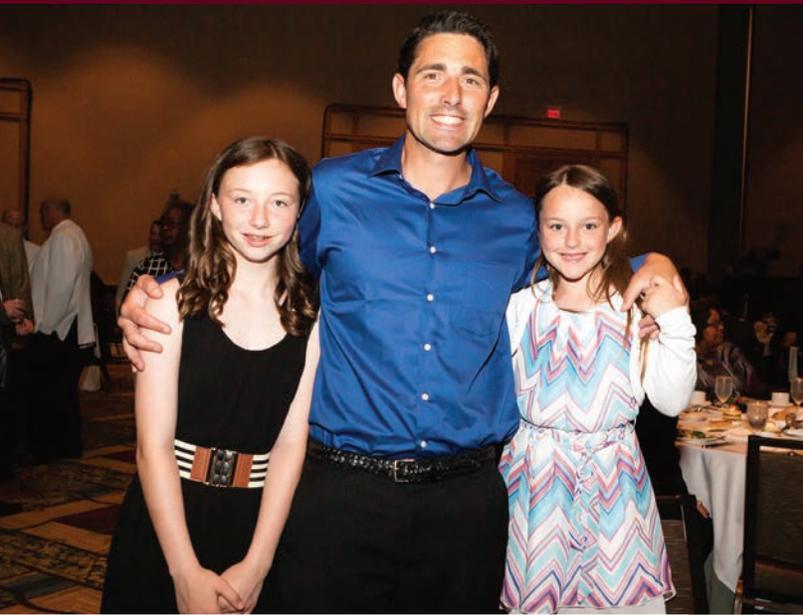




The SKOOKUM Skoop

June 2015



*The following award winners were recognized for their achievements in Hollywood, FL on May 6th, 2015.
Jason Irvine (pictured top left with daughters Brooklyn & Racine)
Marcus Bird (pictured bottom left with girlfriend Amber Beck)
Carlos Powell (pictured right with fiancée Valerie Bell)*



***Congratulations to Skookum's
SourceAmerica Award Winners!***

Congratulations to Skookum's SourceAmerica Award Winners!



Carlos Powell, Skookum Fort Meade, was awarded the National SourceAmerica 2014 AbilityOne Honor Roll for Veterans with Disabilities Award on May 6th, in Hollywood, FL. The AbilityOne Honor Roll for Veterans with Disabilities Award recognizes a service-disabled veteran who has exhibited outstanding achievement in his/her work life.

Carlos served 22 years in the U.S. Army in various military occupational specialties, including cannon crewmember, infantryman, military policeman and unit supply specialist. During his third tour in Iraq, Carlos was shot by a sniper in the hand and back, paralyzing him from the waist down. He spent 8 months at Walter Reed Medical Center in physical therapy, regained the use of his legs, and was discharged from the Army. He then faced his next challenge ... finding a job. Carlos joined Skookum in July 2011 as a laborer and was quickly promoted to Transportation Motor-Pool Dispatcher. His knowledge and

understanding of Army policies and procedures in the transportation field coupled with his positive attitude made for a seamless transition. He creates a friendly, focused, and efficient environment for the 115 customers, 2,300 licensed drivers, and 362 vehicles the Transportation Motor-Pool team supports. Carlos has a passion for giving back, teaching, and mentoring. He coaches football for the Boy's Club, works with baseball coaches and volunteers regularly at the local Veterans of Foreign Wars (VFW).

Jason Irvine (pictured right) Bangor/Keyport Janitor, was awarded the 2014 Regional SourceAmerica William M. Usdane Award for the Northwest Region. This award is presented by SourceAmerica to an AbilityOne Program employee with a significant disability who has exhibited outstanding achievement and exceptional character.



Marcus Bird (pictured left) Naval Hospital Bremerton Janitorial Supervisor, was awarded the 2014 Regional SourceAmerica Evelyne Villines Award for the Northwest Region. This award is presented by SourceAmerica to an individual with a significant disability who has advanced from work on an AbilityOne contract into management (a supervisory or leadership role) within the nonprofit agency or into private/government sector employment.

Congratulations Carlos, Jason, and Marcus!



Carlos Powell pictured with other fellow 2014 National Award Winners

June Birthdays

| | | | |
|----|-------------------|----|---------------------|
| 2 | Heidi Rockwell | 24 | Steven Hejmanowski |
| 2 | Scott Bell | 24 | James Allison |
| 2 | Sean Powell | 24 | Benjamin McLaughlin |
| 3 | Kelsey Kilen | 24 | Kelly Thayer |
| 6 | Trista Morse | 24 | Carole Wilkinson |
| 7 | Linda Bryant | 24 | John Barrier |
| 8 | Jeff Iafrati | 25 | Mark Combs |
| 8 | Donnel Hoffman | 26 | Ronald Wilkerson |
| 8 | Anthony Murphy | 26 | Carlos Martinez |
| 9 | David Berg | 27 | James Seward |
| 10 | Gregory Pe'ay | 27 | Joseph Abdelaal |
| 11 | Tashe' Tibbs | 27 | Gary Williams |
| 12 | Mark Willis | 28 | Rodney Cooper |
| 12 | Patrick Canny | 29 | Brian Haigh |
| 12 | Edgar Castillo | 29 | Julie Allan |
| 13 | Julius Jackson | 29 | Donn Smith |
| 13 | Blaine Wheeler | 30 | Joseph Mesa |
| 13 | Bruce Cochran | 30 | Earl Johnson |
| 14 | Carlos Powell | 30 | Valerie Flores |
| 14 | Thomas Smith | | |
| 14 | Philip Sledge | | |
| 14 | Ryan Lowery | | |
| 14 | Thomas Miller | | |
| 15 | Paul Howard | | |
| 15 | Richard Talmage | | |
| 15 | Samuel Nelson | | |
| 16 | Tom Luey | | |
| 16 | Eddie Murphy | | |
| 16 | Robert Randle | | |
| 16 | Scott Mikelson | | |
| 17 | Kelser Jacobs | | |
| 17 | Rhachel Manalac | | |
| 17 | Andre Toth | | |
| 18 | Harry Mayfield | | |
| 19 | Nicola Rogers | | |
| 20 | Raymond Cruz | | |
| 20 | James Saunders | | |
| 21 | Robert Olp | | |
| 22 | Charmin Mills | | |
| 22 | Rodolfo Francisco | | |
| 22 | John Taylor | | |
| 22 | Donald Mowery | | |
| 23 | Ronald Darkow | | |
| 24 | Thomas Lingham | | |
| 24 | Gilbert Blas | | |
| 24 | Lauren Hill | | |



June Excellence Award Winners

Mike Seaman

Fort Riley Grounds Maintenance – Nominated by: **Damon Darroch, Fort Riley Grounds Maintenance, Project Manager**

I would like to recommend Mr. Mike Seaman for the President's Excellence Award for his outstanding accomplishments on renovating Skookum's new Grounds Maintenance Building, Fort Riley Kansas.

Mike's competence, skill, and attention to detail were instrumental during the layout and upgrades on our Grounds Maintenance building, ensuring repairs were performed in accordance with Fort Riley building standards and historic regulations. Skookum's crew was immediately energized by our new spaces by providing a professional work space. Mike's knowledge, hard work, coordination and positive attitude reflect Skookum's values.

Donald Anthony & Kayla Shepard

PSNS Facilities Maintenance – Nominated by: **Amber Kizer, Secretary, Business Office, Vincennes University, NBK**

Don and his partner, Kayla take excellent care of the Vincennes University here at PSNS. We have offices/classrooms on the first and second floors. They are cheerful, helpful, and we have noticed a significant improvement in the facilities since they began. This includes Brian who was also here--perhaps as temporary--earlier this year. The bathrooms are gorgeously clean, spotless, and we never run out of paper products. The floors of our lounge and hallways are mopped often. I know I can count on seeing them roll through around 4:15 with a kind word, happy wave, and greeting. They work efficiently and are always on the move. I know how critical janitorial support can be to making facilities run smoothly and I really couldn't ask for more.

Mike Testerman

Tennessee – Nominated by: **Bruce Cochran, Maintenance Operation Manager, TN**

Mike has tremendous commitment to the American Military Veterans and the Skookum community. He demonstrates, Integrity, Partnership and Commitment in everything he does here at work, as well as in his off time. Mike had the privilege to escort Congressional Medal of Honor recipient, Hershel "Woody" Williams. Woody, as he prefers, is the founder of the Gold Star Families Memorial Monument foundation. His foundation is bringing a Gold Star Family Memorial to East Tennessee. Mr. Testerman is a part of this project as the Commander of the American Legion Post #2, in Knoxville. Woody has presented the American Legion Post with a \$5,000.00 check to assist in completing the project. It is Mr. William's desire to have a memorial in all 50 states. Woody asked Mr. Testerman to escort him to the John Sevier Veterans Cemetery, where the Memorial will be placed. Also in attendance was Rick Grimes, Joe Thompson and Mr. William's Grandson Brent Casey. Mike Testerman has worked at Skookum since the start of the contract and is a valuable employee. Because of his core value beliefs, I believe he would be an excellent candidate for the Presidential Excellence Award.

News from JBLE

The JBLE Skookum employees would like to welcome **Nathan Myers** who has been hired as a Material Handling Laborer in the Central Issue Facility and in the Installation Property Book Office. We hope you will enjoy working at JBLE. Congratulations to **Bernadine Moyler** who just received her Bachelor of Arts in Business Administration (Logistics) degree on May 16, 2015. Bernadine also works in the Installation Property Book Office.

In mid-May, the SARSS1 office went through GCSS-Army conversion. During the first two weeks of May all of the employees in the Supply Support Activity attended the new equipment training (NET). On Friday, May 22nd, GCSS-Army went 'live' and in the afternoon we began processing all of the customer and stock receipts we had received during the time we were shut down from SARSS. As a thank you to all the employees, a pizza lunch was provided and all enjoyed the opportunity to come together. We also invited the GCSS-Army Trainers to join us and it all worked out well as this was a training holiday for 7th STB.

At the present time, we are receiving our over-the-shoulder training. I would like to take this opportunity to say how proud I am of all the employees for being very receptive to the changes. I would also like to thank **Tom Humphreys** for working on the data validation. Once we have been operating in GCSS-Army for a short period of time we will begin the process of updating all of the ISO procedures for the Supply Support Activity. Thanks, team!

Jean Spell | Site Manager | JBLE, VA

Fort Riley Kansas GSA Vehicle Maintenance Operation



What's been happening at D-12's Fort Riley, Kansas GSA operation? The Skookum mechanics have been busy performing preventative maintenance services on both the light and heavy side of the assigned GSA fleet, emergency towing service calls, NASCAR tire changes, vehicle washing and "marshalling" services (processing vehicles for turn-back in). With summer temperatures hitting Kansas, our mechanics are repairing air conditioning systems to the joy of our customers! Windshield wiper replacements are a hot requirement since Ft. Riley received 12-inches of rain in the month of May!

The Skookum GSA team has recently upgraded its vehicle maintenance software, "Mitchell1" which has helped with supporting the mechanics with troubleshooting issues, ordering parts, and providing labor time standards on the heavy duty trucks and buses.

The Skookum maintenance shop has been impacted by a recent Ft. Riley road construction project directly in front of our operation, however the customers and mechanics have worked through the obstacles associated with the road work. Whatever the challenge is, our team meets it head on, repairs the vehicles, and does everything possible to not only meet, but exceed our customers' expectations and keep them safe on the road.

Jayna Schweitzer | Administration Assistant | Fort Riley, KS

SAFETY ZONE:

The Fort Lee Garrison Safety Office holds an annual safety event on-site spanning two days with the goal of bringing safety awareness to both the workplace and home environments. One highlight is the awards ceremony honoring and recognizing those who have contributed their time and talents in safety within Ft. Lee Garrison directorates. Kelly Hinnant, Ft. Lee's safety specialist states, "If an employee has had an impact in the arena of safety, such as a program that has reduced the amount of injuries, someone within the directorate can submit them for an award. We will take those submissions, review them and then pick the best ones for a certificate and a token of appreciation."



Vaughn Taylor, Safety Specialist (2nd from Left)

Out of the numerous submissions, Tim Lawrence, Ft. Lee's Safety Director along with the Garrison Commander selected D-55's Vaughn Taylor, Safety Specialist as one of the recipients of this great achievement and honor! Vaughn began working at Ft. Lee approximately eight years ago as a Safety Specialist with the previous facilities maintenance contractor. He was initially hired due to his extensive background in Occupational Safety and Health and knowledge of the post itself. As a heavily adorned safety professional, Vaughn holds many industrially recognized certifications such as Manager of Environmental Safety and Health (MESH) and Healthcare Environmental Manager Training (HEM) as well as possessing a Bachelor of Science in Occupational Safety and Health. Adding to his impressive list of experience, Vaughn is also a licensed First Aid and CPR instructor, Fleet Safety instructor, and skilled accident investigator which he learned during his time as a decorated police officer where he was awarded Police Officer of the Year.

Vaughn contributes his talents and time ensuring that over 150 Skookum employees at Ft. Lee are completing tasks in a safe and effective manner. Usually known for his passion in the safety field, Vaughn's ability to motivate others is a trademark seen in both his teaching style and personal life. Vaughn's dedication to the field of occupational safety and health can be seen in both his personal and professional life. He has an extensive background in all safety aspects as well as the certifications to back them up. However, at his core Vaughn is less concerned with his documented experience preferring to simply focus on whether or not something is dangerous to those around him. This approach makes Vaughn a valuable asset not only Skookum, but also to Ft. Lee as a whole. His responsibilities are not limited to his co-workers, but also to humanity and for that, Vaughn we would like to formally thank you!

Will Wright | Operations/Quality & Safety Manager | Ft. Lee, VA



Skookum was proud to host Congressman Duncan to a visit of our site in Tennessee last month.



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at DiMartino Associates

Substituting fat in your favorite recipes may not give them the exact same texture but it will close. To experiment, start by substituting 1/3 of the fat from the recipe and then increase or decrease to your desired likeness.

SUBSTITUTING FAT IN YOUR RECIPES

Butter, eggs, oils and fats can add flavor to your favorite recipes, but also a lot of calories. They also act as a barrier so that flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol. Here's how:

- * Instead of 1 c. butter for baking, use 1/3 c. applesauce or fruit juice and 2/3 c. butter. Substitute equal parts for fat or oil. Applesauce will change the flavor of your dish the least and works well in cakes, cookies and muffins.
- * Instead of 8 oz. cream cheese, use 8 oz. yogurt cheese.
- * Instead of 1 c. crème fraiche, use 1 c. yogurt cheese made of low-fat or fat-free yogurt. Nonfat yogurt makes bakery moist. To reduce the liquid, drain first and then place in muffins, cakes, cookies and brownies.
- * Instead of 1 c. heavy cream, use 2 tsp. cornstarch whisked into 1 c. fat-free milk or use evaporated skim milk. Evaporated milk has a quarter of the calories of heavy cream and only a smidgen of fat.
- * Instead of 1 c. sour cream, use 1 c. low-fat cottage cheese plus 2 Tbsp. skim milk plus 1 Tbsp. lemon juice.
- * Instead of 1 c. fat for sautéing, use 4 c. low-fat stock, fruit juice or wine and cook until it evaporates.
- * Instead of one egg, use two egg whites.
- * Instead of 1 c. oil or fat for basting, use 1 c. fruit juice, low-fat stock or wine.
- * Instead of 1 c. butter, shortening or lard, use 3/4 c. vegetable oil or reduced fat margarine.
- * Instead of using heavy cream in soup, puree the ingredients with cooked potato.
- * Instead of preparing a cream sauce, use 1 c. low-fat buttermilk with 1 Tbsp. cornstarch and tomato sauce or mustard.
- * Use bananas substituted in equal parts for fat and oil. Mash them first and then measure. Bananas work well in chocolate cake, brownies, muffins, cookies and spice cakes.
- * Puree prunes and add 2 Tbsp. water or prune juice. Then substitute in equal amounts of fat. Prunes can be drying, so add a touch of water or juice and use in dark-colored bakery, such as spice or chocolate cakes or. Also use pumpkin in chocolate or spice-flavored recipes.
- * Grate zucchini and use in place of fat for quick breads and coffee cakes.
- * Blend low-fat cottage cheese in a food processor until smooth and substitute half of the fat in a recipe with the blended ingredient. This works well in muffins or in cheesecake as a substitute for cream cheese.
- * Blend tofu in a food processor and substitute for half the fat in a recipe.

DiMartino Associates
EMPLOYEE BENEFITS CONSULTANTS

This brochure is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional. © 2009, 2014 Zynova, Inc. All rights reserved.

Wellness Quote... "There is no diet that will do what eating healthy does."



May was another busy month for NRL's customer transportation service and high marks were received by all. First, Carl Singleton, Tractor/Trailer Driver was selected for NRL's first wheelchair accessible van service which ran from 05/05 – 05/07/15. Prior to beginning service, Carl safeguarded the passengers' safety by completing a full vehicle inspection. He ensured correct operation of the lift equipment and the equipment needed to properly secure the passenger. When loading and unloading passengers, Carl used safety cones around the perimeter of the ramp and ensured safe distances



Q C O R N E R

U
A
L
I
T
Y



from traffic were observed. Carl's transports went off without a hitch and he received an "outstanding" survey. Additionally, Carl was presented with a \$20 Skookum email recognition award in front of his peers!

Here is some additional feedback complimenting NRL's customer service last month.

"I want to thank you and your team for fitting me in to your transportation schedule this morning and providing a van for me to go to ONR (Office of Naval Research) and bringing me back to NRL, of course. You are very cooperative, and the driver was professional and courteous. This is one of the best services NRL offers its employees, and I, for one, truly appreciate what you all do--even at the last minute sometimes. Again, thank you very much! You are a Can Do person!"

*"I wanted to thank you sincerely for all of your support to make DoD Lab Day a success. I particularly appreciated Jonathan and **Duke (Pendergast)** sitting down with me to go over the transportation schedule and the willingness of **Joseph (Jones)** and the drivers to bear with my constant questions. Steve was a pleasure to work (with), particularly with changing circumstances and a lot of unknowns throughout."*

"This event was really important to NRL and represented an enormous opportunity to build awareness of all the work we do here. You guys made it possible. I look forward to working with you again."

A job well done with exceptional results by the NRL staff. Way to go, team!

Duke Pendergast | Site Manager | NRL-WA, DC



Don't Forget....

We're on
facebook



Like us on
Facebook

Stay up-to-date on Skookum News and Updates by "Liking" our facebook page. Find us on facebook under: Skookum Contract Services

Sign-up to receive our newsletter
by email!

[www.skookum.org/news-media/
newsletter](http://www.skookum.org/news-media/newsletter)

To receive "The Skoop" newsletter
by email click

["Sign up to Receive Newsletter"](#)



Photo credit: Mandy Belcher
Skookum Tennessee Employee

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

Fill in form and click submit. Your nomination will go directly to Skookum CEO, Jeff Dolven.

CORE VALUES

Partnership

Diversity

SKOOKUM

Commitment

Integrity

Quality

Exceptional Results with Extraordinary People

To nominate, go to: www.skookum.org/news-media/award-winners
Anyone is welcome to nominate a Skookum employee for this award: customers, supervisors, employees, peers, managers, etc.