

# Philotechnics, Ltd.



## Special points of interest:

- Philotechnics' People
- Birthdays
- Anniversaries

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## President's Place

I do not want to steal our Safety Department's thunder but I do want to comment on Philotechnics' 2009 safety performance. Without a doubt, 2009 was the safest year in Philotechnics history. We had one recordable accident and no lost time company wide. Every employee can be proud of that. More importantly, due to the efforts of everyone you can be confident that your workplace is safe and the odds are excellent that you will go home to your families intact every day.

In order to continue with this strong safety performance, every employee must continue to practice the lessons learned in our Safe

Start training every day. Never let your guard down.

I am also pleased to report that our ECF Overhaul contract has been extended through October. While many may have heard rumors that this contract would not be continued, we have determined that the rumors are false. The ECF contract will continue and we expect a request for proposal to be issued, possibly before you receive this newsletter. Philotechnics will aggressively defend our contract at ECF and intends to continue as the ECF overhaul contractor.

The year is still new but we have every reason to believe that 2010 will be both

interesting and profitable. Brokerage continues to grow, California is reaping the benefit of our new facility with new waste and health physics customers, Naval Reactors will afford us the opportunity to pursue new D&D work, and the DOE will continue to award new projects. With everyone's help we can make 2010 a good year.

-Andrew Armbrust  
President

### HPO Happenings (submitted by Bob Trimble)

With all the recent changes in the Health Physics Operations Group, it's been a busy last couple of months for the San Diego office. These changes have provided new opportunities and I have been impressed with each member of our group stepping up to take on additional responsibility. Currently, we are managing three large decommissioning projects, utilizing personnel from the Oak Ridge and Boston offices.



Last month we completed the second phase of a three phase project at Roche in Palo Alto, CA. While Doug Bassett and I were at Roche, Dave Aguero was managing a decommissioning project at Beckman Coulter in Fullerton, CA. Justin Button and Brian Drummond, who worked on the first

phase at Roche, made another trip out to California to assist Dave.

After Roche was completed, Doug headed back to the Bay Area to perform radiological surveys at SRI International and Beckman Coulter's Palo Alto facility. Doug normally splits his time between the HPO and PES groups; however, due to our increased workload, he has been spending the majority of his time working on HP projects. Currently we are taking advantage of Doug's versatility on the HP side; however, I anticipate he will be spending more time working on PES activities due to Tom Klett's sales and marketing efforts on the West Coast.

We are currently writing reports and preparing for a characterization survey of the soil beneath a bakery in Burbank, CA.

The bakery is still operational and work will start after normal business hours. Ryan Fahey will be leaving the cold weather in Boston to make his first trip out to the sunny southern California. Joining him will be Dave Aguero, Justin Button, Brian Drummond and Tim Pratt. The survey is scheduled to begin on February 15 and last two weeks. Due to the unusual work hours, the project staff will finish their shift each night at 2AM, PST (5AM, EST). Please keep this in mind if you need to contact them.

We hope to finalize the majority of our projects by the end of February to give Dave enough time to prepare for his wedding. He, and his fiancé, Temple, are getting married in Orange County, CA on March 13.

### Safety (submitted by John Caudle)

To All,

I would like to send at a "Job Well Done" to all of you for ending the 2009 year with the best annual safety performance from an injury standpoint we've had in the 15 years I've been here and it appears to be the best in the history of the Company. We finished the year with one recordable injury and this was a relatively minor injury. Of course all injuries are avoidable with good attention to detail and staying focused on not getting complacent, frustrated, rushed, or fatigued. The President and the Board of Directors have invested significant resources to improve awareness and safety performance. The effort shown by

each employee is starting to pay off with injury reduction. We've had a steady decline over the last three years. Not only have we reduced recordable injuries but we've also had a reduction in first aid cases. In time, with continued focus we will see a cost reduction to the company from a reduced Workers Compensation cost.

Given the nature of work performed by all of you, this is great work. We do dangerous work and we are one of the best and safest companies that do this work and I'm proud of the efforts shown by all during the implementation of our safety awareness programs.

Great job,  
John Caudle S&H Management

### Government News (submitted by Charles Stanley)

We are excited to announce that Philotechnics is a team member for the Kansas City District US Army Corps of Engineers PRAC. The PRAC (Pre-placed Remedial Action Contract) is an environmental cleanup contract managed by the Kansas City District for military and other federal facilities. Our team lead, Hydro GeoLogic (HGL) invited Philotechnics to be part of this team to provide all radioactive materials related expertise. This includes Decontamination (D&D), radioactive waste management, radiological engineering, and health physics support. While this contract centers on the states supported by the Kansas City District, it is also available to support federal customers throughout the United States. This is

Philotechnics' first contract vehicle outside of the Department of Energy complex. We are looking forward to supporting HGL and to additional success in supporting the Corps of Engineers and other federal agencies.

The Department of Energy has invited Philotechnics to submit a Best and Final Offer for Radioactive Waste Treatment and Bulk Survey for Release services. We are leading a team of waste processing and disposal companies for this contract. With us as the small business lead, our team members IMPACT, TOXCO, and WCS joined together to prepare and submit our proposal for fifteen different technical waste processing and treatment categories. Should we be successful, we will be able to provide these

services to the entire DOE complex for a broad variety of waste streams. This team provides nationwide access from ten different locations throughout the United States, with state of the art technical capabilities, and unlimited gram storage capacity while processing.

Philotechnics participated in an EPA led workshop discussion regarding radioactive waste disposition capabilities. We were invited as part of a planning session to identify nationwide capabilities and challenges for dealing with large volumes of contaminated materials resulting from natural or man made disasters.

For more information, please contact C. W. Stanley

"Accept the challenges so that you can feel the exhilaration of victory."

-George S. Patton

## Surviving to Thriving (submitted by James Stratton)

“The most important thing to remember is this: To be ready at any moment to give up what you are for what you might become.”

-W.E.B. DuBois

There is a saying about small businesses and recessions – “Those who survive, thrive.” While some of our business segments are having difficulty, others are still busy and we are surviving. We continue to have offices across the country and although we will probably relocate from our current Boston office to something smaller, we are still active in the area. Some people have left the company, which is normal when business volume drops and which is necessary to stay at the right size. But we are most definitely surviving.

Where business volume has dropped off, it's because our customers are putting off optional work due to a lack of funding. But their work list hasn't gone away. It just keeps getting a little longer, and work keeps piling up. When the recession is over and more money is available, there will be a backlog of projects. That's when the business survivors of a recession really thrive. They are busy getting all this work done. The business grows and takes on work that might have been done by competition which has been weakened by the recession.

But are we prepared to thrive? Looking ahead at contracts we have a good

chance of winning, we might have twice as many employees by this time next year and we might be managing multiple major contracts. Rapid growth is a challenge, and many good companies stumble. We will continue to be an industry leader only if we continue to improve, and improvement during a growth spurt is tough. Just as you don't sandbag the levee after the floodwaters arrive, the best time to work on improvement efforts is before the storm of orders hits. Can we process payroll for twice as many employees with our current systems? Can HR handle the recruiting efforts needed to maintain staffing? Can our safety philosophy be communicated and improved?

The good news is that we have made many small but important improvements in these and other areas. John Caudle and Andy Armbrust describe our outstanding safety performance in 2009 and urge continuing efforts. This is a field where the quality term “zero defects” really applies. John has quietly gone about the company implementing SafeStart philosophy. We have a solid group of people who understand the process. John is now an experienced SafeStart trainer, ready to spread this

program to new employees and projects. Better exchange of information will be important when the surge of orders hits, and one tool is replacement of Windows XP with Windows 7, which is designed for information sharing. Fred Simpson has quietly gone about the company upgrading older computers so that they can use Windows 7 when we install it, probably later this year. Joyce Marsalis has quietly worked with our new insurance broker to provide what we think will be better, easier processing of FSA and other claims.

If you are in one of those business units where work continues at a rapid pace, think about how you can streamline what you do. If your work pace has slowed a little, catch your breath and think about how things can be done better. Plan out a means to make things better, make the changes, check the results and act on what you find.

It's clear that we will survive the recession. Let's work on thriving during the blitz of orders that will follow.

## PES News (submitted by Annette Hansen)

Happy New Year everyone! As I write this, it's hard to believe that we are already half-way through February and the end of Philotechnics' Fiscal Year is right around the corner. PES Drivers have been braving the cold and snow to service our customers in the Northeast and Midwest. Luckily, Robert McIntosh and Jeff Kring were headed home from Boston just in front of Snowmageddon, the 100-year storm that shut Virginia down and delivered 2+ feet of snow. Mike McGhee will be headed to Idaho and Washington State later this month so keep your fingers crossed for good weather. Since winter weather seems to be hitting hard this year all over the country, I have included some Safe Winter Driving Tips below for review.

### Driving in Snow and Ice

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and sanding trucks (or Salt trucks in the case of East Tennessee) have had a chance to do their work, and allow yourself extra time to reach your destina-

tion.

If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions.

### Driving safely on icy roads

1. Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
2. Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
3. Turn on your lights to increase your visibility to other motorists.
4. Keep your lights and windshield clean.
5. Use low gears to keep traction, especially on hills.
6. Don't use cruise control or overdrive on icy roads.
7. Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
8. Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of

them worse than the road behind.

Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

### *If your rear wheels skid...*

1. Take your foot off the accelerator.
2. Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
3. If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
4. If you have standard brakes, pump them gently. If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

### *If your front wheels skid...*

1. Take your foot off the gas and shift to neutral, but don't try to steer immediately.

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### Did you know?

The most snow to fall in any 24-hour period was a whopping 75.8 inches recorded in Silver Lake Colorado in April of 1921.

-NOAA.gov

Continued from page 5...

2. As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

*If you get stuck...*

1. Do not spin your wheels. This will only dig you in deeper.

2. Turn your wheels from side to side a few

times to push snow out of the way.

3. Use a light touch on the gas, to ease your car out.

4. Use a shovel to clear snow away from the wheels and the underside of the car.

5. Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.

Try rocking the vehicle. (Check your owner's manual first — it can

damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

Sources: National Safety Council, New York State Department of Motor Vehicles, Washington State Government Information & Services.

### Sealed Source Disposition (submitted by Annette Hansen)

As you may recall from the last newsletter, PES has been working with the Conference of Radiation Control Program Directors (CRCPD) on a sealed source disposition project for a number of months. The project included over 200 sources from 14 different generators in WA, MT, ID, and WY. I am happy to report that the project is now complete! The sources were encapsulated in November and the drum was received on December 31, 2009 at the US Ecology Richland, WA Disposal Facility after a weather-delayed delivery. After modeling our packaging scenario on paper, the 110-gallon

drum configuration was chosen as the best option due to the weight and size of two lead pigs that required disposal. These pigs contained a few Curies of sources that could not be removed, and would have required a significant amount of shielding regardless. Prior to packaging, a Radiological Work Permit (RWP) was prepared and training was held. Packaging operations were performed by Glenn Marshall, Darrell Jerrell, and Justin Button, with some oversight by Andy Armbrust. Annette Hansen was the keeper of the clipboard for tracking the inventory as it was packaged. Glenn and Darrell did

the hands-on packaging and wore electronic dosimeters and finger rings to monitor exposure. Tongs and giant tweezers were used to remotely handle the higher activity sources. Justin provided Health Physics monitoring and utilized a Teletector (telescoping dose rate meter) to keep exposures to a minimum. Most of the sources were packaged into the large lead pigs prior to placement in the 110-gallon drum. Once all sources were packaged into the 110-gallon drum, the remaining cavity was topped off with concrete and allowed to cure for 28-days. In all, we packaged over

8 Curies of Cs-137 sources that afternoon, and no one received even 100 mrem!!

I would like to commend Glenn Marshall, Darrell Jerrell, and Justin Button for their efforts in ensuring the sources were packaged safely and expeditiously.



Left: Andy Armbrust, and Glenn Marshall

Right: Justin Button



Left: Glenn Marshall

Right: Darrell Jerrell and Glenn Marshall



### Anti-Virus (submitted by Fred Simpson)



With me being an “IT Guy” I am never “off-duty” and I am constantly being stopped by friends, family, friends of family, or sometimes near complete strangers that simply know that I “work on computers.” Most of the time, the conversation starts with “My computer is running extremely slow and I can hardly get on the Internet....”

Nearly every time I get stopped by some perplexed computer owner and the conversation is similar to the one above, I find that the person either hasn’t bothered to buy antivirus software for some reason does not bother to keep the software up to date when their subscription runs out.

If this person is you, or maybe even your parents who are just getting into using a computer, there is inexpensive help out there as Microsoft has released as new anti-virus software that is a **FREE** download. Not only is it free, but it keeps itself up-to-date automatically! This software is called

**Microsoft Security Essentials** and can be downloaded from the Microsoft website here: [http://www.microsoft.com/security\\_essentials/default.aspx](http://www.microsoft.com/security_essentials/default.aspx)

The following description of Microsoft Security Essentials comes from the previously referenced website link:

#### About Microsoft Security Essentials

Microsoft Security Essentials provides real-time protection for your home PC that guards against viruses, spyware, and other malicious software.

Microsoft Security Essentials is a free\* download from Microsoft that is simple to install, easy to use, and always kept up to date so you can be assured your PC is protected by the latest technology. It’s easy

to tell if your PC is secure — when you’re green, you’re good. It’s that simple.

Microsoft Security Essentials runs quietly and efficiently in the background so that you are free to use your Windows-based PC the way you want—without interruptions or long computer wait times

\*Your PC must run genuine Windows to install Microsoft Security Essentials.

So if you know someone who doesn’t want to purchase anti-virus software, or has trouble keeping their anti-virus software up to date, then have them swing on over to [http://www.microsoft.com/security\\_essentials/default.aspx](http://www.microsoft.com/security_essentials/default.aspx) for some free protection for their computer!

## Feeling Sluggish-Again? (submitted by Joyce Marsalis)

It's tough to start your day with dragging feet and a mind that's still under the covers. These tips may help you beat fatigue:

**Shake things up.** If your routine has become boring and monotonous try a new activity. Take a class or volunteer in your community.

Often, helping others or working on a hobby is just the boost you need.

**Eat breakfast.** Skipping breakfast can lead to overeating later in the day. And, heavy meals-especially fried, fatty foods-can make you tired. Try a smaller lunch and a nutritious late afternoon snack.

**Manage your stress.** Worrying takes its toll on your body. If your sleeping habits are being affected by stress, learn how to manage your daily concerns. Get organized, make "to do" lists or try other time management strategies.

**Avoid the snooze button.** We all love to sleep in on the weekends. Although this may seem like a good

plan for getting more rest, it can confuse your body. One way to stay alert is to go to sleep and wake up at the same time every day-even on the weekends.

**Get out and about.** A 30-minute morning walk is a great way to get your blood flowing and energize your day. Taking a walk at lunchtime also can give you a boost.

**Is It CFS?** Exhaustion sometimes can be the result of chronic fatigue syndrome (CFS). CFS is a condition of prolonged and severe weariness that is not related to another illness or relieved by rest and lifestyle adaptations. If your doctor has ruled out other possibilities, including lupus and anemia, you may be suffering from CFS.

Six months of fatigue coupled with a 50 percent reduction in activity, and four or more of the following symptoms could indicate CFS:

- Fatigue after exertion
- Sore throat
- Swollen, painful lymph nodes
- Muscle pain/aches
- Headaches

- Sleep disturbance or restless sleep
- Joint pain/aches
- Impaired memory or concentration

There's no known cause or cure for CFS. Symptoms can linger for more than a year, but a full recovery may be expected.

With [myuhc.com](http://myuhc.com), UnitedHealthcare's innovative consumer Web site, you can access an array of health information that will help you answer important questions relating to fatigue and many other health and wellness topics. And don't forget, you can call Care24 any time, 24 hours every day for more information on fatigue as well as many other health and well-being concerns.

Care24 1-888-887-4114  
TDD/TTY callers, please call the National Relay Center at 1-800-855-2880 and ask for 1-888-887-4114.  
[www.myuhc.com](http://www.myuhc.com)



Christmas for Families (submitted by Tim Walsh)

Philotechnics ECF Overhaul Project (POC) employees joined with the Idaho National Laboratory as part of the Christmas for Families program again this year. As part of the Christmas for Families program, local schools and social workers nominate area families with children who might not see much under the Christmas tree. The local unions and businesses donate food, toys, and even a Christmas tree to the Christmas for Families program.

Generous donations from our employees, matched by Philotechnics Corporate allowed us to “adopt” a local family with 5 young children. The family was contacted to see if they had special needs such as food, blankets, or clothes. The donations were enough to take care of the family needs plus the purchase of nice gifts for each of the children.

Victor Sterner donned a Santa suit and the smaller children were excited to have Santa come into their homes bearing gifts. POC employees volunteered to meet together after work to purchase, wrap, and deliver presents and food certificates.

Thanks again to all of our employees who donated their time and money for this worthy event. This year, with the help of our corporate support we were even able to make a significant contribution to the local food bank in addition to caring for our adopted family.

“Give what you have. To someone, it may be better than you dare to think.”

-Henry Wadsworth Longfellow



Victor Sterner (aka: Jolly Old St. Vic) Shares a moment with our adopted kids.

Philotechnics’ People

<p>Congratulations!</p> <p>To Dave Aguero and fiancé Temple on their wedding March 13th, 2010.</p>	<p>It’s a girl!</p> <p>Congratulations to Jennifer King on the birth of her daughter.</p>
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Birthdays

January	February	March
Brian Morris 1/2	David Black 2/10	Charles Stanley 3/4
Joyce Marsalis 1/6	Darrell Jerrell 2/10	Pamela Sewell 3/15
Jeff Kring 1/12	Billy Fullmer 2/12	Patrick McCloskey 3/18
Donald Empey 1/20	Timothy Morris 2/15	James Jaspersen 3/21
Shane Rogers 1/21	Brenda DeRusha 2/16	Clark Reynolds 3/23
Fred Calder 1/23	Bradley Wilding 2/17	Aurora King 3/24
Carl DeGuilio 1/27	Christopher Smith 2/22	Curtis Christiansen 3/24
Sheila Brady 1/31	Roger Raymond 2/22	David Aguerro 3/27
Richard Williams 1/31	Leo Line 2/24	David Almgren 3/28
	Frederick Simpson 2/28	Ronald Lobb 3/29
		Donald Hartje 3/31

Did you know?

Placing candles on a birthday cake can be traced back to Kinderfest, an 18th century German birthday celebration for children.



Anniversaries

January	February	March
David Aguerro 1/2/07	Charles Muller 2/2/04	Mike McGhee 3/5/07
Justin Button 1/2/07	Jeff Kring 2/16/09	Cameron Simpson 3/5/08
Peter Lewis 1/2/08	Brandon Clinkscales 2/18/08	Curtis Christiansen 3/6/06
Eric DeNault 1/9/09		Russ Armstrong 3/7/05
Luana Button 1/15/05		Aurora King 3/9/09
Glenn Marshall 1/17/05		Sheila Brady 3/12/07
Daniel Pierce 1/19/04		Jennifer King 3/12/07
Roger Miller 1/25/05		Dale Davis 3/13/06
Fred Simpson 1/27/94		Jennifer Noll 3/17/08
James Stratton 1/28/02		Tim Pratt 3/24/98
Tim Walsh 1/31/01		Ryan Fahey 3/27/06
		David Garton 3/28/05
		Grant Homer 3/28/05



Philotechnics,  
Ltd.

2328 Bluff Rd  
Harriman, TN 37748  
Newsletter edited by:  
Stephanie Button

Phone: 888-RADWAST  
Fax: 865-220-0686  
E-mail:  
[hrphil@philotechnics.com](mailto:hrphil@philotechnics.com)

We're on the web!  
[www.philotechnics.com](http://www.philotechnics.com)

