



SKOOKUM

Skoop

MAY
2018



Neil Colomac
wins Honor Roll
for Veterans Award!



NEIL COLOMAC WINS VETERAN AWARD

We would like to congratulate **Neil Colomac**, Quality and Safety Manager, at Skookum Oak Ridge, TN for winning SourceAmerica's Honor Roll for Veterans award this year! Neil joined Skookum in 2009 after being medically discharged from the Army. He has worked on 3 of our contracts, from Washington, to Maryland, and now in Tennessee. He and his wife, Jennifer, have 3 boys and enjoy living in Oak Ridge. Check out his award video to the right. Congratulations, Neil!



JBLM JANITORIAL RECEIVES KNUCKLEBUSTER AWARD



The 62nd Maintenance Group at JBLM hosted their annual LogFest Awards dinner on April 27, an event that recognizes their highest performing maintenance and aerial port Airmen. The purpose of this event was primarily to announce the 2018 McChord Field Knucklebuster award recipients, one of which was Skookum! Congratulations to JBLM Janitorial!

Your dedication for going above and beyond every day is recognized and appreciated. The Knucklebuster Awards are unique from other Air Force maintenance awards, because

the nominees are selected by their peers. *"Individuals competing for the Knucklebuster are the hardest working, all-round best maintainers and Airmen within each squadron,"* said Chief Master Sgt. John Frazier, 62nd MXG superintendent.

Congratulations again!



CINCO DE MAYO...TEXAS STYLE!

On Friday the Wellness Champions of Fort Hood hosted a Cinco de Mayo inspired luncheon minus the margaritas. Employees had an array of meats, toppings and fixings to choose from. The Taco Bar included both ground beef and ground turkey, whole wheat tortillas, corn tortillas, all the healthy fixings (and a few unhealthy ones). Employees were able to eat salads as well if they opted to not have the tortillas or corn chips.

Fort Hood puts special emphasis on maintaining a healthy lifestyle, especially during our severely brutal summer months. We aim to promote overall wellness to include emotional, physical and mental wellness.

Quintara Middlebrooks | Administrative Assistant | Fort Hood, TX

John Morton, Janitor, Bangor, WA
Nominated by: **Martin Becar**, Janitor, Bangor, WA

It is with my deepest admirations that I nominate John Morton for the Skookum Presidents Excellence Award. Over the last two years I have “at arm’s length” observed John’s standard of service and attention to detail that parallels the corporation’s core values of INTEGRITY, QUALITY, and COMMITMENT in the performance of his duties. John, in his own way, singlehandedly represents Skookum Contract Services beyond reproach. Why? You may be asking? John has a masterful level of performance second to none. And, regardless of assignments, has a sudden impact on the daily routes he is assigned. Additionally, John has a unique assignment of performing building retrofits when additional customers are added to the Skookum family of retail accounts or supply vendors are changed and therefore so are some of the equipment for dispensing supplies.

John is not assigned a repetitious route. His assignment is provided by our lead during the morning staff call. That is when John receives his assignments. And even though there is no way to anticipate what John’s assignments will encompass, one thing is for sure, John will have to formulate a plan of action that will accomplish his tasks with the highest of standards. Without a repetitious daily route, John does not enjoy the luxury of establishing a customer baseline that observes his day-to-day performance positively impacting the establishment of the building or buildings into a work environment for the building occupants of “Good Health and Safety”. Without consistent daily contact customers do not acknowledge his accomplishments. I can only hope that if I were faced with the same amount of daily adversities that John is faced with that I would perform my day to day duties and responsibilities with a smidgeon of the of professionalism and expertise that he presents.

It is my pleasure to nominate John Morton for the awarding of the well-earned and long overdue prestigious Skookum President Excellent Award.

Carol Geschke, Janitor & **Peter Guerrero**, Janitor, PSNS, WA
Nominated by: **Steve Drummond, Lowell Morris, Bob Higgins, Patricia Leiataua, Nick Sharp, Mark Brown, Rick Klemm, Rick Sutton & Robert Issa**, Inspection Group, Building 900, PSNS, WA

Those of us in the Inspection Group feel it is important you are aware that we hold Carol and Pete in the highest of regard, not only for their continued dedication to the work that they perform for us, but, also their friendly and positive attitudes. It is always a pleasure to see them both in the morning while they are performing their duties in a timely fashion, while also providing fun and uplifting conversations and setting a positive tone for the day. We are very aware of the importance of the work that they do and want you to know how much we appreciate their quality of work and friendship. We consider Carol and Pete an integral part of the team.

Kayla Shepard, Janitorial Day Shift Lead, PSNS, WA
Nominated by: **Tari Rich**, Janitor & **Ariel Duckworth**, Janitorial Supervisor, PSNS, WA

Tari Rich: I would like to nominate Kayla Shepard for the excellence award. She Has done an amazing job with the absence of her supervisor for the past 3 weeks. Three days into her covering the position she was required to complete a ISO audit. Having never been trained for this nor had time to really prepare. She remained calm cool and collected during a 6 hour audit. During this time she had to describe procedures and requirements needed for Department 40. She pulled this off with professionalism, confidence and integrity. She accomplished this with no corrections needed for the Janitorial dept. She did an amazing job and made our company shine in a situation that could have been a very intimidating. I am proud to call her my lead.

Ariel Duckworth: I would like to express my sincere appreciation for Kayla’s exceptional performance, Kayla is a great asset to the D/40 team. While I was out on leave for 3 weeks this month. Not only did Kayla cover the position with confidence, prodigious, and professionalism, she received 100% satisfactory with no needed corrections for the Janitorial department, while standing in for the ISO Audit we had this month. She performed like a well seasoned ISO Rep! Kayla is committed to and focused to give the highest quality to not only her customers, but her employees as well!

MAY PRESIDENT’S EXCELLENCE AWARD WINNERS

Richie Noel, Locksmith, Fort Lee, VA
Nominated by: **Ann Robins**, Quality Control & Safety Manager, Fort Lee, VA

Richie Noel has been a locksmith at Fort Lee since Oct. 2001. Richie vast amount of knowledge in his field ensures quality service is delivered at all times. His excellent relationship with customers is evident by the number of positive customer comments that are sent through the ICE system. Customers also call and request him specifically for WO’s. Richie’s commitment to the success of the Skookum mission is evidenced by his willingness to help his co-workers when dealing with a difficult situation or a complicated technical problem. Whether day or night, he digs in and continues to make an effort until the problem is solved. His positive attitude is evident to all who meet him, and his smile is contagious! Skookum is very lucky to have someone like Richie who takes great pride in his work and in customer satisfaction. When asked why he continues to work his response is “*because I love what I do.*”

NSBOSC SAYS FAREWELL TO JOHN BALL

John Ball, Facilities/Transportation Manager of Skookum Contract Services, retired on April 27, 2018. John has spent over 45 years supporting the US Navy—in uniform, as a civilian, and as a contractor. His work has consisted of Cranes, Facility Maintenance, Roads/Grounds, Lock Shop, Transportation and Structural. In September of 2017, John made a smooth transition to Skookum from the previous contractor, Chugach. Working with Chugach since 2002, the crane program had many issues and John helped facilitate it to be top notch.

When he changed over to Skookum, there were many concerns and challenges at the startup such as; new teams and new processes, such as the addition of iPads! John was an anchor handling those challenges, as an ultimate professional.



A good part of his career was spent at the Bremerton Shipyard, from 1972 to 1999. There he performed crane testing, inspections, and worked as a mechanic. During those 27 years he was an instrumental part in helping write the P-307 Crane Procedures for their program. From 1999 to 2002, he worked as the Transportation Manager at the Naval Submarine Base in Kings Bay, Georgia. This was a tough environment to work in, especially with scheduling and hot temperatures.

The picture to the left is John (far-right), along with **Ryan Gilmore, Andy Neumann, and Brad Trumbull** load testing the new 90-ton crane at Naval Station Everett.

John is an outstanding role model with amazing dedication and wonderful work ethics. He described himself as calm, easy going and funny! He is much more than that, an ultimate professional that truly cares about people. We will miss you John Ball!

Lorrie Frost | Administrative Assistant | NSBOSC, WA

NAVAL HOSPITAL CELEBRATES EARTH DAY

Skookum provides and manages the custodial and hospital housekeeping services for all of the Navy installations in the Puget Sound area. We clean a 330,000 sq. ft. medical facility complex, servicing over 17,000 active duty military members, their families, and retirees. The Bremerton Naval Hospital team showcased their commitment to Eco-Friendly products this Earth Day with a booth at their Environmental Stewardship event.



Create a Healthful Habit That Actually Sticks

Good health is built on a foundation of good habits – helpful behaviors that are automatic. However, good habits can be oh-so-hard to develop. Likewise, bad habits (such as eating quickly, skipping meals and opting for a greasy lunch) are difficult to break.

Habit Loop

Journalist Charles Duhigg discusses the science of habits in his bestselling book, *The Power Of Habit*. Habits are beneficial because they give your brain a rest and allow it to work on other problems. You no longer use much brainpower to tie your shoes, back out of your driveway, or log onto your computer because these behaviors became habitual.

Habits follow a three-part pattern called the habit loop. First there is the cue, something that triggers a behavior or routine. Following the routine is the reward. For example, a cue might be seeing a box of donuts in your office kitchen. The routine is to grab a napkin and a donut and eat the donut on the way back to your desk. The reward, a delicious taste in this case, helps your brain remember this habit loop, causing you to repeat this behavior the next time you see donuts in the office kitchen.

Create a New Habit

You can use knowledge of this three-part loop to help you form new habits. Piggyback your desired routine onto an existing behavior. If your goal is to walk after breakfast daily, why not piggyback your walk onto putting your breakfast dishes in the dishwasher? Every

morning, immediately after closing the dishwasher, head out the door for a walk. The cue is loading the dishwasher after breakfast. The walk is your routine. And the reward is the praise you give yourself for following through on your goal. Keep this up and eventually you'll have a new healthful habit.

Break an Old Habit

If your goal is to end an unhealthy behavior – say, eating cookies in the afternoon – experiment with the cue and the reward. What cue is sending you to the box of cookies? Is it boredom, an activity you repeat on a daily basis (such as checking your email), your close proximity to a vending machine, the sound of other people eating, etc? Perhaps you can eliminate the cue or insert a different routine in the face of the cue.

Also look for the reward. Are you satisfying hunger? If so, a healthful snack will also do the trick. Are you distracting yourself from work? Are you enjoying social time with co-workers while you snack? If it's one of these, there are other ways to get these rewards too.

When thinking about your lifestyle goals, consider the good habits you want to develop and the bad ones you want to break. Experiment with various cues and rewards. Keep it up until you find just the right mix. Soon you'll find yourself practicing healthful behaviors as if they were second nature.

By Jill Weisenberger, MS, RDN, CDE, CHWC, FAND



BROUGHT TO YOU BY:

Skookum Benefits

Fort Riley TFM is proud of the work our Skookum team is accomplishing and the skills they are learning. We started out with 10 employees in August of 2017 and now with a staff of 15, we have completed over 500 work orders, some of which were over two years old. The maintenance functions have ranged from simple repairs such as replacing water fountains to one of our subcontractors repairing 3,000 feet of buried natural gas lines that were leaking.

Our staff has enlarged and improved a 1950's 3000 square foot office area and a 7,000 square foot mechanic area/warehouse. By making building renovations, our technicians perform critical skills such as: electrical, plumbing, carpentry, and drywall. These skills are now being used base wide to improve buildings and satisfy our customer's needs.



Our outstanding staff is looking forward to overcoming the needs of our clients and surpassing their expectations.

Our Wash Rack Team serves all units coming out of the field before they reenter the base. They provide water cannons to wash everything from Jeeps to Tanks 24/7/365 as needed.



Howard Whittaker | Site Manager | Fort Riley, KS

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.