

August Anniversaries



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Employee of the Month *by Jake Eiford*

Kathy Richardson came to BCS this year as our new PSM coordinator. For those who don't know, PSM stands for Process Safety Management and is an essential program we are required to follow due to the ammonia we use to keep our freezers cold.

With her experience and background in both PSM and safety, Kathy was able to make an immediate improvement in the engineering department. Since joining our team, Kathy has gone through our PSM program and filled in any holes we have had. Her passion for quality work and doing things right has helped not only our program but the Engineering department as a whole.

Kathy is a great team member to not only the Engineering department where she primarily works, but anywhere she is working and will always add value to a conversation.

She is deserving of this Employee of the Month Award. Congratulations Kathy, we are glad you are here!



Number 29 the BCS sponsored racecar driven by our own Alan Lindquist is still driving hard this season; shown here on the fourth corner coming into the finish line.



Wingless Night at the races.



You can get a little dirty when you race.



You will never reach your destination if you stop and throw stones at every dog that barks."

~ Winston S. Churchill

Mark Tripp Retires *by Jose Roques*

Retirement parties always leave me with conflicting feelings. On one hand, I am always happy to see a fellow employee head into such an exciting time in their life. On the other hand, it is hard to see someone leave who has worked with you for such a long time, and has shared a lot of experiences over the years.

Mark was hired in July of 1985. Like many other employees, he started in the fish house filling and stripping salmon, and at the boxing line re-packing fish. A few years later, Mark became a forklift driver and worked various shifts and accounts. He proved to be a talented driver that could work in any area of the plant.

At some point, he joined the West Dock crew, managed at the time by Gary Hershey. He worked with Gary, Dick Curtain and Mark Emmons doing a lot of ship loading and unloading. He even became a crane operator managing vessel cranes.



Mark is not the type of person that sits in one area for a long time, and every time there was an opportunity to try something new, he would be the first one to apply for that new opportunity. Mark moved to do inspections, and a few years later applied to an opening at the Orchard Plant to support Dock 3. I was the Orchard Plant Manager at that time, and it was then when I got to really know Mark, and enjoyed working with him on a daily basis.

Mark was part of the initial Stockpot team. We had done order picking before, but Stockpot was a much more challenging account than what we were used to. Mark, with the rest of the team, helped develop many of the SOPs and "safeties" that we still use, not only for Stockpot but for many other accounts.

Since then, Mark worked a few years as the Roeder facility's CIC specialist, to later return to the Orchard Plant as the Dock 3 Leadman. He supported the Trans Ocean Products account, one of our tenants, as well as many of other customers who required their product to be stored in our -20F warehouse.



His last position at BCS has been Dock 1 Leadman at the Orchard Plant supporting another one of our Tenants' account, Rader Farms.

In all these years, Mark has always been a stellar employee. We are happy for him in this new venture in his life. We will surely miss his experience, his knowledge and, above all, his passion and sincerity.

Mark, we wish you the best in your retirement. Congratulations!



Wellness

By Bob Knutson:

Three Alternative Ways To Ease Aches And Pains:

Hold Hands

Take advantage of the power of human touch. New research in the journal Proceedings of the National Academy of Sciences shows that when you hold the hand of a loved one in pain, your brain wave patterns synchronize (as do your breathing and heart rates). That convergence may help some of the other person's pain to go away.

Non-Opioid Options:

People who used opioid alternatives (acetaminophen) for back, hip, or knee issues got more relief than those who were prescribed opioids. A new study in the Journal of American Medical Association found Opioid users also had about twice as many side effects and were at great risk for addiction.

Keep On Moving:

If you're concerned about stiffening up as you age, don't avoid working out, embrace it! In the journal Pain, it was revealed that adults who stayed active were better able to process pain in their central nervous systems. That's important because a drop in pain processing can put people at risk of developing chronic pain later in their lives.

For Depression Boost Your Mood:

Depression and anxiety are often overlooked, as people try to tough it out. A new treatment, Behavioral Activation, could help. It's based on the premise that behavior changes can drive positive feelings, and involves engaging in activities you enjoy. According to one study, it can work as well as cognitive behavioral therapy, which focuses on altering negative patterns of thinking.

Remember to consult your Doctor for advise in any changes you might consider to your Health and Well being.

Living Healthy is one way to prolong your quality of life!

Live well my Friends!



Words Of Wisdom By Raider Bob:

Hard Work and determination can take you anywhere, there are no shortcuts to life.



When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy". They told me I didn't understand the assignment, and I told them they didn't understand life. ~ John Lennon



Free Summer Music in the Parks

Boulevard Park - Saturdays 6-8 pm

August 4 - The Atlantics ~ Bellingham's Dance Band

August 11 - Acorn Project ~ Electro Funk Rock

August 18 - Arete Quartet ~ Transcendent Acid Jazz

Enjoy amazing music and views! Food available for purchase. Ride your bike or walk to avoid the parking hassle!

Elizabeth Park - Thursdays 6-8 pm

August 2 - BandZandt ~ East County's Best Rock Band

August 9 - Dana Lyons ~ Political Folk



August 16 - High Mountain String Band ~ Progressive Bluegrass

August 23 - Replazments ~ Classic Rock

Hosted by The Eldridge Historical Society and supported by Bellingham Parks and Recreation. Food available for purchase.

Also :

Save the date

SeaFeast 2018
Friday & Saturday
September 21 & 22



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