

The SKOOKUM *Skoop*

August 2014

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“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” -Thomas A. Edison

Skookum Scholarship Winners Announced!

Skookum truly believes in supporting higher education for our employees and their children, so in an effort to do so, we are proud to announce the winners of the 2014 Skookum Scholarship Program: **Alicia Fregozo** (JBLM, WA), **Eunji Cho** (Fort Hood, TX), **Heather Alcorn** (Bremerton, WA), **Lauren Haigh** (Naval Hospital Bremerton, WA), **Marsha Waters** (Fort Hood, TX), **Richard Duval** (WSMR, NM), and **Vaughn Taylor** (Fort Lee, VA). Each winner will receive a \$1,000.00 scholarship to help cover the cost of their tuition. We would like to thank everyone who applied; there were so many amazing applications, so much so that seven scholarships were awarded instead of the originally planned five. Please keep an eye out for next year's scholarship program announcement in the Skookum Newsletter and on the Skookum Employee Website.

Congratulations again to all of our winners!!!

Natalie Vann
Marketing & Communications Manager
Executive Assistant | Bremerton, WA

SAFETY ZONE:

To many, performing routine lawn care can be a rather mundane task. Aside from the occasional pesky insect or foliage-induced sneeze, most of us may regard yard work like a visit to the dentist: you don't want to do it, but it's something that must be done.

If you are assigned to the Roads & Grounds (R&G) Department at Fort Lee, Virginia (Division 55), grounds maintenance is managed more like a large-scale military exercise. There are over 750 acres of arduous grass to tame along with high profile locations to service such as the commanding general's headquarters. These complexities require R&G professionals to consistently maintain a heightened level of detail to meet rigorous military performance requirements. Contending with environmental hazards like extreme temperatures, vehicular traffic, and the occasional wayward pedestrian, grounds maintenance can be a formidable undertaking for most.

During the summer months, Ft. Lee can have temperatures well into the 100s and humidity in upwards of 80% or more making heat injuries a real concern for the grounds maintenance crews.

However, because of the acute observation skills of two R&G employees, a potentially life threatening medical condition was averted: heat illness. Grounds Maintenance Laborers, **Corey LeGrande** and **Tommy Walton** recognized their fellow R&G 'battle buddy' **Steven "Garrett" Maitland** wasn't feeling well and instinctively rendered the first-aid care necessary for Garrett's safety. Both Tommy and Corey received training in April that specifically addressed the dangers of heat illness and what to do should an incident arise. It was because of their attentiveness to training, selfless service, and courageous action that Garrett received the medical attention he needed to make a swift and prompt recovery. Congratulations on a job well done!

Vaughn Taylor | Safety Specialist | Fort Lee, VA



*L to R: Tommy Walton, Steven "Garrett" Maitland, Corey LeGrande/
Roads & Grounds*

August Birthdays

1	Joseph Saunders	18	Roberto Benavidez
1	William Watkins	18	Walter Davis
2	Maria Chavez	18	Megan Mason-Todd
2	Magdalena Galvez	19	Brandon Mcguire
2	Nathan Trimble	20	Rene Watkins
2	Jacob Vaccaro	21	Thomas Boehnlein
3	Prudence Bassett	21	William Palazzolo
3	Webster Blunt III	22	James Crenshaw
3	Frank Johnson	22	Maria Figueroa
4	Harold Brown	22	Patrick Pennington
4	Natalie Vann	23	Curtis Lake
4	Josef Hernandez	23	Billy Riggins
4	Jeremy Johnson	23	James Wilkins
4	Thomas Whiteside	24	Edward Boyle Jr
5	David DiMatteo	24	Loretta Hamon
5	Richard Duval	24	John Jacob
5	Andres Gonzalez	24	Hyong Lipscomb
5	Troy Lewis	24	Jacqueline Main
6	Gail Nakahara	25	John Montgomery
6	Kevin Roberts	25	Thomas Walton
8	Tina Bailey	26	Stephnie Carpenter
8	Leeland King	26	Jeremy Dalton
8	Rick Roller	26	Orlando DeJesus
9	Anthony Grijalva	26	Yusef Freeman Jr
9	Elvira Rozal	26	Stacy Hall
9	Evelyn Villa	26	Yo Peralta
10	Corey LeGrande	26	Jonathon Prinz
10	Gregory Wimsatt	26	Sergio Sayson
11	Steven Brewer	27	Kavon Cooper
11	Christopher Pettus	27	Toni Keith
11	David Thibadeau	27	Josh Martinelli
12	Charles Griffin	28	Heather Alcorn
12	Joan Randolph	28	Branden Nicely
12	James Tucker	28	Raymond Ridley
12	Jesus Valero	28	Sergio Ruiz
12	Deborah Warren	29	Daniel Brantley
13	Matthew Jerez	29	Paul Mann
13	Samantha Patten	29	Diana Reeves
13	Larry Porter Jr	30	Jay Goss
13	Thelma Rongcal	30	John Morton
13	Kenisha Sollie		
13	Song Taylor		
13	Joshua Young		
14	Jamie Wray		
15	Larry Coleman Sr		
16	Gary Hatley		
16	Raul Torres-Perez		
17	Lonnie Bowers		
17	Denise Stinocher		
17	Teresa Vreeland		



Skookum Excellence Awards

Curtis Lake

JBLM Sanitation – **Nominated by: Bob Ratliff, Sanitation Project Manager**

Curtis Lake came to Skookum in 2005 with a ‘no question’ type of attitude - you ask him to perform a task and he simply replies, “okay”. Curtis is the only driver at this time who is able to fill in or assist the Bremerton driver due to the fact security badges haven’t come in for the rest. All that being said, it’s a long day when Curtis drives from his house to Bremerton every day. He does this without one complaint as he knows the customers come first and therefore wants to ensure the services they rely on are met. Just recently, Curtis trained an employee in Bremerton and was willing to work on a holiday so the new driver would fully understand the route. Curtis is also very familiar with JBLM, having served our country with the 864th Engineer Battalion. It doesn’t matter to him how many hours he works as long as our customers are taken care of. His attitude of taking care of the customer is outstanding. He’s polite, courteous, and knowledgeable and therefore able to support and assist the customer. Curtis was also the first one to complete his Class A CDL. When I spoke with the instructor, he said Curtis did an outstanding job in preparing for the test, one of the best he’s seen in a long time. After completing his Class A, Curtis was more than willing to help out his co-workers. Whatever he did worked as they received the same kudos as Curtis. Curtis is a huge asset to the Skookum team; we’d be lost without him!

Lauren Hill

Vocational Specialist Supervisor – **Nominated by: Shawna Boutwell, Job Developer**

Lauren demonstrates outstanding achievement in multiple Skookum Core Values. Partnership-Lauren uses a “team” approach whenever possible. As a supervisor, she creates an environment that nurtures the partner approach. Quality-Lauren does everything to the best of her ability producing effective results and noticeable changes. Integrity-Lauren stands firm in her morals and the ethics and mission of Skookum. She has demonstrated integrity multiple times, to co-workers, employees and even to Supervisors. She is not afraid to stand for what is right. Commitment-I have never seen Lauren give-up. Once she decides to do something, she is committed to seeing it through to the end. This has been demonstrated in little tasks, such as paperwork and also large tasks such as preparing for auditing. Lauren is a reminder every single day of Skookum’s Core Values and is an excellent example of the Core Values in action. She is an asset to Skookum and an amazing behind the scenes employee.

Gabriel Brothers

NRL Fleet Maintenance – **Nominated by: Duke Pendergast, NRL Site Manager**

Gabriel Brothers is very well respected by Naval Research Laboratory (NRL) staff including Skookum employees. He is routinely requested as the go-to driver by the NRL Commanding Officer and the Laboratory SES civilians for transportation around our nation’s capital. He has many years of professional safe driving. He knows his way around the Washington DC Metro area during rush hour time and frequently avoids possible delays; other drivers would not have his experience to drive different routes. Gabriel drives sedans, vans, buses, trucks, and heavy equipment. He is ready for any mission and is professional, polite, and knowledgeable and always reflects the Skookum Core Values. Celebrating his first year with Skookum, we are proud to have such an Extraordinary Employee.

Carmelita Britton

Naval Hospital Bremerton Housekeeping – **Nominated by: HM1 (FMF) John Ulanday, BS, CNMT Nuclear Medicine Clinic, Naval Hospital Bremerton**

I would like to take this opportunity to thank you and all your staff for cleaning our spaces here in the Nuclear Medicine Clinic. Every day we come in, our spaces are freshly cleaned and ready to go for our patients. I would particularly like to recognize one of your staff, Mrs. Carmelita Britton. Her frequent assignment to our space made the clinic look outstandingly sharp. Carmelita’s friendly demeanor adds to the quality of service she has given us here in the clinic. Thank you again. We appreciate your service.

Hats off to Fort Meade Bus Drivers and Transportation Motor Pool (TMP)



Skookum Meade recognizes another over 100,000 miles of accident free shuttle service to the Fort Meade Garrison community and surrounding agencies.

Skookum operates five different size buses from dawn to dusk, seven days a week, 365 days a year. Our Skookum Drivers are the best in the business, always greeting riders with a smile and quick hello to start their day off right. The big story is their excellent safety record. They operate these 44 foot and smaller passenger buses during high traffic peak hours to and from the MARC train station, back through the installation gates, negotiate tight corner intersections, troops running PT everywhere and still stay on schedule! This record is a true testament of their loyalty and dedication to safety and customer satisfaction. It takes a devoted team effort to maintain this high standard of operation. The

Skookum Dispatchers, TMP Coordinator and Helper all contribute and have a vital role ensuring Skookum is operating clean, well maintained and DOT legal equipment every day. Awesome job from a great group of people!!

Jeff Iafrati | Site Manager | Fort Meade, MD

News From Skookum's Port Townsend Recycling Center

Skookum is actively partnering with Jefferson County officials and adding additional plastic items of "plastic tubs, buckets and pots" to the plastic recycling stream. The recycling industry is moving away from the numbering convention to identify specific plastic items using a more blanket description. Previously, the number 1 through 7, triangle identifier on a plastic item was the standard practice. Skookum hopes the new approach or identifier helps with educating residents on acceptable plastic products processed for recycling and reducing contamination. Skookum's recycling center, managed by **Matt Hall**, is always looking for new items to recycle. Skookum is Jefferson County's Recycling Contractor and we process items such as cardboard, paper, plastic, glass, aluminum cans, and old electronics. We even shred paper from the local businesses and residents. 2014 has proven to be the busiest summer the Recycling Center has seen in many years. Some speculate that it is because there are more people returning to the peninsula for the attractions and good weather and some say it is because people are buying more stuff. Either way it is a good tool to evaluate the economy.

Matt Hall | Jefferson County Recycling Project Manager | Port Townsend, WA

New Addition to the Skookum Family:



Shout out and big congrats to Skookum's Home Office employee **Blake McIntyre (IT/Business Systems Dept)** and his beautiful family on their newest addition – Isabel Paige McIntyre! Born on June 18th, weighing 7lbs 11.5 oz, 18 ½" long. Congrats McIntyre Family!

GSA Fleet Maintenance – Division 12 – Fort Riley, Kansas



Fort Riley's GSA fleet of vehicles and equipment were cut approximately 42% two years ago, yet our operation has managed to thrive. We have a staff of 6, consisting of 1 Site Manager, 1 Administrative Assistant 3 Mechanics, and 1 opening for a heavy mechanic. With that few number of employees, being down one employee makes a tremendous impact.

During the month of July, maintenance and service was completed on 197 vehicles. This ranged anywhere from a flat tire and oil changes to A/C and transmission work. The work completed this month was also a challenge due to the extreme heat and humidity. There were days the temperature reached 105° or more.

Marshaling (processing new vehicles, notifying customers, and exchanging the new vehicles for the turn-in vehicles) GSA vehicles is another part of our contract. In July, 57 new vehicles and 61 turn-in vehicles were processed. Vehicle inspections are required of all vehicles turned-in, and take about 20 minutes per vehicle to complete.

Class II (heavy trucks, tractors, buses, and trailers) vehicle washing consists of employees going to the customers' locations with an industrial sized power washer to clean their vehicles once a month. Our employees washed 35 vehicles in July.

Although Fort Riley is one of Skookum's smallest contracts, our employees are enthusiastic hard workers who ensure excellent customer service is our number one priority. Skookum Division 12 is on par with a NASCAR pit crew!

Jayna Schweitzer | Administrative Assistant | Fort Riley, KS

Update from JBLM Janitorial

JBLM Janitorial introduces our newest McChord Division Lead, **Bill Doucette**. Bill is a Life member of the Veterans of Foreign Wars (VFW) since December 2006. Bill has held the positions of Jr. Vice Commander, Sr. Vice Commander, and currently holds the position of Post Commander for VFW post 318 in Olympia, Washington. Bill is responsible for overseeing the programs the VFW post supports, the Veterans in our local community that are in need of assistance. They provide vouchers for gas, food, and at times assist in paying bills. They also have a food closet to assist Veterans and their families. There are over 25 Thanksgiving and Christmas baskets given out annually. They also work with the Military Post Service Officers who are there to assist any Veteran filling a claim with the VA, for compensation, burial and memorial assistance, DD214 corrections, as well as any other VA issues. As a Post Commander, Bill is also part of our post Honor Guard. They provide Military Honors for our deceased Veterans or any type of Memorial Service that has a direct link to the military. The VFW provides Color Guard support for the local schools and businesses when requested. The biggest event of the year is the Waterside Service which is held the Sunday before Memorial Day, honoring all those service members who died at sea defending our country. The Memorial Day Service that is held at the Capitol Rotunda in Olympia and Veteran's Day Service at the Rotunda are large events as well.



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Skookum Contract Services



As a whole, being the Post Commander is an honor to Bill because he is able to assist all our Veterans by being able to provide the services they require. The Veterans need to be honored and taken care of because of their dedication to our county. The VFW slogan is "No one takes better care of a Veteran than the VFW". Bill is committed to this and holds deep passion to take care of our Veterans.

Tom Whipple | Janitorial Project Manager | JBLM, WA



Think About What You Drink...

Just like food, beverages may contain hidden calories. These can add up quickly and affect your waistline if you don't track them in your daily calorie count.

The calories in beverages add up quickly and may be causing you to gain weight—making a few changes to your beverage choices could help make changes to your weight



This or That?

The following are a few common beverages, the calories they contain and a healthier option:

- A 16 oz. café latte made with whole milk has 265 calories, but a 12 oz. café latte made with fat free milk has only 125.
- A 20 oz. cola has 227 calories, while a 20 oz. diet cola has none.
- A 16 oz. sweetened lemon iced tea has 180 calories, while sparkling water with natural lemon flavor has zero.
- A 12 oz. sports drink has 99 calories, but a 12 oz. fitness water has only 18.
- 12 oz. of fruit punch have 192 calories, whereas 12 oz. of orange juice have 168.
- An 8 oz. glass of chocolate milk made with whole milk has 208 calories, and the same glass made with one percent milk only has 158.
- An 8 oz. glass of two percent reduced-fat milk has 120 calories, but an 8 oz. glass of skim milk only has 90.

Sweeteners to Avoid

Empty calories often come from sweeteners. To cut down on these empty calories, avoid drinks that use any of the following sweeteners:

- High-fructose corn syrup, Fruit juice concentrates, Honey, Sugar
- Syrup and corn syrup
- Sucrose
- Dextrose

Cut the Calories

You don't have to entirely give up your favorite beverage in order to cut back on the calories you're consuming. Here are some tips on how to cut back without cutting something out of your diet completely:

- Request that your coffee drink be made with low-fat or skim milk instead of whole
- Order the smallest size available, even if it's a child's size
- Skip extra flavorings (vanilla, hazelnut, caramel)—they are sugar-sweetened and will add calories
- Say no to whipped cream on top as it adds calories and fat
- Ask for your smoothie without sugar added—the fruit is naturally sweet

Wellness Quote.... "The difference between the impossible and the possible lies in a person's determination." -Tommy Lasorda

Registration for **RACE FOR A SOLDIER 2014** is now open!

RACE FOR A **SOLDIER**

to help our soldiers give themselves Permission To Start Dreaming



Please Show Your
Support!
Sunday, Sept. 28, 2014!

Half Marathon,
2 Mile & Kids Fun Run
in Gig Harbor, WA

Employee & One (1)
Guest Registration
Fee Covered

For more information and
start times for the Half
Marathon and 2-mile visit:
www.raceforasoldier.org

Registration Deadline:
Wednesday Sept 10

To participate contact:
Natalie Vann
nvann@skookum.org



Q CORNER

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The Quality Control Inspectors at Joint Base Lewis-McChord (JBLM) are based on the McChord Field side of the base in Washington State. They conduct inspections on both sides of the largest military base on the west coast for the Army and Air Force operations.

Douglas Harwood first began working for Skookum in March 2004, with the Fleet Division. He had a break in employment when he went to work for the government, but has since returned and has been with Division 17 as both a Team Lead and his current position as a Quality Control Inspector. Since returning to Skookum in October 2011, he has been providing quality surveillance to three separate contracts on JBLM; Janitorial, Sanitation, and Fire Hydrant services.



Douglas Harwood
QC Inspector



Joe McKee
QC Lead

Joe McKee began working with Skookum in October 2008, in Fleet Operations as an Automotive Worker where he supported missions for JBLM, Alaska, and Hawaii. When the Janitorial department began their operations, Joe started working in the Quality Department in February 2011 as the Quality Inspector. In 2013, he started inspecting fire hydrants that had been serviced. Joe has studied Quality Management at Jefferson Community College in Louisville, Kentucky. He has over 11 years in the quality field and has also worked in third party inspections in the automotive industry.

Joe McKee | Quality Control Lead | JBLM, WA



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Go to www.skookum.org/news/ Under **News** and **Current Events**, click the link to receive "The Skoop" newsletter by email

Skookum Excellence Award

The winner will receive a **\$100 Prize** along with a Skookum Excellence Pin. This award is based on our Core Values.



The Skookum Excellence Award Nomination Form

To Nominate Go to: www.skookum.org

Fill in form and click submit.

Your nomination will go directly to Skookum CEO, Jeff Dolven

Anyone is welcome to nominate a Skookum employee for this award: customers, supervisors, employees, peers, managers, etc.