



### October Anniversaries

Duane Shelly	30
Scott Willis	30
Karen Hollingsworth	29
Steve Regan	29
Jeanne Schmitt	27
Sheryl Hershey	17
Donna Haynes-Johnson	10
Javier Garcia	9
Mario Gonzalez	9
Angel Garcia	5
Ruben Vera Pedroza	5
Jesse Canfield	2



It's  
Time!

Daylight Savings Time Ends  
Sunday, October 31st.  
Don't forget to set your  
clocks back 1 hour.

## Employee of the Month

Nancy Waterman has been selected as employee of the month for September. Nancy came to work for BCS as a Systems Analyst/Programmer in September, 1998. Nancy has been a good addition to the Information Systems staff and has become a valued BCS employee.

Nancy is involved in the maintenance and further development of the OPTICs inventory management system, the BCS bar code system and other accounting applications. Nancy is primarily responsible for the development and maintenance of WebOPTICs, which is the Internet version of the OPTICs inventory management system. WebOPTICs allows customers to access their inventory data and various reports over the Internet through a secure connection.

Nancy has a good working relationship with customers and employees of BCS and maintains a pleasant attitude even when working on difficult problems. Nancy is willing to learn and helps solve the unexpected computer related problems whenever she can. She assists with the monthly OPTICs training classes, has served on the Safety Committee for several years and is currently the secretary who is responsible for taking, typing and distributing the minutes. She is also a regular participant in the Commute Trip Reduction program (and she has a new bicycle). Nancy, thank you for your team spirit and for all of the work you do that helps make BCS a great place to work.

*Clyde A. Duranceau, I.S. Manager*



## Message from the President



Dear BCS Employees and Customers,

Another busy summer season is behind us and the fall harvest is once again hitting our docks. During these busy times, we all have our noses to the grind stone and don't always get a chance to see each other to say hello and thanks for your hard work on the job taking care of BCS customer products. Please accept my sincerest thanks for your continued dedication and long hours once again this year. Your efforts are much appreciated and contribute significantly to the many services we provide.

I'd also like to take this opportunity to thank the many loyal customers who continue to trust BCS with their product's handling, freezing and storage needs. Your continued patronage is very much appreciated!

Doug Thomas, President & CEO

## Barkley Autumn Festival



The Barkley Autumn Festival runs **10 a.m. - 4 p.m.** with the Autumn Trail Run (8K Run; 3K Walk) as the opening event on **October 16**. Contact Lotte in payroll for registration forms.



Other events throughout the day include: live music, food, refreshments, pumpkin sales (going on from 10/13 - 10/31), train rides, remote radio broadcast and much more. Centered around the Barkley Pumpkin Patch, all proceeds benefit Whatcom Hospice. For more information on the festival and trail run/walk, visit [www.barkleyvillage.com](http://www.barkleyvillage.com) or call (360) 671-6450.

**Bring friends and family for fun and festivities!**

## Who's This?!



Look at this little cutie sitting on the ice, and ta da, now she works for a company that deals with ice! Isn't that something? She was born in 1971 with energy to burn, and still today she is constantly on the go. She has a terrific sense of humor and frequently causes laughter to erupt from those she works with. Who is this?

Answer on page 4.

## Twin City Foods, Inc. Customer of the Quarter



*Tom Matheson, Traffic & Distribution Manager at Twin City Foods, Inc. pictured here with BCS President, Doug Thomas.*

BCS is pleased to announce that Twin City Foods, Inc. has been chosen as our Fall 2004 Customer of the Quarter.

BCS and Twin City Foods have been doing business for over 30 years. Like Bellingham Cold Storage, Twin City Foods is a family owned corporation. It is also one of the largest privately owned frozen vegetable processor in the world.

Twin City Foods was established in 1945 in Stanwood, WA. At that time, Arne Lervick and his father, Ole Lervick, purchased an abandoned cannery building in Stanwood. He already saw then that frozen vegetables would become the wave of the future.

Twin City Foods name originated from the two cities of West Stanwood and East Stanwood. Today, Twin City Foods operates six Processing plants and eight Warehouse facilities located in Washington, Idaho and Michigan. Their corporate office is located in Stanwood, WA.

Twin City Foods has grown from the initial 6 million pounds of peas and corn and a modest work force of 100 employees in 1946 to more than 400 million pounds of vegetables and a work force of more than 2,200 employees at present. Some of their products include potatoes, green beans, peas, baby lima beans, corn and carrots.

Businesses like Twin City Foods are the secret to our success. We are grateful for the trust that Twin City Foods has put in us all these years and are looking forward to serving their needs for many more to come.

Thank you so much Twin City Foods. You are a pleasure to work with!

*José M. Roqués,  
Marketing & Sales – Fruit & Vegetables & Special Projects Manager*

## BCS Starts New Procedure for Truck Check In

A new truck check in procedure has been started at the Squalicum waterfront plant. All trucks, except local trucks, must check in at the CIC (Check in Center) office across the street from the Squalicum Plant at 2700 Roeder Avenue.

Once the trucks have checked in at the CIC office, the BCS traffic controller checks to see if they have an order number. If they don't have an order number, they are staged at 2700 Roeder until an order is verified. If the truck does have an order, the traffic controller prints up a bar coded gate pass that has the loading dock number and a unique ID number and gives the pass to the truck driver.

The truck then proceeds to the main gate at 2825 Roeder Ave and the Security Specialist guard will scan the gate pass after the usual checking and recording of information. The guard then directs the driver to the appropriate loading dock. When the truck reaches the assigned dock, the gate pass is scanned once again and a start time is recorded. When done loading, the truck then proceeds to the main gate where the gate pass is turned over to the guard and the truck is scanned out of the plant.

Thanks to Nancy Waterman and Judi Edwards for the great programming effort that was a result of many meetings with employees directly involved with receiving and shipping and many hours of programming. Thanks to Jim Tagart, Network Engineer, for networking the CIC office to the application server. Thanks also to Jim for setting up the PC's at the CIC office and Central Dock with dual monitor graphics cards which allow one monitor to continuously show the truck scheduling/status and the other monitor to allow the operator to continue performing all of their other tasks.

This new procedure has been received favorably by the truck drivers and at the same time has eliminated the logjam of trucks inside the plant, which at times created unsafe traffic conditions. After further fine-tuning some of the truck traffic scheduling information may be made available through WebOPTICs to our customers.

Thanks to everyone who gave their input to this project. This is another successful BCS team effort.

Side note: I am not sure where the CIC came from, but we seem to be in an era that is so fast paced that we need to come up with abbreviations to speed things up. As you well know that when an acronym is first devised each letter is pronounced when it is used. Soon, as we again want to speed things up, we start pronouncing the acronym as a word. I am not sure how well this would be received when a truck driver is told to report to the CIC office.

*Clyde A. Duranceau, I.S. Manager*



*Harlen Todahl And Dennis Barnett*

Notice  
the  
halo!



*Kary Lambert*



*Judi Edwards and Nancy Waterman*



*Derek Andricos*

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## Good Deals for SMART Commuters

Jim Heay won for July and Gregorio Carreto for August. They both marked their commute trips on their daily timesheets and both received cash and extra gift certificates. Thank you for being such great examples for BCS!



Are you a registered Smart Commuter? **It's time to renew your Smart Commuter registration.** If you're not a registered Smart Commuter yet, what are you waiting for? All it takes is one day a week walking, biking, riding or driving with someone else or riding the bus to work. Working at home or compressing your schedule at least once a week counts, too. Go online to register at [www.SmartCommuter.org](http://www.SmartCommuter.org) <<http://www.smartcommuter.org/>> or contact Karen Hollingsworth at ext 157 for a paper registration form.

## Proven ways to go from Piles to Smiles—and Greater Productivity



Why Wait? Tip-top organizing skills that'll help you get even more done today.

Even the most organized among us is bound, from time to time, to see papers and files pile up on our desks. And that's fine - for a couple of days. But then it feels like we have to put twice as much effort into creating order from the collected chaos!

These tips can prevent that and help keep you even more organized:

### Focus on today

Let's start by removing any clutter that can hamper your ability to focus on work. Clear a big space in the center of your desk. Your ongoing goal is to keep this space clear of everything except what you're working on now and what needs to be done by day's end. Set everything else aside.

### Commit to 'a pile a day'

Next, commit yourself to clearing one paperwork pile from your desk each day until all piles have vanished. After all, who has hours to devote to reviewing and filing paperwork? But one pile a day? No problem!

Here's a two-part technique that'll make the process even faster:

1. Flip over the pile so you're able to review the oldest papers first - important since some may require immediate attention.
2. Decide on what you still need, what to file and what to toss out.

### Keep things orderly

Once order is restored, keep it that way by spending a few minutes clearing your desk every day before you leave. Review the next day's priorities, update your to-do list and place the task you'll tackle first thing in the morning in the middle of your desk.

Make this a habit, and who knows? Piles could be a thing of the past.

*Shared with you by Sharon Statema, Executive Assistant*



### It's Fall Clean-Up Time!

Be sure to bring your yard debris to the Clean Green (located on Woburn Street) before time runs out. They will be closing for the season on November 30th.

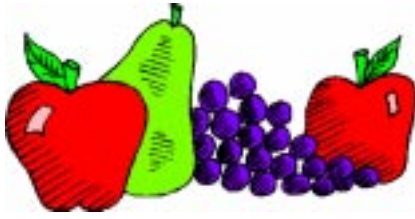
Hours are Saturday and Sunday, 8:30 a.m. - 4:00 p.m. (prompt). They will open again on the first weekend of March. Expect to pay a small fee next year.

### Answer to Who's This:



It's Sandy Olson, BCS's friendly Purchasing Agent, striking a pose with Gene Knutson, our receptionist!

## Eating Well - Good Eating, Simplified



Want to eat right but don't want to memorize the official food pyramid and measure everything you eat? Don't despair. There are easier ways to make sure you're eating the right foods - as well as healthy amounts of them. Just follow these guidelines:

**\*Try cutting your normal portions by a third.** Chances are, this amount will still satisfy your hunger. (Research shows that if more food is placed in front of us, we'll eat more - much more than we need.)

**\*Eat slowly.** It takes about 20 minutes for the brain to get the message that you are full.

**\*Make at least half of what you eat fruits and vegetables.** They are nothing but good for you, and because of their fiber, they keep you feeling full longer.

**\*Don't skip meals.** This sets you up for overeating later - often with convenience (i.e., junk) foods.

**\*Balance what you eat.** Try to eat protein, fat (good fats like those in nuts, fish, and olive oil), and a few complex carbohydrates at all you meals. Protein and fat have a high "safety" factor (you'll feel full longer).

**\*Practice "mindful eating."** When you're eating, don't do anything else. Mindlessly stuffing yourself while watching TV is a sure recipe for overeating.

**\*Keep a food journal.** This helps you to be aware of your eating patterns - what, when, and why you're eating. Awareness is the first step in learning to control what you eat.

## Eating Well Recipe - Asian Coleslaw

### Coleslaw ingredients:

3 cups shredded napa cabbage  
3/4 cup grated carrots  
1/2 cup chopped scallions  
1/2 cup roasted, unsalted peanuts

### Dressing Ingredients:

1/4 cup reduced-fat mayonnaise  
4 tsp. rice vinegar  
1 Tbsp. sugar  
2 tsp. sesame oil

Place coleslaw ingredients in a large bowl. In a small bowl, combine the dressing ingredients and mix well. Add the dressing to the cabbage mixture and toss well to coat. Serves 8.

Per serving: 99 calories, 8 g fat, 8 g carbohydrate, 3 g protein, 2 g fiber and 47 mg sodium (that's equal to 2 Weight Watcher points).

## Joke of the Month

from Clyde

Why are your fingers and toes your best friends?

Because you can always count on them!



## Give the United Way



Please give to the 2004 United Way campaign rally on **Oct 26**. Employees of

BCS can join in on building Whatcom County's Safety Net. The United Way is unique in how it addresses human needs and builds a healthy community. It's a "united" way no one else but the United Way can accomplish. All donations stay right here in Whatcom County.

By Karen Hollingsworth

Have a safe and happy Halloween!



It's good to have options. Your trip, your way.



Here or there. Rain or shine. From October 11 - 22, you will have some "Wheel Options." Participate in Wheel Options and try a smart commute like carpooling, walking, biking, busing or working a compressed schedule **at least twice** during this two week period. By exercising your options, you will also be eligible for some great prizes. Watch for the posters on the bulletin boards! Join thousands of others across the state of Washington who are choosing the option to clean up our air, unclog our roads and save themselves some cash. No entry forms are required. Whenever you SMART commute, just mark it on the top of your BCS timesheet. It is that easy for you! See Karen Hollingsworth for questions on SMART commuting.

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

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

*Calidad: Estamos entusiastamente comprometidos en proveer un servicio de alto nivel de ejecución y también en proveer un producto de la mejor calidad.*

*Responsabilidad: Nosotras con gusto aceptamos la responsabilidad por nuestras acciones.*

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

**Valores Basicos de BCS**



October 2004

*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.*

**BCS Core Values**



**BCS** Only Your Product Gets an Icy Reception

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