our Fall 2002 Customer of the Quarter. First and foremost, we would like to thank Rader Farms and its entire staff for the business they have sent our way. Though Rader Farms has been a customer of BCS' since 1988 when they first began production, the relationship has grown in recent years as the Raders have expanded and diversified their business. We are honored to be a supplier to the Raders!

The Rader family has been farming for several generations. Lyle Rader began his career growing fresh market and processed vegetables in Fife, Washington. Sometime later, Lyle moved to the Sumner-Orting valley and began to farm raspberries. In 1980, Lyle built his first plant to process straight pack raspberries.

As urban pressures mounted throughout the 1980's in the Puyallup Valley area, Lyle decided his future lay elsewhere. So, in 1986, Lyle bought

land in Lynden, WA. Some of this land had raspberries on it when Lyle purchased it, so in 1987 the Raders farmed both in the Puyallup Valley and in Lynden. In 1988, the Raders not only moved to Lynden full time, but also began processing their fruit in-house. In 1995, the Raders built their current packing facility in Lynden.

The Rader's plant offers enormous flexibility in pack style. The plant has the more traditional pack-style lines as well as an IQF tunnel. There is also a cold storage warehouse in the plant. In addition to processing capabilities, the Rader plant also is unique in its information systems. The plant uses a bar code system for tracking all product. Rader was one of BCS' first clients to deliver bar coded product. This feature allows BCS to scan the product directly into the warehouse on arrival, making for quicker deliveries and more efficient operations.

The Rader's primary business has been raspberries for some time. They produce IQF raspberries, raspberry purees, and raspberry juice stock. In recent years, they have begun to farm blueberries and rhubarb as well. As of today, the Raders farm approximately 300 acres of raspberries, 50 acres of blueberries and 20 acres of rhubarb.

The patriarch of the Rader clan is Lyle Rader. Lyle is universally respected as a great farmer and processor. Lyle's wife Sue, who takes care of Human Resources, also plays a key role in the company. Lyle and Sue's son Brad is involved with all aspects of the farm and plant, as well as having primary responsibility for all sales.

In addition to the Rader family, BCS has the pleasure of dealing with some others at Rader Farms.

- Bill Hanson is in charge of logistics.
- Travis Willemsen coordinates shipments during the season and all repack operations.
- Dean Criss takes care of all the information systems, including the plant bar-code system.
- Sharon Kloepper is in charge of Customer Service and helps to manage the office.
- Myla Delappe handles all accounting and is the one who issues BCS' checks.
- Don Assink supervises all plant operations including maintenance of all machinery.

Please join us in saluting Rader Farms as BCS' Fall 2002 Customer of the Quarter! We look forward to continuing to build on what has been a great relationship in the years to come.

Ben Savery, Marketing/Sales Manager



Pictured left to right: Dean Criss; Travis Willemsen; Brad Rader, owner; Bill Hanon and Doug Thomas

Annual Ammonia Safety Training for BCS Engineers

by Karen Hollingsworth

Each year, BCS invites Jim Ennes from ASTI (Ammonia Safety Training Institute) to conduct a refresher course in ammonia safety. All BCS engineers are required to attend 8 hours of classroom work and 4 hours of incident commanding.



Jim Ennes and Karen Hollingsworth.



This is as intimate as they get in the engineering department.



How can I be Chief Engineer without a crew? Where'd they go? Which way?



The victim was recovered and checked for vital signs. Note was made "no pulse, missing head".



Is that Gary in white or Gary White? Looking good, Gary!



The August BCS Engineer class with ASTI Instructor, Jim Ennes, centered.



John and Gary are both trying to set a new fashion trend.



"Beam me up, Scotty!" No intelligent life here.



After their rescue efforts, the aliens prepare for "lift off". Well done, gentlemen.



John Enyeart and Mike Clausen waiting for the music to begin for line dancing.

Management Focus

by Eric Brown, Orchard Plant Manager

It's the October newsletter and it's the Orchard plant manager's turn to write an article. What other possible subject could there be besides cranberries? For the last 23 years of my life, cranberry season has been the significant event for me in the month of October. I never make any vacation plans or commit myself to any activities that could require me to leave town in October. Why, because I'm a dedicated BCS manager that wants to make sure one of his biggest and best customers is well taken care of? That's what I hope everyone thinks, but the real reason is because I love cranberries. I love just about everything about them. I love cranberry juice, cranberry sauce, cranberry bread, craisins (dried cranberries), and something I just discovered, Mike's hard cranberry lemonade. I love the way they roll out of the bulk trailers, and I love the way they make the warehouse smell. The only thing I don't like about them is trying to sweep them up in the warehouse—they are hard to sweep because they just keep rolling until they hit something. Fortunately we have gotten pretty good over the years at keeping them in the totes. You would think that anyone who has seen as many cranberries as I have would hate them (Mike Clausen still doesn't like peas or carrots because of all the years he's spent freezing vegetables), but not me. I love cranberries more now than I did 20 years ago.

The first year we received cranberries was 1979, the same year we opened the Orchard plant. We froze about 5 million pounds. This year we are expecting to freeze over 20 million pounds and Ocean Spray, our one and only cranberry customer, is still increasing their production in British Columbia. Ocean Spray is a grower owned cooperative that started in 1930 with three growers and became the first producer of cranberry juice drinks. Today they have over 900 members which include many growers in Florida, and Ocean Spray also has the number one grapefruit juice in the country.

The cranberry dates back to Native Americans that mixed them with deer meat to make a dried survival cake called pemmican (sounds good to me) that could be kept for long periods of time. It is also believed that the Pilgrims served them with wild turkey at the first Thanksgiving in Plymouth. The name is thought to have come from German and Dutch settlers who called it the "crane berry", because the blossom looks like the head and bill of a crane.

Thanks to Ocean Spray, BCS has become a major supplier of freezing and storage for cranberries in our area. This makes me a happy man during the month of October. I hope they keep them coming, the more the better as far as I'm concerned.



Top view of a trailer-load of bulk cranberries ready to be unloaded at BCS.

Our Smart Commuter Hero, Clyde Duranceau, Goes the Extra Mile



Clyde rode his bike from Mt. Vernon to BCS - 35 miles one way - and back home again for a round trip total of 70 miles! Way to go, Clyde!

Birth Announcement

Congratulations go to Gary and Kimberley Terpsma. They had a baby girl, Allison Leigh, who was born on 9/18/02.

Joke Of the Month

Do you know why the spider crawled into the computer?

Answer:
To build his website!



Answer to Mystery Picture from Page 2

left to right: Mike Clausen, Marvin Hawkins & Carl Slusser (hidden).

Valores Basicos de BCS

Cooperacion • Integridad • Calidad • Responsabilidad • Actitud

Cooperación: Nosotros promovemos el concepto de cooperación. Haremos todo lo posible para animar a nuestros empleados a hacer un buen trabajo cuando sea posible.

Integridad: Nosotros tratamos a toda la gente y toda la propiedad con sinceridad y respeto y nos dedicaremos a tener buenas relaciones con todos los empleados y clientes.

Calidad: Estamos entusiastamente comprometidos en proveer servicio del más alto nivel de ejecución y también en proveer productos de la mejor calidad.

Responsabilidad: Nosotros con gusto aceptamos la responsabilidad por nuestras acciones.

Actitud: Nosotros mantenemos un modo cálido y positivo sobre los clientes y nuestros empleados y también 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.

The ICEBREAKER



October 2002



Only Your Product Gets an Icy Reception

Bellingham Cold Storage Company
 Squalicum Waterway
 2825 Roeder Ave
 PO Box 895
 Bellingham, Washington 98227-0895
 Phone: (360) 733-1640
 Fax: (360) 671-1259
 E-mail: bellcold@bellcold.com
 Website: www.bellcold.com

