



# SKOOKUM

## *Skoop*

FEBRUARY  
2018



*"To be good, and to do good, is all we have to do."*  
-John Adams  
*Happy President's Day!*

## OAK RIDGE, TN IS PREPARED FOR EMERGENCIES!

If you have a medical EMERGENCY...do YOU know what to do? If you're a member of the Skookum team in Tennessee, you most certainly do! After a medical incident on site, a Corrective and Preventive Action committee was formed to identify areas of strength, and possible improvements, to make sure we were better prepared for the next incident. It was recognized, by and large, that we would be well served to improve our training to make sure we all know exactly what needs to be done to help our family when they need us the most.

Through a series of planning meetings, and site reviews, we generated a program of simulated trainings to better familiarize ourselves with "critical action steps". This all centers around conducting un-announced simulations, in which an employee acts out signs of a medical emergency (heart attack, low-blood sugar, injury, etc.). Upon entering an area, wearing an easily-identifiable training vest, the employee runs through their signs and symptoms and asks whoever is nearby for assistance.



With management team members observing, employees then run through the steps they need to take to care for the team member. Once all "critical action steps" are addressed, the training is stopped and an after-action-review is held with all employees in the area. This provides valuable insight on what we did right, what we can do better next time, and how we can improve the simulation as a whole.



Following our first test run, the very next day we had another real life medical emergency. Empowered by the training, our team acted with excellence. Upon identification of the emergency, employees jumped into action, and correctly hit every required step. Within 7 minutes of notification, we had the employee loaded on an ambulance for transport to medical care.

This shows us that a focus on the fundamentals can make all the difference in ensuring employees rapidly get the help they need. We are dedicated to running one simulated training a month to ensure our skills are always fresh and that we can jump into action whenever we are needed. After all....you never know... the life saved may be yours!

**Neil Colomac | Quality Control & Safety Manager | Oak Ridge, TN**

## BANGOR/KEYPORT WELCOMES MAGELLAN

Skookum would like to welcome back **Magellan Esteron**. Magellan previously worked for Skookum in Bremerton in 2014 as a forklift operator and in 2016, he worked for PSNS Fire watch. Magellan now continues his Skookum career as part of the Janitorial team at Bangor and Keyport.

Magellan adds positive thinking and a great attitude to our Division. He is very energetic and eager to learn new things. Even though he's only been here for couple of weeks he has proven that he is a great fit.

We look forward seeing Magellan grow and succeed.



**Quintin Austad & Charles Faulkner | General Clerk III & Janitor Supervisor | Bangor, WA**

## AIR SWEEPERS AT NSBOSC



**Pete Tianen** known as “Sweeper Pete” has been operating on the airfield as a Sweeper for the past 22 years. He is a Vietnam Veteran and during his first four years in the Navy, he worked on the mighty EA-6B Prowler engines. He knows exactly what a small piece of Foreign Object Debris (FOD) can do to a jet engine. It is because of this knowledge that he takes so much pride in the job that he does for the Navy. The airfield sweeper operators keep the airfield manager appraised on the condition of all airfield concrete. By constantly updating the airfield manager, the Navy stays ahead of problems that will arise if the concrete is neglected. They operate the sweepers 24 hours a day, Monday – Friday.

In Pete’s words: “One of my best days aboard the airfield was when a US Marine Corps AV-8B Harrier showed up. The pilot, a Marine major, told the assistant airfield manager, that this was one of the cleanest airfields he had seen in a long time. The major pulled off a patch from his flight suit and asked Mr. Van Oort to give this to Sweeper Pete. To me, in a way, was like winning a big lottery prize. It was nice to know that ones’ hard work is recognized and appreciated”.

**James T. Cheeseboro Jr. (Cheese)**, has been a Sweeper for the past 23 years and enjoys every moment of it. When he first started the job they were called Airfield Clearing Operator’s and it was busier than it is now. At that time, they had A-6E’S flying until to 3:00am. He said that he had one hour to get out and sweep the runway before the A-6’S and EA-6B’S would “start those engines.” One of the most unusual things that he has found on the runways was a launch cylinder for a Sidewinder missile and a live Sonar buoy; that activated when he drove up to it. He greatly enjoys his midnight shift, because he is amongst the stars and animals. His own personal comments about his job is that “You can’t beat it! You’re driving out there no one else and listening to Jazz. I could do this for another 20 years if my wife would let me!”

**Larry Rominski** works the swing-shift as a Sweeper and has been doing this since October 2017. He enjoys working for Skookum in his new position, he keeps his eyes out for FOD and “ears open” from the airfield control tower. Much of his prior experience was working as a U.S. Navy, Aircraft Mechanic, at NAS Whidbey Island. He has a lot of experience moving multimillion dollar aircraft components to include helicopter blades and aircraft engines.

**Lorrie Frost | Employee Relations Specialist | NSBOSC, WA**

## JBLM CIF UPDATE

Well the Holidays came and went fast last year but as always we had an amazing meal here at JBLM CIF, prepared by all the amazing cooks that we have. A Secret Santa gift exchange was held, as well as a raffle where some great gifts and prizes were given. Also during the month of December, we had our Annual 100% Inventory and as always our employees did a fantastic job! We can’t thank them enough for all their hard work throughout the year and for continuing to end it with exceptional results!!

Time has also passed by fast for a few of our employees that hit some amazing milestones with Skookum. **Gordon McCulley** and **Song Taylor** reached their 15-year mark with us in 2017, **Marliese McDaniels** hit 10 years this January and **Justin Seagrove** made it to his 5-year mark in December. Outstanding accomplishments to all of you!

Opportunities for two of our Front Line Issue Turn-In clerks came about and we had to say good-bye to them. **Joshua Rupert** landed his dream job with Lockheed Martin and **Casey Kirby** PCS’d with her husband to Georgia as well as continuing in the Army National Guard. With that being said we have interviewed and hired two to fill the positions. **Kam Ling Leon** has left us once again to work full time in the IT Field. **Dena Creekmore** has retired, after spending 12 years with CIF and Skookum. The Chemical Clerk position was changed to a part time for Dena and **Chris Tudela** in order to provide the proper training and keep the continuity going. She and Chris Tudela worked side by side to ensure once Dena left us Chris would have a smooth transition taking over as the new full time Chemical Clerk. We wish all that left all the best and congratulate the new hires! Now we look forward to doing it all over again and continue providing outstanding service to all of our customers.

**Shelly Johnson | Operations Manager | JBLM, WA**



COMMITMENT  
TO SAFETY  
CULTURE  
AWARD WINNER

**Spencer Frey**, Window Cleaner, JBLM, WA

Nominated by: **Bethany Bruyer**, Environmental Health & Safety Specialist, Bremerton, WA

Spencer Frey has demonstrated an outstanding commitment to the Skookum Safety Culture. He is a dedicated employee, and a wonderful asset to his team. Spencer recently created a secondary label poster that shows each chemical used, and the proper secondary label that coincides. This will make it easier for himself, and his teammates to properly label the chemicals that are used on site. Spencer is always creatively thinking of ways to do his job better, and more efficiently. This idea will surely be shared with other divisions across the U.S. The Skookum Safety department appreciates his innovative thinking, and commitment to the Skookum Safety Culture. We look forward to continuing to work with him!

**Shari Parrott**, Janitor Lead, Oak Ridge, TN

Nominated by: **Mandy Belcher**, Admin Assistant/Voc Specialist, Oak Ridge, TN

Since becoming Janitor Lead not even 2 months ago, there has been a remarkable improvement in how the ladies' rooms & break rooms are cleaned and stocked. She has also implemented the great idea of microwave covers for use in all microwaves which increases cleanliness and better overall food hygiene. Shari's used to be a Registered Nurse, but she has taken this career change and is really running away with quality and safer services, Shari is attitude toward all coworkers and tasks.

FEBRUARY  
PRESIDENT'S  
EXCELLENCE  
AWARD  
WINNERS

**Jason Carroll & Michele  
Thesenga**, Janitors, Bangor, WA

Nominated by: **Eric Ragan**, Safety Specialist, Code 1024, Bangor, WA

I just wanted to reach out, and say what a phenomenal job both Jason and Michele do for us at Bldg. 206 Lower (NUWC Keyport), week after week. It always brightens my day to see them, working hard, and doing an excellent job for us here, and of course all Keyport buildings within their cognizance. They always greet us with a smile and leave with an even bigger smile and kind words. They represent the exceptional professionalism of Skookum, and no one could ask for better employees, thank you so much!

## FORT LEE AIDS IN SNOW REMOVAL



The Mid-Atlantic region is known for unpredictable winters, and this winter has been no exception. Central Virginia's winter season has produced three separate snow falls this year versus the single snow event we had last year, and there are still a few months left until spring. Each storm is invariably different from the next, which means that in order to properly tackle the snow and associated low temperatures, Skookum must assume a posture that is multi-faceted. Stated differently, our response must be equally flexible and undeniably effective.

Implementing a new "one mission, two teams" approach has provided Fort Lee the ability to be both flexible and extremely responsive to the needs of the installation. The Skookum snow removal team, led by Matthew Hawkins, Roads & Grounds Supervisor, and the emergency facility response team, led by George Jacob, Shop Manager, have a tremendous amount of responsibility in ensuring the roads are cleared, buildings have heat, pipes do not bust, and minimizing the amount of slip, trips and falls in parking lots.

The mission of these two teams are simple, ensure the post is able to provide innovative Base Operations and Services essential to the greater Fort Lee Community supporting the Nation's Armed Forces mission. There are two ways that Skookum accomplishes this, the first is by using a multi-trades team that can respond to a variety of issues that are common to snow and low temperatures. Some of these issues include, but are not limited to, low temp alarms, no hot water, busted water mains, no heat, and flooding issues. The second way in which Skookum meets this mission is by enlisting the help of volunteers that operate a variety of equipment to plow, salt, and sand the nearly 186 miles worth of roads and parking lots.



The new "one mission, two teams" approach offers many benefits, one of which is the capability to perform snow removal operations like many of the local municipalities. In short, the snow team takes a layered approach to snow removal, which allows the entire road to be cleared and treated simultaneously; this method allows a lot of the other pieces of equipment to be utilized in more complex areas of the installation. One of the benefits of our emergency facilities response teams is that they are able to be proactive in identifying and solving issues before they arise. Although our teams may not be able to predict all of the cold related issues, having staff at the ready, despite the

post closure, has made us extremely responsive which can significantly reduce the overall cost for repairs.



Our success in the past three snow storms has garnered the attention of many of our customers on Fort Lee. Multiple satisfied comments through the ICE (Interactive Customer Evaluation) system, coupled with the praise from Garrison and DPW, has strengthen our belief that the "One mission, two teams" approach is here to stay. Great job guys, keep up the good work!

**Will Wright | Operations Manager | Fort Lee, VA**



# Skookum Wellness

February 2018

## EAP Webinar

### *Eat Your Way to Better Health!*

The food we eat has a bigger impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions—and with conflicting reports about what is and is not healthy—many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.

www.FirstChoiceEAP.com  
Log in: skookum  
Click on the Webinar Tab

## Heart Health



February is National heart health month. Did you know heart disease is the leading cause of death for both men and women in the US. By making heart healthy choices you can reduce your risk factors for developing heart disease. Take the following steps to help keep your heart healthy.

**Maintain a healthy weight**– If your BMI is 25 or more you have a higher risk of heart disease as well as other diseases such as diabetes.

**Get Active**- Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts 20 min 3 times a week .

**Follow a heart healthy diet**- Eat a diet low in salt, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.)

**If you smoke, quit**– Skookum has a great smoking cessation program to help you out.



### Know your numbers

**Blood Pressure: Normal Blood Pressure is 120/80**

**Cholesterol: Total under 200**

**HDL: (Good Cholesterol) 60 or higher**

**LDL: (Bad Cholesterol) under 100**

**Triglycerides: under 150**

**Talk to your doctor about how your numbers affect your risk factors for heart disease.**

Disclaimer: Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan. The contents on our website are for informational purposes only, and are not intended to diagnose any medical condition, replace the advice of a healthcare professional, or provide any medical advice, diagnosis, or treatment.

# NOMINATE SOMEONE EXCEPTIONAL TODAY

**NEW!** We'd like to introduce the new **Exceptional Service to the Field Award**.

This will be given to an administrative employee who has demonstrated exceptional customer service to our folks in the field. Home Office Staff, as well as administrative staff on each contract, are eligible for nomination. This new award will be given quarterly and the winner will receive a \$100 prize along with a Skookum Excellence Pin. Winners are announced in the Skookum Skoop Newsletter.

**SKOOKUM** *Contract Services*

## OUR CORE VALUES

### PARTNERSHIPS

We believe in Partnerships that create long term relationships with our customers.

### DIVERSITY

We value the Diversity each one of us brings to the team

### INTEGRITY

We have the Integrity to do what is right

### QUALITY

We are passionate about Quality

### COMMITMENT

We have Commitment to our employees, customers and fellow team.

*Exceptional Results with Extraordinary People*

The Skookum President's Excellence Award is given to an employee who has demonstrated excellence in one or more of our Core Values or exceptional commitment to Skookum's Safety culture. Four winners are chosen every month and awarded with a \$100 prize along with a Skookum Excellence Pin. Winners are announced in the Skookum Skoop Newsletter. Anyone is welcome to nominate a Skookum employee for this award: customers, supervisors, employees, peers, managers, etc.

