

November Anniversaries



Keith Sorensen	26
Donis Cardona	16
Don Ramon Lagbao	10
Judith Edwards	9
Giovanny Polanco	8
Brittney Kerl	8

BCS will be closed on November 26th and 27th for the Thanksgiving Holiday!



Employee of the Month *by Nicholas Sakuma*

Please join me in congratulating Claire Adams as our October Employee of the Month

The person that nominated Claire said, "Claire is a mild-mannered person with a tough Job. As our compliance officer, she wears many hats. She is responsible for keeping us in compliance with the regulations we need to keep up on. Don't let her gregariousness fool you, she is a worker and a doer and a problem solver. In the interactions I have had with her she has been professional and upbeat and her work is sound. BCS was very lucky to pick her up and I personally feel so much better to have her at BCS."

As a new member to the BCS team, Claire has quickly made herself indispensable. Claire joined BCS and immediately began absorbing everything she needed to know with minimal direction. She has led the charge in updating policies to meet the ever-increasing standards while keeping an eye out for BCS, our customers, and the safety of the food in our custody. Claire is more than willing to take the initiative to improve processes and is dependable to get the job done right.

Through the quality of her work and her clear representation of all of BCS's core values, Claire has shown that she is well deserving of the Employee of the Month Award.



Pardon Me! *by Ian Bakke*

Things may come to those who wait, but only the things left by those who hustle.
~ Abraham Lincoln

On Nov. 20, 1963, A *Los Angeles Times* article about the event the day before was headlined: "Turkey gets presidential pardon." It was President John F. Kennedy who pardoned a 40-pound turkey and the Thanksgiving tradition began. A hundred years earlier, there is a story about President Lincoln pardoning a turkey, but that bird was meant for Christmas dinner, not Thanksgiving. The tradition continues today and the turkey's tale is as unique as their names.

Last year, president Trump pardoned two turkeys named Bread and Butter. President Barak Obama pardoned turkeys named Mac and Cheese, Cobble and Gobbler as well as Tater and Tot. Sadly, Mac died of suspected stroke in July of 2015. Cheese remained alive several more seasons with her companion Franklin.

President George W Bush pardoned Pumpkin and Pecan although Pecan fell ill the night before the pardon ceremony. President Bill Clinton pardoned Jerry and Freedom. Jerry was a 44 lb. turkey and was sent to Kidwell farm petting zoo in Hendon, VA.

President Regan pardoned Charlie and Woody. Woody was brought up in Story City, Iowa. And Charlie retired to a petting zoo after his pardon.

I wonder if our presidents are eating Tofurkey at the Whitehouse? Regardless, knowing about the past adds curiosity to the continuing tradition.



Peanut Butter Breakfast Bites

by Jan Knutson

Get ready to just grab and go . . .

Preheat your oven to 375 degrees and grease a cookie sheet (or use parchment paper).

Combine the following:

2/3 cup apple sauce

2/3 cup peanut butter

1/2 cup ripe banana

1/4 cup maple syrup

1 tablespoon cinnamon

3/4 tsp salt

When above has been mixed, add the following:

2 cups oats

1/2 cup cranberries

1/2 cup raisins

Form into small balls and flatten (these will not spread when baking). Space them evenly on your cookie sheet and bake for 15-17 minutes. Allow to cool, then store in a sealed container until you need some fuel to grab and go . . .Enjoy.



Miguel Morales returns to work offloading the Northern Jaeger. On October 22nd, Doug Thomas presents Miguel with his Seiko watch and a commemorative plaque for 25 years of service helping BCS customers feed the world. Miguel is just one of the many reasons that we say, "Only your product gets an icy reception."



A windy day on October 14th knocked out power for a couple hours around Whatcom County.

WE NEED YOUR SUPPORT!

CAN YOU HELP US HELP OTHERS THIS HOLIDAY SEASON?

THE SALVATION ARMY **ANGEL TREE**

OF BELLINGHAM & WHATCOM COUNTY

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OR VISIT
THE SALVATION ARMY
OF BELLINGHAM
ON 

The Salvation Army needs your help to rescue Christmas for over a thousand children in our community. As you know first hand, the COVID-19 pandemic has brought significant added strain to our community. Only if you are able, please consider shopping for a toy to put under the Salvation Army Angel Tree. There are many ways to make a difference so if you can please do so.

Mike Gates Retires! *by Ian Bakke*

After 46 years, Mike Gates celebrated his retirement at the BCS main office. The official BCS retirement jacket was presented to him by our President Doug Thomas. And cupcakes were shared with all in attendance (with masks on and social distancing in practice). It's hard not to give a big farewell hug to our anchor account driver for Homeport at the old fish house office.

Mike started his career in the 1970's at the BCS Boxing Line as a tally working with Gene Knutson. He then spent a good number of years working in the Ice House with Leroy Hawkins and Gary Terpsma.

Most of us have bought many boxes of Girl Scout cookies from Mike over the years. He's been a great force of good in our community wherever he goes. We wish him well in his new adventures in retirement. Mike will be missed dearly.



Wellness *by Bob Knutson*



Take time to unwind with creative vacations.

You may have had to cancel your summer vacations thanks to the virus. The virus has halted plans and led to additional stressors. Stressors can harm your heart. Even if you don't realize it, vacations can play a major role in your mental and physical well being. Getting away can allow your brain to recharge and your adrenaline and cortisol levels to regulate. Research has shown that taking vacations can reduce the risk of heart attack and cardiovascular disease. Vacations can reduce heart disease and lower cholesterol levels. One study showed that annual vacations could lower the risk of heart disease by 30 percent. This year travel may be out of the question. But if you get creative you can still experience some of its health benefits. What do you love about vacations? Is it alone time? The adventure? What about the idea of having zero deadlines? Maybe it renews your relationship.

Words Of Wisdom By Raider Bob

Distance yourself from gossip, it's contagious for your soul

Whatever that thing is that re-fuels your soul, try tapping into that at home. Schedule a few days a week where you just forget about it all. Whether it be financial stress, chores, or anything else you have to do.

Take your mind or body away from your usual environment to release. Explore a park or trail nearby, develop a new hobby, or plan a romantic getaway at home to relax your nerves and ease the burden on your heart. Schedule some time alone to sit with a book and a drink. Getting outside for a walk can be helpful and refreshing. Consider a video conference with family and friends. You can step out of your environment without actually going anywhere.

Just because you can't physically get away, you can still find ways to escape the monotony and transport yourself like this: Today I'm Grateful for, a nice long hike in the sun!

It just takes a little creativity, and you can get the benefits of travel at home.

My Friends, always consult your health professional for the best plan that works for you.



Special IceBreaker Archive: Practice Makes Perfect by Mike Coggins

This article originally ran in the November 2015 issue of the IceBreaker.

There is an old stereotype of the American male that says that he cannot ask for directions when lost nor will he read the directions before putting something together. I know there is some truth to this theory because I have some of those tendencies in me. But sometimes when someone does something they have never done before it doesn't occur to ask for specific direction. As a homeowner, I have become fairly handy over the years when it comes to fixing any number of household problems and taking on remodeling projects. Increasingly, however, I have come to recognize my limitations. For instance, I am perfectly happy hiring a plumber for anything requiring that particular skill set. And if the project is electrical or mechanical in nature it's a no brainer. I hire it out. But landscaping, carpentry or small scale fixes around the property I am happy to take on.



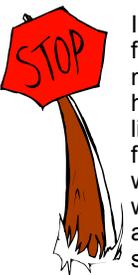
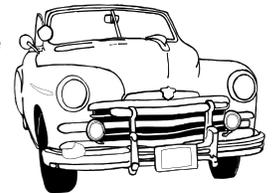
Decades ago, I bought my first house in Bellingham. It was a three bedroom, older home with a partial basement. The problem was that two of the bedrooms were on the second floor and unfinished. And by unfinished I mean the walls consisted of studs and siding. No insulation and no wallboard. (As an aside, I paid \$11,000 for it and I was very worried I might not be able to make the \$105 monthly payments.) I had no training in construction. My father never worked with his hands and hadn't shown me how to build anything nor had I ever had a job in the field. But I was on a pretty tight budget and figured I could insulate and sheet rock those bedrooms myself. I mean, really, how hard could it be? So I set out on my first remodel adventure. I got the two rooms insulated without a hitch and determined that the next day was drywall day.



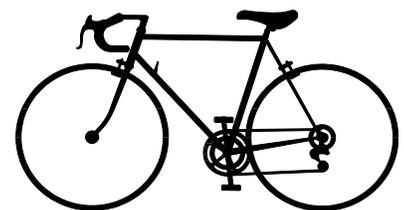
I got one of the rooms finished by early afternoon about the time a friend dropped by to say 'hi'. When he walked in the front door the look of horror on his face was unmistakable. What? The entire house, floors, furniture, lamps, drapes, knick-knacks, everything was covered in a fine layer of white drywall dust. My friend asked what the heck had happened so I proudly showed him the sheet rocked room and the circular saw and saw horses I had used to cut the drywall. He burst out laughing and asked me if I had a razor blade. He picked up a scrap of drywall and deftly scored it with the blade, held it with his hands and broke it into two clean pieces. No muss, no fuss, no dust. I had two full days of cleaning, dusting, washing and vacuuming to ponder my foolishness.

The first time any of us does anything can be awkward. The "first time" can produce memorable moments, some of which are precious while others we would rather forget but probably can't. Some of those "first" moments come readily to mind but aren't anything I can really get into in an article published in the Ice Breaker. I know you all know exactly what I'm talking about.

The first time I drove a stick shift. Man, that terrified me. I had just bought a 1957 Chevy with a 3 speed on the tree. On my first solo road trip, (15 miles to Dixon, Illinois, the town just south of home) I got stopped on a steep hill, waiting behind a couple of cars at a red light. There were also a couple of cars behind me which meant I had to get the gas, the clutch and everything else just right in order to climb the hill without crashing backwards into the car behind me. I screwed it up so badly that my car stalled and I spent the next two lights trying to get it right while enduring the cacophony of honking horns and screaming drivers. I still get sweaty palms when driving the steep hills of Seattle's waterfront even in a car with an automatic transmission.



I must have been seven or maybe eight years old when my Dad brought home my first bike. I don't remember the specifics of how he got it because we didn't have any money but it was an old Japanese racing bike. Real skinny tires and kind of tall. Dad had brought it home the night before and wasn't around the next morning when my little brother and I decided to try it out. Larry held the bike upright while I mounted it from the back stoop and then he gave me a shove to get me rolling down the sidewalk. It was a wobbly ride but I was managing. Right up to the point when I realized I was heading straight for the retaining wall at the front of the house. I realized in an instant that if I tried to turn I would fall and not only that I didn't know how to stop. But stop I did. Nose first on the sidewalk at the base of the retaining wall.



But we all live and learn. We can't know what we will like or be good at unless we try it for the first time. Sometimes we'll fail but other times we'll fly. I highly recommend stretching out, getting a little out of our comfort zone and trying new things. Just be sure before you climb onto something new that you know where the brakes are. Thanks for listening, friends.

As you can see in this image (left), Mike Coggins has been retired for a number of years. He is still dearly missed for his hard work, positive attitude, great sense of humor, and excellent reputation for service when he ran the BCS fish house. He sets a fine example for us all in his retirement, and his guitar playing gets better and better each time we meet.

Are you struggling?

Health Promotion Northwest is locally available for you to call any time you need help with marital, legal, financial, emotional difficulties, alcohol and drug abuse and more. It is provided to you by BCS. It's free, it's confidential, it's voluntary and it works!

www.peacehealth.org/whatcom/eap

360-788-6565 or 1/800-244-6142

Free, Confidential, Helpful

What do you want to be? shared by Cameron Westbrook

A man made a habit of using his wealth to influence the outcomes he desired.

He took his son on a tour of a prestigious university. The boy was interested in a specific course of study for which this particular university was highly ranked. They met with the professors as well as the students currently enrolled in the program. After the tour they met with the dean.

"I think my son will do great here," the father said. "That is, if you can guarantee he can complete this program in fewer than four years."

"Do you think that might be possible?" the father asked tapping his checkbook on the deans desk.



The dean took a deep breath and replied: "That would depend on what your son wants to be. Think of it like this: You can grow a squash over the course of a summer. However, it takes years for a seedling to establish itself and grow into a mighty oak tree."

The dean looked at the man's son and said, "We don't grow squash at this institution, but we are a fertile ground for many an oak."

You have to ask yourself what you want to be when you set out on a course of discovery. Then you should keep in mind that there are no shortcuts on the road to achieving your goals. It takes time, effort, and experience, to learn, grow and develop your skills and talents.

Adapted from Truthful Living by Jeffrey Gitomer and reprinted with permission from Bits and Pieces

I don't know if I discovered I had any talent. It was dogged persistence. I had to have the music. ~ Bob Weir

The big talent is persistence. ~ Octavia Butler



Laughter is good, until milk comes out your nose. . . shared by Ian Bakke

Why did the farmer have to separate the chicken and the turkey?
He sensed fowl play.

What key has legs and can't open a door?"
A tur-key.

Why did they let the turkey join the band?
Because he had his own drumsticks.

What's the best song to play while cooking a turkey?"
All about that baste..

How does the scarecrow drink his cranberry juice?
With a straw.

My family told me to stop telling Thanksgiving jokes, but I told them I couldn't just quit "cold turkey."

What do you call a turkey on the day after Thanksgiving?
Lucky.

Why was the Thanksgiving soup so expensive?
It had 24 carrots.



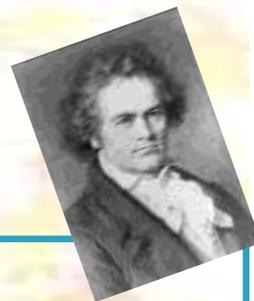
Thanks giving, man. Not a good day to be my pants. ~ Kevin James

Why do leaves fall from dogwood trees?
They're afraid of the bark.

What's worse than finding a worm in your apple?
Finding half a worm. ~ugh, yuck!~

What do oak trees have that other trees don't?
Oak leaves.

What's the best thing to put into a pie?
Your teeth.



Initiative: Don't let anyone tell you what you can or cannot do. Just look at the example set by Beethoven. Everyone told him the he would never be a great musician because he was deaf; but did he listen?



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 . We love sharing your stories, pictures, announcements, and more!

Bellingham Cold Storage Company
Squalicum Waterway:
2825 Roeder Ave
PO Box 895
Bellingham, Washington 98227-0895
Phone: (360) 733-1640
Fax: (360) 671-1259
E-mail: bellcold@bellcold.com
Website: www.bellcold.com
Orchard Facility:
600 W. Orchard Drive
Bellingham, WA 98225
Phone: (360) 671-2258
Fax: (360) 671-2321



THE ICEBREAKER

Newsletter Producer and Editor, Ian Bakke



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BCS Core Values

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.

Valores Basicos de BCS

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 trataremos 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 cometido 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.