

January Anniversaries



Todd Morrow

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The legendary Bob Walsh retired on December 15th, 2017. Also inside is a farewell to Tim Unger, retiring January of 2018. These two men have almost 90 years at Bellingham Cold Storage and they will both be dearly missed.



Employee of the Month *by Evan Kerl*

Congratulations to Ricardo Burgos, our December Employee of the Month. He is one of our most knowledgeable warehousemen and creates space for most of our inbounds on a daily basis.

When you ask Ricardo about having space for product, he always says, with a smile on his face, that he can make room by working the warehouses. Ricardo has an eye for the warehouses and does not hesitate to get in the freezers or help people out when they need it.

I have worked with him for several years now, and he truly exemplifies the BCS core values. It is an honor to work with Ricardo. He is a valuable team member and brings a positive attitude to our work environment.



Wellness *By Bob Knutson*



The evidence shows that walking can often beat medication in providing relief from nagging ailments. Do your knees often bother you? Regular walks, which strengthen the muscles that support these joints, ease stiffness and reduce pain. Taking a walk after eating helps your body use glucose more efficiently and can prevent a blood sugar spike. Plus, a regular walk can help insomniacs sleep. And a brisk daily walk may ease depression and anxiety.

But just because you know something is good for you doesn't mean you always make it a priority. Sometimes, it's quite the opposite. So if you're looking for new or renewed motivation, lace up your walking shoes. Making walking a habit can preserve your memory and is great for deep thoughts. Walking with family and friends is beneficial too. You talk, laugh and debate.

Check with your Doctor first to make sure this fits. Take it slow and make it fun!

Good luck my friends!

Words Of Wisdom By Raider Bob
Gratitude is the memory of a glad heart.



Good words to share? If YOU would like to contribute to the BCS community, please contact the Icebreaker editorial staff via email at ian.bakke@bellcold.com or call 360-733-1640. We love sharing your stories, pictures, and announcements!

Tim Unger retiring after 43 very dedicated years of service to Bellingham Cold Storage



As I sit here at my desk on a Sunday afternoon in December, I think back to all of the challenging, exciting, frustrating and fun times that I've experienced with Tim Unger just in my 26 years with BCS. Tim has been a lot of things to a lot of people here at the cold storage over the years including forklift driver, supervisor, plant manager, safety manager, keeper of the key system, facility security officer and human resources manager. He's also been a friend, a confidant, a mentor, and once in a while, a referee.



Tim started his career with BCS way back in July of 1974 and literally worked his way up from there. Tim has seen a lot of changes over the years and was often right in the middle of many of them: new regulatory requirements, customer demands, financial challenges in the 80's that tested BCS, it's leadership, it's employees and our customers too. Tim has always been a steady and, for the most part, calm and mature leader who was able to take quite a bit of heat from employees, customers, regulatory agents and, once in a while, his bosses, who likely knew what they wanted but didn't always understand fully the entire landscape that Tim was up against. For that reason, I'm both thankful for his patience, maturity and professionalism throughout all of the challenging times and also very appreciative of his contribution to our eventual stable and positive success story.

Tim is one of those employees like Mart Asplund, Mike Clausen and Carole Sorensen who are synonymous with BCS. I can't tell you how many times I've been introduced to people who know a little bit about BCS either through personal experience or a neighbor or a friend and they usually rattle off a number of names to see if I know them... Tim's name is often one of them and when it is, they usually follow it with something like; "he's a very nice man who supports our church in a big way" or "I went to school with him and he's always been a solid guy"... to which I couldn't agree more.

Tim is also the employee that everyone at BCS seems to enjoy poking fun at. If Tim were not self confident, he might have a problem with this, however I know that he is fully aware that the ribbing that he gets from most everyone is a sign that we like him, enjoy being around him and genuinely care for him. You'd need to be more worried around here if people didn't give you a comical nudge once in a while, and Tim has been what I've affectionately called the BCS designated pin cushion so he might just be the most loved BCS employee amongst the people...

I'm sad that I won't get to see Tim on a daily basis anymore as we enjoyed many conversations about life, raising children, and society. We also worked well together when approaching improvement projects or tackling tough issues as we both moved toward a solution that would be in the best interest of the company, our employees and our customers. I am happy for Tim as he more than deserved this opportunity to retire while still having his health... I am however sad for his wife who will need to find him something to do outside of the home or she'll be ready to send him back to BCS. In all seriousness, I'm happy for the both of them and hope that a long and healthy retirement is in store for both Tim and Kris.

Come see us often! ~ Doug



Creamy Roasted-Broccoli Soup With Buttermilk and Spiced Pepitas

With Christmas behind us and the cold settled in, I turn to easy dinners for my family. This warm creamy soup is perfect, filled with healthy veggies, herbs and spices. Its delicious on its own but could also be served with salad and warm rolls. ~ Cassia Bakke

This makes about 4 servings and takes about an hour total time.

Ingredients:

- 2 pounds broccoli, stalk trimmed and heads cut into florets
- 10 tablespoons extra-virgin olive oil, divided
- 1 large yellow onion, thinly sliced (about 1 1/2 cups)
- 4 medium cloves garlic, crushed (about 4 teaspoons)
- 1 teaspoon ground coriander seed, divided
- 1/4 teaspoon red pepper flakes 1-1/2 cups buttermilk
- 1 1/2 quarts homemade or store-bought low-sodium chicken stock or vegetable stock Kosher salt
- 1 cup pumpkin seeds 1/2 teaspoon ground cumin
- 1/4 teaspoon ground mustard seed 1/4 teaspoon turmeric
- 2 tablespoons minced fresh parsley leaves Zest of 1 lemon



Directions: 1. Preheat oven to 375 °F. Toss broccoli with 2 tablespoons olive oil and spread in an even layer on 2 rimmed baking sheets. Transfer to oven and roast until broccoli is tender and browned, about 25 minutes.

2. In a large pot, heat 2 tablespoons olive oil over medium-high heat until shimmering. Add onion and garlic and cook, stirring, until softened, about 3 minutes. Stir in 1/2 teaspoon coriander seed and red pepper flakes and cook until fragrant, about 1 minute.

3. Add roasted broccoli, buttermilk, and just enough stock to barely cover vegetables. Bring to a simmer, then remove from heat. Working in batches if necessary, transfer vegetables and liquid to a blender. Starting on the lowest speed and gradually increasing to the highest speed, blend broccoli until a smooth puree forms. Drizzle in 4 tablespoons total olive oil while blender is running and return to a clean pot. Add as much of the remaining vegetable stock as necessary to thin to a creamy soup consistency. Season with salt.

4. Meanwhile, lower oven to 350 °F. In a mixing bowl, toss pepitas with 2 tablespoons olive oil, remaining 1/2 teaspoon ground coriander, cumin, mustard seed, and turmeric. Season with salt. Transfer to a parchment-lined baking sheet and roast until fragrant, about 10 minutes. Let cool.

5. Scrape toasted spiced pepitas into a mixing bowl and stir in parsley, lemon zest, and remaining 2 tablespoons olive oil.

6. Warm the soup, then spoon it into bowls. Top with spiced pepitas and some of their oil. Serve right away.



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Tim Unger Drawing Contest:

~ Now that he's retired, who's Tim hanging out with today?



Need some ideas?

