

Aleut Cares

Volume 2, Issue 1, January 2009



President's Report *by Mike Mikita*

Dear Aleut Employees,

Happy New Year! Welcome back and I hope your holiday season made many happy memories!

Aleut's most important resource is our employees. I hope this message finds that you had a great holiday. With the current conditions in the economy we must be grateful to be employed. We are so very lucky that we are in a business that is not severely impacted as others are. Aleut counts on each and every employee to contribute to Aleut's success story. Your efforts establish the Aleut reputation of being a great service provider.

With your help the outlook during 2009 for the Aleut Family of Companies is bright. We expect record growth this next year. During the merge in 2005 our revenue was around \$67 Mil and this year we will finish at over \$113 Mil. This not only provides security for Aleut employees but continues to provide for our shareholders, the Aleuts.

With the change in leadership this past year, the headquarters (AMS) focus has been getting our processes, "Back to Basics". Yes, we've had some processing struggles, but the New Year will prove to be strong and continued growth for all our companies.

Because of the efforts at the projects in maintaining 'exceptional' past performance we have been able to retain most all of our expiring contracts. Word of mouth is spreading about Aleut and our performance, which means our branding, is working. This is a direct reflection of your efforts and I 'Thank You' for our success.

Take pride in the accomplishments of Aleut over the last three years, as you, our most important resource, are responsible for the success stories.

Happy New Year!

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New Aleut Wins/Direct Awards



ACS: Direct Award of the US Army Garrison Engineer Support, Fort Detrick, MD; 1 year base period and 4 option years.

ACS: Direct Award of Institute for Surgical Research Logistics Management, Fort Sam Houston, TX; 1 year base period and 4 option years.

ACS: Direct Award of Institute for Surgical Research Program Officer & Principal Investigator, Fort Sam Houston, TX; 1 year base period and 4 option years.

ACS: Direct Award of USAMTC Remedy Developer, Fort Sam Houston, TX; 1 year period.



AFSS: Competitive Award of Buckley ANG Squadron Operations Facility (new construction), Buckley AFB, CO; 1 year period.

AFSS: Competitive Award of Federal Law Enforcement Training Center (FLETC) Artesia, NM Base Operations and Maintenance on 25 November; 1 year base period and 4 option years.

AFSS: Direct Award of Peterson AFB, CO Building 2, Operations and Maintenance; 13 month base period and 36 month option periods.



ANWS: Direct Award of McMurdo Station Base Support Services, Christchurch, NZ on 1 October 2008; 1 base year and 4 options years.

Project News *written by: Brenda Carender*

Aleut Facilities Support Services donates \$5,000 to Operation Warm Heart at US Air Force Academy (USAFA), Colorado Springs, CO.

Operation Warm Heart's primary mission is to provide emergency monetary assistance to Department of Defense personnel and their family members when other assistance agencies are unable to respond. Another major component of Operation Warm Heart is to provide food baskets and holiday meal vouchers to our military families in need during the Thanksgiving and Christmas season.

AFSS's contribution of \$5,000 comes from proceeds earned from sales at the Envision Express store located on base.

The Envision store operates for the purpose of providing high-turnover expendable supplies, clothing, equipment, office and janitorial items along with common use type supplies with a quick turn around and affordable cost. "This service to our military customers allows them to spend more time attending to their primary mission", said Jeff Fullerton, Project Manager for Aleut Facilities Support Services, LLC located at USAFA. ■



The check was presented to the USAF Academy's 1st Sergeants Council. SMSgt Tony Barnes accepted the check as the USAF Academy Chairman for Operation Warm Heart. SMSgt Jack Ladley, President of USAFA 1st Sergeant was also present.

Project News written by: Brenda Carender

Aleut Facilities Support Services (AFSS), announces Groundbreaking Services at Buckley Air Force Base.

AFSS was awarded a construction contract valued at \$6,676,000 by the Departments of the Army and Air Force to construct a new Squadron Operations Facility located at Buckley Air Force Base in Aurora, Colorado.

The ground breaking ceremony marking the start of construction on the state-of-the-art facility was attended by Maj. Gen. H. Michael Edwards, adjutant general of the Colorado National Guard, Senator Salazar, Gary Bress, President of Aleut Facilities Support Services, LLC (AFSS), Scott Bryan, President of Bryan Construction and other public and military officials.

The 22,000 square foot building will house about 80 F-16 pilots and support staff of the Colorado Air National Guard. Aleut Facilities Support Services, LLC (AFSS) is teamed with Bryan Construction on this construction project.



The group preparing to break ground for the new construction at Buckley AFB.



US Senator Ken Salazar and military dignitaries at the ground breaking ceremony.



Mike Mikita, President Aleut Management Services and Scott Russell, Chief Operations Officer mingle after the ceremony.

Project News *by Rod Harris*

Federal Law Enforcement Training Center (FLETC) Weathers A Major Storm

Three days into our new contract in Artesia, New Mexico the Federal Law Enforcement Training Center was hit with 85 miles per hour winds. This wind storm did some major destruction to the Physical Training building that we support. The estimated damage was reported to be around one million dollars.

Gary Bress, President, Aleut Facilities Support Services was on the scene,

to welcome all the employees to the Aleut Family that Monday morning. This major windstorm hit at 10:00 A.M. the same day for approximately two hours. Gary Bress recalled the employees and immediately started repairs of the security fence. Securing the remaining roof tiles on the Physical Training building, cleaning up classrooms, and temporary repairs of doors that were

ripped from their hinges. The janitorial crew started at 3 A.M. and the classrooms were ready for class first thing Monday morning, minus a few doors. We provided the excellent support we are known for in time of adverse conditions. Great job AFSS and crew. ■



Photo courtesy of Federal Law Enforcement Training Center (FLETC) Homeland Security website.

Got News?

Do you have a story to tell? Any news about your project, kudos, employee awards, etc. We want to hear about them.

Want to nominate someone at corporate for going above and beyond their normal job responsibilities? Contact HR for the form and email it back to HR.

Send any news article or announcement you would like to have reviewed for publishing to brenda.carender@aleutmgmt.com

*Our Customers
Think We Are
Great... And The
Customer is
Always Right!*

Congratulations Aleut written by: Birgit Cegielski

ISO 9001:2000 Certification for Aleut Family of Companies

After a four day audit in July by Mr. Walter Thompson, Lloyd's Register Quality Assurance (LRQA), all six of our Aleut companies were recommended for recertification to the ISO 9001:2000 Standard. Our new Certificate arrived in the mail in October.

It was the third recertification since the original certification on August 26th, 1999.

This achievement reinforces our commitment to provide each customer with the highest standard of service and provides them an ISO compliant quality system at no additional cost.

The process of achieving certification is a team effort. The Compliance Department oversees the quality management system, and ensures adherence to ISO requirements as well as contract requirements. However, every employee in the company is effected and plays a role in maintaining certification.

A great big **THANK YOU** goes out to every employee for their hard work and dedication to Aleut and our customers. We couldn't do it without you! ■



CERTIFICATE OF APPROVAL

This is to certify that the Quality Management System of

Aleut Management Services Colorado Springs, Colorado, USA

has been approved by Lloyd's Register Quality Assurance to the following Quality Management System Standards:

ISO 9001:2000

The Quality Management System is applicable to:

Provision of Marketing, Proposal Development and Quality Operations for Delivery and Performance Relating to Services Encompassing: Transportation, Logistics and Supply; Base Operations and Support Services; Space Systems Support; Space Launch Operations; Airfield Operations; Facilities Operations; Construction and Facilities Maintenance; Caretaker/Layaway Services, and Administrative Technical Support, and Related Operational and Maintenance Services; VOX Services; Security Services; Informational Management; Munitions Management; Grounds Maintenance; Engineering Services; Information Technology and Telecommunications Systems Engineering and Support; Engineering Support for Weapons Systems Installation and Maintenance; Hospital Laundry Services, Custodial Services, Environmental Support Services, Postal Services.

This certificate is valid only in association with the certificate schedule bearing the same number on which the locations applicable to this approval are listed.

Approval
Certificate No: UQA 0111707

Original Approval: August 26, 1999
Current Certificate: September 1, 2008
Certificate Expiry: August 31, 2011

Cheryl Distefano
Issued by: Lloyd's Register Quality Assurance, Inc.



This document is subject to the provision on the reverse
1401 Enclave Parkway, Suite 200, Houston, Texas 77077, USA
This approval is carried out in accordance with the LRQA assessment and certification procedures and monitored by LRQA.
www.lrqa.com

Adopted Aleut Family written by: Brenda Carender

Each year the AMS corporate office works asks the Aleut Foundation for assistance in finding an Aleut family in need that we, as a company, can adopt during the Thanksgiving and Christmas holiday season. This year our adopted family is a single mother of two small children (boy age 5 years old and a baby girl age 5 months). The family resides in Anchorage, Alaska.

Employee's donations in October and November allowed the company to send the mother a grocery gift card in the amount of \$250 at Thanksgiving to help with her Thanksgiving dinner and other kitchen pantry items she needed.

AMS employees then began donating in late November and early December for the families needs at Christmas. AMS corporate matched your generous donations and we were able to send the mother a gift card of \$1,300 to put food on the table, purchase diapers and formula for the baby and of course, to purchase gifts for both children this Christmas.

Thank you employees for your generosity! ■

Healthy Solutions written by: Brenda Carender

It's been an exciting year for many of our employees on their journey to lose weight and feel great! The group set a goal to lose 1000 pounds by the end of 2008 and happy to report they have succeeded with a weight loss of 1,002.8 pounds with a few more weeks to go.

The group continues to meet each week discussing strategies for curbing overeating, healthy food selections, exchanging recipes, and gathering insights from each other on what works for them and what doesn't.

Many of the participants have lowered their blood pressure and their risk for diabetes.

Do you know if you are at risk for diabetes? Know your diabetes risk factors, and what to do about them.

As of January 2008, roughly 90 to 95 percent of the 17 million Americans with diabetes have type 2 - the kind linked with excess body weight according to the Centers for Disease Control.

People with type 2 diabetes have abnormally high levels of glucose, or blood sugar, because their pancreas can't make enough insulin, a hormone meant to control your blood glucose levels, or their bodies can't properly use it. Untreated, diabetes can lead to heart disease, stroke, kidney disease, blindness or even death. The good news: Type 2 diabetes may be delayed, even prevented, by making a few lifestyle changes. Don't procrastinate;

the earlier you start making changes, the better off you are.

To find out if you're at risk for type 2 diabetes, see how many of the following factors apply.

•You have a close family member (sibling or parent) with the disease.

According to the American Diabetes Association, the tendency to get type 2 diabetes can be genetic.

• You're overweight.

Your family medical history aside, it usually takes another factor, such as obesity, to bring on type 2 diabetes. Excess weight contributes to a higher demand for insulin. Early on, your pancreas may pump out extra insulin and keep up with the increased blood sugar demands. But over time, it fizzles out. When that happens, blood sugar builds up in the blood, which can damage the eyes, nervous system, kidneys and heart.

Staying at a healthy body weight can help prevent stressing your pancreas. In fact, shedding just 10 percent of your weight can improve or reduce your risk of type 2 diabetes, and may prevent some of the complications if you've been diagnosed with the condition.

•You don't exercise regularly.

Besides keeping your weight in check, physical activity helps reduce your risk of diabetes. Exercise helps you lose weight and maintain a weight loss,

which are very important in lowering your risk.

•Your diet is whole-grain-challenged. A diet rich in whole grains (think three or more daily servings of bran cereal, whole-wheat bread, oatmeal or brown or wild rice) can help moderate blood glucose levels, says Gerald Bernstein, MD, a former president of the American Diabetes Association and an endocrinologist at Beth Israel Medical Center in New York. With plenty of whole grains on board, you won't get the spikes in blood sugar that can stress your pancreas, Bernstein says. If one or more of the statements apply to you, you may be at risk for type 2 diabetes and should talk to your doctor about getting tested. ■

Don't give up
what you want
MOST ... for
what you want
at the Moment!



Diabetes is a peer-reviewed scientific journal published since 1952 by the [American Diabetes Association](http://www.americandiabetes.org). A monthly publication, *Diabetes* publishes original research about the physiology and pathophysiology of diabetes mellitus. Submitted manuscripts can report any aspect of laboratory, animal, or human research. Emphasis is on investigative reports focusing on areas such as the pathogenesis of diabetes and its complications, normal and pathologic pancreatic islet function and intermediary metabolism, pharmacological mechanisms of drug and hormone action, and biochemical and molecular aspects of normal and abnormal biological processes. Studies in the area of diabetes education or the application or accepted therapeutic and diagnostic approaches to patients with diabetes mellitus are not published.

Helpful Resources:
www.americandiabetes.org
www.weightwatchers.com
www.diabetes.org
www.americanheart.org

Aleut Stars written by: Brenda Carender

Aleut Stars of the Month & Quarter

- January 2008 - Susan Wigen, Receptionist
- February 2008 - Jay Carender, Systems Analyst
- March 2008 - Marlene Haptonstall, Accounts Payable Team Lead
- April 2008 - Nathan Mason, ERP System Analyst
- May 2008 - Dennis Garcia, Compliance Specialist
- June 2008 - Tim Sobik, Communications Manager
- August 2008 - Jeff Sullivan, Business Development Manager
- September 2008 - Susan Douglas, Payroll Specialist
- November 2008 - Mike Romano

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- 1st Quarter - Marlene Haptonstall
 - 2nd Quarter - Tim Sobik
 - 3rd Quarter - Susan Douglas
 - 4th Quarter - Mike Romano



Aleut Star of the Year - 2008



Marlene Haptonstall, Accounts Payable Team Lead with
AMS President, Mike Mikita