



NATIONAL GUARD LEGISLATIVE DAY

Skookum was invited to the **National Guard Legislative Day** that was held at the state Capital on February 4th. The event was to recognize veterans for sustaining employment after returning from their tour of duty. **Billy Foster** was the employee that was selected to meet **Governor Gregoire, Secretary of State Sam Reed, Attorney General Rob McKenna,** and the **First Gentleman**. We are very proud of you Billy.

Also recognized were the employers for hiring veterans, and Skookum was called to meet and receive an Award from the Governor. As one of the invitees I can tell you that I have never been more honored to be part of a company. To be there with **Michor Gentemann** and **Billy Foster** to accept this award on behalf of Skookum, was truly an honor. After the award was presented, we went back to our table, and in short order we had a Command Sergeant Major come up to us telling us how great it was that Skookum was able to employ his son. He told us it made him proud to know there were employers out there that understand and were there to help. This is a day I won't forget, our mission statement is so true; Creating Opportunities for People with Disabilities.

-Bob Ratliff
General Foreman

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Happy Birthday!

February Birthdays

1st-Isolde Harlee
 1st-Robert Reiman
 1st-Steve Spurling
 2nd-Christopher Hoptowit
 2nd-Robert Moebius
 3rd-James DeQuis
 3rd-Ronnie Fester
 3rd-Tammy Neal
 3rd-Ryan Smith
 3rd-Michele Thesenga
 4th-Frederick Myers
 4th-Stephen Ortiz
 5th-Phillip Paugh
 6th-Elson Daidad
 6th-Timothy Ford
 8th-Julianne Hamilton
 8th-Kelly Krahn
 9th-Vielka Stufflebeam
 11th-Jeff Dolven
 11th-Mary Kendall
 14th-Bob Ratliff
 15th-Michelle McElroy
 15th-Courtney Miles
 15th-Wendell Stevens
 17th-Ellen Reichart
 17th-Webster Rhodes
 18th-Sarah Davies
 19th-Marty Sutherland
 19th-Brian Williams
 20th-Michael Noehl
 20th-Robert Reinke
 21st-Elvira Marts
 22nd-Andrea Cunningham
 23rd-Kris Aalmo
 23rd-Robert Haynes

February Birthdays

23rd-Hamilton Higgins
 23rd-Matthew Johnson
 23rd-Richard Kennedy
 25th-Timothy Wolff
 27th-Anita Forsman
 28th-Thomas Koch



March Birthdays

1st-Jill Geddes
 2nd-Clifford Berlin
 2nd-Newton Herd
 3rd-Pavielle Golden
 4th-Irene Bush

March Birthdays

4th-Paul Roundtree
 5th-Matthew Madrid
 5th-Clyde Nabors
 6th-Sophia Sale
 7th-Sanoe Seabourn
 10th-Edward Garrido
 11th-Becky Escobar
 12th-Philip Troy
 13th-Jakan Austin
 13th-Deven Tillak
 14th-Dale Moore
 16th-Jason Emm
 16th-Willie Jones
 16th-Jodi Kainu
 16th-Heather Larson
 16th-Richard Vasquez
 17th-Nathan Petri
 19th-Craig DeQuis
 20th-Rosa Escalera
 20th-Michael Smith
 21st-Travis Nollette
 21st-Cheryl Thesenga
 22nd-David Boettcher
 22nd-Cindy Ellsworth
 22nd-Abraham Goldberg
 23rd-Logan Gazabat
 24th-Ronald Potts
 25th-William Starkey
 26th-Paul Walno
 27th-Troy Cable
 27th-Kassidy Pentland
 28th-Samuel Lakin
 28th-Jeanette Thompson
 30th-Jeremie Sandbeck
 31st-Morgan Krause

President's Weekly Excellence Awards

Each Recipient Receives \$100 and a Skookum Excellence Pin

Denis Unkrur

Sanitation Manager

Nominated by: Sanitation Department

The Sanitation Department, would like to nominate Mr. Denis Unkrur for an extraordinary job well performed. Denis is much more than just a hard worker. He has done so much that it is hard to know where to start, so I will focus on his very important role as a mentor, his kindness without wanting to receive back, and his strong effort on the development of being a good leader. Denis provides quality of services for our proud "Portable Toilet's" as he says and we have learned: "Your poop is our bread". His honest statements make him unique. He continuously perseveres on obtaining the best results for any activity or request being planned or improvised, and avoids turning them into grim chores. He projects so much joy and energy that he makes taking care of "porta-potties" fun. Denis is no nonsense, direct and firm, but still full of good humor and encouragement. For those who have had the opportunity to know him as a person, not just as a Manager, we know this is true. The Sanitation department: Vicky, Brian, Jason, Amray, Curtis, Jeremy, Bobby, Jenifer & Tim would all like to say THANK YOU, Denis for what you do!

Showing appreciation for someone else is certainly good. There are tons of ways to do it. Send them a thank-you card. Take them out to dinner. Give them a great big hug! Our way to show appreciation is to nominate someone like Denis for an award. Thanks!

Mary (Kate) Wagner

POV Storage

Nominated by: Tom Whipple

Mary (Kate) Wagner works for POV Storage, Dept 16 and is performing General Clerk III duties. She is responsible for the web based program that manages the in-process, Storage and Maintenance of 550 to 600 service member's vehicles per month. Kate has proven invaluable to the POV Team through continued exceptional ratings from the Government Inspections. POV Storage Division continually receives the highest rating on the customer comment cards and Kate has a direct role in this. She also received an ISO recognition award from the Lewis/McChord General Manager. Kate has been with the department since conception of POV Storage Division and is an intricate part of the Skookum Team. She is credited with writing policies and procedures that were integrated into the five state Western Region POV Storage standard operating procedures. Kate has proven that she is an asset to our operation here at POV Storage, Lacey Washington.

Debbie Keys

Bangor Custodial

Nominated by: LCDR Christian Wallis

I am writing today to thank one of your employees for doing such a great job while working at Branch Health Clinic Bangor. Debbie Keys has really done a fantastic job ensuring the cleanliness of our clinic for a few months now. The staff has mentioned to me on several occasions that her attention to detail is exceptional. This is especially important in a clinical environment where the spreading of germs can truly make our work much more difficult. In addition, Debbie's warm personality and thoughtfulness has been a wonderful addition to our clinic. She readily engages clinic staff in conversation and all are left with a smile on their face. She has even found a few stray personal items from our military staff and left them for me with a note to return to the employee in the morning.

Please thank Debbie for us and let her know that she has done a great job.

Andy Desotell

Fleet-Shop Foreman

Nominated by: Eva Wilson, C.E.H.

I would like to nominate Andrew Desotell for the President's Award. Andy has provided the mission critical training for the ten ton forklift certification required for our FISC Contract. Without this training we would not have been able to meet the contract requirements and would have possibly lost this contract opportunity. Andy's demanding standards and rigorous training program provided the Division with quality operators, many of whom have received high praise from our government customer. The quality Andy helped instill is best exemplified by the fact that we continue to receive forklift operator contracts from FISC for operations onboard U.S. Navy aircraft carriers. Andy, based out of Fort Lewis, has unselfishly been willing to come to Bremerton on short notice and even during the Holidays to provide this training. Andy's efforts have allowed Skookum to retain a crew of over two dozen qualified forklift operators, thus keeping us in a high state of readiness for our government customer.

super stars

PAUSE FOR THE CAUSE

Skookum members, **Scott Bell**, (back row middle) and **Helen Miller** (left front row) take a photo pause for the cause with Naval Hospital Bremerton Facilities Department staff as they are recognized for NHB being the



first military treatment facility to receive the Energy Efficiency Commitment (E2C) award from American Society of Healthcare Engineers (ASHE), in recognition of achieving a 15 percent reduction in energy usage. Skookum employees helped Facilities Management Department to actively take the lead in establishing command-wide energy reduction measures which lead to this award, such as actively helping with on-going command-wide energy awareness campaigns of turning off lights, and maintaining air-conditioning boundaries (Official Navy photo by Douglas H Stutz).

-**Douglas H Stutz**
Public Affairs Officer
Naval Hospital Bremerton

QUALITY CORNER

The month of January has come and gone. I know Quality will be as good in February as it was in January. We have 4 routes this month which has received good email for their rating of a 5 from the customer survey and a rating of 5 on the Quality inspection for Naval Base Kitsap-Bremerton.

Day shift:

- Route 5 belongs to **Alex Lincoln** and **Hudson Graf** for Bldg. 448. These two employees also received a good email for their Bldg. 480.
- Route 6 belongs to **Sally Ebbert** and **Racquel Kaal**. They received a good email for their Bldg. 922.
- Route 6-B belongs to **Jaken Austin** and **Willie Jones**. They received a good email for Bldg. 864.

Swing shift:

- And last but not least is **Pele' Leiatua**. He received a good email for Bldg. 502.

Port Townsend is also doing very well with Quality:

- **Matt Garnett** and **Linda Braley** who do a great job on Indian Island receive many 4's and 5's for their inspections. They both work very hard to keep up with the work. And they have a beautiful place to work!
- **Bill O'Connell** takes care of the Bldgs. at the Port in Port Townsend and an Administration Bldg. at Point Hudson. This place is wall to wall people in the Summer time. The winter still has many visitors who use the facilities. Bill seems to keep up with it all.
- **Matt Johnson** is the person who keeps the Fort Worden Cemetery in pristine condition. The cemetery is kept up all year around. Even in the rain, wind, hot sun and the cold Matt does his job and he is very proud of what he has accomplished. We are also proud of this.

Fort Lewis janitorial will be opening up in March. They will also have a new Quality Control Inspector for this area. There will be a lot of training to do before we get underway. We are looking forward to it. Keep up the good work and thank you for doing a great job!

-**Twyla Johnson**
Skookum Quality Control Supervisor

FLEET BEAT

I would like to take this time to explain Fleet’s Employee of the Month Award and how we go through the selection process. Each shop Supervisor nominates an employee, those nominee’s are then reviewed by the Managers, and then the Employee of the Month is selected. This is truly an Employee of the Month as there is only one. The dates go from December through November, therefore we end up with twelve that we chose from for “Employee of the Year”. Fleet has gone down to two shops since late December. Our Employee of the Month nominee(s) are very important and the individual(s) nominee should be very proud.

The “Employee of the month” for December is **Joe Mesa**. Joe has demonstrated commitment to our customers and fellow team members with his skills and abilities that have been applied to several vehicles. Joe’s excellent trouble shooting knowledge was directly responsible for a very difficult repair. Many attempts were made to solve the defect by other personnel (not employees of Skookum), but failed. Joe’s expertise has proven time and again very valuable in Skookum’s success. December nominee was Victor Cobb (bldg. 12124).



January’s Employee of the month is **Norm Brown**. Norm is an outstanding Inspector. He is committed to delivering superior customer service, combined with a high level of quality inspections in which his pass rate with the Government is a direct reflection of Norm’s work ethic. Norm is also a repeat recipient of Skookum’s Perfect Attendance Award. Norm is always willing to assist, instruct and mentor. Norm’s highest quality is his integrity, to do what’s right for the customer, and most importantly, for our soldiers.

Another proud moment was the Graduation of Apprentice **Kris Aalmo!** Congratulations Kris you are now a Full fledge Journeyman Diesel Mechanic. Kris was also awarded the “Employee of the Year” for 2010. Kris started with Skookum in August of 2006 and since then has held the positions of Mechanic, Q.C., and Shop Foreman. Again, Congratulations Kris. You make us proud.



-**Bob Ratliff**, General Foreman

PERFECT ATTENDANCE at JBLM FLEET

The following employees met the requirements for the 4th Quarter Perfect Attendance. Employees are awarded a \$25.00 bonus for their dedication and commitment.

Baza, Vince	Nabors, Clyde
Bentley, Seth	Reader, Bob
Goetz, Josef	Springer, Bob
Kim, Sa Yoon	Triplett, Marvin

The following employees met the requirements for Perfect Attendance for two (2) consecutive quarters. Employees are awarded a \$50.00 bonus for their dedication and commitment.

Cable, Troy
Concepcion, Mike
McCulley, Gordon

The following employees met the requirements for Perfect Attendance for three (3) consecutive quarters. Employees are awarded a \$75.00 bonus for their dedication and commitment.

Moss, Robert
Polking, Daniel
Stokes, Richard

The following employees met the requirements for Perfect Attendance for four (4) consecutive quarters. Employees are awarded a \$100.00 bonus for their dedication and commitment.

Bell, Leslie	Colomac, Neil	Fester, Ronnie	Lowers, Barry	Oaks, Marlan	Walno, Paul
Blessing, James	Conway, Jackie	Foster, Billy	Luft, Russel	Sands, Charles	Woodley, Leamon
Brown, Norman	DeQuis, Craig	Jennison, Jeff	Nelson, Mark	Vazquez, Richard	
Cadle, John	DeQuis, James	Kim, Danny	Noehl, Mike		

HEALTH & WELLNESS SPOTLIGHT

By, Stacie Kane-Benefits Manager

Top Ten Energy Boosting Foods

Get ready to dump that coffee down the drain. You're about to be introduced to a group of tasty, healthier energy sources that won't give you the jitters, make you cranky, or cost \$4.75 a cup!

Your body's preferred energy source is carbohydrates. But the key is eating the right kinds of carbs, ones that will give you that much-needed energy without sending your energy levels crashing.

The solution? Keep your carb levels on an even keel to avoid those sugary spikes. Since your blood sugar drops four hours after eating, it means eating more frequent, smaller meals. It means concentrating on low-fat, high-fiber foods and complex carbs – these are broken down slowly and steadily, giving you regular energy throughout the day.

10 Energy Foods

- Whole wheat pasta
- Oatmeal
- Fruit smoothies made with low-fat yogurt
- Peanut butter
- Dried fruit (apricots, cranberries, raisins, figs)
- Yams
- Beans
- Apples
- Carrots
- Chickpeas

Also:

- **Eat breakfast!** This is absolutely the #1 "eating for energy" strategy. It gets your metabolism off to a strong start and makes nighttime snacking a thing of the past. (Coffee is not breakfast.)
- **Avoid grease** (burgers and fries) and high-fat dairy foods (pizza, ice cream, cheese) and choose lower-fat versions instead.
- **Focus on whole grains**, which are good sources of vitamin B, aiding the metabolic production of energy.
- **Don't forget iron**, an energy-boosting mineral.

If you liked this article, you can read more just like it at www.sparkpeople.com, a free website full of healthy lifestyle resources.

Skookum Medical Plan News Update

Disease Management Program Surveys

If you are enrolled in Skookum's medical plan, you should have received a survey from UMR, who is administering Disease Management Program of our medical plan. Unfortunately, the initial surveys were mailed without return envelopes. UMR recently sent the surveys again, with return envelopes. This should make returning your confidential survey much easier!

As a reminder, the new Disease Management Program offers one on one coaching to assist those with chronic health conditions, and is completely confidential. Please take a moment to complete your survey and return it. We are excited to be able to bring this benefit to our medical plan enrollees!!

