

## March Anniversaries



Mike Holcomb	43
Sharon Rouse	34
Doug Thomas	28
Juan Padilla	25
Kyle Loney	23
Abraham Sierra Mora	19
Tammy Courtney	10
Donovan Morris	7
Shawn Griffin	1

**Are you saving the date for the BCS Employee Appreciation party? We hope to see you there on Saturday, April 4th.**

**Also, Tuesday, March 17th . . .**



## Employee of the Month *by Nicholas Sakuma*

Our February Employee of the Month is Shawn Griffin.

Shawn started with us last year in the peak of the season. He quickly became known for his great attitude and willingness to help out. In October, he took on the Team Lead role for both our dry storage and chilled products at the waterfront facility.

Shawn is a consistently hard working employee with a great attitude towards his work. He is eager to take on whatever is asked of him. Instead of complaints about hard work or difficult situations, he offers ideas for improvements.

Shawn is well liked by the truck drivers as well as the crew. People love to work with him and say he makes their job easier. He jumps in and helps out when needed and is a great representative of our core values.

Please take the time to congratulate Shawn on being our February Employee of the Month and thank him for his hard work.



## BCS Named Winner of 2019 Maritime Industry Award



Bellingham Cold Storage had the honor of being chosen for the 2019 Maritime Industry Award at the Bellingham Regional Chamber of Commerce's 15th Annual Awards Dinner.

The maritime industry is one of Whatcom County's original industries, and BCS is proud to have been a part of it since its founding on the Bellingham waterfront in 1946. The maritime award is the first of a new series of rotating industry awards presented by the Chamber.

In his acceptance speech, BCS CEO Doug Thomas noted that the company's impacts on the community and the maritime industry are made possible by everyone who has worked at the organization, from those who've been there a year or two to those with 40 years or more at BCS.

"From the youngest employees to the oldest employees, it's a rich history of employees with dedication to a great company," Thomas said, adding that one family — the Knutsons — have a combined 120 years of experience working for BCS.

Thomas also thanked company founders, the Port of Bellingham, the City of Bellingham and the company's many customers and vendors.

"We couldn't do it without you," he said.

Other awards handed out by the Chamber this year included the Large Business of the Year, Nonprofit Organization of the Year, Tourism Business of the Year, CEO of the Year, Chamber Ambassador of the Year, Young Professional of the Year and the Lifetime Achievement Award.

# Don't get Sick - Wash Your Hands

Wash Your Hands Often to Stay Healthy. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Follow these five steps every time.

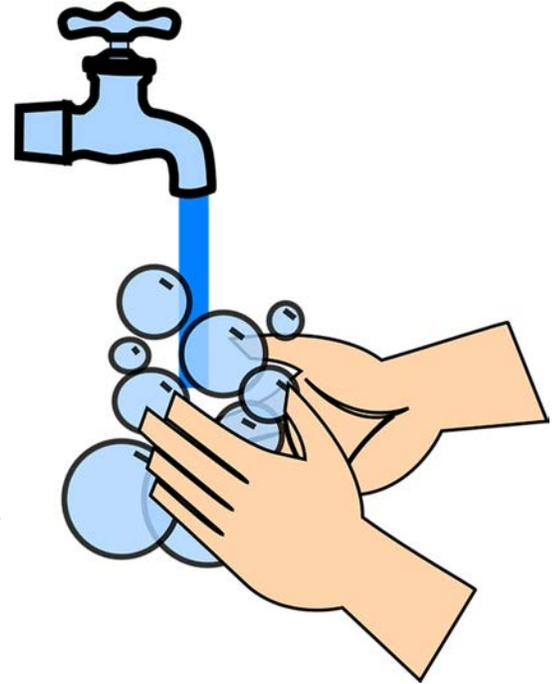
1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, Sanitizers do not get rid of all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals. Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

How to use hand sanitizer:

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

**"Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy." CDC**



**Join in the fun at our BCS Employee Appreciation Party coming up on Saturday, April 4th. Watch for your official invitation coming in the middle of March in the mail.**



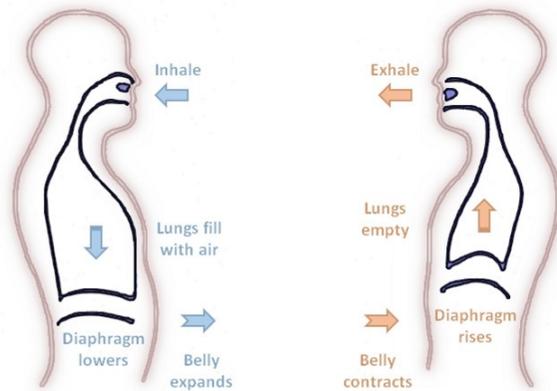
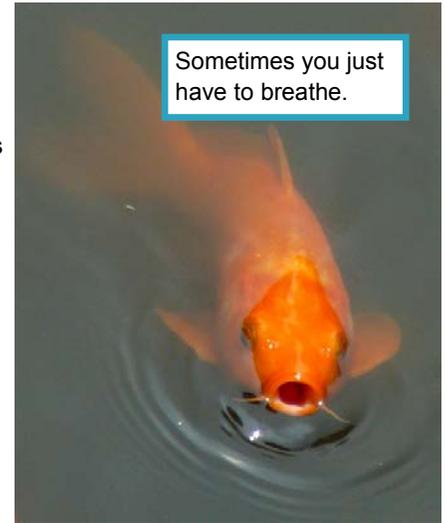
# Wellness *By Bob Knutson*

Just Breathe: Try these exercises to help stay centered and manage stress:

Whether you're swinging a kettlebell or training for a marathon, reaching peak performance as an athlete often means focusing on the fundamentals including proper breathing techniques. The value of good breathing techniques can be phenomenal. Practicing breathing exercises can help you not only breathe easier, but also control anxiety.

**Pucker Up:** This exercise, called pursed-lip breathing, can help you take fewer breaths while opening your airways. The result is more new air flowing into your lungs, and more old air moving out of your lungs.

**How to do it:** Start by pursing your lips like you're going to whistle. Breathe in through your nose and slowly exhale through your mouth, keeping your lips puckered. Try to exhale for twice as long as you inhaled.



**Use your belly:** Good breathing starts with your diaphragm, the domed shaped muscle below your lungs that helps control breathing. Diaphragmatic breathing also known as abdominal or belly breathing can help strengthen those all-important core muscles and reduce the number of breaths you take.

**How to do it:** Lie down on the floor and put something light on your abdomen like a magazine, a TV remote or even your hand. Breathe in through your nose and exhale very slowly while watching how your belly moves up and down as it fills with air. You can also do this exercise standing up or sitting down. Put one hand on your abdomen and the other on your chest. Take a deep breath and watch your belly rise as you inhale and fall as you exhale.

**Feel the rhythm:** Runners sometimes use rhythmic breathing to regulate their breaths and capture more oxygen. You don't need to run a 10K to benefit from this exercise, which can help you slow your breathing and relax your muscles.

**How to do it:** You can try rhythmic breathing in any position, from sitting to walking around the grocery store. Take a deep breath in and then tense your muscles. As you exhale, relax your muscles. Keep it slow and take a breath every 5 or 6 seconds to try to get into a rhythm.

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

My friend: Live Well, Stay Well, And Fulfill Your Dreams!



## Laughter is good for you



How can you spot a jealous shamrock? It will be green with envy!

What happens if you cross poison ivy with a four-leaf clover? You get a rash of good luck!

Why is it difficult to borrow money from a leprechaun? Because he's always a little short.

One tectonic plate bumped into another and said, "Sorry, my fault."

My friend said that he didn't understand cloning. I replied, "That makes two of us."



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



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