



April Anniversaries



Mike Gates	46
Jan Knutson	24
Alejandro Sierra Mora	11
Ian Harper	5
Louis Paul DallaSanta	3

Employee of the Month by Alan Speidel

Please congratulate our March Employee of the Month, Shon Burch.

The person who nominated Shon said, "Shon comes to work every day with a great attitude. He is willing to always to help out when needed. He gives 100% all day and will stay until the job is done. He comes to mind first when I think of the core values here at BCS. He is great to work with and would be a great employee of the month."



Shon has been at BCS since June 2018 and he has spent time working at both facilities. His attitude shows he is comfortable moving to where ever he is needed. He understands what is expected and will continue on a project until completed or assigned to something else. He has been tasked with just about every situation we need help. He is very trustworthy and does not require supervision. Shon is very attentive to what is going on and a great choice for this recognition of his hard work.

His colleagues couldn't agree more and that is why Shon was voted our Employee of the Month for March. As nightshift comes onto duty, please take a moment to find Shon. Give him a wave from a safe distance and a shout of congratulations!

It's only when the moment of crisis comes that we discover whether we actually have the power of the heart. ~Lewis B Smedes, A Pretty Good Person

Message from BCS President & CEO, Doug Thomas

March 23, 2020

A massive THANK YOU to our dedicated employees, our loyal customers, the local, state and federal health care providers and officials, law enforcement and the entire Food Supply Cold Chain Industry that Bellingham Cold Storage is an integral part of.

Bellingham Cold Storage is first and foremost focused and devoted to maintaining as safe and sanitary a working environment as possible for our valued employees who are carrying out the critical job of ensuring that food supplies are replenished in the grocery stores both locally and across this great nation during the COVID-19 Pandemic.

To that end, BCS has implemented the following Center for Disease Control (CDC) Best Practice recommendations for reducing the likelihood of contracting and or spreading COVID-19:

- Social Distancing by attempting at all times to maintain 6 feet between yourself and others.
- Encouraging employees to wash hands frequently and thoroughly for at least 20 seconds.
- Providing dozens of boxes (hundreds of pairs) of disposable gloves.
- Installing door openers that can be accomplished with the foot rather than with hands in bathrooms.
- Installing signs at lunchrooms to maintain that they are for BCS employee use only.
- Updating communications for truckers upon check-In to reduce touch multipliers.
- Encouraging employees to liberally utilize sanitation wipes and hand sanitizers
- Frequently wiping down hard surfaces like keyboards, bar code scanners, cell phones, etc.
- Wiping down door knobs, hand railings, and frequently touched areas like counter tops and desks.
- Conduct regular sanitization of work spaces using recommended cleaning agents.



In addition to the above CDC recommended Best Practices, Bellingham Cold Storage has implemented the following measures either over and above or earlier than required to ensure a heightened level of safety for our employees, customers, truckers, etc.:

- * Installing Porta-Potty restrooms for truck drivers to reduce the number of multipliers/touch opportunities for both the truck drivers and our employees. (This was a great employee suggestion).
- * On Saturday March 21st, BCS began testing and implementing the process of utilizing Ozone for sanitizing work spaces, offices, lunch rooms, dock areas, etc. Ozone is capable of neutralizing all mold, virus and germs from all surfaces even in the most hard to reach spaces. We have a separate document that details the safety precautions and protocols that our engineering teams will be following to ensure employee safety when utilizing Ozone as a means of removing germs from the workplace at BCS.
- * Providing face masks (PPE Personal Protection Equipment) for those individuals who are in close proximity to each other as a necessity of completing the job. Functions like loading containers with other employees is an example of this "close proximity job".

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In addition, BCS learned late last week that the Federal Emergency Sick Paid Leave Act was passed by congress and signed by the president to offer an additional 80 hours of paid sick time to each BCS employee. This additional paid sick time is to be offered no later than 14 days after its enactment HOWEVER, Bellingham Cold Storage has decided to make those illness hours available IMMEDIATELY effective Monday March 23rd. These hours will be available in advance of utilizing any of your remaining BCS provided illness hours.

Last week President Trump, through the Department of Homeland Security, communicated the following message which details CRITICAL INFRASTRUCTURE INDUSTRIES. As detailed below, BCS and our food harvesting and processing customers are very important contributors to the nations' Food Supply Chain:

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

[CORONAVIRUS.GOV](https://www.coronavirus.gov)

The President's request for our critical industry to maintain our normal work schedule is an honor. BCS also understands that each employee may have several mixed emotions at this time. On one hand we feel honored to be fulfilling the nourishment of millions of others, while on the other hand we may feel like we would rather be at home. BCS employees may also feel fortunate to be working and receiving income necessary to keep our households functioning financially, while we are at the same time likely feeling stressed about what might happen or be required next.

To support both medical and emotional well-being BCS has both the free Orchard Medical Clinic for our employees and their immediate family members as well as an excellent Employee Assistance Program with quality counselors to discuss any uncertainties or worries that you may have as it relates to mental health. We would encourage you to utilize this service which is both discreet and free of charge to any employee or their family member, 24/7.

To our valued customers, vendors, trucking companies and regulatory inspection agents that frequent our facilities every day I extend a huge THANK YOU! We appreciate the cooperation and regular communication that everyone has been extending to ensure that we are keeping everyone as safe as possible. We could not support our employees, the food supply chain or the nation without your partnerships. Together we can and will get through these challenging times.

In closing, I would ask that everyone attempt to remain positive and fact based (resist the temptation to spread rumors) while carrying yourself with as much uplifting spirit as you can muster. I am convinced that remaining positive and upbeat will carry us all through this temporary crisis more successfully than the alternative. During uncertain times you can take back control of your disposition which will have a positive effect on everyone around you and that is a huge value that you can contribute. And finally:

...Also highly contagious is kindness, patience, love, enthusiasm, and a positive attitude. Don't wait to catch it from others...be the carrier!

Warm regards,

Doug Thomas

Douglas G. Thomas

President & CEO



These Programs Help Ensure Your Food is Safe to Eat www.bellcold.com

How do you know the food you purchase is safe to eat? How do you know whether proper precautions have been taken to ensure that the food you feed your family is as safe as possible?

Many organizations all around the world exist for this very purpose. They craft guidelines that include best practices for food safety, and they inspect and certify facilities to ensure that high standards are being upheld.

Bellingham Cold Storage and the food companies based at our value-added processing centers in Bellingham work diligently to ensure that the utmost care is being taken at this step of the food production and delivery pipeline.

Explained below are three acronyms you may have heard: GFSI, SQF, and BRC. These programs give peace of mind to customers that their food has been properly handled, stored and delivered.

GFSI

The Global Food Safety Initiative (GFSI) was created in 2000 by the Consumer Goods Forum Global Industry Network to build trust among consumers around the globe that the food they're buying and eating is safe. GFSI works to improve food safety management practices and provides benchmarking and harmonization of guidelines. GFSI is the global standard that SQF and BRC fall under.

SQF



The Safe Quality Food (SQF) program is recognized the world over as providing rigorous food safety and quality certification to businesses in the food supply chain.

Bellingham Cold Storage is a critical piece of that supply chain, and is SQF-certified.

Bellingham Cold Storage's SQF 8.0 certification in the category of Food Storage and Distribution covers the cold storage of various prepackaged food products for both of our locations in Bellingham. Many of our agricultural customers are also SQF certified.

BRC

Like SQF, the British Retail Consortium (BRC) is a certification program recognized by GFSI. At Bellingham Cold Storage, three food processors have achieved BRC certification: Trident Seafoods (certified through AIB International), King & Prince (certified through QMI-SAI Canada Limited), and one of our custom seafood processors QSEA Specialty Services.

According to the BRC website, the certifications exist to guarantee the standardization of quality, safety and operational criteria, helping to ensure that manufacturers fulfill their legal obligations and provide protection for consumers. BRC certification is often required by retailers, manufacturers and food service organizations.

GFSI, SQF and BRC — these three acronyms represent programs that certify Bellingham Cold Storage and the food companies located in our northwest Washington storage warehouse centers are working hard to ensure that your food is safe to eat.



Wellness *By Bob Knutson:*

Ancient healing traditions all over the world turn to the power of spices to increase vitality and ward off illness. Almost all spices contain health boosting antioxidant compounds that help prevent and repair cell damage. Many specific spices seem to have very powerful health benefits beyond that. Plus, they taste good in meatloaf, casseroles, and cookies too.

Ginger:

Whether you have a cold or an upset stomach, ginger is thought to help soothe what ails you. Many may remember mom giving them an ice cold ginger ale during sick days as a child. Modern day research suggests that ginger may also be helpful in reducing strains and pains brought on from exercising, and it may support a healthy respiratory system. Ginger is available fresh and dried and accents dishes both sweet and savory. Try some in your stir fry or in baked goods for a spicy and healthy lift.

Words Of Wisdom By Raider Bob
Unity is Victory!
Reliability is better than ability!



Cinnamon:

One of the most common spices is also one of the most studied. Its sweet flavor can help you use less sugar in your baking, coffee, or oatmeal. Research suggests cinnamon may have a host of other health benefits, including reducing inflammation. It might even help regulate blood sugar. While its synonymous with sweets, you can add it into savory dishes. Cinnamon is a traditional secret ingredient in grilled meat kabobs all over the world.

Turmeric:

You may be familiar with turmeric as its the spice responsible for curry's color. The bright yellow hue adds eye appeal to anything it touches, and turmeric's earthy flavor complements a wide variety of dishes. Research suggests it may be a powerful way to fight inflammation and a delicious way to boost heart health. Add some to your scrambled eggs, stir fry and hummus to reap the benefits.



Sage:

Did you know sage belongs in the mint family. The fragrant leaves add a dash of antioxidants to any dish seasoned with them. Research suggests sage may regulate blood sugar. That's a good reason to reach into your herb garden or spice cabinet. Use it in traditional ways on roast turkey and in stuffing. Try it on potato salad, grilled sweet potatoes, gnocchi (small Italian dumplings).

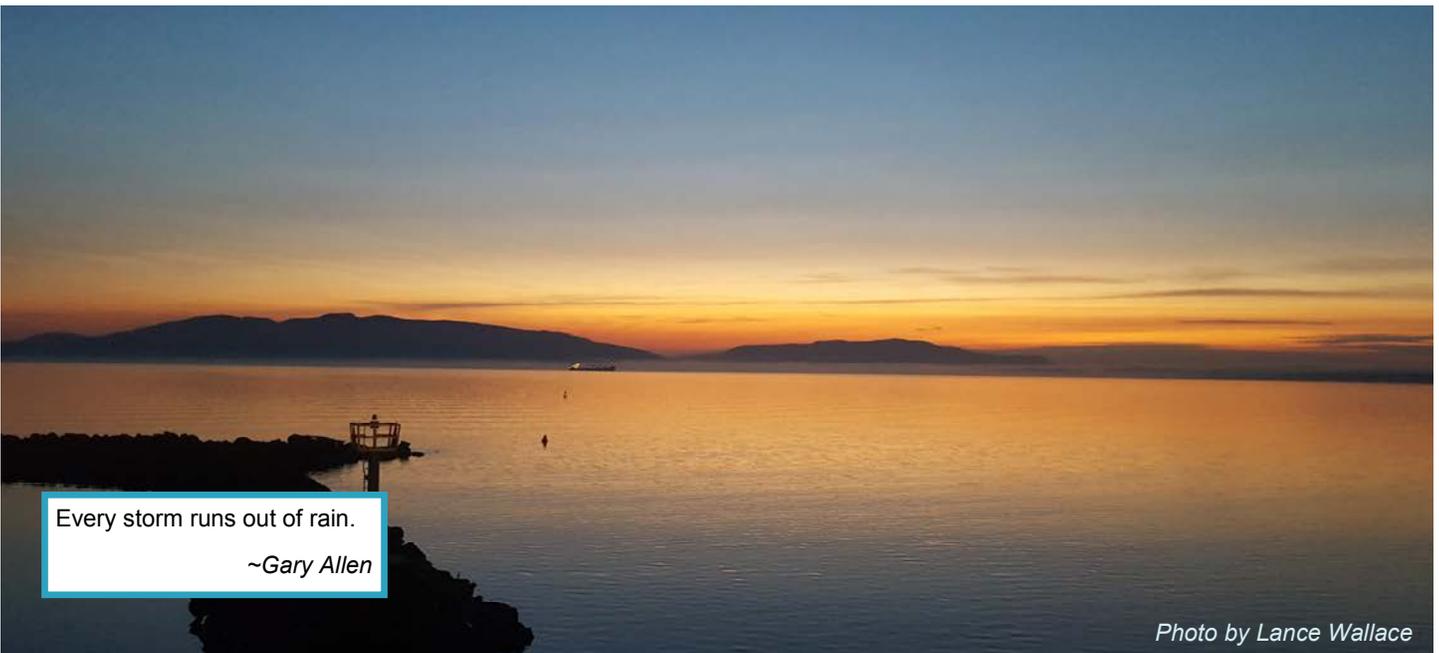
Chiles:

Dried chili peppers add bold flavor to your dinner recipes. They may also keep you well. Spicy food tends to make most people eat slowly. There is also science that suggests it may benefit your heart health as well as your metabolism. Add a pinch of red pepper flakes to your soups, stews, and pasta recipes to add a little heat and complex flavor.



My Friends Live Well, Be Well, Stay Well, And Fulfill Your Dreams!

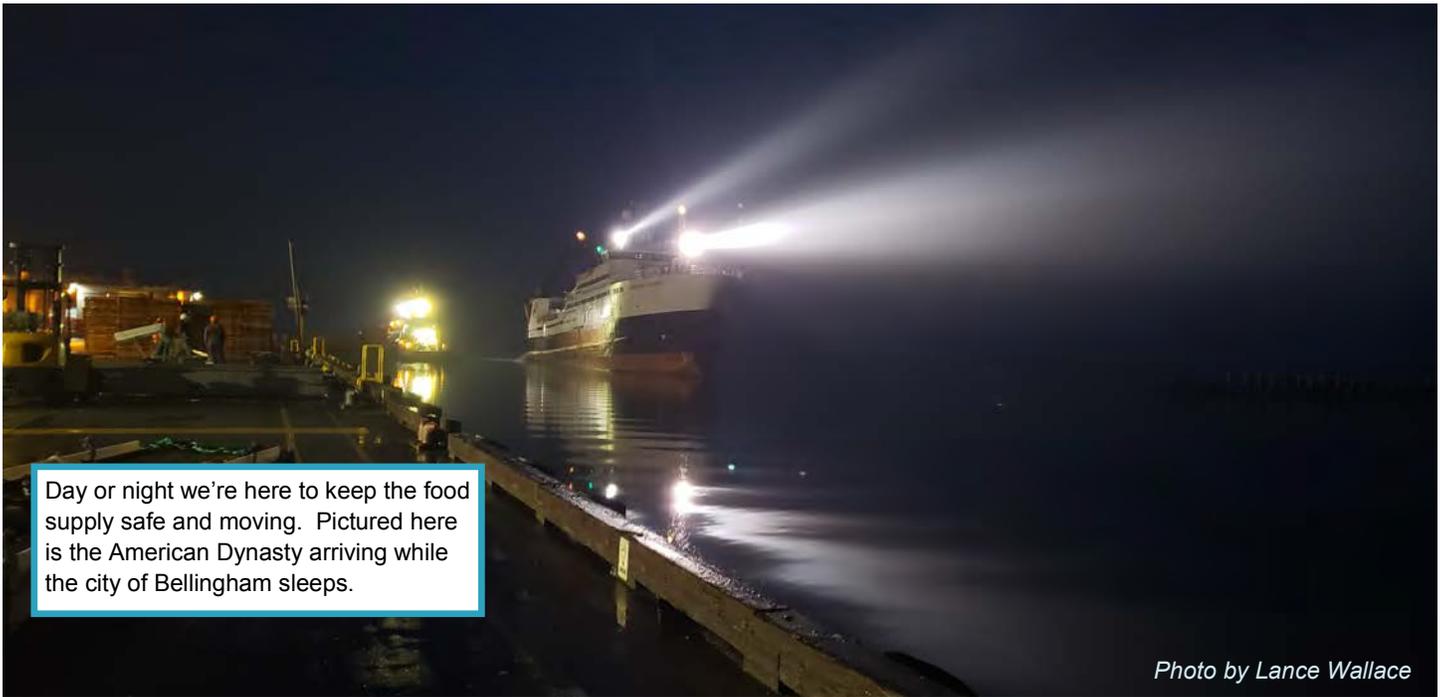
Please consult your health professional for the best plan that helps you live healthy and happy.



Every storm runs out of rain.

~Gary Allen

Photo by Lance Wallace



Day or night we're here to keep the food supply safe and moving. Pictured here is the American Dynasty arriving while the city of Bellingham sleeps.

Photo by Lance Wallace

Laughter is good for you *shared by Ian Bakke*

Did you know the first French fries weren't actually cooked in France? They were cooked in Greece.



I ordered a chicken and an egg from Amazon. I'll let you know.



A slice of cherry pie is \$2.50 in Jamaica, but it costs \$3.00 in the Bahamas. These are the pie rates of the Caribbean.

From my dear friend Brian: I told my son I was named after Thomas Jefferson... He said, "But dad, your name is Brian." I said, "I know, but I was named AFTER Thomas Jefferson."



Do you ever tell dad jokes? I do, and sometimes he even laughs.

I rescued a small cat that fell into a deep hole somebody dug into the ground that was filled with water. . . . You know I meant well.



Kathy Nix in her PPE is taking precautions while ozone is in process.

Photo by Elisa Voll



Be sure to check out Bellingham Cold Storage on our Facebook page!



Feel like sharing? If YOU would like to contribute to the BCS community, please contact the Icebreaker editorial staff via email at ian.bakke@bellcold.com . Here's a special thank you for pictures from Lance and Elisa in this issue—nice work!