

# Brain Power for Bering Sea Group Growth William Arterburn - Bering Sea Group Executive VF

The world we know is a quickly changing place, and the Bering Sea Group (BSG) needs to change with it if we want to keep growing. I have dwelled at times in past reports on the need for creating value for customers and how being alert to customer needs should drive our efforts to make our companies better and more successful and more competitive. But what makes some people successful and effective at what they do, and what renders others less capable of adapting and growing in a changing business world? Finding some answers to these questions can have important effects for us, not only in the workplace, but also within our families and homes as well.

An interesting book titled Brain Rules by scientist John Medina has identified 12 principles for successful lives, based on an understanding of how the human brain evolved and works. Prof. Medina has followed up his book with a webpage at www.brainrules.net. I commend it to your attention. A molecular biologist by training, Medina has some interesting tips for using the blessing of your internal wiring to achieve success at work and home. He has simplified the advice into 12 principles or "rules" for the brain. Some of the principles sound like, well, no brainers, except that Professor Medina puts the basic and fundamental science behind the principles, into plain English, that you and I (with unruly brains), can better benefit from and understand.

The first rule is interesting and practical: "Exercise boosts brain power." Were you aware that your brain constitutes about 2% of your body weight, but consumes nearly 20% of your oxygen to cleanse itself of used electrons? Most of us don't need either me or a college professor to list the benefits of exercise to physical well being, but have you ever considered its value to the functioning of your brain? Medina goes into some detail about how our brains have evolved through many generations of humankind, how we are different each of us, and how we best remember things, use our senses to make reality of the information we visit, and respond differently to the stresses we encounter. Having a better understanding of how your brain works and is wired, will help you get the most out of it. That should produce benefits for all of us. Check it out.

Nothing disturbs me more than a working trait I often see in employees that places way too much emphasis on title. We all have titles and job descriptions in our work, which are designed to describe our role and functionality in the workplace, or with respect to a specific contract. But your title and your job description have absolutely nothing to do with getting the work done, with solving problems, and with the formula for success for our companies. Work titles are meant to be "defining", but should not be considered "confining". If you happen to have acquired, during your many years of experience, some skill sets in a specific task or performance classification, the value and

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key to growth for you and for the company is your ability to translate the discipline and understanding you have acquired specifically, to broader goals and activities generally, as part of an overall growth strategy. That is how we can succeed.

Your title is not an entitlement, but an indicator of a skill set with which you have acquired some proficiency, enough proficiency, let us hope, that you are capable of applying some of the same principles to something new and interesting, to a new effort. It is the new efforts, the next contract, the next task that changes and transforms, that is the base of value for our company. Successful companies like Google, to use one example everyone is familiar with, direct employees to use 20% of their time working on something that they are passionate about. Nearly 50% of Google's phenomenal proprietary successes are the result of this employment practice.

Now our BSG contracts typically specify that we owe 100% of our time to our contract duties, so I can't institute a similar formal policy within BSG, but corralling our brains 100% into the limitations of our contracts, runs entirely counter to the operating machinery and wiring of our brains. We are still free, last time I looked, to use them and apply them to activities that we are passionate about. We can do it without compromising our contract performance. In fact, as Professor Medina would argue, we might actually enhance our performance.





### Self Reporting BSE and BSEN's Security Awareness Program Lenora Kochutin FSO - lkochutin@bseak.com



Melvin Johnson, Deputy FSO/Safety Officer - mjohnson@bseak.com

Did you know the lack of Self Reporting could have "Grave Consequences"? In a given scenario, the absence of your timely reporting of relevant events or circumstances can have devastating effects on national security. The general requirements for self reporting on your personal activities apply to all cleared personnel. As such, all holders of a security clearance must keep their security office informed about anything that might have a bearing on their continued eligibility for access to classified information or that might signal an increased vulnerability to foreign intelligence targeting. Your cooperation in doing so is an important part of the "continuing evaluation" process.

The kinds of information that must be reported by all cleared personnel are: Changes in Personal Status; Foreign Travel; Foreign Contacts; Financial Problems; Arrests; Other Involvement With the Legal System; Psychological or Substance Abuse Counseling; Outside



So what if I left the safe open last night? What's the worst that could happen if I don't report i

## Human Resources Reminders

Connie Bergo - HR Manager cbergo@bseak.com

May is open enrollment process for the BSE High Service and Supplemental Plan. Enrollment forms and plan summaries can be accessed through our web site or by contacting the HR department. Now is the time to make any changes!

#### WELCOME!

The BSE Corporate office has a new addition to our accounting staff, Angela Schleyer. Angie was hired as our Accounts Payable in March. She has many years of experience in the accounting arena and we're glad she's a part of our team! Welcome Angie!

BSE would also like to welcome one of our TDX Shareholders, Mary Jane Merculief. Mary Jane was hired on in March as an Administrative Assistant at our Dowling office in Anchorage. Welcome MJ! Activities; Media Contacts; Pre-Publication Review; Loss or Compromise of Information; Known or Suspected Foreign Intelligence Activities; (for expanded details of these reportable topics please visit BSE's Security Awareness web page). Personnel cleared for access to selected Sensitive Compartmented Information or Special Access Programs may have additional requirements.

As we are astutely aware, security clearances are adjudicated based on a series of factors contained within the "adjudication guidelines". The 13 guidelines that comprise this adjudication tool are essential to obtaining and continuing a security clearance. An applicant for a security clearance is initially stacked against these guidelines by an adjudicator; however as part of the continuous evaluation process, we must continuously evaluate ourselves. If factors in our lives change, incidents occur, foreign travel planned, we are solicited for espionage

### Green Flag East Update

#### Marcus Drayden, Barksdale Computer Operator

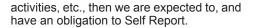
Here at Green Flag East, Barksdale AFB, Louisiana, we host a different fighter squadron each month, as they train intensely in close air support for a large army ground force down range. Green Flag East is operated by the 548th Combat Training Squadron. The 548th traces its origin back to WW II, when it was established as the 548th Night Fighter

Squadron, flying P-61 Black Widows in the Pacific theatre. The unique P-61 was the first aircraft to effectively utilize its own internal radar. The 548th is credited with the last air kill of the



war in the Pacific theatre. Today the 548th proudly wears the same squadron patch as its founders created and wore.

Recently, we hosted the 81st Fighter Squadron "Panthers" who traveled here all the way from Spangdahlem Air Base, Germany. They fly the A-10 Thunderbolt II, or more commonly known by its nickname – Warthog. We loaded our P5ACTSACMI pods on them on day one, and they flew nearly 24/7 without any problems. An interesting historical fact about the 81st is that they fly the Thunderbolt II, and in WW II the 81st flew the Thunderbolt I, the P-47. During their deployment here, they encountered some



As you know, protection of your security clearance and thus classified information is paramount to national security. The result of a cleared person being exploited or allows unauthorized release of classified information could have a devastating effect on national security. Therefore it is important to report violations in a timely manner in order to prevent or lesson the effects of the initial act.

#### Security shout-outs:

Special thanks go out to Art Macon and his talented crew at Shaw AFB as they were excellent hosts during my April 2010 security visit. You guys rock!

Congratulations are in order to Dave Goldsberry and his BSE crew at Eglin AFB for providing the winning name for the attached Security Awareness poster "Grave Consequences". This poster will be entered in the NCMS Security Awareness poster contest...I'll keep you posted!

Defense Security Service security inspection reminder; BSE is forecast to be inspected by Jun 2010.

unusual aircraft repair difficulties, and the standard supply system appeared to be bogged down in delivering the vital parts. So, the 548th contacted the 47 Fighter Squadron of the 917th Reserve Wing here at Barksdale for assistance, since the 47th also flies A-10's. The 47th gladly provided the needed parts, and no sorties were

> missed. Often, the 47th has been able to assist the 548th, so this was not the first time the two squadrons have worked together for the good of the Air Force mission. However,

there was a quite a significant first time. Sixty-five years ago, in WW II in the south pacific, the 47th FS, flying P-51 Mustangs, and the 548th NFS, flying P-61 Black Widows, joined forces with other air units in the initial attack on the island of Iwo Jima, March 6, 1945.



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### **Obligation - a Duty or Commitment**

BT Smith - Director Technical Services Division btsmith@bseak.com

Usually when I write for our Quarterly Newsletter I wear my Technical Services Division hat, I believe I will change hats for this Newsletter. There is a noun that, at least for me, keeps popping up lately and that noun is Obligation. Obligation is defined as "an act or course of action to which a person is morally or legally bound; a duty or commitment." We all have commitments, and these can be to ourselves, our families, to our employers and to our customers. The problems with obligations are that we can get to the point where we are over obligated, i.e. we have more obligations than time to fill those obligations. When this happens people do what people always do they prioritize and do those that they feel are the most important and pressing, those that will keep us out of the most immediate trouble and eliminate or ignore those that we believe will go unnoticed.

So let's look at some obligations that we all have in common. One of the biggest is our obligation to our employer, BSE. That obligation is to accomplish our assigned tasks and work in accurate and timely manner, and to keep our customers satisfied. Sounds pretty simple, but do you always give 100% or have you caught yourself saying, "That is close enough, I take care of that later, or it just won't matter?" It is pretty easy to do, and I can tell you from experience



that once you accept "that is good enough" it becomes difficult to justify reverting to the 100% solution next time. Our success as a company is truly based on customer satisfaction and it takes the entire team to "meet or exceed" their expectations. In-fact there are numerous times when one Division will need the assistance or expertise of another Division. Recently the Fiber and Cable Division jumped and assisted our Technical Services Division with an effort in North Carolina, which ensured we completed the job on-time and within budget. There are times when the Technical Services Division provides assistance with regards to Information Technology, Quality, Safety and Security for other parts of the company. What I am saying is that BSE, regardless of which Division you work for or where you work, relies on each and every one of us to use our unique talents and capabilities, to help each other and to get the job done right the first time.

Another obligation we each share is the obligations we have to ourselves, unfortunately these are always the first one to get put on-hold when we become task saturated. But it is the obligations to ourselves like eating right, exercising daily, complete the additional education you have been requested or planning on doing, that ensure we are operating at the top of our game and that we remain healthy, both physically and mentally. You need to commit



## **BSG Honors Employee Deploying**

BSG would like to take the opportunity to share a message from one of its employees as he serves his country during an Air Expeditionary Force

Friday April 23rd will be my last day before leaving on the AEF. I wanted to express my provided to all of us here at Shaw and me personally. Mr. Greg Stewart will be filling in as manager of BSE Shaw while I'm away. I know I can

count on each of you to help him just as you have done so admirably with me. I look forward to the new challenges which lay ahead for BSE and all of you as we prepare for new contracts and re-competes. I know Greg and the guys here at Shaw will continue the outstanding support of the 20FW and will forge ahead with unwavering excellence, the hallmark of BSE.

My prayers are with you during the summer, looking forward to my return, continued service to you my BSE family and to the our shared future endeavors.

God Bless all of you.

Technical Services Division ACMI Site Manager Shaw AFB, SC

**Article Deadline for the August Edition of the Quarterly Newsletter** is July 27, 2010

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### the time to take care of yourself first and foremost, that will limit your downtime, reduce yours and the company's health costs and ensure, you as a most valuable player, are there when you are needed! It has been a long winter in most places in the U.S., so let us all recommit ourselves and dedicate the time each and every day to take care of ourselves. It will never be any easier tomorrow than it is right now to make and keep that commitment!

You will notice a small blurb in this newsletter from Art Macon, our TSD Site Manager at Shaw who has a unique sworn obligation to our country. He is off to what we call the "sandbox" to execute his obligation to his Air National Guard unit and will not be back until December. Art, we are proud of your service, and keep your head down.





**Roy Williams Electronics Tech III** Langley AFB, VA

#### Job Performance

- for P5CTS
- -test bed for all BSE locations, which followed his steps—Results 100% success out of the blocks!
- form FD105 to allow for changing travel accountability and responsibilities

#### Self Improvement

- Completed all required classes in a Masters Degree Program to earn an MBA with a concentration in Finance and a GPA of 4.0
- Administrative Certificate

#### Community Involvement

- Children Reaching Communities, participate in projects with this nonprofit organization as they seek to involve children to improve their

BSE Employee Awards web page at www.bseak.com/employee-awards.html

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## Louisiana's Holiday in Dixie

Jesse Cummings - Barksdale P5CTS Site Manager jcummings@bseak.com



time event called Holiday In Dixie. It lasts about ten days, and its official main purpose is to commemorate and celebrate the Louisiana Purchase and the arrival of spring. Now in its 62nd year, Holiday in Dixie, or HID as it is known locally, is one of the oldest



HID Festival Park

festivals in the state. It is recognized by the American Business Association as one of the top 100 festivals in the country.

The festival kicks off on day one with an opening ceremony in Shreveport, on the Red River, at Festival Plaza. Throughout the length of the festival there will be a day and night carnival atmosphere at Festival Plaza, with rides, bands, art shows, and plenty of Louisiana food. Later on, there will be a (what else – this is Louisiana) a parade

of floats, bands, and others, called the Classic Parade. Next there are several formal balls to attend, such as, Cotillion Ball, Plantation Ball, and the Military Ball, which heavily involves Barksdale AFB.

HID has also become a time to recognize and celebrate Barksdale

AFB within the local community. The culmination of the festival is the Barksdale AFB open house and air show.

This year's air show's main attraction performers are the USAF Thunderbirds. Last year, in 2009, it was the US Navy Blue Angels. The Army Golden Knights



Thunderbirds Performing at the HID Festival

Parachute team is also scheduled. There will also be fly overs by aircraft such as the B-52, B-2, F-16, F-15, and F-18.

A unique part of HID is the treasure hunt. Clues are published each day as to the secret location of a prize. The prize is hidden somewhere within a large expanse of all of both Caddo and Bossier parishes (we have parishes, instead of counties). It could be taped under a park bench, hanging from a bridge, or anywhere. This year's prize is \$1,500.00 cash.

So, if you have never partaken of a long party, Louisiana style, you should try our Holiday In Dixie Festival. It's in the spring,

when it's not too cold and not too hot. It's Louisiana – it's just right, with just a little hot sauce.



### New Equipment for the BSEN Chemical Cleaning Group Lance Chapman, Sr Project Manager Ichampman@bsenv.com

BSEn Chemical Services has recently completed the construction of a mobile laboratory trailer. This mobile operations unit allows BSEn to provide our customers with a state of the art working facility while on-site. The 25 foot cargo trailer is split in half with the front being equipped with a laboratory testing area and desk space for project management personnel. The rear of the trailer is outfitted with a work area and shelving for tools, fittings, and PPE storage. Being totally self-sufficient, the trailer is run by a diesel generator which provides the Mobile Lab with the necessary power for operations.

The Mobile Lab was solely constructed by BSEn personnel. The Lab was unveiled on a recent Turnaround for OXEA Corporation in Bay City, TX. BSEn was on-site for 2 weeks and conducted all field operations out of the unit. OXEA representatives were extremely impressed and brought over several of their key Turnaround personnel for a viewing of the facility.



## A Mobile Gamble

### Brandon Wheeler, BSEN Project Manager bwheeler@bseak.com

Fifty years ago there were fewer cars and trucks on the road, shorter trips, and less distractions. Although safety belts, airbags, and other innovative safety systems have helped to mirror the increase in speed, decrease in size, and sheer numbers of vehicles on the road, there has been little improvement in operator qualifications and/or requirements. The revolution in microtechnology has given the public more devices to stay in touch, access information, and stay entertained while remaining mobile. Smart phones, touch-everything, Bluetooth, auto-sync, and pocket internet are all things that have moved from exciting new technologies to everyday necessities. Unfortunately, the combination of using mobile devices while driving vehicles is an underrated recipe for disaster.

Studies show that an alert driver makes over 400 observations within just 2 miles, and within those 2 miles, makes 40 decisions based on those 400 observations. Sadly, of those 40 decisions, on average, one is a mistake. Once every five hundred miles, one of those mistakes leads to a near collision, and once every sixty-one thousand miles one of those mistakes leads to a crash(1). With all the automobiles on the road at any given time, you can see that the law of averages is around you. And remember, that this statistical probability is why casinos continue to grow in numbers, size, and extravagance; the law of averages usually catches up to you.

A car going 60 miles per hour (mph) is moving 88 feet per second (fps). It takes an alert driver between 1-2 seconds to recognize a problem and an additional 1-2 seconds to react. This means it takes an entire length of a football field to avoid a problem if everything is done perfectly. If a driver is distracted by a cell phone, MP3 player, or a GPS, for just one second, that costs them 88 feet of travel. Those 88 feet. at 60 mph, could be the difference. With other drivers around you covering the same distances, having the same distractions, it's not "unlucky" if you get into an accident, it's lucky that you don't. And if you think that the law of averages doesn't pertain to you, you are walking right back into the casino every time you get behind the wheel.

Recent trends in cell phone laws have illustrated the danger of phone usage while driving. Research shows that driving while talking on a cell phone, even on a handsfree device, is equivalent to driving while intoxicated by slowing a person's reaction time and limiting a driver's focus(2). Texting while driving is shown to be even more dangerous than talking on a hand-held phone, as the concentration and physical demands of fingers and eyes are far greater when texting.

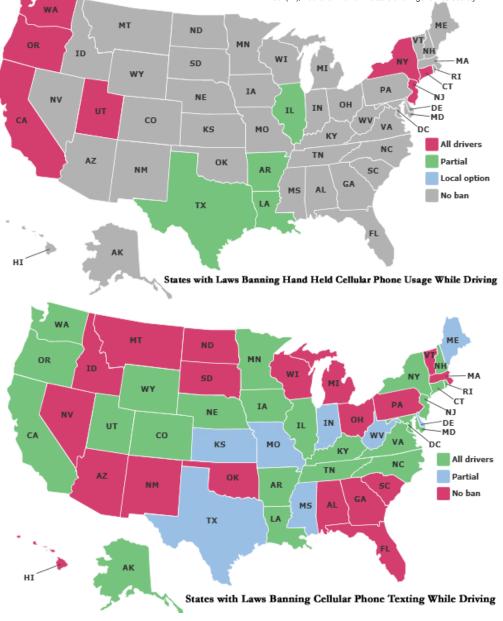
Multiple states (and some cities) have restrictions on phone usage that attempt to address this increased public hazard. The most common restrictions are against texting and hand-held use (a "hands-free" device must be used). In some states additional restrictions may apply toward specific groups. For instance, bus drivers and "novice" drivers (drivers under a certain age, permit holders, intermediate license, etc.) have restrictions on different levels of phone usage. Included with this article are two maps of states that have outlawed hand-held phone usage and texting while driving. Notice that a number of TDX offices and job sites are located in states that have cell phone restrictions. Please see the

Insurance Institute for Highway Safety/ Highway Loss Data Institute webpage for additional information at http://www.iihs. org/laws/cellphonelaws.aspx.

Driving is a dangerous, full-time job where an operator must make dozens of critical decisions every minute. When you are covering 88 feet per second in a 1-2 ton automobile, distractions can be costly not just for yourself, but for family, friends, and strangers alike. We can all afford to turn off our phones, pre-set our music, and concentrate on the task at hand, driving. This is a game that we can all win at; and in this case winning isn't everything, it's the only thing.

(1) Gladwell, M. (2001) Wrong Turn: How the fight to make America's highways safer went off course. The New Yorker. June 11, 2001.

(2) A Comparison of the Cell Phone Driver and the Drunk Driver, Authors: Strayer, David L.; Drews, Frank A.; Crouch, Dennis J. Source: Human Factors: The Journal of the Human Factors and Ergonomics Society, Volume 48, Number 2, Summer 2006, pp. 381-391(11), Publisher: Human Factors and Ergonomics Society



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## **NEWS FLASH....National Explosive Ordnance Disposal Day**

Dan Skrobialowski - Director UXO Services Division dskrobialowski@bseak.com



On 11 May 2010 the House of Representatives passed a resolution calling for the first Saturday in May to be known as National Explosive Ordnance Disposal Day to honor those who are serving and have served in the noble and self-sacrificing profession of Explosive Ordnance Disposal in the United States Armed Forces.

Some may wonder why the news above is significant. Many of the members of the UXO Division share a common bond by being Explosive Ordnance Disposal Technicians. They all are graduates of the Naval School of Explosive Ordnance Disposal, and have kinship of shared experiences shared at the school and the field sharing a common terminology that transcends boundaries.

Regardless of the branch of service or rank, all military Explosive Ordnance Disposal (EOD) Technicians graduate from the same school, now located at Eglin AFB, FL. As graduates they are awarded the EOD badge, which is the only occupational badge that is awarded to all four services under the Department of Defense. The mission of (EOD) technicians requires them to be specially trained to deal with the construction, deployment, disarmament, and disposal of high explosive munitions and may include other types of ordnance such as nuclear, biological and chemical weapons along with improvised explosive devices (IED) and improvised nuclear devices (IND). All the basic skills for the mission are taught at the EOD School.

In honor of the resolution here is some history about the EOD Badge. First created in the 1950s, the EOD Badge is issued in three levels and is identical for all branches of service. Although each service has its own requirements the basic EOD badge is generally issued upon completion of explosive handling training and between 18–24 months of on-the-job field training. The Senior EOD Badge is issued after 3–5 years as an explosive ordnance specialist and the Master Explosive Ordnance Disposal Badge is issued after 7–15 years of service in a senior supervisory position.



**Basic EOD** 

Master EOD

The meaning of the badge and it's components are:

- · The Wreath, Symbolic of the achievements and laurels gained minimizing accident potentials through the ingenuity and devotion to duty of its members. It is in memory of those EOD personnel who gave their lives while performing EOD duties
- The Bomb, Copied from the design of the World War II Bomb Disposal Badge, the bomb represents the historic and major objective of the EOD attack, the unexploded bomb. The three fins represent the major areas of ordnance hazards nuclear, conventional and chemical/biological
- Lightning Bolts, Symbolize the potential destructive power of the bomb and the courage and professionalism of EOD personnel in their endeavors to reduce hazards as well as to render explosive ordnance harmless
- The Shield, Represents the EOD mission to protect personnel and property

The basic badge contains the major components to designate the different levels of proficiency there is a star in the middle of the bomb represents a Technician who has attained Senior EOD competency. The star in the middle of the badge, coupled with the miniature wreath and star at the top of the badge represent an EOD Technician who has attained Master EOD competency.



To commemorate those EOD Technicians that have given the last full measure in performance of their duty, the EOD Memorial Foundation was created in 1969 by a group of volunteers. The construction of the EOD Memorial was started that same year at Indian Head Naval Ordnance Station, Marvland, home of the first Naval School of Explosive Ordnance Disposal. The Memorial is composed of four cenotaphs, one for each branch of the armed forces, with a bronze tablet inscribed with the names of those EOD technicians who lost lives in line of duty.



In 1999, the memorial was relocated to Eglin AFB, FL across the street from the now relocated EOD School.

More information about the memorial and the foundation can be found at: www.eodmemorial.org.

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