

# The MIL CONNECTION

People Making *the* Difference

WINTER 2012 ISSUE 04

## Inside the Issue:

### **Cover Page**

Contract News

### **Page 1**

Contract News

### **Page 2**

Conferences

### **Page 3-6**

MIL Cares

### **Page 7**

Spotlight on Recruiting

### **Page 8**

MIL Health & Wellness

### **Page 9**

MIL Moments

### **Page 10-12**

Kudos

### **Page 13**

2012 MIL Holiday Party

### **Page 14**

December Employee of the Month

### **Page 15**

On the Calendar

Celebrating 30+ Years of Service

## Contract News

### **MIL Awarded Mission Systems Contract from NAWC-AD**

MIL is pleased to announce that our C4S Division was awarded an \$82 million Mission Systems contract from the Naval Air Warfare Center-Aircraft Division (NAWC-AD) at Patuxent River, Md.

With this award, MIL will continue its three-year partnership as a prime contractor at NAVAIR/NAWC-AD. Under the new contract, MIL will increase its support scope for Command, Control, Communications, and Computer Systems (C4S) throughout the Navy, DoD, and DHS. "This is an exciting opportunity for us to expand on our current footprint as we continue to support NAWC-AD Code 4.5.10 at their St. Inigoes, Md. facility," said C4S Division Vice President, Larry Wise. "This new contract allows us to increase our presence in supporting the design, engineering, production, testing, and life cycle support of numerous DoD and DHS based C4 Systems."

MIL has successfully managed and executed on numerous tasks and customer sponsors as a prime contractor. With proven excellence in the technical areas coupled with a fully trained staff, MIL looks forward to continuing our successful partnership at St. Inigoes and NAWC-AD Code 4.5.10.

We would like to recognize the current C4S team for their expertise and dedication, which helped to secure this win. In addition, we would like to thank Larry Wise, Dave Larson, Tom Clark, Harvil Jenkins, Thomas Bailey, Megan Warren, Michael Means, Rhonda Cadogan, Erin Cooper, and Autumn Dorsey for their hard work in developing a winning bid.

### **MIL Awarded Eagle II Contract With Department Of Homeland Security**

MIL is pleased to announce it has been awarded an Independent Test, Validation, Verification, and Evaluation (IV&V) contract from the Department of Homeland

Security (DHS) for a five year base period with an option for an additional two year ordering period. MIL was one-of-six contract awardees, estimated to have a maximum contract value of \$22 billion over the seven-year period of performance. With this award, MIL will perform services under the Enterprise Acquisition Gateway for Leading Edge Solutions II (EAGLE II) program, Functional Category 3 – IV&V. We will provide independent test, validation, verification, and evaluation solutions to ensure that all IT products and services meet DHS standards. While performing under this contract, the team will adhere to defined design, cost, schedule and performance specifications and capabilities.

"We are thrilled to have the opportunity to work on the EAGLE II Contract with the Department of Homeland Security," said MIL Vice President, Linda Glasco. "We know that controlling the cost of IT programs through IV&V practices is of the utmost importance in executing successful management of federal programs these days. MIL looks forward to supporting our client through our certified and proven CMMI Level 3 methodologies."

MIL currently performs IV&V work for customers like DHS to mitigate conflict of interest issues with other contracts. Our teams assigned to such tasks monitor and evaluate every aspect of a project from inception to completion. By evaluating a project from an outside perspective, it enables us to recognize the warning signs of impending problems while they can still be corrected. Through its CMM Level 3 driven IV&V methodologies, documented in an "IV&V Methodology Guide," our MIL employees make sure the job gets done efficiently and effectively.

### **MIL Wins Opportunity to Perform Work for the Department of Treasury**

MIL is pleased to announce that it has been awarded five-year Infrastructure Operations Support Services Contract with the Department of Treasury's Office of the Chief Information Officer (OCIO), Associate CIO for Infrastructure Operations

# Contract News (cont'd)

(ACIO-IO). Treasury is a new client for MIL, and we are looking forward to growth opportunities within the Department in the future.

We have teamed with RCG, a minority, woman-owned small business with a demonstrated legacy of 25 years direct federal government support, to provide Treasury with a reliable, secure, and technologically current IT infrastructure. Our team, made up of about 30 MIL experts working alongside our RCG partners, will support the ACIO-IO to meet current and emerging operational requirements for their IT infrastructure. The IT operations environment encompasses a wide range of IT services centered on supporting Treasury end-users. The contract scope includes the following tasks:

- ◆ **Program Management.** Support in planning, organizing, directing and controlling resources to successfully satisfy contract requirements.
- ◆ **Service Desk.** Provide dynamic 24X7 service desk support that troubleshoots and resolves end-user inquiries and requests.
- ◆ **End User Support.** Responsible for the administration of the IT infrastructure including computers and laptops, as well as the local area network (LAN) infrastructure.
- ◆ **Data Center and Infrastructure Support.** Provide 24x7 data center operations support for the installed systems and software environment.

The MIL and RCG team has solidified a partnership armed with the tools it takes to support the Treasury contract, both technically and professionally. The team will work together to ensure reduced costs and superior IT support.

We would like to welcome all of the new MIL employees on the Treasury contract and thank Vin Seibert, Michael Harris, Andrew Schneider, Chuck Rieger, Carter Raines, Latonya Morgan, Michael Means, Rhonda Cadogan, and Autumn Dorsey for their hard work in developing a winning bid. We would also like to recognize Tom Hammett, Ron Price, and Lynne Blackwell for their contract and recruiting support.

## Despite Project Glitch, MIL Provides Superior Support to NAVAIR AFTAC

The MIL C4S Division is part of an integrated multi-contractor team supporting the Naval Air Systems Command (NAVAIR) Special Communications Requirements Division's Air Force Technical Applications Center (AFTAC) Military Construction (MILCON) project.

MIL's role on this project is to provide project management, engineering, and technical support required to design, integrate, and install an audio/visual (A/V) system for the new 275,000 square foot AFTAC headquarters facility.

Unfortunately, the team's design lead left the project three months prior to the Critical Design Review (CDR); a major milestone for the project that requires very detailed design documentation including drawings, design descriptions, and equipment lists. Project Manager, Megan Warren, collaborated with Harvil Jenkins and his C4S Engineering Department to successfully produce the CDR package despite the loss of the design lead.

Larry Singleton, Ron Kum, Chris Boswell, John Wilson and Tony Young were all instrumental and worked very long hours to ensure that the AFTAC A/V design was ready for this important milestone review. Harvil and Megan travelled to the sponsor's location on Patrick AFB in Florida and presented the AFTAC A/V design to an audience of over 25 stakeholders. MIL's A/V design team received accolades from our NAVAIR customer and the AFTAC sponsor for a job well done.

Congratulations to Megan, Harvil, Larry, Ron, Chris, John, and Tony for being MIL's Employees of the Month for October 2012.

*In Witness Whereof the parties here to have executed this agreement.*

(Signature of photographer)

Address and phone number of  
or parent / guardian

If model is a minor  
I represent that I am the parent / guardian  
of the above-named model. I hereby consent  
to the foregoing on the model's behalf.

# Conferences



Rhonda Cadogan, Jeff Suhanick, and Asmamaw Mengistie



Jeff Suhanick and Asmamaw Mengistie

## Do More with Less: MIL Attends Oracle Federal Forum on Streamlining Service Delivery

In an economy where organizations are constantly challenged to, “do more with less,” government IT professionals are seeking innovative ways to accomplish this essential task. MIL sought to pick up some tips with other fellow industry experts at the 6th Annual Oracle Federal Forum as a sponsoring partner, while exhibiting our service offerings.

The day-long event showcased forum sessions led by government speakers, industry experts, and technology partners. Sessions focused on the progress made towards streamlining service delivery, maximizing return on investment, and cutting waste by harnessing the power of IT in support of innovation, transparency, efficiency, and effectiveness.

“Being an organization that has served the federal government with IT support for several decades, we know that staying in tune with industry standards, while remaining innovative is of the utmost importance,” said Senior Asst. V.P., John Roland. “Having the ability to address current issues and long term goals via knowledge obtained from conferences like these, positions us to remain a competitive force in the marketplace.”

Sessions that were attended included topics such as: lowering IT management cost; closing the productivity gap and modernized systems; optimizing performance; improving service delivery; shared services and cloud computing; mission critical systems assurance; and maintaining and growing a bright and competitive government workforce.

## Keeping Up with Our IT Practices: MIL Attend Oracle Open World

MIL employees Jeff Suhanick and Asmamaw Mengistie recently participated in the 2012 Oracle Open World Conference in San Francisco, CA.

Among the many reasons MIL attends Oracle Open World, are the thousands of sessions, hundreds of demos, and various hands-on labs—all geared toward helping customers get the most out of their current and future IT investments. MIL attendees participated in dozens of sessions including topics ranging from: “Best Practices for Realizing Greater Returns from Oracle Fusion Middleware Projects,” to “How Companies Capture the Performance and Cost Benefits of Cloud Consolidation.”

Participating in special interest group meetings such as the “Government Contractor Special Interest Group Meeting” provided MIL with insightful advice directly from the people who know the technology best, and can participate in question-and-answer sessions and other roundtable meetings—getting access to high-value information from experts, peers, and industry leaders.

The practical, educational, and networking opportunities available at Oracle Open World allow MIL to stay well-informed of evolving technologies and procedures in order to bring the best service possible to our clients.

# MIL CARES

## Congratulations to The Cordovans – Third Place Winners at FORTUNE Battle of the Corporate Bands!

MIL's homegrown rock band, The Cordovans from Charleston, S.C., recently assembled at the Rock and Roll Hall of Fame and Museum to compete in the 12th Annual FORTUNE Battle of the Corporate Bands on Oct. 6. After a full day of competing against seven other bands, showcasing their blend of high energy blues and rock performances, the talented group brought home the third place title! Before scooping up their very own gold record, the three-piece rock band spent the past year competing against over 30 other U.S. corporate bands to get to the finals.

The Cordovans, who have long enjoyed a local following in their hometown, include members Beau Johnson, Billy New, and Nick Zareski. Beau, a previous systems accountant at MIL shares the role of singer/guitarist with Billy, a payroll help desk team lead at MIL. Nick, a MIL compensation analyst, adds to the group on the drums and with his vocals.

After entering the competition, The Cordovans made it to the regional finals, where they were to compete against 18 other bands. Over the summer, the group traveled to New Orleans, Louisiana to play against their regional leg of the competition, ultimately securing a spot among seven other bands in the finals. While the group geared up for the competition in Cleveland, Ohio, they spent much of their time practicing,

playing shows and raising money for their entry, with lots of love and support from MIL!

When October finally rolled around, the trio road-tripped their way to The Rock and Roll Hall of Fame and Museum. Once there, the guys joined up with fifteen family, friends and co-workers and participated in the day-long event. During the first part of the day, the band played a showcase (un-judged) for a 30 minute set that consisted of all original music. That evening, each of the eight bands played a 15 minute, judged set of cover songs.

After an amazing day of performing and listening to many talented artists from across the globe, MIL's The Cordovans were presented with the third place prize. Attaining third place meant the award of a framed gold record as well as a coveted corporate placement in FORTUNE Magazine's December issue.

"The Corporate Battle of the Bands was an amazing and unique experience for MIL," said MIL VP, John Degni, who attended the event. "I can't describe the excitement of seeing your co-workers literally transformed into rock stars before your eyes. The company is so proud of The Cordovans. They helped remind us that dreams don't die and showed us that a healthy work/ life balance can produce some pretty incredible results."

At the end of the night, "The Grove Valve Orchestra" of Clif Bar from Emeryville, California, was awarded first place and "ROI" of Mainline Information Systems from Tallahassee, Florida, claimed the second place title. The panel of judges comprised of musicians from .38 Special, the Billy Joel Band, and Joan Jett & The Blackhearts.

The competition, which celebrates musicians with day jobs, was put in place to raise funds to benefit The Rock Hall Education Programs. It was presented through a partnership with FORTUNE Magazine, the National Association of Music Merchants (NAMM), and the Rock Hall, and was sponsored by Gibson, Chancellor University, and Panasonic Automotive. "For me, it was the ultimate rock and roll experience," said Nick as he reflected on the competition. "To play in the house that rock built among the memories of those that influenced us to pick up our instruments in the first place, was surreal. There are no words to truly express our gratitude towards The MIL Corporation for supporting us throughout this journey. To look out in the crowd and see the MIL family at the Hall of Fame cheering for us, you can't help but feel proud to work for such a wonderful company. The whole experience was one that we will never forget."

Congratulations again to The Cordovans! Check them out at <http://www.facebook.com/TheCordovans> and be sure to keep your eye out for the December issue of FORTUNE Magazine!



# MIL CARES (cont'd)

## MIL CARES for Super Storm Sandy Relief

For many of our MIL-ers in the Northeast, the devastating Super Storm Sandy struck very close to home. Many have family, friends and shore houses in the affected New Jersey, New York and surrounding locations that were hit the hardest. Countless families were left without homes, power and basic needs for days, weeks, or worse- are still recovering from the devastation. At MIL, we wanted to do our part to help our sea-board neighbors the best we could.

MIL Technical Analyst, Thai Trinh, brought this area of need to our attention, as a good friend of hers was affected by the storm. To help, MIL worked with the FoodBank of Monmouth and Ocean Counties to donate \$500 to those in need. The food bank's program ensures that \$0.91 of every dollar goes towards the cause and for every \$25 received, the organization provides 75 meals for victims of Sandy.

MIL is proud to support the FoodBank of Monmouth and Ocean Counties, as well as those affected by Sandy.

## Cup'O (MIL) Joe for LHS Students

This past fall, The MIL PAX team was happy to help lend a helping hand...er, cup, to a local high school that wished to give students a little incentive to get their nose in a book. With the help of a coffee machine donated by MIL, Leonardtown High School (LHS) launched a week-long event where students could sign up for a lunch pass to participate in their "Read-a-Latte" event. During "Teen Read Week" in October, students who visited their media center were offered a beverage and the opportunity to win a free book through a raffle drawing. They could participate by reading a book, magazine, newspaper, e-book, or an assignment.

By the end of the week, 23 cups of vanilla cappuccino, 51 cups of coffee, 17 cups of tea, and 127 cups of hot chocolate with whipped cream were served. LHS Students who cozied up to a hot beverage and a good read collectively read 2,400,000 words during the event!

A big thanks to MIL PAX, who helped to fuel kids interest in reading!

## MIL Sponsors CRC-CFC Golf Event

In early November, MIL participated as a Title Sponsor for the third year in a row, at the Charleston Regional Center – Combined Federal Campaign (CRC-CFC) Annual Golf event. The event is put on every year at the Turtle Point Golf Course in Kiawah Island, S.C. to help raise money for several local charities, including: The Wounded Warrior Project, Ronald McDonald House, The Low Country Food Bank/Backpack Buddies, and My Sister's House.

Thanks to the team's hard work and excellent golf skills, MIL's combined company and employee contributions in 2012

totaled \$3,625.00- the largest of any company participating in the event! Our staff received the CFC "Keeper of the Light" award for the second year in a row, which is given to the sponsors who donate at the \$1,500 level or higher.

To help support the golf tournament's cause, several S.C. employees volunteered their time at the event, while also holding leading roles on the CFC Golf Committee. Those who participated on the committee included: Joe Zanghi, Marie Farrugia, James Moore, and Meredith Short. James and Joe lent an extra hand by designing and administering the event's Web site, <http://www.charlestonregionalcenter.org/>.

Our excellent group of golfers included: Andrew Pettit, Matthew Stevens, Jon Jones, James Moore, Joe Zanghi, Kyle Brooks, Tommy Cook, Michael Hart, Kyle Mathes, Eric Meibers, Jason Matthews, Alan Peterson, and Matt Chrien.

The team would also like to thank volunteers and behind the scenes staff: Peg Kendra, Cia Cook, John Degni, Sally Beckett Jeffery, and Autumn Dorsey.

Overall, the event was a huge success, raising over \$18,235 to be distributed among the four CFC charities! A big thanks to all who participated in making the 2012 CRC-CFC Charity Golf Event a great one!



(Left to right) Andrew Pettit, Matthew Stevens, Jon Jones, James Moore, Joe Zanghi, Kyle Brooks, Tommy Cook, Michael Hart, Kyle Mathes, Eric Meibers, Jason Matthews. Missing from the photo: Alan Peterson and Matt Chrien



(Left to right) Tommy Cook, Michael Hart, Jason Matthews, Marie Farrugia, Andrew Pettit, Jon Jones, Joe Zanghi, James Moore

# MIL CARES (cont'd)

## MIL Strengthens Golf Game and Relationships at the Integrated Communications and Information Systems Annual Golf Tournament

Recently, our NAVAIR Integrated Communications and Information Systems (ICIS) customer hosted an annual golf tournament, which several of our PAX employees jumped on board to do a little networking while having some fun.

Although MIL didn't bring home any trophies this round (note: there was also a "Worst Team Award"), Tom Clark, Megan Warren, Ashlee Dalrymple, and Scott Patz made up the MIL golf team. The group tee'd up against other government and multi-contractor support staff on a nice October day at Breton Bay Golf & Country Club.



Megan Warren, Ashlee Dalrymple



Tom Clark, Megan Warren, Ashlee Dalrymple, Scott Patz.

## Drives and Donations

MIL CARES has been busy this holiday season! To help care for those less fortunate, we had the following line-up of charitable donations for the 2012 Season:

### HOPE

The C4S group sponsored a food drive, which supported Helpers Overcoming Problems Effectively, or HOPE. HOPE is a local, Southern Maryland charitable organization that does

an annual holiday food drive. Donations of food and money were collected and then delivered by HOPE to needy families. Through our donations, MIL was able to provide several boxes of food to be distributed to those needing our support.

### Coat Drive

MIL PAX held a coat drive this season to help out those in need. During the months of November and December, coats, sweaters, blankets, scarves, gloves, and home goods were collected and donated to the Three Oaks Center and Leah's House.

### Wounded Warriors Auction

At the annual MIL Social in Lexington Park, Md., the C4 group held a silent auction to support the Wounded Warriors Project. The program's mission is to, "foster the most successful, well-adjusted generation of wounded service members in our nation's history." To aid in this effort, the Wounded Warriors Project raises awareness to the needs of service members, aids injured service members, and provides direct support and services to these wounded individuals.

When all was said and done, MIL raised just over \$4,000 for the Wounded Warriors Project from donated gifts at the auction.

MIL VP, Dave Larson reflected on the effort in an email by stating, "I was in Bethesda (at the) Walter Reed Hospital last week with Burt Brooks, our sponsor at NAVAIR, and it really opens your eyes to see the young military members up there with so many problems, many with missing arms and legs and other damage that will undoubtedly stay with them the rest of their lives. What you have helped with is a small, but very important part in providing help to many of them and their families with trying to live as normal a life as they can."

**Thanks to all those who participated to make someone else's season a little brighter!**

## CGFS-GFSS Holds Sixth Annual Food Drive

To culminate a banner year, the Department of State (DoS) and its MIL counterparts of CGFS-GFSS, celebrated the holiday season by joining in the Department-wide DoS Food Drive. In the spirit of sharing with others during the Christmas holiday season, the CGFS-GFSS team held its successful sixth annual food drive in conjunction with its Christmas celebration. Vice President, Dan Quesenberry and Assistant Vice President, Jackie LaPiana were both proud to have their team be a part of MIL's participation in this charitable effort.

The drive is put in place every year to help restock the shelves of the Capital Area Food Bank (CAFB). CAFB is an umbrella organization that distributes food to men, women and children in over 700 local charitable organizations in the Washington, D.C. area. Many varieties of canned goods were donated, such as vegetables, fruits, and tuna fish, as well as many meats. Donors also brought in dry goods and toiletry items.

# MIL CARES (cont'd)

In a recession year facing the fiscal cliff, the CGFS-GFSS response was enormous. The 2012 drive happened to be the best-to-date, with the highest level of staff participation and the biggest cache of foods collected. When the CAFB staff arrived to pick up the food donations, they were astounded at the amount of donations-- a total of 2,500 pounds of food was collected!

A big thank you to all who helped in the effort. If you would like additional information on the CAFB, go to [www.capitalarea-foodbank.org](http://www.capitalarea-foodbank.org).

## *In Support of the Fight Against Breast Cancer*



The Bowie Service Center spent every Friday during the month of October donning their MIL CARES "HOPE" T-shirts as a show of support and solidarity for the cause!

## *MIL Charleston Participates in the Annual Reindeer Run to Support the Medical University of South Carolina (MUSC) Children's Hospital*



On Dec. 1, 2012, members of the MIL Charleston team gathered to participate in the 22nd Annual Reindeer Run. As a sponsor of six years, MIL proudly showed up with 110 teammates ready to run the race in their finest holiday gear. This year, MIL's participation in the event resulted in over \$7,000 for the MUSC Children's Hospital.

**A big thanks to all who showed up and donated to make the Reindeer Run a successful event this year!**

MIL Technical Writer, Meredith Short decided a short holiday jingle would best describe MIL's team experience at this year's Reindeer Run!

*Jingle, jangle, jingle,  
MIL folks like to mingle.  
The Reindeer Run  
in the Charleston sun  
makes our elf toes tingle.*

*We ran it for charity,  
but with some verity:  
We love these races,  
the painted up faces,  
and all the be-antlered hilarity.*

*Our kids' hospital wins  
as donations rush in.  
Their care is the best —  
with that, Charleston's blessed,  
and earns a big Christmas grin.*

*For six years and running  
MIL's sponsored this funning,  
a team-building affair,  
with great glitter and hair,  
and striped racing tights that were just stunning.*

*Next year we hope to reprise  
with an even larger size:  
120's our goal,  
but unlike the North Pole,  
we'll take both naughty and nice!*

# Spotlight on Recruiting

By: Susan Ramsland

Some of you have probably seen the Facebook posts or announcements about our organization's attendance at career fairs – but many of you may know little about the extra efforts our recruiting team puts forth to build a strong workforce here at MIL. Recruiting Analyst, Susie Ramsland, helped to clue us in on just what goes on behind our recruiting team's efforts. The MIL recruiting team is always on the lookout for outstanding talent to add to our already impressive workforce. One of the many methods we use to recruit new employees is attending job fairs.

From early November through early December, we have had recruiters at several events, including: "Hiring Our Heroes" in Virginia Beach, Va.; the "Fort Meade Veterans Job Fair"; the "Washington Post Career Fair"; and the "Patuxent River NAS Job Fair". In addition, we look forward to attending the "Prince George's One Stop Career Fair" at Andrew's Air Force Base and the "Association of Government Accountants Career Fair" in early 2013.

Attending career fairs allows MIL to reach candidates who may not have known about the company and its opportunities

otherwise. Additionally, job fair organizers put out publicity materials about the attending vendors, making more in the community aware of MIL.

Career fairs also enable the recruiting team to meet prospective candidates in person and gauge whether or not a candidate's personality would be a good fit for MIL. Additionally, recruiters are able to very quickly and efficiently find out more about a person's past work experience beyond what appears on their resume.

MIL also actively seeks to expand the number of veterans that we employ, and attending veteran-focused job fairs is a major priority of the Recruiting Department. Many of the events we attend are geared towards veterans and their families, which provides an excellent opportunity to make a connection with the plethora of qualified veterans looking for jobs.

Be sure to like us on Facebook to receive information about the career fairs that MIL will be attending and spread the word to family and friends!



Recruiting Director, Julian Dickerson and Recruiting Analyst, Susan Ramsland, behind our booth at the, "Hiring our Heroes" Career Fair in Virginia Beach, Va.



Recruiting Director, Julian Dickerson and Recruiting Analyst, Susan Ramsland, behind our booth at the, "Hiring our Heroes" Career Fair in Virginia Beach, Va.

# MIL Health & Wellness



## Be Active at your Desk!

Getting a workout in doesn't always have to take place outside of working hours. Many of us sit for eight hours or more a day, which can lead to achy backs, hips, and other sedentary related soreness. A good way to combat these issues is to get a little exercise in at your desk during the day.

According to Joan Price, author of *The Anytime, Anywhere Exercise Book*, "We are made to move, not sit at a desk 12 hours a day." She goes on to mention that, due to the strain the body endures from sitting for long periods of time, one can actually become less productive throughout the work day.

Okay-- we're not talking about sprinting down the hallways mid-morning, but rather simple ways to make activity easy so you can get some blood flowing. Stretching, muscle strengthening, and brief aerobic exercise during the day, are all in the realm of possibility if you open your mind.

## The Mayo Clinic offers 9 ways to burn calories at work:

### 1: Make the most of your commute

Walk or bike to work. If you ride the bus or the subway, get off a few blocks early or at an earlier stop than usual and walk the rest of the way. If you drive to work, park at the far end of the parking lot — or park in the lot for a nearby building. In your building, take the stairs rather than the elevator.

### 2: Look for opportunities to stand

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

### 3: Take fitness breaks

Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. For example, face straight ahead, then lower your chin to your chest. Or, while standing, grab one of your ankles — or your pant leg — and bring it up toward your buttock. Hold each stretch for 15 to 30 seconds.

### 4: Trade your office chair for a fitness ball

Consider trading your desk chair for a firmly inflated fitness or stability ball, as long as you're able to safely balance on the ball. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other workplace exercises during the day.

### 5: Keep fitness equipment in your work area

Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Do arm curls between meetings or tasks.

### 6: Get social

Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. Enjoy the camaraderie, and offer encouragement to one another when the going gets tough.

### 7: Conduct meetings on the go

When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

### 8: Pick up the pace

If your job involves walking, do it faster. The more you walk and the quicker your pace, the greater the benefits.

### 9: If you travel for work, plan ahead

If you're stuck in an airport waiting for a plane, grab your bags and take a brisk walk. Choose a hotel that has fitness facilities — such as treadmills, weight machines or a pool — or bring your equipment with you. Jump-ropes and resistance bands are easy to sneak into a suitcase. Of course, you can do jumping jacks, crunches and other simple exercises without any equipment at all.

Want more ideas for workplace exercises? Schedule a walking meeting to brainstorm ideas with your supervisors or co-workers. Remember, any physical activity counts!

**Source: Workplace exercises: How to burn calories at work, by Mayo Clinic Staff, <http://www.mayoclinic.com/health/office-exercise/SM00115>**

# MIL MOMENTS

Please join us in welcoming the newest additions to the MIL family!



Sabrina Ostrowski and her husband, Greg, have welcomed a daughter, Evangeline Cecilia, to the family. Evangeline was born Oct. 28, 2012 at 9:07 a.m. weighing 6 pounds 5 ounces and 19 inches long.



Tamika Battle has welcomed a new little girl to her family! Tamika and proud father, Maurice Embrack, welcomed Jazmyn Embrack into the world on Nov. 15, 2012, at 1:52 p.m., weighing 8.14 lbs. and 19 inches long.



Jeff Cope and his wife welcomed a baby boy to their family this past summer – Charlie Fain Cope! He was born on Aug. 20, 2012 at 9:58 a.m., weighing 6 lbs. 3 oz. and measuring 20 inches long.

# Kudos

## OBO Travel Office

In October, the team supporting the travel office at the Department of State (DoS), Bureau of Overseas Buildings Operations (OBO), was awarded a Certificate of Appreciation at the annual awards ceremony.

Awardees included **Wayne HarRell, Georgiana Wacksman, Belinda Wells, Chantelle Berry, and Julie Aguilera**. The awards, which were signed and presented by Director Lydia Muniz, read:

*In recognition of outstanding support to OBO travelers: Your energy, integrity, professionalism, and dedication to customer and bureau needs contributed to the success of OBO's travel program.*

The MIL Travel Office team supports the Overseas Buildings Operations Bureau at the Department by serving as travel coordinators who provide customer support on e2 Solutions, conduct technical reviews on all travel documents to ensure compliance with federal and agency travel regulations, and process official and diplomatic passport and visa applications. Congratulations on a job well done!

## Central Travel Agency

The Central Travel Agency (CTA) team, led by **Diana Gluz**, supports the U.S. Naval Air Systems Command (NAVAIR) and Naval Air Warfare Center Aircraft Division from the Patuxent River Naval Air Station location. As everyone knows, the end of the "fiscal year" can be very stressful and intense. We are very grateful that we can rely on the knowledge and skills of each CTA team member as they help make the crossover to the new fiscal year a smooth one.

CTA members are frequently recognized by customers who continue to show their appreciation for the assistance they receive. In fact, all members of the CTA team were recently surprised by travel preparer, Linda Stone, and traveler Senior Chief, Stephanie Lee, who visited with muffins, cookies, and chocolate to express their gratitude for the excellent support the team has consistently provided them and their entire group.

Although we do not have the space to applaud the individual efforts of every CTA team member, we would like to highlight several of the kudos received this quarter.

"On more than one occasion, I have required travel team assistance for customers that I support and **Kayla Amthor** has always answered my questions and provided follow-up support as needed. She is pleasant, knowledgeable and always willing to help resolve any issues".

Kayla is a member of the CTA Help Desk team led by **Trevor Henson**. MIL Help Desk team members include **Eva Durkin, Lisa George, and Janet Lawrence**.

"As the supervisor for over 70 Government personnel I know that there are challenges with timely travel processing. The professionalism **Ms. (Millie) Velazquez-Briscoe** demonstrated during our phoncon and her eagerness to assist me with my orders are qualities that are so important to our workforce being able to successfully perform the NAVAIR mission in supporting the fleet. I greatly appreciate the excellent support she provided. Job Well Done!!! Kind regards, Nancy"

**Judy L. Gibson** received:

"Thank you for your prompt processing of our 4.1.4 Division Head's orders on Monday October 22. Mr. Chan just found out about his need to travel, and our Admin quickly put in the orders. With the new "airline reservations cancelled if orders not approved at least 24 hours prior to travel" rule, we were very concerned that there wasn't enough time to process the orders. Thanks so much for your quick reaction and coming through for us. Much appreciated, Judy! Al"

Judy and Millie are members of the Authorizations Review Team (ART). **Kneeca Somerville-Blackwell** is the team lead of ART and would like to mention the rest of the MIL team members and thank them for their hard work and dedication: **Kayla Duffy, Ann Hewlett, Tammy Linger, and Greg Stevens**.

Claims Review Team (CRT) member, **Nga Felton** received: "Thank you so much for your help! It's very nice that you have informed me to upload the receipt from Virtually There, I have never been told to do that, and most importantly you didn't kick back the voucher (which causes hold-up), and out of the kindness of your heart you pushed it through after making the repairs. I thank you from the bottom of my heart! You are the Best!"

**Vicky Siegel** is the CRT team lead. Other MIL members of this team include Brittanie Abell, Josie Gaido, and **Wanda Howard**.

**Thank you to the entire CTA team for a job well done and for providing outstanding support on a day-to-day basis.**

## RDT&E/NAVAIR

On Tuesday, Nov. 6, 2012, four members of the team supporting MIL's Research, Development, Test and Evaluation (RDT&E) contract at the Naval Air Systems Command (NAVAIR) received a "PMA-290 Diamond Award" from the Maritime Patrol and Reconnaissance Aircraft Programs. NAVAIR's PMA-290 is the U.S. Navy Program Office that manages the acquisition, development, support, and delivery of the Navy's Maritime Patrol and Reconnaissance Aircraft.

In a letter of commendation from Capt. William S. Dillon, MIL employees **Dave Cullison, Ben Edick, Todd Pilesky, and Jeff Turbyne**, and their fellow Mission teammates, were lauded

# Kudos (cont'd)

for their efforts supporting the “Special Missions Minotaur Team for RIMPAC (Rim of the Pacific) 2012 Demonstration.” According to the citation, the Special Missions Minotaur Team successfully tested and demonstrated a prototype Minotaur Mission Management upgrade on Special Missions aircraft. The team successfully completed the first flight of a prototype version of the Minotaur Management system and completed a Critical Design Review of the system at Patuxent River, Md., which is home to the Patuxent River Naval Air Station (Pax NAS). The team’s successful execution of the upgrade program resulted in the aircraft’s ability to synchronize onboard mission processors while in Hawaii to a ground station located at Pax.

Using descriptors like “phenomenal dedication” and “technical expertise,” Captain Dillon extolled the efforts of the team of government and contractor staff that made the mission an unqualified success. For their part of the mission, Dave, Ben, Todd, and Jeff provided critical support to the Department of Defense (DoD) Host Based Security System (HBSS) during the test exercise. HBSS is an application that monitors, detects, and counters against known cyber-threats to the DoD enterprise. HBSS is attached to DoD hosts (servers, desktops, and laptops), and is configured to address known “exploit traffic” using an Intrusion Prevention System and host firewall.

In the words of Capt. Dillon, the team should be “exceptionally proud of their achievements and is most deserving of this special recognition and award. Congratulations on a job extremely “Well Done!” The MIL Corporation echoes this sentiment...

## **Kudos to Dave, Ben, Todd, and Jeff!**

## **RDT&E/NAWCAD**

The MIL Research, Development, Test, and Evaluation (RDT&E) team supporting the Naval Air Warfare Center Aircraft Division (NAWCAD) at the Patuxent River Naval Air Station was recently recognized by Rear Admiral R.L. Mahr with, “Commander’s Awards” for their contributions to NAWCAD’s successful Command Cyber Readiness Inspection (CCRI). On Nov. 12, 2012, 18 MIL employees received Certificates of Appreciation as members of the NAWCAD CCRI Inspection and Cyber Security Inspections Team.

The certificates read:

*Awarded in recognition of your significant achievements and exceptional teamwork in support of the fleet and the Naval Air Warfare Center Aircraft Division’s mission. Your exemplary performance and unwavering dedication to duty bring great credit upon yourself, the Naval Air Warfare Center Aircraft Division, and the Department of the Navy. I personally want to thank you for a job “Well Done!”*

The CCRI is the U.S. Cyber Command’s newest means to ensure connections to the Global Information Grid (GIG) are secure. A CCRI primarily focuses on physical security, network assurance, and information awareness to determine if there are any network deficiencies or vulnerabilities. CCRI are

conducted by the Defense Information Systems Agency (DISA) under the direction and authority of U.S. Cyber Command’s Enhanced Inspection Program to assess a Department of Defense (DoD) location’s cyber posture.

The CCRI evaluates compliance with DoD security orders and directives, network vulnerabilities, physical and traditional security, and user education and awareness. The CCRI is DoD’s ultimate cyber test, and failure can result in serious consequences, including possible disconnection from the GIG. For the Naval Air Systems Command, in particular, failure could have resulted in a reduction in the T&E capabilities for the acquisition support of new or existing Acquisition Category I or II programs (e.g., Joint Strike Fighter, E-2D Advanced Hawkeye, etc.).

During the inspections, DISA classifies vulnerabilities into categories based on severity, with Category I vulnerabilities being the most severe. Areas that are scrutinized include security of communication lines to wireless networks to personal electronic devices connected to government computers.

In order to prepare for the inspection, MIL staffers planned, resourced, and accomplished numerous tasks over the eight-month period leading up to the inspection. Once concluded, the CCRI results were deemed “Outstanding” by DISA’s inspection team, which reflected the Navy’s first sizable Command to pass the inspection since its inception. During this same time, MIL RDT&E support staff also assisted NAWCAD 5.4.1 in the re-accreditation of their classified network while continuing to provide outstanding support to the myriad of RDT&E infrastructure services necessary to maintain an operational status.

## **MIL employees receiving recognition by Rear Admiral Mahr included:**

- Cindy Bock
- Tim Boyd
- Dave Channell
- Dave Cullison
- Ben Edick
- Julie Foley
- Mike Fry
- JJ Lallande
- Andrew Macala
- Jordan Nueslein
- Megan Petrie
- Todd Pilesky
- Leah Romer
- Charles Shifflett
- Jesse Shifflett
- Jeff Turbyne
- Richard Updike
- Scott Xavier

***Congratulations to all those who were recognized for their hard work and dedication to this effort!***

# Kudos (cont'd)

## *Department of State, CGFS Awards Ceremony*

The Bureau of the Comptroller and Global Financial Services, Department of State, recently conducted the 2012 Awards Ceremony to “acknowledge and recognize the accomplishments of our colleagues and the achievements of the entire bureau.” MIL staffers on two projects for the Office of the Deputy Chief Financial Officer (DMIG and GFSS) were recognized with a certificate of appreciation for their outstanding work and dedication to the Department of State.

**Tom Allwein and Robin Myaing** from the **Agency Financial Report Group**: For their, “dedication, persistence and outstanding efforts on the Department’s FY 2011 Agency Financial Report and associated Financial Statements.”

And from the **Global Financial Systems Support Group**, the following were awarded for their, “continued exceptional efforts to provide outstanding service in support of the Department of State’s financial management operations.”

- Ruth Ahrens
- Todd Arbin
- Bob Austin
- Tamika Battle
- Greg Chisolm
- Erik Eckerson
- Christy Foronda
- Roger Guidi
- Yvonne Jefferson
- Shirley Johnson
- Jackie Jones
- Mohammad Kakeh
- Belinda Kearse
- Jackie LaPiana
- Dan Quesenberry
- Rashelle Sanon
- Yvonne Sawyerr
- Dede Selph
- Dan Tonzi
- Thomas Williams

# MIL Holiday Party 2012



## MIL Celebrates Successful Year End at Annual Awards Celebration at the National Harbor

This year, the DC, Maryland, and Virginia employees closed out the year together at the Gaylord National Resort in the National Harbor. Close to 400 employees gathered to enjoy a wonderful evening full of great food, music and fun.

Those that attended the celebration moved between the atrium, which hosted casino game tables and a photobooth, and the grand Cherry Blossom Ballroom, where dinner and dancing took place. Co-workers, friends and family tried their hand at black jack, poker and roulette. Although they were betting with paper cash, there were definitely some big winners that evening, as cheers erupted from the tables. Guests lined up to hop in the Pixilated Photobooth, where they dressed up in casino props and pose for a series of four pictures. Those who got "pixilated" walked away with a photo memory which fit perfectly into their party favor, a customized glass picture

frame. The atrium overlooked a host of twinkling lights (over two million!), beautiful dancing fountains, and even indoor snowfall. The 60-foot glass "Tree of Light" was the focal point of the resort, and was certainly a sight to see while enjoying the party.

The awards ceremony recognized employees who have spent 10 years with MIL. Those who were honored included: Jeff Suhanick, Richard Hall, and Catherine Simpson. Jeff was there to receive his award in person from MIL President, Butch Long and Vice President and Managing Director of the Bowie Service Center, Cia Cook. All employees were thanked for a most productive year at MIL, proving that everyone's hard work, dedication, and good will truly worked to make our company an excellent one.

*Please be sure to check out MIL's Facebook page for pictures from the evening. Also, Pixilated has created a site featuring all of the photo booth pictures from the event into a slideshow and a special video. The directions to visit this password protected site are posted on the MILtranet welcome page.*



# December Employee of the Month

## Deryle Foxworth



**Title:** Customer Support Center Analyst

**Office/Location:**  
Department of Commerce,  
International Trade  
Administration

**Years with MIL:** 1 Year

Deryle is currently an ITA Customer Support Center Analyst who consistently provides a high quality of service to our customers. He always makes a personal effort to "go the extra mile," ensuring customer satisfaction.

Deryle often shows his commitment to excellence by making personal visits to our customer's office, offering personal assistance with an issue that one is experiencing at that time. He consistently treats each customer professionally, with warmth, courtesy and respect. Most recently, Deryle was tasked with assisting a member of our Messaging Team, who was overwhelmed with new Blackberry activations and temporary travel configurations. To help, he took on the responsibility of activating, configuring and troubleshooting Blackberries for our customers. In the end, Deryle assisted our trainer with producing a training guide and FAQs. This guide will ultimately help support the rest of team when faced with Blackberry issues in the future.

Deryle truly hit the ground running and has received nothing but exemplary compliments thus far. Our Director of the Customer Support Center has dubbed Deryle as, "The Blackberry King"! One customer also stated, "Deryle was great and very considerate! During the whole process, he kept me up to date. I didn't have to follow up with him once to see where we were. Really appreciate his help!"

Members at MIL happen to think just as highly of Deryle. "If I had to describe Deryle, I would say that he is very service oriented; he assumes responsibility, uses open communication and supports his Team," said Program Manager, LaTonya Morgan. "With his dedication and professionalism in representing MIL and ITA Customer Support Center, Deryle has proven there is no "I" in TEAM!"

**Thanks for your hard work and dedication, Deryle!**

# On the Calendar



## Federal Financial Systems Summit

**January 10, 2013**

MIL will exhibit at this event which brings together federal financial managers and private sector executives to discuss the near-term and future prospects of federal financial management systems in a budget constrained environment. The summit will address, and result in a report on, the current state of federal financial management systems initiatives and implementations, as well as elicit ideas around a conceptual view of the future financial management systems environment, encompassing: shared services in a cloud; common solutions for financial operations; and how modernizing central accounting capabilities enables a more optimized system environment.

## AGA's NLC: Strategic Innovation for Government Leaders

**February 12-13, 2013**

MIL will exhibit at the conference which provides training and solutions to solve real internal control problems and eliminate fraud, waste and abuse.

## AGA Career Fair

**March 26, 2013**

AGA's Career Fair offers job seekers opportunities to connect with prospective employers and offers programs designed to provide the knowledge and skills they need to reach their career goals. MIL will participate in this event to connect with talented experts in the financial management field.