

## SKA Sets Up New Office in Colorado For Moab, Utah, UMTRA Project

On June 20, S&K Aerospace, Inc. (SKA) was awarded a U.S. Department of Energy (DOE) Technical Assistance Contract (TAC) for the Moab Uranium Mill Tailings Remedial Action (UMTRA) Project in Utah. The contract award is for a 1 year base period with an additional four 1-year option periods. The value of this contract may be up to \$22 million if all projected services are provided and all option periods are exercised.

SKA will provide technical and administrative support services to DOE, including records management, training, information technology and telecommunications, public affairs, government property management, document support, project integration, and environmental safety and health. We will also continue the existing ground water cleanup efforts at the site, and conduct radiological surveys of private properties in the town of Moab. S&K Technologies, Inc., is a teaming partner on this contract, along with Professional Project Services, Inc. (Pro2Serve), a technical and engineering services company.

The DOE Office of Environmental Management (EM) in Grand Junction, Colorado, manages the Moab Project. Grand Junction is approximately 110 miles from Moab. With the award of this contract, DOE-EM decided to relocate its office with the TAC team to downtown Grand Junction. This was the first time since DOE began operations at its Grand Junction site in 1943 that DOE has established a separate office in Grand Junction. Legacy Management work in support of other DOE sites is still being accomplished out of the existing location. SKA's contract began on June 20, and we moved into office space in a local bank building the first week in July. Special thanks goes to Joe Santorelli of SKT, and new SKA employees Tom Bachtell, Allison Kenney, and Rick Ryan for their many long hours spent getting the new office set up the weekend prior to the



**Photo: Moab Technical Assistance Contract Team**

*Back Row (left to right): Allison Kenney, Zach Crouch, Kent Bostick, Rick Ryan, Jay Netleblad, Terry Stromire, Dave Janssen, Tom Bachtell, Mary Jones, and Michelle Shaffer  
Front Row (left to right): Wendee Ryan, Lisa Tatman, Nancy LeBlanc, Kym Bevan, Patty Wilson, Chris Banghart, Laurie Stieferman, and Cindy Smith*

arrival of an additional group of employees who began work on July 9.

The TAC team has hired 24 employees to date to accomplish this scope of work. Most of the employees were incumbents from the former contractor. SKA named Joe Ritchey, a Pro2Serve geotechnical engineer, as the Senior Program Manager on the contract. Joe is from Los Alamos, New Mexico, and was a Pro2Serve Senior Manager at the DOE Los Alamos National Laboratory.

The Moab UMTRA Project site is located approximately 3 miles northwest of the city of Moab in Grand County, Utah, and includes a former uranium-ore processing facility. The site is situated on the west bank of the Colorado River and encompasses 439 acres, of which approximately 130 acres is covered by uranium mill tailings. The Moab mill was constructed in 1956 and was operated by

private companies under a license and regulatory authority provided by the U.S. Nuclear Regulatory Commission (NRC). The milling operations created process-related wastes and tailings, a sand-like material containing radioactive materials and other contaminants. When the processing operations ceased in 1984, a pile of uranium mill tailings and tailings-contaminated soil, estimated at 12 million cubic yards (16 million tons), remained. Through Congressional legislation, the Moab site was transferred to DOE ownership in October 2001. The Record of Decision for the project selected relocation of the tailings pile and associated wastes to a permanent disposal cell to be constructed 30 miles north at Crescent Junction, Utah. Also on June 20, DOE awarded a Remedial Action Contract to finalize design and install the tailings-removal system and to initiate movement of tailings. SKA's work

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scope also includes an oversight role for the Remedial Action Contract functions.

“This is the first DOE contract for S&K and we look forward to pursuing other opportunities within the DOE complex now that we have our foot in the door,” said Tony Amadeo, Director, Midwest Region, for SKA. “The contract transition and office setup were significant efforts, but DOE is very pleased with the TAC team’s work thus far.”



Photo: Liz Glowiak, Pro2Serve hydrogeologist on the Technical Assistance Contract team, measures the alkalinity of a ground water sample.

## Benefits Corner

### Active Breaks Help

If you work a lot at a computer, you need to be aware of the possibilities of repetitive strain injuries and how to prevent them.

Since computers with display screens were introduced to the workplace, a whole variety of related disorders have sprung up in computer operators. Studies have shown between 50 and 80 per cent of operators suffer physical problems such as back, neck and shoulder strain, and pain in fingers, hands and forearms.

Increased demand for high levels of output from these operators not only puts physical strain on the operator but psychological stress as well.

The result of all this physical and psychological stress in computer operators is fatigue. If measures are not taken to relieve such stress, both the productivity and the health of the operator decline.

Taking breaks is the traditional way to relieve fatigue, however standard.

short-term work pauses in the morning, afternoon, at meal time and longer term breaks, including a day or weekend off have been found to be insufficient.

Some researchers recommend intensive working computer operators take more frequent short breaks during their workday that incorporate some exercise. All exercise routines must be safe, appropriate, and designed with professional advice.

Here are some suggested "active" breaks which may benefit computer operators. Discuss them with your supervisor:

Take between 20 seconds and two minutes a few times an hour to look away from the computer screen to rest your eyes.

Take a pause of between five and 10 minutes every hour of computer operation to perform some movement or exercise away

from your work station.

Longer breaks of between 20 and 60 minutes may be taken every three to four hours to counteract the longer-term fatigue that builds up over extended work periods.

Shifting to non-computer work involving physical movement is one way to stay productive during breaks.

If active breaks are incorporated into a computer operator's workday, there is a good chance of increased productivity and decreased injuries and fatigue.

### *An injury-free office*

An injury-free office helps your workplace run smoothly. Some hazards are typical of offices everywhere

**Here are some common concerns for office workers:**

- Poor lighting
- Poor ventilation and indoor air quality
- Ergonomics
- Slips, trips and falls
- Electrical hazards
- Collisions with objects such as open file cabinet drawers

Electrical problems in offices can include extension cords. They can create a trip-and-fall hazard, and may also overload circuits. Overloading can lead to shorts, outages and fires. Often someone will go out and buy an extension cord that is not sufficiently rated for the job, creating these electrical hazards. Before you buy or use extension cords, find out about your office policy. If extension cords are permitted, you should check with the maintenance department to find out what cords are required. Then put in a work request to add outlets so that extension cords can be eliminated.

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Surprisingly, the most dangerous part of office work can be the possibility of falls. Standing on a chair to reach something on a shelf or bending down while seated in an unstable chair are two causes.

Be aware of potential slip and trip hazards. Make sure aisles have clear passage, drawers on file cabinets are closed and spills are immediately cleaned up.

Indoor air quality problems in offices are common. Ventilation may be poor if air handling systems are poorly maintained or not operating correctly. Some people will be bothered by poor ventilation almost immediately. Others may take some time to feel effects, and still other workers may never be affected.

If you have problems in your office with air quality, speak with your supervisor and report the problems. Get a check-up with your doctor when needed. Find out if the heating, ventilation and air conditioning systems are routinely checked and filters are changed regularly.

Poor lighting can lead to eye strain, poor posture and musculoskeletal or ergonomic injuries. Make sure that the lighting is adequate for the work you are doing. Change the position of your desk or computer if there is too much glare.

However, poorly designed workstations and inadequate lighting can both lead to poor posture and muscle strain. You need adequate lighting and good office desk setup to stay healthy. Don't trade one for the other.

If your job is in the office, take pride in your role. And take care for your safety.

### ***Don't Let Stress Put You In A Mess!***

The project you are working on is overdue and the boss is starting to ask questions. You are having trouble catching on to the latest computer program you are supposed to be learning. Your child's school just called for a parent-teacher interview and it

sounds like there's trouble. You are worried about how you will pay next month's rent. Your head aches, and your stomach hurts, and your hand is shaking so hard it's difficult to hold a cup of coffee. Have you ever felt overwhelmed like this? When you are overloaded with stress, it's hard to focus on working safely. Your inattention may cause you to trip over an unseen obstacle, cut your finger in a paper cutter, or wander into the wrong lane while driving. Whether the stress is job-related or caused by off-the-job responsibilities, the result can be the same - accidents.

### **Look for these signs of stress overload:**

- An inability to concentrate on your task, daydreaming, brooding or excessive worrying can all be a sign of too much stress. Forgetfulness and a feeling of worthlessness can also indicate that you should make some changes in your life.
- Emotional tension is an indicator of stress: for example feeling anxious and unhappy, having trouble sleeping and being easily startled. Other indications that you are under too much pressure may include feeling overwhelmed by your daily tasks and being unable to separate small difficulties from larger problems.
- Physical symptoms may include headaches, pounding heart, indigestion, high blood pressure, cold and clammy hands, and trembling. It all adds up to extra wear and tear on your body.

At some point in our lives everyone will experience stress, but it isn't always caused by unhappy events. Weddings, a new baby, a different job or a new home can all contribute to the tension that you experience. By looking after your health and learning to manage your time more effectively, you can reduce the harmful side-effects of stress. Try the following suggestions to reduce your stress and increase your safety:

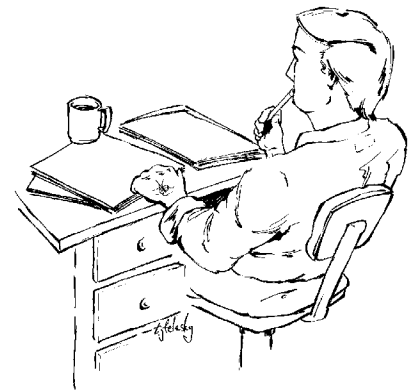
- Practice good health habits. Get enough rest at night and exercise for at least a half-hour several times a week. Eat regular nutritious meals which are high in whole

grains, fruits and vegetables and low in fat, sugar and salt.

- Avoid drugs, alcohol, caffeine and nicotine which might give temporary relief but eventually only add to your stress load. Instead, learn some relaxation techniques from sources such as books and tapes, recreation centers, self-help programs and therapists. Try to find at least 15 minutes a day to spend on your favorite hobby.
- Make a few small changes at a time to help you cope. If you are worried about money, organize a goal for saving a small amount each month or set up a family budget. Learn to say "no" to extra social commitments which would increase your stress level. But remember to fit in some activities which you do enjoy.
- Learn to think positively about life and other people. By looking for the good in every situation, you can teach yourself to cope with the ups and downs of life.
- Keep your sense of humor. Some of the most stressful experiences can be quite funny when you look back at them.

Everyone experiences stress. Learn to manage it so that you can maintain your health and peace of mind - and work effectively and safely.

### ***Get Serious About Office Safety!***



When you compare the hazards of working in an office to those of working in heavy industry, they don't seem like much.

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The fact is people do get seriously injured and even die in office accidents. To prevent office accidents, it is important to regularly inspect the premises for hazardous conditions. You must be aware of unsafe work practices which can cause injuries.

**Follow this checklist to make your office safer:**

- Traffic areas should be free of obstacles which can cause tripping accidents. Extension cords and boxes of files are two common hazards.
- Close drawers and doors of desks and cabinets. You can be seriously injured by tripping over a bottom drawer, and you can suffer severe cuts and bruises by bumping into an overhead door.
- Load filing cabinets safely. Fill from bottom to top. A filing cabinet filled at the top and empty on the bottom can tip over and crush somebody.
- Lift objects and loads correctly to avoid back injuries. Crouch down close to the item before attempting a lift. Bend your legs, not your back, when lifting. Get help from another person or use a hand truck if the item is too heavy or awkward to lift alone. Serious back injuries have occurred from incorrectly lifting furniture, a box of printer paper or even smaller items.
- Practice fire prevention. Do not allow combustible materials including paper and cardboard to accumulate in your work area. Don't store them near a fire exit, in a hallway or stairwell.

- Learn what to do in a fire or other emergency. Know where at least two emergency exits are from your work area. Make sure you can find your way to the stairs; don't use the elevator. Learn the location of fire alarms and fire extinguishers.

- Learn who is trained in first aid and CPR (Cardiopulmonary Resuscitation) in your work area, and the location of first aid supplies. While you are at it, sign up to train in these life-saving skills.



Make sure all office furniture is in good repair, especially chairs. Defective chairs should be removed from the area and not left around for extra seating.

- Arrange your workstation for comfort and to prevent muscle strain caused by excessive stretching or bending. Place frequently used materials and equipment within reach. Position your computer, keyboard and mouse so you can work with comfort and good posture. Keep your forearms and wrists straight.

- Check regularly for electrical hazards such as worn insulation and connections, altered or patched cords, or plugs and overloaded circuits. If you ever receive an elec-

trical shock, report it immediately so the equipment can be removed from service before someone is electrocuted.

Office safety is serious business. Accidents in the office have resulted in deaths and disabling injuries. Inspect your office workspace today to make sure it is as safe as it can be!

- Know what to do in an emergency such as a fire. Be aware of at least two escape routes from any area where you work. Never block fire exits, even temporarily.

- Know the location of fire extinguishers, and learn how to use them. You should only fight a fire after you have called the fire department, if you are sure you can handle it and if you have an escape route.

- Don't use makeshift scaffolds such as a chair balanced on a desk when you are reaching for something overhead. Take the time to get a stepladder or stepstool.

- Repetitive strain injuries are increasingly common in offices. When doing work such as computer keyboarding, keep your hands and wrists straight and relaxed. Frequently switch to other tasks to give your hands a rest.

- Help keep lunchrooms and washrooms tidy and sanitary. Dispose of trash properly, and keep counters clean and dry.

Offices aren't as tame as they seem. They contain many hazards to your safety - so stay alert.



## BENEFITS CORNER

If you have any questions, comments, and/or suggestions on the BENEFITS CORNER, please contact:

**Toni Cederlund**

Benefits Coordinator

406-745-5714

tcederlund@sktcorp.com

# Division News

## SKT Aerospace Operations - Lynn Daniel-Glover and horse Psyches Magic BA honored in Canadian Nationals Arabian Horse Show



The Canadian Nationals Arabian Horse Show, affectionately known as "The Royal Red," is not only full of history, community, and flare, but it celebrated its 50th Anniversary August 20-25, 2007 at IPSCO Place in Regina, Saskatchewan, Canada. This prestigious horse show combines over 147 different classes for Youth and Adults in Western, Dressage, Hunter, and English disciplines, along with a fun and entertaining community event. It is the longest running national show hosted by the Arabian Horse Association, and offers spectators a unique international

event. Exhibitors from both sides of the border enjoy the excitement of competing in such a historically rich show.

Lynn Daniel-Glover (Financial Analyst for the Repair and Return Aerospace Operations in Warner Robins, GA) and her horse, Psyches Magic BA, had a very exciting and enjoyable trip to Canada, especially since they were awarded one of the Top Ten honors in Arabian Hunter Pleasure - Adult Amateur to Ride 18-39. Lynn, attending the "Royal Red" for the first time, said "the Canadian Nationals was one of the most enjoyable horse shows she has attended". Many of the local people come out to watch the show and walk through the barns talking to the exhibitors. "They like to ask where you are from and also to thank you for coming and supporting the show and their city" said Lynn. Lynn also said her horse became very spoiled while in Canada "because the local people buy carrots and other treats to feed the horses as they walk through the barns. Now he expects a treat

every time someone walks up to his stall."



## SKT Pacific Northwest Operations - S&K Employees participate in charity walk on new Tacoma Narrows Bridge



With the opening of the new Tacoma Narrows Bridge slated for the first motor traffic on Monday, July 16th it was open for a charity walk on Sunday, July 15th. It raised almost \$300,000 for the Tacoma General Hospital's neonatal intensive care unit. It started at 8am for runners and then the walkers were able to go. The total amount of people who participated in the run/walk was more than 10,000 and at 10am it was open to anyone else who wanted to take a walk with a total of 50,000 people for the day. It ties the old Tacoma Narrows Bridge as the 15th longest suspension bridge in the US at 2,800 feet.



Please note in the photo on the right that there are 2 men walking on the cables.

# New/Transitioned Employees

*Join us in welcoming these new members of S&K's winning team!*

## S&K TECHNOLOGIES HOLDING

Wolf, Chi D. - 07/30/2007  
Temporary Receptionist  
St. Ignatius, MT

Haynes, Brian - 08/28/07  
IT Intern  
St. Ignatius, MT

## S&K Global Solutions

Walmer, Anthony - 08/01/07  
PC Software Specialist II  
Renton, WA

Henry, David H. - 09/24/07  
Telephone Repair Specialist  
Ft. Richardson, AK

## S&K TECHNOLOGIES

Restpro, Jorge E. - 07/02/07  
Acquisition Spec III - Legal Advisor  
Iraq

Janssen, David S. - 07/09/07  
ES&H/QA  
Grand Junction, CO

Powell, Kim L. - 07/30/07  
Staff Support Spec Procurement  
Warner Robins, GA

Turner, Joseph C. - 08/08/07  
PC Software Specialist  
Portland, OR

Perkins, Eric A. - 07/02/07  
Administrative Specialist III  
Iraq

Robinson, Polly - 07/09/07  
Project Management Specialist  
Grand Junction, CO

Coleman, Wesley D. - 08/01/07  
Senior Developer  
Houston, TX

Cox, Thomas A. - 08/27/07  
Safety Specialist  
Moab, UT

Acevedo, Thomas R. - 06/25/07  
Chief Executive Officer  
St. Ignatius, MT

Shaffer, Michelle R. - 07/23/07  
Project Analyst  
Grand Junction, CO

Spikowski, Cheyenne A. - 08/21/07  
Computer Specialist I  
Iraq

George, Thomas - 09/01/07  
Operations Specialist I  
Iraq

## S&K AEROSPACE

Kenney, Allison K. - 07/02/07  
Network Manager  
Grand Junction, CO

Stromire, Terry G. - 07/09/07  
Business Group Manager  
Grand Junction, CO

Crouch, Zach J. - 07/27/07  
IT Technician/SW/HelpDesk  
Grand Junction, CO

Fellbaum, Ann E. - 09/24/07  
Administrative Assistant  
Bangor, WA

Bachtell, Thomas D. - 07/06/07  
Support Group Manager  
Grand Junction, CO

Banghart, Chris A. - 07/23/07  
Budget Analyst/Project Analyst  
Grand Junction, CO

Madick, Vicki L. - 08/27/07  
Housing Support Specialist  
Fort Wainwright, AK

Donahey, Samuel J. - 09/24/07  
Quality Assurance Spec - Const  
Ft. Richardson, AK

Bevan, Kym M. - 07/09/07  
Administrative Assistant  
Grand Junction, CO

Nettleblad, Jay M. - 07/23/07  
IT Technician  
Grand Junction, CO

Colunga, Ernest - 09/04/07  
Vicinity Property Technician  
Moab, UT

Marsh, Kenneth N. - 09/24/07  
Telephone Repair Specialist  
Ft. Richardson, AK

Wilson, Patty L. - 07/09/07  
Administrative Assistant  
Grand Junction, CO

Smith, Cindy S. - 07/30/07  
Records Manager  
Grand Junction, CO

Amadeo, Anthony - 09/01/07  
Director of Midwest Region  
Little Rock, AR

Sweitzer, Albert M. - 09/25/07  
Telephone Repair Specialist  
Ft. Greely, AK

Ryan, Rick M. - 07/09/07  
Information Technology Technician  
Grand Junction, CO

Stieferman, Laurel - 07/23/07  
Administrative Assistant  
Grand Junction, CO

Mullis, Marianne - 09/24/07  
Technical Support Specialist  
Grand Junction, CO

Parks, Reginald L. - 09/24/07  
Telephone Repair Specialist  
Ft. Richardson, AK

Ryan, Wendee Kae - 07/09/07  
Public Affairs Manager  
Grand Junction, CO

Matazzoni, Fred A. - 07/16/07  
Safety Technician  
Whidbey Island, WA

Hazard, Brinda - 09/13/07  
Real Estate Support Specialist  
Ft. Richardson, AK

Hart, Melanie J. - 09/28/07  
SPS Administrative Support  
Bremerton, WA

# Newborns

## SKT MIDWEST OPERATIONS

Grand Junction, Colorado

**Zach** and **Shae Crouch** are the proud parents of a new baby boy named Ozkar. He was born 9/4/07, weighed 8 lbs 13 oz, and was 21 1/4" long. Zach works in the Grand Junction, CO Office as a computer programmer/database administrator.



**Patty Wilson**, Administrative Assistant in Grand Junction, CO is proud to announce the birth of her grandson, Numa Michel-Fuller. He is 13 weeks old and is a member of the CS&K Tribes. His mother is Barbara Michel (Leonard Michel is grandpa).



# Employees of the Quarter

**WE'RE PLEASED TO HONOR THESE OUTSTANDING EMPLOYEES.**

*Each of these employees has demonstrated an excellent work ethic, a positive attitude, and the initiative to go "above and beyond" in the performance of his or her duties.*

*Congratulations to these exceptional employees and to all the nominees from each of S&K's locations!*

## EMPLOYEES OF THE QUARTER FALL 2007

### SKT Pacific Northwest Operations



**▶ Allison Walters**

Analytical Assistant  
Subbase Bangor, WA

Allison Walters joined S&K in September of 2005 supporting the US Navy at Subbase Bangor and Naval Base Kitsap in Bremerton Washington. She physically supports both locations. One of the reasons that she is the Employee of the Quarter is the following letter we received from the Client. I believe that it says it all.

Dear Ms. Kirkpatrick,

Subject: Letter of Appreciation for Allison J. Walters

The Environmental Department at Naval Base Kitsap would like to express its appreciation to Allison Walters of S&K for outstanding support on the contract during the past year. Ms. Walters has surpassed expectations in the support of both the Bremerton and Bangor environmental offices. She has excelled at producing large quantities of top quality documentation, ranging from complex technical reports to power point presentations. With minimal instruction, she quickly produces high quality products. She handles each task with promptness and enthusiasm, taking great pride in her work. Her warmth and pleasing demeanor greet all visitors making them feel

welcome, while at the same time handling their needs with speed and grace. Her willingness to cheerfully complete the varied tasks assigned to her, regardless of her workload, has gained her great respect from everyone at Naval Base Kitsap.

Our congratulations to S&K for having such a special employee on their staff, and our singular appreciation to Ms. Allison Walters for her exceptional contribution to our success in the environmental offices of Naval Base Kitsap.

Sincerely,

Greg Leicht  
Environmental Director

### SKT Materials Engineering Operations



**▶ Dr. Jochen Hoffmann**

Senior Scientist  
Dayton, OH

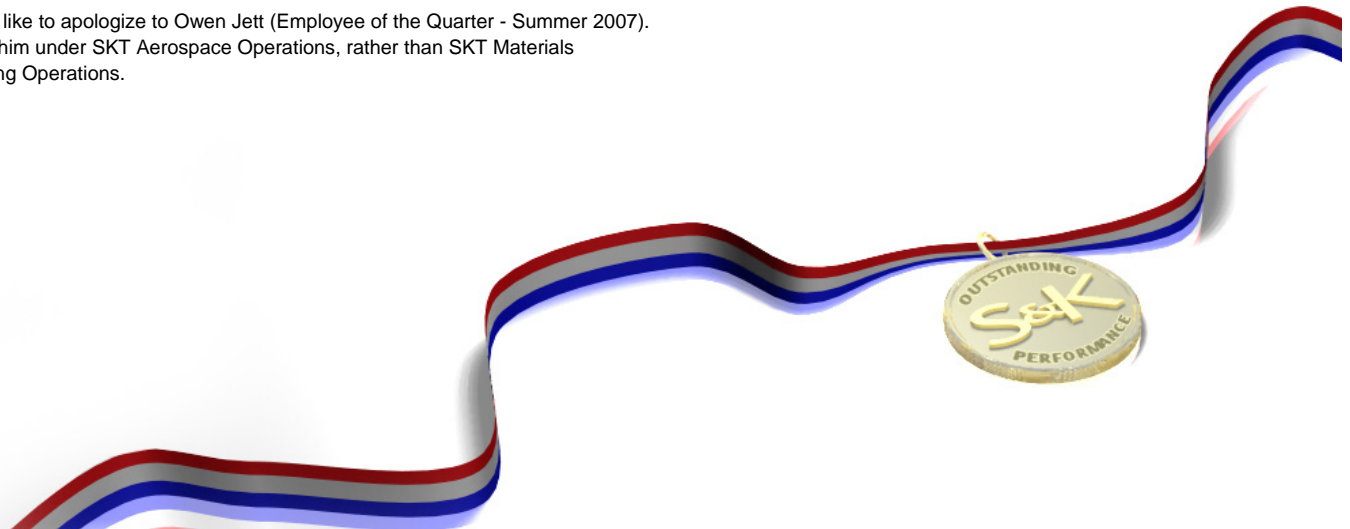
Dr. Jochen Hoffmann leads the non-destructive inspection (NDI) activities within the Materials Engineering Operations – Dayton group. Jochen has contributed significantly to advancements in processes and procedures for

inspection of USAF aircraft for cracks and corrosion. He recently presented, by invitation, his 2007 NDI Project Accomplishments at an NDE Program Integration & Review Meeting organized by the Air Force Research Laboratory at WPAFB. His paper on development of inspection techniques for complex structure was selected for the 2008 Aircraft Structural Integrity Program Conference. Over the past year Jochen managed a project "NDI for Complex Structure" for the C-5 System Program Office, and met all technical, cost and schedule goals. The newly

developed procedure was evaluated and accepted by the C-5 NDI inspectors in August. The developed inspection process also has applicability to other airframes such as the C-130. The impact of the new process is that it allows for targeted inspection of cracks in complex multi-layer structure that cannot be disassembled. Jochen and his team are also working on a prototype inspection for F-15 wing structure that currently cannot be inspected without costly disassembly.

## Editors Note:

We would like to apologize to Owen Jett (Employee of the Quarter - Summer 2007). We listed him under SKT Aerospace Operations, rather than SKT Materials Engineering Operations.



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**Article:**

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## S&K Technologies, Inc.

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**Employees of the Quarter**

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Photo: Antelope roaming across the rocky desert plains near the Crescent Junction, Utah, UMTRA project disposal site. Photo courtesy of Wendee Ryan.

