

The SKOOKUM *Skoop*

July 2014

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"No matter how many goals you have achieved, you must set your sights on a higher one."

-Jessica Savitch

JBLM Supports Washington Special Olympics



Once again, the annual support of the Special Olympics cycling event was held at Joint Base Lewis-McChord on Saturday, 31 May 2014. The weather was great with sun all day and some walked away with a little sun burn. This was our tenth year supporting the Washington Special Olympics cycling event. Skookum employees representing all the JBLM Divisions enjoyed a good time and provided a good motivator by cheering on all the Cycling Athletes! Skookum was located at Check point 4, about midway from the finish line so we got to cheer them on when the going got tough! Watching the athlete's racing the 10k (6.2 miles), they needed the support. We had a great time and a great lunch with a bunch of great people! The food must have been good - a large golf cart showed up with nine soldiers and we fed them all! I would like

to give a special thanks to some individuals that helped make this event happen. Without their help and hard work this event wouldn't have turned out as well as it did.

Rich Pierce and **Tom Whipple** did all the coordination with the event host. Also, thanks to **Chris Whipple** for going to the grocery store to get all the food for the lunch. Rich and crew ensured all the supplies were loaded. **Frank Davis** showed up with the traditional TIGGER costume and it seemed like everybody tried it on. Motivational signs were courtesy of **Lynn Meier** of CIF. A Big Thank You goes out to all!



I would like to give a shout out to Skookum Sanitation also. **Bob Ratliff** (Sanitation Manager), really pulled through. When we arrived Saturday morning there was a restroom and hand wash station for the employees on site! Thank you, Sanitation Department.

I would just like to say some last words to everyone that was involved this year. This is a very special event for the athletes that compete and while they don't ever get a chance to meet with us after the event, they cannot thank everyone enough for cheering them on, giving them that second wind they needed to finish the race. The looks on their faces said it all. Thanks to everyone for your participation at this year's Special Olympics. You have all touched the lives of some very important people in the communities across this great state of Washington!

Jess McLoughlin | General Manager | JBLM

SAFETY ZONE: SUMMER HEAT SAFETY

Summer safety was already a concern with our GSA Fleet Maintenance employees at Skookum's Fort Riley, Kansas site, but with a new Roads and Grounds Maintenance contract on the horizon it has jumped to the top of our priority list. Perhaps we have all heard about or known someone who has suffered the consequences of heat exhaustion or heat stroke. Following are key ways to know the difference between the two along with some important preventative measures.

Heat Exhaustion vs. Heat Stroke

Symptoms of Heat Exhaustion

- Thirst
- Vague discomfort
- Reduced economy of movement
- Decreased appetite
- Flushed skin
- Impatience
- Sleepiness
- Tingling
- Apathy/Lethargic
- Nausea
- Sweating profusely

Symptoms of Heat Stroke

- Indistinct speech
- Shortness of breath
- Flushed face
- Delirium
- Dim vision
- No urination
- Seizures
- Death

Precautions

Preventative Measures

1. Wear light-colored, loose fitting clothing.
2. Be aware of the temperature.
3. Protect your skin from the sun.
4. Drink plenty of water before beginning outdoor activities.
5. Avoid caffeinated beverages.
6. Eat fruits and vegetables before exercising in the heat.
7. Avoid sitting in a parked car.
8. Avoid crowded areas.
9. Take frequent breaks during activity.
10. Schedule vigorous activities for cooler times of the day.
11. Ask your doctor or pharmacist if your medication affects heat exhaustion.

Jayna Schweitzer | Safety Rep-Admin Assistant | Fort Riley, KS

July Birthdays

1	Shawn Grow	20	Brandon Coyle
1	Lynn Meier	22	Peter Mckenzie
1	Chase Gardner	22	Carl Coalson
2	Nicole Quinn	22	Sean Stith
2	Linda Rollag	22	Evelyn King
2	Sean Hall	22	Thadeus Finney
3	Joseph Ronca	22	Richard Heim Jr.
5	Chris Cummins	22	James Stewart
5	James Widmer	23	Millicent Baxter
5	Bo Kivi	23	Lamar Walters
6	Kenneth Nabors	24	Gus Johns
6	Marc LaBelle	25	Gordon McCulley
6	Wanda Mahoney	25	Kenya Grier
6	Michael Braden	26	William Bailey
7	Willie Samuel	26	Stephanie Palmer
7	Demond Akridge	26	Jordon Swisher
7	Timothy Olsen	28	Peter Wagner
8	Teresa Convertino	28	Aaron Mitchell
8	Kenneth Daugaard	28	James Woodard
9	Richard Noel	28	Nelson Collins
9	Andrew Desotell	28	Brandon King
9	Jessica McLoughlin	28	Terrence Hayes
9	Brewer Gray Jr.	29	Quincy Taylor
9	Pete Camacho	29	Crystal James
10	Maximo Sebastian	30	Shelley Christopherson
10	Isolde Perry	30	Julia Cruz
10	Kim LaFave	30	David Heiland
10	Stephen Prinz	31	Forrest Wilkinson
11	Michael Alex		
11	Charles Guyton		
11	Cathy Eaton		
11	Sean Wilson		
11	Jeffrey Roberts		
12	Elijah Murray		
12	Willie Taylor		
12	Sherone Collier		
12	Michael Hoffmann		
13	Earl Nichols		
13	David Matthews Jr.		
13	Cory Geddes		
13	Jake Lewis		
14	Joshua Woodward		
14	Sun Darty		
14	LaTanya Kendricks		
15	Melissa Tilley		
15	Curtis Varick		
16	Sharlene McCay		
16	Herman Stringer		
17	George Constantine		
18	Aschlee Squires		
18	Graciela Gonzales		
18	Christina Atkinds		
18	Brent Tyler		
19	Lawrence Griffin		
19	Jose Laureano		
20	Charles Taylor		
20	Monte Bullard		
20	Michael Testerman		
20	Lorri Truesdel		



Fort Lee ISO Certified



Members of the Fort Lee Directorate of Public Works/Skookum team proudly display a banner saluting their recent ISO 9001 certification.



The team's accomplishment is a major step toward ensuring long-term quality and efficiency of public works services here. The team employs more than 200 individuals of various skills and trades, and they perform over 3,000 facility maintenance activities every month. At the conclusion of the ISO 9001 audit, the outside inspector simply characterized the DPW/Skookum team's performance as "Excellent Implementation!" (Contributed Photo)

Skookum Excellence Awards

Becky Jackson

JBLM CIF - Nominated by: Edward Garrido, Warehouse Lead

Becky Jackson's hard work is greatly appreciated. She ensured all the documentation was correct for the ROTC equipment being sent to Fort Knox, and at the same time got documentation ready for equipment going to Lansing, Michigan. Becky also prepared all documents for our 100% inventory, working long hours on a daily basis and still helped with other sections in CIF to accomplish their own individual missions. Becky has always shown a genuine concern taking care of our customers, the individual soldiers. Becky is truly an asset for CIF and Skookum.

Telesforo "Carlos" Manzanares

White Sands Missile Range – Dawn Montague, Headquarters, United States Army Garrison, WSMR

I just can't say enough about Carlos and his understanding of our mission. How he manages to complete his service tickets with our schedule is beyond me. What I do know is that the Garrison Command Team thinks we have a little genie who fixes things when they run out for a meeting.

Let me share just one of my experiences with Carlos. Last June, we had a complete change of personnel in the Garrison Command. All three offices needed repair and paint. The challenge was our mission never stops. When the outgoing Command Team leaves, they work until the Change of Command and then the new team comes in and takes over immediately, so there really is no break to occupancy of the offices. Carlos, having the outstanding customer service skills, meets with me and we figure out what times the different members of the team will be out of the office. Carlos came in during those breaks to complete the repair and paint. What was even more impressive is when he wasn't in the office working; he didn't just leave his supplies lying around. He ensured our offices were presentable at all times, which for the Garrison Command is very important. But most of all the new Garrison Team was able to move their personal items in that weekend. It meant so much to the team and I that we did not have to stop and reschedule any meetings to accomplish that.

That is just one of many examples of how Carlos takes care of our team. It is not easy and I often wonder if it was anyone else, would they be as understanding of the importance of our mission. You should be proud of your team that takes care of the Garrison Command. I know I am!

Frederick "Arrray" Mincey

JBLM Sanitation Nominated by: Doug LaPlante, Facilities Management Specialist, NAVFAC NW

Frederick "Arrray" Mincey came to Skookum in May 2010, with vast experience and the willingness to pass it on to all. His customer service is second to none. He's always willing to help the customer in any way he can. He was recently given great praise from a new customer for his professionalism that stated ***"I just this minute left Arrray and Ken; the two employees that dropped off the chemical toilets here at Naval Station Everett and wanted to personally let you know how well they performed their duties. From the minute they got here it was clear to me that customer service and professionalism are very important to them. Both men proved to not only have great pride in what they do but also the company they work for. They worked as a team to quickly place and setup the toilets with a great attention to detail; they were obviously not just "going through the motions" so they could get out of here. Arrray and Ken were here for a very short time today but in my ten years in this position I have come to know when someone is representing their company to a level worth mentioning... Please pass on to them that their work ethic and professionalism are very much appreciated here at Naval Station Everett!"***

Joseph Hyson

Fort Meade DOL - Nominated by: Walter Davis, Fort Meade Transportation Supervisor

Mr. Joe Hyson is a very compassionate individual and presents the Skookum Core Values daily throughout the work day. Joe enthusiastically takes the time to mentor his co-workers. He is respected as the "Go-to-Guy" when our Transportation Motor Pool (TMP) needs immediate action resolving customer concerns. Joe has over 50 years of Transportation experience either as a Driver, Manager, or Coordinator. Joe brings a personal and friendly attitude to work every day that is infectious throughout TMP operations and customer relations. It is my privilege to recommend Joe Hyson for a Skookum's Presidential Excellence Award and to work with Mr. Hyson daily at Fort Meade.

Happy Anniversary, Department 31!

Happy Anniversary, Department 31! July 2, 2014, will mark Skookum's second year at Naval Research Laboratory (NRL), Washington DC, providing superior transportation management and maintenance support. The NRL contract faced several challenging events over the past year including repairing equipment during major east coast snow storms (yes 5 degrees!), last minute transportation requirements getting NRL personnel in and around our nation's capital and maintaining a fleet of aged vehicles and equipment. Department 31 never missed a mission and continuously received 5s on customer service. The 2nd year was marked by passing ISO 9001:2008 audit and certification, a major step toward ensuring long-term quality and efficiency of Skookum services at NRL. Well done, Department 31 by making Skookum proud in and around Washington DC.



Duke Pendergast | Site Manager | NRL Washington DC

Continuing Battle...Annual Relay for Life



Left to right: Tina Silva, Rich Jelks, Cindy Wilkinson

With every step and lap around the track at Robert M. Shoemaker High School in Killeen Texas, one Skookum employee found closure to a very difficult and emotional chapter of her life by finding an interest in the "Relay for Life". **Christina Silva**, Operations Manager for CIF-Fort Hood, was first diagnosed with cancer in 1998 while she and her family were stationed in Hawaii. The family was immediately transferred to Fort Hood, where she began receiving treatment at a facility in Houston Texas. Christina's condition improved and she remained in remission for almost five years. The later part of 2003 became a nightmare for Christina and her family, as the cancer took an aggressive attack. She was incredibly persistent in her battle and to this very day continues treatment.

In the spring of 2004, Christina got the idea that she wanted to participate in Relay for Life. The program is a community fundraiser event for the American Cancer Society that attracts hundreds of supporters and survivors annually. Over the last nine years, Christina had managed to muster a team consisting of several CIF employees, families, and friends. They camped overnight, enjoyed Michael's barbecue, and shared the solidarity of the team. She named the team "Christina's Angels", even with the presence of Rich and Tom as members. This year, the team collectively received over \$2,000.00 in contributions for cancer research! For Christina, getting out and seeing the survivors lap the track was especially inspirational and proof that there is possibility of survival.

New Addition to the Skookum Family:



There's a new branch on the family tree. David and **InOk Embry** are deliriously happy to announce the birth of their very first beautiful grandson, Noah Phoenix. Noah, weighing in at just a bit over 7 pounds, was born in Austin Texas on June 20, 2014. InOk is the Property Book guru for the Central Issue Facility – Fort Hood, where she's been working for over 21 years. Congratulations to both Grandpa and Grandma "Halmonny" Embry.



Left to right: Kim Lamp, Lisa Osmer, Tina Silva, Cindy Wilkinson, and Tom DuChateau

Tom DuChateau | Site Manager | Fort Hood, TX

Fort Lee Implements Handheld Mobile Devices



Skookum employee Mathis Pack uses a hand held device for meter reading

The Skookum Business Systems Maximo team recently deployed the first handheld mobile devices at Fort Lee. The use of handheld devices was envisioned during the proposal phase of the Fort Lee Base Operations Support Contract as a means to leverage technology to increase the efficiency and effectiveness of the Skookum/DPW team. Formal development of the project was initiated several months ago and the first phase of the initiative was recently implemented during the month of June 2014.

The first phase of the handheld initiative included meter reading, quality control, and the plumbing and electrical shops. The new handheld technology allows for a number of efficiencies to be gained, including paperwork reduction, electronic timekeeping, and real-time, single entry of work order data in the field. The initiative was a collaborative effort between the Skookum Business Systems team, DPW staff, and Skookum/IAP shop and work control employees. All members of the team were critical in getting the right handheld programming, processes, and procedures in place to make the effort a success. So far, the results have been outstanding. The plumbing and electrical shops, quality control, and meter reading personnel have already completed their initial training and field testing and are currently operating efficiently with the new devices – a huge success story for the Skookum/DPW team at Fort Lee!

Rob Fetter | Site Manager | Fort Lee, VA

Skookum Storytellers

Our Featured Skookum Tellers:



Maurice Correia



Barbara Pusateri



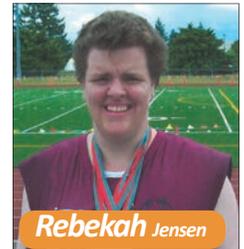
Charlene Carr



Doug Miclette



Brian Pearson



Rebekah Jensen

Don't Forget....

We're on
facebook

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



We are excited to announce our Skookum Storytellers program! The marketing department in total has already filmed and published six stories this year. The purpose of the stories is to share how individuals working for Skookum have been impacted in not only their personal lives, but also how their employment at Skookum has helped make their lives better. Some stories also give viewers insight that not everyone has a visible disability which is a great reminder to keep that in mind when we're working alongside with our co-workers. Visit our **Skookum Facebook page** or search "Skookum Storytellers" on **YouTube** to view.

Kelsey Kilen | Marketing & Communications Specialist | Bremerton, WA

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

How to Avoid Portion Size Pitfalls

When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an "individual" bag of chips can easily feed more than one. Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion Control When Eating Out

Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.

Portion Control When Eating In

To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

Portion Control in Front of the TV

When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.

Go ahead, spoil your dinner

We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Be aware of large packages

For some reason, the larger the package, the more people consume from it without realizing it. To minimize this effect:

- Divide up the contents of one large package into several smaller containers to help avoid over-

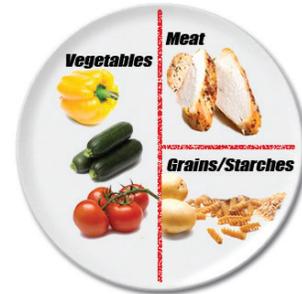
consumption.

- Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Out of Sight, Out of Mind

People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."

- Replace the candy dish with a fruit bowl.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.



SKOOKUM
Contract Services

Centers for Disease Control and Prevention (CDC). (Updated 2012, June 4). Nutrition for everyone: Healthy weight: How to avoid portion size pitfalls to help manage your weight. Retrieved April 8, 2013 from <http://www.cdc.gov>

Wellness Quote....

"A healthy outside starts from the inside." Robert Urich

Q CORNER

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The Quality Control Inspectors in Bremerton, Washington are based out of the Home Office and conduct inspections over the large region of Navy operations.

Connie Barre' has been with Skookum for 11 years with the last 5 as a Quality Inspector. She inspects janitorial, grounds, and sanitation services on the Bangor base in addition to some of the smoke shacks at the Puget Sound Naval Shipyard (PSNS). Connie has also assisted at our Spokane, WA operation.

Irene Bush has been on the Skookum team for 9 years and inspecting for the past year. She inspects janitorial services at the Naval Hospital Base (NHB) in addition to Indefinite Quantity work at PSNS and NHB.

In addition to their regular routes, Connie and Irene are also Bremerton's traveling Quality Inspectors covering janitorial services performed by our subcontractor at another Naval Hospital in Everett, WA in addition to grounds work. In the future, Irene will also be tacking on inspections for janitorial and grounds services performed by another subcontractor at Whidbey Island.

Twyla Johnson began working at PSNS 28 years ago with the first 12 as a janitor. She was hired on by each new contractor as the contract changed hands. Skookum is the fourth contractor to hire Twyla and she has been with us for the past 16 years with the past 14 as an Inspector – 13 of those as a supervisor.



L to R: Irene Bush & Connie Barre'/QC Inspectors, & Twyla Johnson/QC Supervisor

Between the 3 of these Inspectors they have over 36 years of service with Skookum! They provide feedback and collaborate with janitors, supervisors, and Skookum's customers to ensure the job is successfully completed to Skookum's high level of excellence.

Twyla Johnson |Quality Control Supervisor| Bremerton, WA Home Office



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.