

January Anniversaries



Todd Morrow 33

The Superbowl is February 2nd so make sure to have your snacks ready for game day! Recipes inside. this issue of . . . The IceBreaker.

Don't let the entire staircase overwhelm you. Just focus on the first step. ~ Unknown



BCS will be open on Martin Luther King Jr day January 20th.

NSEA celebrates make a difference day, see details inside.



Employee of the Month *by Barbara Jenks*

The person who nominated Brittney said, "Brittney is awesome at what she does. It's not just her understanding of our processes and the quality of her work (which is stellar) but she also works so well with others. From the new people she trains to the tenured staff and management team -- and yes, she tolerates Gene—Brittney finds the time to first listen and then clearly communicate. These two things that she shares with a great swath of folks, customers, plant personnel, fellow admin staff and IT.

It would be extremely hard to imagine how we ever got along without Brittney. She's one of the first people I think when I picture those who truly epitomize our BCS core values. She will make a great Employee of the Month"

I could not agree more. Brittney's calming presence in Traffic was much appreciated while we navigated our first year as a new team. She has provided much support to everyone who has reached out to her, and we could not have accomplished all we have without her. Thank you Brittney!



Dredging operations in December of 2019 have made the Federal waterways accessible again. More inside this issue of the Ice Breaker.



Bellingham Cold Storage

Leadership on the Move

We are excited to announce three leadership changes at BCS effective January 1, 2020:

Joel Harvey, who has served Bellingham Cold Storage well in his role as Marketing and Sales Vice President, will be transitioning to a part time role as Senior Marketing Executive. This is a move that Joel has requested as he eases his way towards eventual retirement. Since joining BCS in May of 2014 Joel has been instrumental with the successful development of dozens of new long term customer relationships. Nanak Foods is a recent example of a new, significant on-site processing tenant/customer relationship that Joel championed. As a former BCS customer, Joel has also been able to provide a helpful perspective on various initiatives as likely viewed by our valued clients. Joel's biggest strength is developing new customer relationships and that is where he will be focused in his new role. We are very thankful for Joel's service over the last 5 years and look forward to more good things from Joel as he takes on this new position.



Jose Roques, who has been with BCS in a number of different roles since joining our team in December of 2000, will be transitioning from Vice President of Operations to the position of Vice President of Marketing and Sales, taking on the full menu of marketing and sales responsibilities for both new and existing customers. Jose has been a solid performer while leading both operations at the Squalicum and Orchard Plants. Jose previously served as Sales and Marketing Manager for BCS and is very familiar with our customer base, and his full operational understanding of BCS will be very valuable to those customers as he takes on this new role.

Nic Sakuma who started with BCS earlier this spring, will be promoted to Operations Manager taking on day to day responsibility for both the Squalicum Waterfront and Orchard Drive Facilities. Nic has been leading the effort to improve our ship loading/unloading services and has done an excellent job of getting to the bottom of various bottlenecks and opportunities.

Nic's natural inclination is to be a servant leader who is more than willing to roll up his sleeves and work right alongside other team members when appropriate. Being at this level once in a while gives him the optics necessary to have a better appreciation for what our plant employees are up against and how to help them improve the service or efficiency of the operations.

BCS has grown over the years and our service requirements have grown right along with us. The increasing demands on service expectations requires that we equip ourselves with leaders who are excited about tackling our biggest opportunity areas and Nic has demonstrated that his is up for that challenge. I'm expecting great things from Nic and know that he will do everything that he can to support both Glen McKay, Orchard Plant Manager and Todd Morrow, Squalicum Plant Superintendent with their continued success.

Congratulations to Joel, Jose and Nic as you transition to your new roles!

Doug Thomas

Doug Thomas



Dredge crews dig deep to make BCS more welcoming for our marine traffic.



Laughter is good for you!

Research shows that 6 out of seven dwarves aren't Happy (It's not all bad, also 6 of 7 dwarves aren't Grumpy either).

The man who invented Velcro has passed away. . . RIP

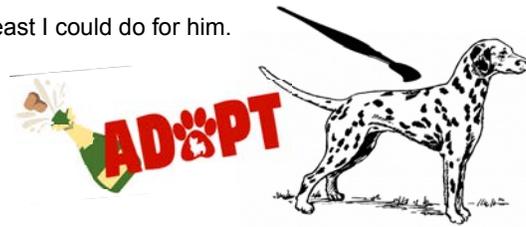
Every day at breakfast, I announce that I'm going for a jog, and then I don't. That's my longest running joke of the year.

Last weekend, I spotted an albino Dalmatian. It was the least I could do for him.

We just adopted a dog from a blacksmith.

As soon as we got home, he made a bolt for the door.

What did the little Champaign bottle call his father? Pop



Make a difference in 2020!

Here's your opportunity to literally change the world for the better with your bare hands.

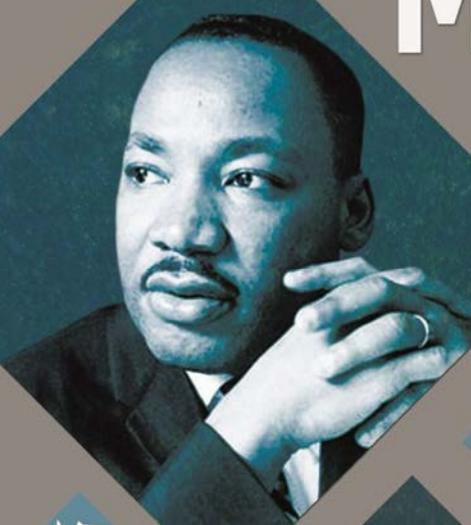
Don't forget that good times are always had at the NSEA work parties!



MLK JR

Day OF Service 2020

Jan. 20
10 am - 1 pm
Whatcom Falls Park
1700 Silverbeach Rd.



Free pizza and raffle!

Join the City of Bellingham, NSEA and WTA to restore salmon habitat along Whatcom Creek.

Parking and free shuttle available at Bloedel Donovan 2114 Electric Ave.

Whatcom Falls Park



For more information:
www.cob.org/workparties
360-778-7105
pkvolunteers@cob.org





Tools, gloves, instructions, and refreshments provided. Please dress for the weather and wear sturdy shoes.

Please bring donations for Lighthouse Mission: socks, handwarmers, gloves, hats, hygiene items, long johns and granola bars.





All ages welcome! Youth under 18 must bring a completed City & NSEA Youth Liability Form available on our website

Spinach & Feta Falafel Bites

This simple Super Bowl snack recipe is easy to make ahead of time. Heat and serve while enjoying your game-day party.

- 2 cups baby spinach
- 2 cans drained chickpeas
- 1 cup crumbled feta cheese
- 2 tsp cumin
- 1 cup all purpose flour
- vegetable oil, for frying



Pour a pot full of boiling water over baby spinach in a colander. When it's cool enough to handle, squeeze out any water. Get as much out as you can or your falafels will be too soft. Add wilted spinach to a food processor with drained and dried chickpeas, feta, cumin and plain flour. Pulse until just combined. With your hands coated in flour, roll into tablespoon-sized balls, then flatten into patties.

Fry in batches of 6 to 8 (depending on your pan size) in vegetable oil for 2-3 minutes on each side, then leave to cool. Eat now while still warm or, place on a baking tray, cover and freeze.

tzatziki for dipping (2 cups plain yogurt, one grated cucumber well drained, 2 tablespoons chipped dill and 2 cloves garlic micro-planed or crushed & diced. Mix and chill a day before serving to let flavors develop.)

To serve, from the freezer cook at 375 degrees for 7 to 10 minutes. Serve with tzatziki on game day. Eat as many of these healthy little bites as you like guilt free!



Wellness *By Bob Knutson*

Relax and Refresh: When life feels over scheduled, you need a break from the action. Sit quietly with your eyes open, gazing down toward the floor. Feel the sensation of your natural breathing going in and out, right at the very edge of your nose. Start to rest your busy mind. Just as it's normal for your brain to create thoughts, it's normal for those thoughts to go away. Take a moment to experience this gap; this is a mini holiday from worrying and planning. After a few seconds, return to your normal breathing. Thoughts will come and go.



If you practice, you can learn to get familiar with this calm opening in your mind. You'll be able to go there whenever you need to.

Consult your medical professional for the best plan that keeps you healthy and happy!

Happy New Year My Friends Live Well, Be Well, Stay Well And Stay Positive!

Go Seahawks!



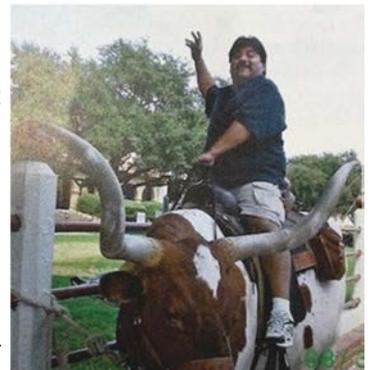
Rest In Peace Jose Luis Ortiz

Jose "Joey" Luis Ortiz, age 57 of Ferndale, passed away at home on Thursday, December 19, 2019. He is remembered as a quiet, simple, and sweet man. Joey was an excellent carpenter.

Joey was born in Bellingham on July 22, 1962 to parents Narciso and Guadalupe (Salas) Ortiz. He grew up in the Lynden area attending Lynden High School. After high school, he moved to Othello working for Lamb Weston Connell potato processing before returning to Whatcom County after about ten years. While back in Whatcom County, he worked various jobs before settling in at Bellingham Cold Storage as a forklift driver.

Joey loved fishing and watching football and baseball. He was often called on to help fix just about anything.

Joey is survived by his special friend Candace, brother Guadalupe, sisters Olga (Gerry) Gutierrez of Othello, Washington and Paul (Oberlin) Salazar of Dallas, Texas; brothers Narciso Ortiz of DeRidder, Louisiana and Ricardo Ortiz of Dallas, Texas; and numerous nieces, nephews and other family members. He is preceded in death by his brother Pete Ortiz and father Narciso Ortiz.



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