

BCS The ICEBreaker



October 2005

Bellingham Cold Storage Company



The Monthly Newsletter for Employees & Friends of Bellingham Cold Storage Company.

October Anniversaries

Duane Shelly	31
Scott Willis	31
Karen Hollingsworth	30
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Donna Johnson	11
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It's Time!

Daylight Savings Time ends Sunday, October 30th.



Remember to set your clocks back 1 hour.



Message from the President

Ships Ahoy!

BCS has been fortunate to have a steady flow of ocean going vessels call our deep water dock this year. Over twenty large ships have delivered millions of pounds of products to our Squalicum Waterfront facility in 2005. This has been a welcome site for both our business and our employees. This activity makes excellent use of our large vessel waterway dock while taking advantage of our immediately adjacent cold storage facilities and sophisticated inventory logistic services.

Thousands of hours have been put in by our hard working employees to accommodate the many vessels that have given us an opportunity to take care of their on-shore needs. We are very thankful for your hard work and are very pleased that everyone has done a great job of maintaining an excellent safety record on and around the boats. This is dangerous work and requires that everyone keep an alert eye out for themselves and each other. Special thanks go out to Scott Albrecht, Squalicum Shipping Foreman, Mark Emmons, Day Shift Leadman and Randy Rowe Night Shift Foreman for their outstanding efforts while the ships are in port.

Vessel activity is expected to continue throughout the fall season before settling down for the winter period. We are hopeful that 2006 will bring similar vessel activity. BCS Seafood Sales & Marketing Manager, Mike Roberts and International Marketing Manager, Stowe Talbot are working hard to both keep the vessel business we have and expand upon it wherever possible. Great job this year, Mike & Stowe!

Bon Voyage,

Douglas G. Thomas, President & CEO



Alberto (at left) and Jack

Employee of the Month

We wish to congratulate Alberto Perez as September's Employee of the Month.

Alberto started with BCS in June of 1992 as a Laborer and Forklift Driver at night while attending Bellingham Technical College full time for two years. He has always been a great and dependable guy with a fantastic sense of humor.

Alberto started in the Maintenance department as a Forklift Mechanic in February of this year. He has been an asset in the shop and we appreciate all of his efforts during this incredibly busy year.

Jack Cammack, Maintenance Foreman

Everything You Ever Wanted To Know About Pumpkins But Were Afraid To Ask...



- Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family (Cucurbitaceae), which also includes squash, cucumbers, gherkins, and melons.
- The largest pumpkin pie ever baked was in 2003 and weighed 418 pounds.
- Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.
- In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompians," which has since evolved into the modern "pumpkin."
- Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron.

- The largest pumpkin ever grown was 1,337 pounds. It was grown by Charles Houghton of New Boston, New Hampshire.

- Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.

Its wheel rewarding! Its wheel easy!

From October 10-21, say HELLO or HOLA to Wheel Options. Sharing a ride to work can be fun AND fuel-efficient! We couldn't make it any easier, just mark the top of your timesheet whenever you SMART commute. Big prizes and lots of FUN could be coming your way!

If you are a registered SMART commuter, then it is time to RENEW. Please mail your postcard back to Whatcom Council of Governments. No stamp is needed. Thank you again for supporting the SMART commuter program.

For more information contact Karen Hollingsworth, at the BCS office or phone extension 157.



Halloween Word Search

Find the words on the left in the puzzle below.

- Candy
- Chocolate
- Costume
- Fall
- Ghosts
- Haunted Houses
- Hay Rides
- Halloween
- Monsters
- October
- Pumpkin
- Scary
- Sweets
- Trick or Treat
- Witches



Barkley Autumn Trail Run/Walk Benefits Whatcom Hospice Foundation



The 8K run and 3K walk takes place on Saturday, October 15th. It will start at 10:00 a.m. under the clocktower at Barkley Village. Registration and check in is from 8:30 - 9:30 a.m. Registration forms are also available online at www.barkleydistrict.com. Net proceeds support the Whatcom Hospice Foundation. After the race, check out the Barkley Pumpkin Patch. 100% of Pumpkin sales go to Whatcom Hospice Foundation!

To the Rescue...

Bellingham Cold Storage hosted an advanced training drill on September 14, 2005. This mock anhydrous ammonia incident included our BCS engineers, the Specialized Emergency Response Program / Hazardous Materials (SERP/HAZMAT) team, the Bellingham Fire Department with ambulance and the Police Department Specialized Unit.

Together they formed 4 entrance teams, medical monitoring teams, safety teams and research teams. The source of the ammonia leak was quickly determined and isolated. A "hot-zone" perimeter was defined; a decontamination equipment area was set-up; a 200 pound "dummy" victim was rescued and saved. The above mentioned agencies mixed their teams to work and get to know each other.

This proved a very valuable exercise and was a great way to build the best team of first responder experts for our community.

Bellingham Cold Storage promotes safety in the workplace and safety for all workers.

by Karen Hollingsworth, Training Coordinator



Warm Up with some Hot Soup



Cioppino (Italian Stew)

- 1 pound crabmeat, cleaned/shelled
- 1 carrot diced
- 1 leek (only the white part) minced
- 2 green onions, chopped
- 1 stalk celery, minced
- 2 Tablespoons olive oil
- 3 garlic cloves, minced
- 1-1/2 teaspoons each minced fresh basil, thyme, and oregano (or 1/2 teaspoon dried each)
- 4 medium tomatoes, peeled, seeded, and diced (to peel a tomato easily, plunge it into boiling water for 10 seconds or so and then plunge into ice water)
- 1 can (20 oz) tomato puree
- 1 cup clam juice
- 1/3 cup dry white wine or vermouth
- Salt and freshly ground black pepper to taste
- 12 small clams (or 1 can chopped clams)
- 1 pound rockfish, ling cod, halibut, or rock shrimp
- 12 mussels, de-bearded, only if you like mussels
- 1/4 cup minced fresh parsley

Sauté, in a large soup kettle, carrot, leek, onions and celery in oil until limp. Add garlic, basil, thyme, oregano, tomatoes, tomato puree, clam juice and wine and simmer 40 minutes. Season with salt and pepper. Scrub clams and mussels well under cold running water with a stiff-bristled brush. Add clams, diced fish or rock shrimp (or both), mussels (if you are using them) and crab to kettle and simmer 15 minutes. *If you prefer to leave the shells out of the soup, steam the clams and mussels separately and then add them to the soup.

Serve in large bowls garnished with parsley along with a glass of your favorite wine and hot sourdough bread. Serves 4-6



There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.

- Nathaniel Hawthorne

Cooperacion • Integridad • Calidad • Responsabilidad • Actitud

Cooperación: Nosotros soportamos el concepto de cooperación. Haremos todo lo posible para animar nuestros empleados en sus esfuerzos para 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 sobre tener buenas relaciones con todos los empleados y clientes.

Calidad: Estamos entusiastamente comitedo en proveer servicio del mas alto nivel de ejecución y también en proveer producto de la mejor calidad.

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

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

Valores Basicos de BCS

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.

BCS Core Values

October 2005



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