



December Anniversaries



Carlos Flores	27
Jose Roques	20
Glen McKay	8

BCS will be closed on December 24th and 25th for Christmas!



Employee of the Month *by Nicholas Sakuma*

Alejandro Sierra Mora is the BCS Employee of the Month for November.

The person who nominated Alejandro said, "Alejandro is one of the hardest working employees we have here at BCS. He is always wanting to do the best job he can and is always looking for ways to help other employees. He has been doing a great job as a driver and always brings a great attitude to work. He always goes above and beyond his duties jumping in and helping all who need it. He has become a role model for us all that work with him. He is always sought after when things get crazy, we know he will help us get through it. I think he hits all the core values and would make a great employee of the month."

Please take a moment to congratulate Alejandro in recognition of his hard work and earning our November Employee of the Month award.



Inside this issue, BCS decorates for Skookum Kids and welcomes the American Seafoods fleet.

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

~ Helen Keller

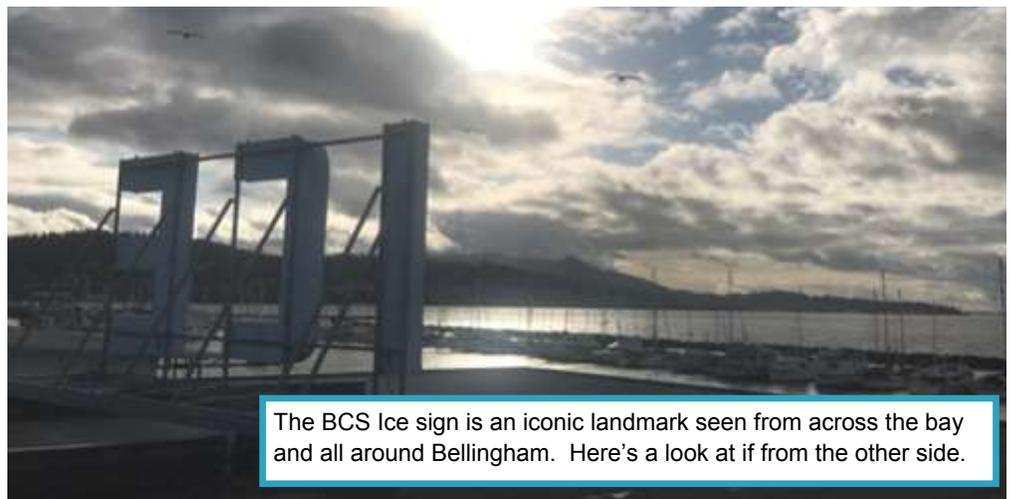
Donate at Bloodworks Northwest

Blood donation remains a safe activity and is encouraged by the CDC, FDA, U.S. Surgeon General, and other public health officials. There is no inherent risk of getting coronavirus from the donation procedure itself and extra precautions are in place for the care and safety of donors and staff. Fewer people are donating blood, so we must all do our part to keep the blood flowing. To one person and their whole family, it will make *all* the difference.

Bellingham Donor Center
410 W Bakerview Rd #117
Bellingham, WA 98226

Don't explain your philosophy; embody it. ~ Epictetus

To make your next appointment, visit BloodworksNW.org or call 800-398-7888.



The BCS Ice sign is an iconic landmark seen from across the bay and all around Bellingham. Here's a look at it from the other side.

A Big BCS Welcome to Debora Reynolds and Ted Rosen *by Barbara Jenks*



BCS is excited to announce the addition of the following two administrative employees, starting November 2, 2020:

Debora Reynolds, Payroll/HR Coordinator

Ted Rosen, IT Support Technician



Debora Reynolds comes to us with plenty of experience in payroll and HR. She has spent her career supporting small companies in the Pacific Northwest. You will be able to find her at the payroll desk across from Gene in the main office.

Ted Rosen is a long time Bellingham resident who has extensive IT support technician experience, having most recently worked for Bellingham Marine and for Lummi Commercial Company. Ted will work from the IT Support Technician office in the M Building with the other IT crew.



Debora and Ted are fabulous new members of our team, so please welcome them warmly to the BCS family!



ASC's Ocean Rover Factory Trawler product is unloaded and stacked, while their Northern Eagle also moves into position to unload. BCS crews have the experience to handle multiple offloads to and from our portside cold storages, including loading 10M million pounds onto each Specialized Cargo Ship heading to Europe and Asia.

RIP Mike Ryan *by Gene Knutson*

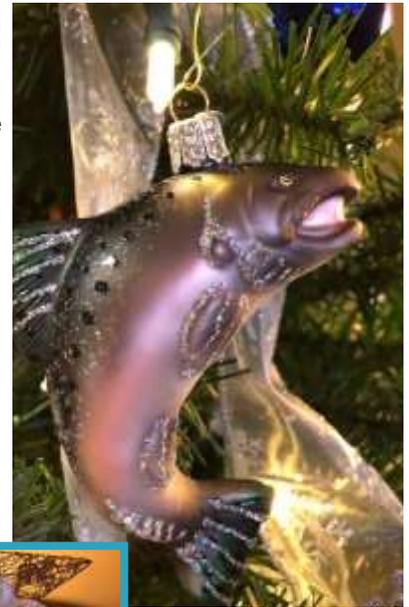


BCS lost a great former employee, Mike Ryan who retired a few years ago. He passed away a few weeks ago in Boston Mass with his wife and family with him. Mike started out as a dock clerk and worked his way up to foreman of the sanitation department. Anybody that worked with him loved him. He was a great, kind, wonderful person. He fought MS for years but kept working day after day never complaining or letting it bother him at all. He had a great sense of humor and was able to zing us all a few times. BCS sends its condolences to Mary and the family. We were lucky to have Mike in the BCS family for many years and we miss his smile and presence very much. "MAY HE REST IN PEACE"



Skookum Kids and the Bellwether Tree *by Doug Thomas*

On Monday, November 30th, Sandy Thomas went over to the Hotel Bellwether for their annual Skookum Kids Charity Christmas Tree Decorating Contest. Each year The Bellwether Hotel fills their lobby and the hallways that lead to the Lighthouse Bar & Grill with beautifully decorated Christmas trees. BCS has been a longtime supporter of this great Skookum Kids - Bellwether tradition. This is the 9th year in a row that BCS has participated in the program where the proceeds go to support local foster care children through innovative and common sense approaches.



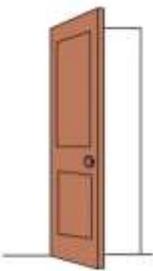
The BCS tree is beautiful again this year decorated with Salmon, Raspberries, Fishing Vessels, Icicles, Crabs, Blueberries, Strawberries, Forklifts, and Snowflake Ice... all of the things that BCS is known for taking good care of throughout the years.

When Covid rules permit, people are encouraged to take a tour of the trees and vote for their favorite one. The Bellwether asks for a donation of any kind to help the cause from \$1 and up. ALL proceeds go to Skookum Kids right here in Bellingham.



We All Need Laughter to Share *from Ian Bakke*

If you see cows sleeping in a field ~ does that mean it's pasture bedtime?
I accidentally rubbed catsup in my eyes, now I have Heinzsight.
The prefixes 'pre' means before and 'post' means after. To use them both together is preposterous.



My landlord called and said that we needed to talk about the outrageous heating bills that I was raking up. I said, "Sure, my door is always open."

What do you call a magician without his magic? . . . Ian.

Life Hack?: To slice your pizza without a pizza cutter, use a Brian Adams CD. It cuts like a knife.

As I awoke in the hospital recovering from a car accident, the doctors tried to tell me that I was a Swedish guy that had forgotten his identity. But I wasn't Bjorn yesterday.

Why don't you ever see Santa in the Hospital?
Because he has private elf care.

What do you call people who are afraid of Santa?
Claus-trophobic.



History lesson?: We've all had a good French fry. Some like them thin and salty like McDonalds, some like the thick 'steak fries' from Red Robbin, while many of us prefer the middle ground like Wendy's or Burger King. The name French Fry falsely indicates where this culinary delight comes from, as they were originally cooked in Greece.



NSEA Work Party Schedule *shared by Ian Bakke*



NSEA strives to make it easy and fun to help by providing all necessary tools, gloves, and instructions for every work party. Unfortunately, they will not be able to provide refreshments or restrooms this season because of the pandemic. More information on parking and where to check in is available upon registration. All volunteers need to sign up through an individual account, including minors. Anyone under 18 years old must also bring a Youth Liability Waiver completed and signed by a parent or guardian. An adult must also accompany any volunteer under 14 years old. Be sure to review the new policies and precautions we are implementing to keep our community safe during the COVID-19 pandemic at their website <https://www.n-sea.org/>

Saturday, December 12, 2020 from 9:00 AM 11:00 AM ~ Join NSEA on campus winterizing the nursery before the holidays!

Time for the "winter cleaning" of NSEA's Native Plant Nursery! Every December, the nursery requires a bit of maintenance to weed, sort through, and protect the native trees and shrubs that we rely on to restore salmon habitat throughout Whatcom County in the upcoming year.



Wellness *By Bob Knutson*

Working off weight gain caused by the pandemic:



There's no denying that the pandemic has changed how we do virtually everything. Eating habits and how our days are spent have undergone massive overhauls. Covid-19 pandemic isn't going anywhere this week, and it's probably already changed your life more than you expected. Outside of catching the virus, the pandemic has led to mental health issues and more.

Another side effect is weight gain. Unfortunately these changes have put health on the back burner. The Covid-19 weight gain resulting from quarantine has the potential to cause future health problems. Weight gain from overeating and inactivity can lead to high blood pressure, heart disease, high blood sugar, and low grade inflammation. Get a handle on it before it turns into your 'Covid-20 or 30' (or more lbs. around the waistline). It's the best way to protect yourself against added health risks.

One way to use this strange time to your advantage is learning to cook even if you already know how. Expand your knowledge of healthier recipes that incorporate a variety of ingredients, spices, and foods that can improve health. Home cooked meals can also help you track exactly what you're eating too. Shopping can be a challenge during the pandemic, but shopping healthy is quite a bit easier than buying prepared or packaged foods.

Fresh produce, meat, and dairy are generally around the perimeter of grocery stores and don't require any meandering through the aisles. Further produce stands are usually outdoors, making it a less risky environment to contract the virus, but keep your mask on. Increasing physical activity also is a way to combat weight gain. Run or walk when you are able. It can improve metabolism, reduce blood pressure and blood sugar levels, ultimately fighting back against disease risk.

Just start small and avoiding fad diets. If it took you three months to gain 15 pounds, it should take you roughly the same time to lose that same amount of weight in a healthy way. Making small changes is more effective than trying to lose it all at once. When it comes to losing pounds for good, a slow and steady approach is always the best. Under these conditions, it's essential to take control of aspects of your life that you still can. What you eat and how you spend your time are choices you have, so think how you can make them work for the best.

My Friends Live Well Be Well and always consult your health provider for the best plan that works for you.

Today I'm grateful for Health, Happiness, Family!



Words Of Wisdom By Raider Bob:

Today I rely on what should happen
Yesterday I rely on what happened
Tomorrow I rely on what could happen



I can't change the direction of the wind, but I can adjust my sails to always reach my destination.
~ Jimmy Dean



Be sure to check out Bellingham Cold Storage on our new website and 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!

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Fax: (360) 671-1259
E-mail: bellcold@bellcold.com
Website: www.bellcold.com
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Bellingham, WA 98225
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THE ICEBREAKER

Newsletter Producer and Editor, Ian Bakke



December 2020

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.