



## HUDSON GRAF COMPLETES SKYLINE HIKE

For those of you who know **Hudson Graf** (aka **Hud**), you have certainly been touched by his charisma and priceless banter. He is someone who is a stellar advocate for Skookum and I am convinced that the PSNS Custodial team is better for having him. Hudson has overcome many obstacles in his life and is now a successful husband to his wife, Paula and a Skookum custodian. Hud is proud of his Skookum tenure of over 12 years!



Recently, Hudson set his sights on tackling a great challenge as well as prepping for an even bigger one!

"I ultimately want to hike Mt. Rainier next year," says **Hudson** who just completed the 48-mile Skyline Trail hike in the Olympic National Park. Hudson was accompanied by his dad, Bill Hoke, on this arduous trail near Lake Quinault in mid-September. The hike is considered one of the toughest in the park and Graf said they were on the trail from sunrise to sunset. While navigating over one stretch he described it as 'being like on the moon'. Hudson said that they were only able to cover five miles on one day and that it took nine hours to cover the ground. But what breathtaking views!

Graf and his dad had perfect weather during their five days and four nights on the trail. Their high camp was on Kimta Peak and they reported they could see lights from fishing boats, in the ocean!

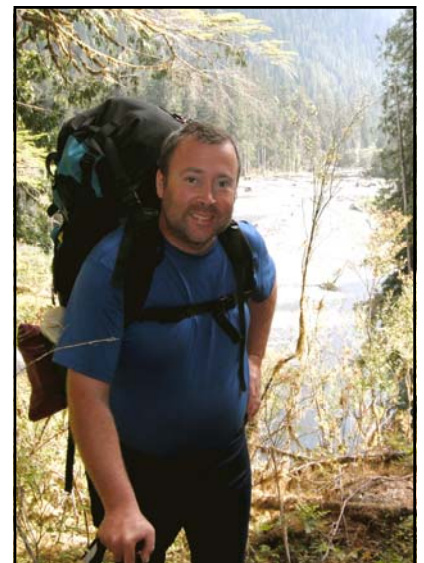
Hudson has previous backpacking experience and climbed Mt. Ellinor last winter but he said the Skyline Trail was tough going in spots.

"There is a lot of up and down, some places with a big drop off and you have to keep your focus," he said.

Mt Rainier in 2011? Count Hudson in!

**-Bill Hoke**  
Hudson's Proud Dad

**-and Jennifer Keil**  
Marketing Specialist



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# Happy Birthday!

## November Birthdays

1st-Benigno Circulado  
 1st-Doug Miclette  
 1st-Troy Ridge  
 1st-Evangeline Swenson  
 2nd-Debbie Crawford  
 2nd-Teresa Ruckman  
 2nd-Harold Costa  
 2nd-Malcolm Sellers  
 4th-Kathleen Bascom  
 4th-Angela Josserand  
 5th-Cara Hairston  
 6th-Kevin Ramsey  
 7th-Thomas Cottey  
 7th-Brian Lee  
 8th-James Blessing  
 8th-Bill McKenzie  
 9th-Hope Campbell  
 9th-Sharon Hubbard  
 9th-Darryl Wilder  
 10th-Robert Leonard  
 11th-Gary Cunningham  
 12th-Charlene Carr  
 12th-Sean Bellamy  
 15th-Judy Kempton  
 15th-Lawrence Etter  
 15th-James Gilmon  
 15th-Robert Rutz  
 15th-Brandon Whisenant  
 15th-Candace Kerr  
 17th-Brandy Brolliar  
 17th-Dale Anderson  
 18th-James Horton  
 18th-John Donohue  
 19th-Hae Freer  
 19th-Jimmy McKenna  
 20th-Arthur Faison  
 20th-Spencer Smithingell  
 20th-Robert Israel  
 21st-Margaret Boosinger  
 21st-Chanoane Hartt  
 24th-LG Smith  
 24th-Carmelita Britton  
 24th-Conchita Jordan  
 25th-Jennifer Lockhart  
 25th-William Gregg  
 25th-David Selbig  
 25th-David Siliven

## November Birthdays

26th-Beverly Simpson  
 28th-Darren Roderick  
 30th-Thomas Larson

## December Birthdays

1st-Jayme Godden  
 1st-Yong Suk Park  
 1st-Larry Low  
 1st-Dexter Cramer  
 1st-Seth Bentley  
 1st-Russel Luft  
 2nd-David Shafer  
 2nd-Tyson Baumann  
 3rd-Zenaida Womble  
 4th-John Kauhi  
 4th-Michael Iglesias  
 4th-Jerry Abernathy  
 4th-Jim Giacolone  
 5th-James Michaud  
 6th-Alan Hanna  
 6th-Matthew Hall  
 6th-Jeremy Carnahan  
 7th-Wesley Tietge  
 7th-Reggie Pickett  
 8th-Kevin Stuber  
 10th-Joe Hatten  
 11th-Loretta Moore  
 11th-John Cadle  
 11th-Bela O'Dell  
 12th-Dwayne Lizama  
 12th-Dana Forhan  
 12th-Chester Mabry  
 12th-Joshua Sell  
 13th-Heather Weeks  
 14th-Connie Barre

## December Birthdays

14th-Adam McWilliams  
 15th-Larry Haller  
 17th-Rod Thomas  
 18th-Hector Bimbela  
 18th-Sharleen Yoakum  
 18th-Steven Green  
 19th-Paulina Figueras  
 19th-Danny Hoyt  
 19th-Michael Bilger  
 20th-Jason Irvine  
 20th-James Nelson  
 20th-Jeffrey Garvin  
 21st-Jesse Brown  
 23rd-Anthony Bass  
 23rd-Christopher Boyd  
 24th-Brian Wellbord  
 26th-Douglas Stouffer  
 26th-John Gorby  
 26th-Marvin Fuller  
 26th-Victor Cobb  
 26th-Karen Clements  
 27th-Cristie Cox  
 27th-Issac Juma  
 28th-Jeff Lynd  
 28th-Sean Pace  
 28th-Christina Churchill  
 29th-Mark Mikkelsen  
 30th-Josefina Rule  
 31st-Joe Fegurur

# *President's Weekly Excellence Awards*

*Each Recipient Receives \$100 and a Skookum Excellence Pin*

## **Lee LaDeaux & Jill Geddes**

PSNS Custodial

Nominated by: Eva Wilson

On Sunday, 5 September, at approximately 6 pm, we received a call from the Naval Base Kitsap Command Duty Officer with a report of flooding in the basement of Building 443 due to a water pipe rupture. This building is occupied by the Commanding Officer, staff and 24/7 watchstanders. Though the water source had been secured, leaving standing water in place until normal business hours was not an option. Given the time of day, on a Sunday, during a holiday weekend, finding someone to come in for a cleanup of this scale had the potential to be a challenge. Lee LaDeaux and Jill Geddes answered the call. Perhaps the most gratifying aspect wasn't their just reporting for duty. They both did so with a cheerful demeanor, a complete understanding of the importance of the task, and a clear-eyed plan to gather the tools necessary to perform the work. They both labored well into the evening hours to ensure the flooding was cleaned up, and the Navy quarterdeck watch remarked and were impressed by how diligent Lee and Jill were in their task. Perhaps most importantly, Lee and Jill displayed the type of infectious positive attitudes that set the best of examples. We are fortunate to have Jill Geddes and Lee LaDeaux on our team.

## **Stacie Kane & Sharleen Yoakum**

Benefits & HR

Nominated by: Ellen Reichart

Stacie Kane, Benefits Administrator and Sharleen Yoakum, Human Resources Manager took the lead and launched a Skookum Wellness and weight loss challenge. This was a 12 week pilot project that was started in the Bremerton divisions of Skookum, with hopes of launching it through every division of Skookum in the future. The program included wellness tips, a weekly fitness and meal tracker, weekly weigh-ins, blood pressure checks, bi-monthly health topic classes, weekly prizes, a Skookum fun run, and a finale party to include prizes for the top three employees that acquired the most points during the 12 week program. Countless hours of thought and preparation went into this project. Their dedication and enthusiasm was contagious and the program was a huge success. Thank you both for going above and beyond at a time when your normal schedules were already stretched to the max!

## **Jane Tefft**

Hospital Housekeeping

Nominated by: Jerry Abernathy

I wanted to express my appreciation to Jane Tefft. During the times when I needed help (mostly when I didn't have a drivers license) Jane was always there for me. She was the one who gave me the assistance and tutelage I needed to help me study for and pass my driver's test. She helped to keep my morale high and I felt like I could count on her no matter what. Jane helped me understand things I had a hard time understanding and her ever present patience was appreciated and welcome. Thank you, Jane, for going above and beyond your supervisory job description and for helping me in a time of need.

## **Thomas Koch**

Fleet Maintenance

Nominated by: Jon Krause

I believe Thomas Koch sets the standard when it comes to Skookum's Core Values. He is always willing to share his technical skills and knowledge of the equipment we use down here at fleet. His active partnership has helped close many trucks that otherwise may not have been approved for release. When you ask for Tommy's help, you are going to get it! He is a team player who treats the equipment as if it were his own. He is committed to providing the customer with a quality product in a timely manner all the while mentoring and helping his peers become better mechanics. Without a doubt, Tommy is an asset to Skookum and its customers.

# PILOT PROGRAM

## Bremerton Area Employees Complete 12 Week Wellness & Weight Loss Challenge!

From June 15th - August 31st many employees from Bangor, Naval Hospital and PSNS participated in a 12 Week Wellness Challenge. The goal of this pilot program was to increase awareness around nutrition and exercise. For those who were able to complete the challenge, the results were amazing!

### GRAND PRIZE WINNER – JASON IRVINE

Jason Irvine of Skookum Bangor Janitorial was awarded the Wii with the Wii Fit. Jason is an incredibly busy single father of two young daughters and still found time to participate in this program. Jason told us that exercise has been a very positive experience in his life. His energy level increased and his overall stress level has decreased. Way to go Jason!!! You are an inspiration to us all.



### 2<sup>nd</sup> PLACE WINNER – ROBERT HAYNES

Robert Haynes of PSNS Janitorial was awarded a \$50 Gift Card to Best Buy. Robert had already started his own exercise program shortly before we kicked-off the Wellness Challenge. He used this opportunity to further his personal goals. He was an avid and active participant, even though he was working a graveyard shift! Nice job Robert!!



### 3<sup>rd</sup> PLACE WINNER –NELSON COLLINS

Nelson Collins of Bangor Janitorial was awarded a \$25 Gift Card to Foot Locker. Nelson took this challenge and definitely one of our key motivators. Nelson helped to start an informal walking program with other Bangor employees. On many occasions, we would see this group of employees headed out to walk after they had just finished an 8 hour janitorial shift!



Employees were able to earn points by participating in the program through a variety of weekly activities and checking in with a Wellness Team Member.

The results were fantastic and the amount of enthusiasm was incredible! There was no requirement for weight loss but this was a natural side effect that many realized.

### Skookum Fun Walk/Run at Clear Creek Trail in Silverdale, WA on August 28, 2010



Participants left to right: Robert Haynes, Cathy Jones, Jason Irvine, Nelson Collins, Serita Solis (daughter of Dana Solis) and Dana Solis. Not Pictured: Sharleen Yoakum, Stacie Kane

We have received a lot of great feedback and look forward to launching another challenge after we have settled into our new headquarters. Congratula-



# HOSPITAL HOUSEKEEPING NEWS



Congratulations **Violeta Candare** on your recent promotion to swing shift supervisor of Crew 41 at the Naval Hospital, Bremerton. Violeta obtained her National Executive Housekeeping certification several month ago and has served as a Lead/Mentor for several years in the past. She has worked very hard to get where she is.

Congratulations goes out to **Jane Tefft** on her new position. Recently Skookum took over the janitorial contract at Jefferson General Hospital in Port Townsend and Jane has accepted the Janitorial Supervisory position there. We wish you the best of everything Jane and we shall miss you.

### Crew 41:

On Wednesday 15 September, the Housekeeping department at the Naval Hospital celebrated their annual International Housekeeping Week with a huge reception for the Janitors and Hospital staff. **Captain Brouker, Jeff Dolven, Karen** and **Jane** praised the janitors for their excellent work that they do each and every day of the year.



Safety rewards were given out to the employees in addition to a couple of drawings for a day off with pay, and of course lots of good food. It was a huge success.



**-Karen Clements**  
Executive Housekeeper CEH

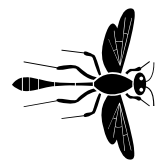
# SAFETY ZONE

Autumn is a busy time of year for insects that can present problems for us all in relation to bites and stings from bees, hornets and wasps. We need to be aware of their presence and take precautions to prevent being stung.

Bees and are attracted to bright colors, and sweet scents believing they may be flowers that offer something they desire. Avoid bright colored clothing and perfume or aftershave to prevent attracting them to you. If you know that you are allergic to insect venom, consult with your Doctor and be prepared with appropriate medication or injector pen as prescribed.

### Care for stings include;

- Bees sting once then die, leaving their stinger and venom sac in you.
- Wasps & Hornets can sting multiple times.
- If a stinger remains at sting site, remove the stinger by scraping it away with a fingernail or plastic card. If you use tweezers grasp the stinger, not the venom sac, or you may inject even more venom.
- Wash the site with soap and water.
- Cover site and keep it clean.
- Apply a cold pack to the area to reduce pain & swelling.
- Watch for signals of allergic reaction e.g. swelling, difficulty breathing, etc.
- If reaction is present seek medical attention.



**-Carl Beauchamp**  
Health & Safety Officer

# BANGOR/KEYPORT REPORT

## Bangor/Keyport Safety awards

**Celebrated Accident Free Anniversaries during August:**

**Josef Hernandez 4 years accident free!**

**Evelyn King 4 years accident free!**

**Douglas Stouffer 5 years accident free!**

**-Steve Spurling**

Bangor, Keyport Department Supervisor

## HEALTH & WELLNESS SPOTLIGHT

By, Stacie Kane-Benefits Manager

### *Remember effective as of October 1<sup>st</sup> we have new Medical Plan!*

A new medical card should have arrived at your home address by now. If you have not received your card, please contact the Skookum Benefits Department at 1-888-343-0220 x132.

#### **Customer Service Information for Skookum's Medical Plan**

Administered through First Choice Health:

**1-877-404-4420**

[www.myfirstchoice.fchn.com](http://www.myfirstchoice.fchn.com)

**Pharmacy Benefits** will now be administered by MedImpact.

- Check with your pharmacy to confirm they are part of MedImpact
- Copies of the covered prescription formulary are available upon request from the Skookum Benefits Department.
- Mail Order Program is now through Walgreens Mail Order.
- Choice 90 Program which allows you to receive a 90 prescription supply from your pharmacy for 2 co-pays (saving you 1 co-pay). Ask your pharmacy if they participate in the Choice 90 program.

**Nurse Line available to use 24/7 for members of Skookum's medical plan.**

#### **Need help with decisions like these?**

- Should I go to the Emergency Room?
- Should I go to the Walk-in Clinic instead?
- Should I call my doctor?
- Should I stay home and treat this myself?

Now there's a nurse line that's a 24-hour, 7-day-a week nurse call service. A professional team of registered nurses will provide you with direction and medical information. It's free and completely confidential.

**Nurse Line 1-800-756-7751**

