



# SKOOKUM *Skoop*

AUGUST  
2018

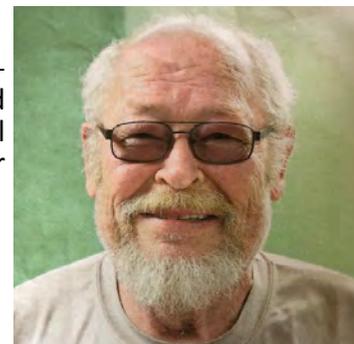


*"Showing appreciation motivates people to do more.  
Being appreciated is music to our ears."*

*-Catherine Pulsifier*

## SKOOKUM REMEMBERS TOM LUEY

JBLM Janitorial would like to say goodbye to an employee, friend and all-around great person. **Tom Luey** passed away on May 24th and will be missed by all who knew him. Tom worked as a janitor here at Skookum JBLM Custodial for three years and receive numerous awards and customer accolades. Our prayers and thoughts go out to Tom's family in this difficult time.



## FORT RILEY GROUNDS



Fort Riley Grounds Maintenance is in full mowing operations here in Junction City, Kansas. Mowing in the hot weather must be carefully managed. With temperatures exceeding 90-degrees, and humidity over 60-percent, daily mowing operations are a real safety concern. Our Quality Control group strives to ensure our mowing crews are well hydrated with water and Gatorade. To avoid dehydration, experts are saying, "drink half of your body weight in ounces". Finally, here is a list of symptoms



that are indications the body gives you to let you know you're dehydrated:

1. Headache. The first symptom of dehydration will be a headache which is your body telling you the brain has lost water.
2. Thirst is the body letting you know it needs fluids.
3. Decreased bathroom breaks.
4. Lack of sleep. When you're dehydrated, it is difficult to have a restful sleep.
5. Other symptoms. Your coworkers may observe sunken eyes, red eyes, shriveled skin and walking slowly.

**Damon Darroch | Site Manager | Fort Riley, Kansas**

## CURTIS BAY



The Coast Guard Yard's 228th Anniversary was August 4th 2018 and the Coast Guard Yard at Curtis Bay celebrated on Friday August 3rd, 2018. An inspiring speech was given by the Yard's Commanding Officer Captain Mathew Lake that gave recognition to the men and women of the U.S. Coast Guard for their diligent service to our great nation. As always Skookum was there and proud to be a part of the service to the Yard by providing support functions for the event preparations as well as during the event. The Curtis Bay Skookum Team is very proud to be a part of the service support to the Coast Guard and proud to know that our efforts help, even in a small part, toward their mission of saving lives and their unwavering commitment to keeping the United States of America safe.

**Cory Golden | Site Manager | Curtis Bay, Maryland**

# SKOOKUM

## Contract Services

### SKOOKUM ASSISTS ATWORK! WITH COAST GUARD CONTRACT

#### USCG GALLEY



#### SEATTLE, WA



#### FOOD SERVICE ATTENDANT



In October of 2016, Skookum began a Food Service Attendant contract at the US Coast Guard Galley in Seattle, WA. This contract began as a way for Skookum to partner with Bellevue, WA based non-profit AtWork! and walk with them through the food service contract start-up process. Skookum's expertise with providing services to government customers made them the perfect organization to assist AtWork! with this contract.

The tasks at the USCG galley include: cleaning dishes, floors, dining and kitchen areas; cutting, stocking, and cleaning the salad bar; filling coffee, beverage and condiment dispensers; and cleaning and restocking the eating areas. Members of Skookum's Quality Control department set up the proper processes and systems to ensure that the highest quality and safety standards were being met by employees. Additionally, employees received training on food handling and equipment usage, furthering the goal to create a safe and efficient work environment. Quality control checklists and inspections were put into place in order to provide excellent customer service. Skookum also assisted with setting up IT networks, securing security access, operational planning, updating job descriptions, updating the required medical records program, providing training programs and record keeping.

Becoming International Organization for Standardization (ISO) compliant is a large undertaking that requires detailed and specific operational processes. Compliancy with ISO means an organization is achieving the highest standards of efficiency, safety and quality. Skookum has extensive experience with the ISO qualification process and so its skilled team members worked hard to tailor operations so that future certification would be possible.

Skookum worked with AtWork! on this contract until May of 2018, when AtWork! fully took on the contract themselves. Skookum's investment of time and resources into this contract allowed the project to run smoothly and meet the customer's expectations while also garnering AtWork! experience in the Food Service industry. This contract also allowed AtWork! to successfully employ people from the local community. John Viniotis of AtWork! said of the contract partnership, "Skookum was outstanding to work with. We got everything we needed and more". Throughout this project, Skookum exemplified its commitment to partnerships that further its mission to create jobs for people with disabilities.



*Exceptional Results with Extraordinary People*

[www.skookum.org](http://www.skookum.org)

## 2018 SPECIAL OLYMPICS

Congratulations to **Rebekah Jensen** who competed in the 2018 Special Olympics USA GAMES in Seattle. The games were held at the University of Washington. She won the gold medal for Shot Put and two silver medals for the 400 meter Fast Walk and the 800 meter Fast Walk. Rebekah has been working with us at the Bangor Navy Galley for almost eight years! We are so proud of her and we are very grateful to have her working here.



## YOUR COMMUNICATIONS TEAM

The Communications and Government Affairs Team plays a vital role in providing all Skookum branding, nurturing company culture, handling all internal and external communications and supporting the overall mission of Skookum.



All branding comes through our department. What is considered branding? Anything with the Skookum logo on it! We also handle all Skookum Apparel, the Skookum Skoop Newsletter, and photos and video at all sites. Another vital part of our job is to maintain Skookum's web presence; we maintain the Skookum website and social media pages. We are always happy to assist with any design or branding questions you may have.

Marie Campanoli leads our efforts in Government Affairs. We create and maintain vibrant relationships with our local and remote site political representatives along with their key staff. We also advocate on issues that may impact the employment of people with disabilities.

**Emma Ryan | Communications Visual Specialist | Bremerton, Washington**

## JBLM JANITORIAL

We would like to welcome some new faces: **Andrew Bell, Christine Trujillo, Jennifer McPhee Megan Mckay, and Ryan Brickwedel**. Skookum also welcomes **Heather Oliva** back to our family. I would like to congratulate Jason Hill who starts today as the new **Swing Shift Lead**. Jason has shown his skills and his drive to improve this organization. Good luck to Jason in this new position!

**Tom Whipple | Project Manager | Joint Base Lewis-McChord, Washington**

## EXCEPTIONAL SERVICE TO THE FIELD

**Kim Gentowski**, HR Assistant, Home Office

Nominated By: **Anna-Lisa Ginoza**, Administration Assistant, Home Office

Kim demonstrates "Commitment" every time she comes into work. She always makes us coffee here in HR, takes care of multiple tasks at once, and is extremely friendly and easy going, making it easy to approach her and ask questions. In the time that I've been here, she's made me feel very welcomed and has become my go-to person for navigating around the home office. I really appreciate all the things she does for us here in the office.

**Claude Belcher**, Assistant Site Manager, NIH Poolesville

Nominated By: **Joseph Miller**, Maintenance Mechanic II, NIH Poolesville

After retiring with more than 40 years of federal service proudly serving the National Institutes of Health (NIH), assistant site manager, Claude Belcher volunteered to come out of retirement and join Team Skookum with our start up at NIH. Claude's vast experience, technical expertise and leadership has proven invaluable during our transition. His devotion to mentoring and stewardship exemplifies his commitment to cultivate team members that embrace Skookum's core values. It is for these reasons along with countless others, that I am nominating him for the President's Excellence Award.

## AUGUST PRESIDENT'S EXCELLENCE AWARD WINNERS

**Tonya Houk**, Swing Shift Lead,

PSNS Janitorial

Nominated By: **Wayne Roper**,  
Janitor, PSNS Janitorial

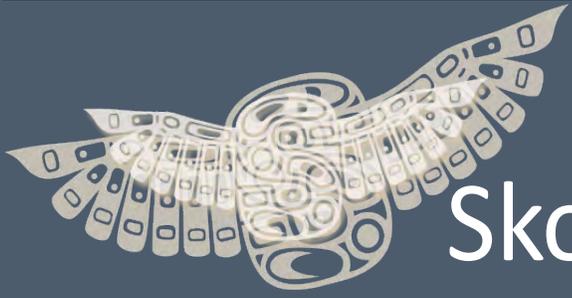
Tonya is such a profound professional in everything she does. She represents the best that Skookum has to offer in the way that she presents herself to her customers, supervisors and coworkers. She always works late to ensure the job is done completely and is always willing to help others who need help with the work and/or advice to do a job properly. She is always in a good mood and makes everyone around her feel good about themselves. She always puts others above her own self and exemplifies the Navy's core values of honor, courage and commitment. It is an honor to be on her team and to have her as a mentor on the job. She really helped me when my mom passed away this last January in dealing with my pain.

**Leamon Woodley**, Material

Expediter, Joint Base Lewis  
McChord

Nominated By: Douglas Ryan,  
Quality Assurance Evaluator, Joint  
Base Lewis McChord

I am writing this memo to bring attention to Mr. Leamon J Woodley JR's outstanding job performance working at bldg 9580 with Forward Logistic Support Branch (FLSB) on his daily mission for the past and present 15 years. Having received commendable on all inspection he is associated with which include calibrations, supply parts for numerous types of pieces of equipment, hazmat, and up keep of shop area. These are just a few areas that he exceedingly excels at on a daily basis. I do believe he is the hardest working employee Skookum has. I appreciate his hard work ethic and can do spirit.



# Skookum Wellness

August 2018

## Sugar Fun Facts

**Added sugars are sugars and syrups put in foods during preparation or processing .**

**A healthy diet should include no more than 10% of calories from added sugar per day.**

**That is about 200 calories for the average person or 50 grams.**

**50 grams is about 12 teaspoons.**

**1 teaspoon = 4 grams**

**The major food and beverage sources of *added sugars* for Americans are: regular soft drinks, energy drinks, and sports drinks.**

## Aging Well: Spotlight on Added Sugars

How much added sugar do you consume? The typical American consumes enough added sugars to contribute to health problems, including fatty liver, insulin resistance, cardiovascular disease and type 2 diabetes. Added sugars also provide calories without any nutritional benefit. These empty-calorie foods can contribute to overweight and obesity. Often people think that if they're not overweight, they can consume as much sugar as they want. However, consuming too much added sugar leads to health problems, even in people at a healthy weight.

There's an important difference between sugar that occurs naturally in fruit, plain milk, and unsweetened yogurt, and added sugars. Naturally-occurring sugar does not act the same way in our body as added sugars and it does not cause health problems.

The American Heart Association recommends limiting added sugars to no more than 100 calories per day (about 6 teaspoons) for women, and no more than 150 calories per day (about 9 teaspoons) for men. The Dietary Guidelines for Americans and MyPlate recommend that no more than 10% of daily calories come from added sugars, which is roughly 200 calories per day.

This may sound like a lot until you start reading food labels:

12 ounces of a carbonated beverage like Coke, Pepsi, Sprite or root beer contains 126 calories-all from added sugars.

8 ounces of a fruit beverage or fruit drink contains 48 calories from added sugars.

A typical glazed donut contains 32 calories from added sugars.

One slice of apple pie contains 61 calories from added sugars.

6 ounces of flavored yogurt contains 78 calories from added sugars.



By Lynn Grieger RDN, CDE, CPT, CWC

# RACE FOR A SOLDIER™

giving our Soldiers Permission To Start Dreaming

registration  
NOW OPEN!



10 MILE RUN GIG HARBOR, WA  
5K OR VIRTUAL RUN 9.16.2018

Team Skookum,

Skookum is pleased to announce our continued support and participation with **Race for a Soldier** this September. Funds raised by this event are contributed toward helping soldiers and their families recover from war and readjust to life back home. Run or walk the 10 mile or 5K.

Don't live in Washington State but want to participate? Do the **Virtual Run**! You can run and join the cause where you live. This does not register you for the official race in Gig Harbor, but you will receive an official shirt and finisher medal so you can look the part. This is a great opportunity for all Skookum sites to participate and come together as a team! See your site Wellness Champion or Site Lead for more information. Skookum will cover the registration fee for employees and one guest per employee. Check Workday for the coupon code! Be sure to register as a part of Team Skookum.

If needed, your Voc Specialist is available to assist with the online registration process, feel free to reach out to them!

# 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.