



NEW START-UP CONTRACT GETS ATTENTION

Today we are coming to the end of our second full month of a new custodial contract at Joint Base Lewis- McChord (JBLM). We are having exciting times coordinating with the customer going from a few hundred thousand square feet of cleaning, to over two million plus square feet! The staff has been great in making adjustments to the changes. We want everyone to know that we are ensuring that the right personnel are in the right place so that the buildings are properly cleaned and the customer is happy.

Skookum will also be installing new dispensers for the soap and paper products throughout the base. The installation of these new dispensers needs to be coordinated between our customer (Public Works) and the environmental team to assure we are

(Continue story on page 4)

MILESTONE ANNIVERSARIES @ PSNS

Division 40 celebrated a few milestone anniversaries on March 31st with a Hot Dog BBQ. We would like to congratulate **William Starkey** on receiving his 10 year pin. We would also like to congratulate **Catherine Jones, Leon LaDeaux, Kenisha Sollie, Robert Reinke, Christina Atkins, Ed Horton, Rhonda Pardee, and Deborah Warren** on receiving their 5 year pins. GOOD JOB TEAM we are proud to have you as part of our Skookum family!



(Continue story on page 4)

Inside this Issue

Page 2	Birthdays
Page 3	Excellence Awards
Page 4	JBLM Custodial/Milestones
Page 5-7	Health & Wellness
Page 8	Excellence Award Page

The SKOOKUM Scoop
 4525 Auto Center Way
 Bremerton, WA 98312
 1-888-343-0220
<http://www.skookum.org>

Marie Campanoli and
 Jennifer Keil, Editors
 360-475-0756
mcampanoli@skookum.org
jkeil@skookum.org

EXCLUSIVE FRIENDS & FAMILY COUPON! CLIP IT OUT AND MAKE COPY'S FOR EVERYONE YOU KNOW!

SKOOKUM AUTOMOTIVE MAINTENANCE

4525 Auto Center Way
 Bremerton, WA 98312
360-473-2510

We do it All! We do it Right!
 Call for your appointment today!

Get 15% OFF Labor on your next service!
 Plus...
FREE Multi Point Inspection, Car Wash and Vacuum!
 Coupon Expires: OCT. 2011

HAPPY BIRTHDAY!

April Birthdays

1st-Billy Foster
 1st-Michor Gentemann
 1st-Patricia Moana
 1st-Mike Powell
 2nd-Tracy Thomas
 3rd-William Gerig
 3rd-Tauave Tupai
 4th-Carol Geschke
 4th-Caleb Hawkins
 4th-Atsuko McDonald
 5th-Donald Carter
 5th-George Phillips
 6th-Dana Solis
 8th-Jacob Ferman
 8th-Steven Silkett
 9th-Adonis Britton
 9th-Joseph McKee
 10th-Ed Horton
 11th-Monica O'Hagan
 12th-Vincent Baza
 12th-Marilou Lauser
 12th-Tricia Peterson
 12th-Mary Wagner
 14th-Eunice Jewett
 14th-Dennis Kuzmick
 14th-Rhonda Pardee
 14th-Rick Rezentos
 15th-Rolland Bailey
 15th-Jennie Cruz
 15th-Roger Smith
 16th-April Hartsock
 16th-Charles Merry
 16th-Kaitlynne Rossi
 17th-Delwin Peterson
 17th-Daniel Polking
 17th-Sang Rowell
 18th-Rebekah Jensen
 19th-Richard Palmer
 19th-Alysa Russell
 20th-Debra Keyes

April Birthdays

20th-John Petruzzo
 20th-Robert Reader
 21st-Patrick Pastor
 21st-Brandon Putscher
 21st-Diane Royster
 24th-Felicia Aldridge
 24th-Michael Hernandez
 24th-Federick Mincey
 24th-Tari Rich
 24th-Andrew Roberts
 25th-Florida Bohlke
 26th-Jamie Shepherd
 27th-Brandie Lara
 28th-Richard Pierce
 29th-Andrew Hess
 29th-Mike Spaulding



May Birthdays

1st-Maurice Correia
 1st-Lynne Rossi

May Birthdays

2nd-Kasuelle Loeffler
 2nd-Michael Potts
 3rd-Dwayne Lemmons
 3rd-Harlan Lofthus
 3rd-Paul Sexton
 4th-John Chafin
 4th-Bruce Preston
 5th-Donnie Wynn
 7th-Helen Miller
 7th-Steve Wesseler
 8th-William Barker
 8th-Marliese McDaniels
 8th-Marlan Oaks
 8th-Mary Showalter
 9th-Dale Burns
 9th-Christine Strech
 9th-Corrie Wetzel
 12th-Kristy Fregozo
 12th-Alberto Massey
 13th-Sally Durham
 15th-Connie Privitt
 17th-Kathrena Newman
 19th-Ray Jackson
 19th-Catherine Jones
 20th-Augusto Basa
 21st-Becky Jackson
 21st-Adam Ousley
 22nd-Ryan Wiese
 23rd-Mert Garrison
 23rd-Lance West
 24th-Olivia Nehus
 24th-Dave Thompson
 25th-David Bise
 25th-Corwin Brickman
 27th-Elizabeth Johnston
 28th-Tiffany Anderson
 29th-Romeo Matro
 30th-Dorothy Shadwick
 31st-Kevin Johnston
 31st-Joni Klein

President's Weekly Excellence Awards

Each Recipient Receives \$100, a Certificate and an Excellence Pin

Nathan Stull and Chris Adey

Bayview Security

Nominated by: Ronald Ziarnick

It has been brought to my attention that Officers Nathan Stull and Chris Adey have acted above what is required of the duties assigned to them.

Both Mr. Stull and Mr. Adey have swept up the gravel around the Entry Control Point of the ARD. Not only did they sweep up the gravel but they used the gravel to fill washouts and animal burrows under the perimeter fence thus bringing these portions up to minimal standards as required by OPNAVINST 5530.14D.

This non-required work on the behalf of Stull and Adey is greatly appreciated by me and shows a high regard for the physical security of the ARD.

Tina Bailey

Bangor Custodial

Nominated by: LT Jason Spray

Tina Bailey went far above the typical call of duty for us here at Bangor's CS6-9. RDML Hennegan lost a prized coffee mug and after it couldn't be located, Tina went into the dumpster not once, but twice and miraculously found the prized mug! This made the Admirals day and is most deserving of the President's Excellence Award. The commitment to her job (and her customer) is obvious and she always does an OUTSTANDING job here! Tina has my full endorsement for winning this award.

Rene Watkins

JBLM Custodial

Nominated by: Brian Haigh

I would like to recommend Rene Watkins for the Skookum Presidents Award for her cost savings suggestion. JBLM Custodial is providing services to 220 different buildings on Joint Base Lewis-McChord (JBLM), with multiple brand and types of paper towel dispensers. One particular towel dispenser requires a type of towel our supplier can't provide so we have to purchase this product down town at a higher cost. Rene came up with a method of using the spent cardboard roll from the old towel and inserting it into new type of towel provided by our supplier allowing it to fit into the dispenser. The cost savings is \$20 per case, times 15 cases per week, equals \$300 per week or \$1200 each month! Rene's problem solving skills are proving to be an asset not only to the Custodial division but to the whole Skookum Team. Way to go Rene!

SUPERSTARS

FLEET BEAT

For the month of March it was business as usual. As always though we have an Employee of the Month and again, it was a very difficult decision to make. Nominees for the Month were **Leamon Woodley** (Supply), **Anthony Bass** (Auto Worker), and **David Boettcher** (Mechanic).

...And the decided Employee of the Month is... **Anthony Bass!** Anthony has been with Skookum for over eight years and is a valued employee. He will go out of his way to help/assist anyone he can. His personality is a model for all. When Anthony has spare time you can find him working on his cars, he has several of them. He does everything from mechanical work to body and paint, and when there done they look great! Congratulations Anthony, this is well deserved. →



Last month **Chris Boyd** Received the Weekly Presidential Award. Here is Jeff Dolven presenting Chris with that award. ←

-Bob Ratliff
Fleet General Foreman

Perfect Attendance Award (1st Quarter 2011)

Aalmo, Kris	The following employees met the requirements for the 1st Quarter 2011 Perfect Attendance Award. Employees are awarded a \$25.00 bonus for their dedication and commitment.
Baza, Vince	
Bell, Leslie	
Blessing, Jim	
Brown, Norman	
Cadle, John	
Colomac, Neil	
Concepcion, Mike	
Davis, Mike	
DeQuis, Craig	
DeQuis, James	
Fester, Ronnie	
Foster, Billy	
Koch, Tommy	
Moebius, Robert	
Nabors, Clyde	
Nelson, Mark	
Noehl, Mike	
Reader, Robert	
Sands, Charles	
Stoner, JR	
Walno, Paul	
Woodley, Leamon	

MILESTONES (cont.)

We also had two NISH Honorary Awards to pass out one for **Hudson Graf** and one for **Robert Reinke** for 2009 (better late than never!). **Robert Reiman** also received a NISH Honorary Award for 2010. They were nominated by their Supervisor for their contribution to Skookum success.



Eva Wilson
PSNS Facilities Maintenance Manager

NEW CONTRACT (cont.)

installing them safely and within the requirements of the environmental regulations. We will start and finish this project soon and will partner with Public Works to get this accomplished.

The custodial management and staff at JBLM are getting the customers the answers they need and are providing excellent service to support the customer. Go Team JBLM Custodial! You are doing a great job and it shows. Keep up the great work!

-Joe McKee
Quality Control Inspector JBLM

HEALTH & WELLNESS SPOTLIGHT

By, Stacie Kane-Benefits Manager



11
SPRING



THE BENEFITS OF Weight Training

Weight training is an important part of overall fitness. But recent studies show that it does far more than build muscle and bone. While cardio exercise helps your heart to function more efficiently, weight training can actually strengthen the heart. Muscles get bigger because the force needed to lift weight actually makes small tears in muscle tissue. As your body repairs these tears, the muscle grows. This, it seems, is also true for the heart which works hard to force out blood as you weight train.

Strength training also appears to increase certain proteins that reduce glucose levels in the blood stream. This can significantly reduce the risk of diabetes and the complications that come with it. Having more muscle may also help dialysis patients. Dialysis appears to be more effective for those who

Continue article on page 7

Go GREEN with Spring Cleaning!

Ah spring! Warmer weather, flowers beginning to bloom, and the desire to clean the house from top to bottom. Spring is a great time to get rid of the clutter accumulated over the winter months and to do a proper cleaning, but the chemicals and solvents used in cleaning supplies can be toxic to the environment and to us. There are a lot of green alternatives on the market, but why not try making your own cleaning supplies out of ingredients you probably already have around the house? You can make as little or as much of these supplies needed for just pennies, and have the comfort of knowing they won't harm the planet. Remember, even though these formulas are non-toxic, they can be very effective. It is best to test the solution on a hidden part of the surface to make sure that it won't be harmed.

LET'S START IN THE LIVING ROOM

When it comes to basic cleaning around the house, natural ingredients do an excellent job. Baking soda sprinkled into carpets before vacuuming works well as a carpet freshening agent. For floors and walls, try this simple preparation:

- ¼ cup washing soda (also known as sodium carbonate—available on the detergent aisle of super- markets)
- 1 tablespoon vegetable-oil based liquid soap
- ¼ cup vinegar (plain white is best)
- 2 gallons hot water

Mix the ingredients in a pail. Apply with a mop or cloth and wipe clean.

IN THE BATHROOM

Bathroom cleaners are some of the most toxic and can be replaced with much greener alternatives. Simple baking soda sprinkled into the toilet bowl and left to sit for a few minutes before scrubbing works well.

To clean the tub and bathroom tile, this scouring powder solution is a green alternative:

- ½ teaspoon washing soda
- ¼ to ½ teaspoon vegetable oil-based liquid soap
- 3 tablespoons vinegar
- 2 cups hot water

Mix the ingredients in a spray bottle or pail. Apply with a cloth and wipe clean.

Continue article on page 7 →

First Choice Health™

Healthy Employees. Healthy Companies.™

CONTACT US

TOLL-FREE: (800) 777-4114

TTY/TTD: (800) 777-4969

www.FirstChoiceEAP.com



11

SPRING

Improving Your Credit Score

No matter where you go or what you do, there's likely to be a score. It's true in sports. It's true in the world of academics. And, it's true with regard to your credit.

There's a score associated with your debt and debt-paying history. In most walks of life, you know what you need to do to improve your score. But that's not necessarily the case when it comes to improving your credit score or what's called your Fair Isaac Corporation (FICO) score. Knowing how your credit score is calculated and then figuring out how to improve that score seems a bit of a mystery. In the case of the former, there are plenty of resources that address how your credit score is calculated. In short, 35 percent of your score is based on your payment history; 30 percent on the amounts owed; 15 percent on the length of credit history; 10 percent on the type of credit used; and 10 percent on new credit (the number of accounts you have recently opened).

In the case of how to improve your FICO credit score, financial planners suggest that you do the following:

- **Use personal finance software or online banking services.** Software and online banking can give your financial life some order and help you avoid missing payments. Missing payments affect one of the largest aspects of your credit score—your payment history.

- **Be careful about applying for store credit cards in order to get an immediate discount at the register.**

Applying for too many credit cards or having too many will have a negative impact on your credit score which might outweigh the one-time savings gained from applying at the register to get a discount. If you carry a balance on a credit card, it should be no greater than 50 percent of your credit limit. Either pay the balance down or increase the limit.

- **Consolidate your home equity line of credit (HELOC).** Consolidate your HELOC into a primary mortgage or increase the line of credit so the outstanding balance is less than 50 percent of the line.
- **Pay down your credit card debt.** Get your balance to zero and your score can go up by as much as 20 points in 60 days.
- **Get a copy of your credit report and look for errors.** This may include payments that appear as late but you can prove were paid on time, accounts that aren't yours, and old debts that shouldn't be on your report anymore (i.e., negative debts that should be taken off your report after seven years and bankruptcies that should be removed after ten years).
- **Maintaining multiple credit cards may help you in some circumstances.** It is better to have four cards at 20-percent to 30-percent capacity than to have one card that's maxed out.

The Financial Planning Association® (FPA®), January 2011. Reprinted with permission.



Go GREEN with Spring Cleaning!

Continued from page 1.

KITCHEN AID

Using non-toxic ingredients makes great sense in the kitchen. Simple table salt and water can be used to clean coffee pots. To cut grease on surfaces and stoves try the following:

- ½ teaspoon washing soda
- ¼ to ½ teaspoon vegetable-oil based liquid soap
- 3 tablespoons vinegar
- 2 cups hot water

Mix ingredients in a spray bottle. Spray and wash. Wipe clean.

YES I DO WINDOWS

The old fashioned approach to window cleaning works great. Make a solution of:

- ½ cup vinegar
- 4 ½ cups water

Mix ingredients in a spray bottle. Shake and apply. Wipe clean with a crumpled up newspaper. If you have already recycled your newspaper, try reusable cotton cloths.

11

SPRING



information for your life

THE BENEFITS OF Weight Training

Continued from page 1.

lift weights because of increased blood flow through muscle tissue—according to a 2010 study in the *Clinical Journal of the American Society of Nephrology*.

And there's more. In a 2010 study in the *Archives of Internal Medicine* it was found that women ages 65 to 75 had better brain function if they did resistance training twice per week. It is thought that a protein that helps brain growth may be increased by weight training.

So what are you waiting for?

It seems moderate weight training is enough to achieve all of these benefits, and you are never too old to start.

Source: Los Angeles Times. Strength Training Does More Than Bulk Up Muscles. Feb 13, 2011. J. Stein.

SUMMER INTERNSHIPS for High School Students

A summer internship is a wonderful way to get your high school aged child involved in a pursuit that will provide him or her with practical experience in a field of his or her choice. Summer internships help your child:

- Learn how a company or organization operates
- Make valuable contacts in a field of interest
- Obtain work experience
- Strengthen college applications
- Investigate possible careers

Check with local museums, universities, corporations, and other organizations and ask about what internships they have available. Talk to your child's school guidance counselor to find out if he or she has listings of opportunities. Check in your local library for books that list internships.

There are also internships farther from home, in other states, and even out of the country. There are many organizations that act as a clearinghouse for these types of opportunities. Many require that the student's costs (travel, housing, etc.) be paid for by his or her family. Make sure you do careful research about these types of arrangements. An internet search is a great way to learn about what is available.

SOME SITES TO CONSIDER:

www.internshipprograms.com • www.internabroad.com
www.idealists.org • www.volunteerinternational.org • www.students.gov

