

Skanes Tech Newsletter

June 2018

UPCOMING HOLIDAYS

Flag Day 14th

Father's Day 17th

BIRTHDAYS & ANNIVERSARIES OF THE MONTH

Happy Birthday!!!

Walter Johnson 26th

LaTonya Delaney 30th

Happy Anniversary!!!

Krista Oliver 1st- 3yrs

Charles Merriweather
1st- 1yr

Mark Chapman 8th- 3yrs

Adam Roades 9th- 2yrs

New Member to the Family

STG would like to welcome **Antonio Adams**. He is a Cyber Security SME who will be working in Reston.

Father's Day

By Jim Daly

Last Father's Day began like others before it. The sun had barely risen, and my sons, Trent and Troy, were bouncing around our bedroom, urging me to open my present. Groggy and not entirely pleased at having my Sunday slumber cut short, I sat up to greet the day — and my happy boys. "You gotta open it, Dad!" Clearly, this task required immediate attention, so I tore into the box to discover a beautiful watch. I loved it, of course, and told them so, but I later thought that their wide smiles and enthusiasm were the best part of the gift. They were so excited to give their father a present! I was reminded again how great it is to be a dad, how privileged I am to join my wife, Jean, in the task of raising Trent and Troy.

The Balancing Act

But sometimes we dads get distracted from that privilege. Personally, I'm not immune to getting wrapped up in my work. Although I believe I'm right where God wants me, I still struggle with balancing my responsibilities as president of Focus on the Family and the needs of my own family. How can I avoid being consumed by the good work of family ministry at the expense of my ministry at home? I often think that a big part of wisdom is in one's ability to glimpse the end while still at the beginning. When I'm old and the boys are grown, will I look back on how I raised them with a sense of peace? Or will I wonder what could have been?

What Matters Most

When I think back on my life as a dad so far, here are the things I remember:

Hearing the boys' first cries and holding Trent and Troy tight, scared to death I might drop them, but knowing I never would. First steps, first words. The pain of leaving on ministry trips; the joy of airport reunions. Budget vacations. Cars that won't run; boys that won't stop. Skinned knees, bloody noses and a DVD player that somehow caught fire. Teaching my boys how to ride their bikes. Ball games, board games and flashlight tag. And, best of all, seeing my sons' hearts open to the Gospel.

Time will not scatter these memories. And if in the end these moments with my boys will matter the most, I must make the most of our time together today.

To the dads reading this, I hope your memories will be filled with the energy and excitement of life with your kids. **Happy Father's Day!**

Referrals/Comments & Concerns

Skanes Tech is always looking for more individuals with TS/SCI w/ Full-scope play for these positions in Northern VA. and some in MD.: Applications Developers, Cyber Security SME, IT Program Managers, Program Managers, Project Integrators, Software Engineers, Systems Administrators, Helpdesk Specialist, Software Quality Assurance Specialist/Applications Testers, Systems Engineers, Systems Integrators, and Web Developers.

Current Positions available (TS/SCI FSP):

ETL Developer Level 2 (MD), Web Developer Level 2 (MD), Software Engineers Level 0 & 2 (MD), Reports Developer Level 2 (MD), CIS Outreach Branch Support (Tysons), CIS Governance Branch Support (Tysons), Designer/Developer (Dulles), Graphic Designer (Reston/Dulles), Program Property Management Data Analyst (Springfield).

MD= Ft. Meade surrounding areas

For job descriptions please email Krista or Stacy for the job descriptions. Do you have family members or friends that are looking for new opportunities? Please email us their information and resume to office@skanestech.com or either Krista or Stacy, and we will take it from there. Skanes Tech offers a \$3000 referral bonus for your help! The candidate must go through the whole selection process. So, keep those referrals coming!!! ALL individuals must have the required clearance.

We want to hear from you? Please let us know if you are having an issues at the work place. Both Riley and Walter are on site. Don't hesitate to call or email Riley, Walter, Eric, Stacy or Krista with any questions or concerns you may be having. It can be little or big. Our biggest thing here at STG is to make sure you are happy at all times. Your happiness is our happiness. Keep up the good work and working to achieve any goal you have set for yourself, for it may be personal or for work. Also let us know if there is something that we need to do more of etc. Look forward to hearing from you.....

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us." -- **Helen Keller**



Acknowledgments

STG would like to recognize:

Venita Hill for a job well done. We received a note from Booz Allen Hamilton about Venita's communications support.

"As a critical member of the front office staff, we wanted to highlight your valuable contribution to the Communications Strategy that received 'kudos' from the #2 DS leader. We cannot even begin to say the amount of pride I have to know that you are on my team and a key officer to keep this awesome communications plan moving forward for the workforce. Thank you for all your hard work, dedication and immense professionalism when it comes to supporting this team and our workforce!"

We also would like to recognize Adam Roades for receiving a Certificate of Appreciation from his customer.

"In recognition and appreciation for his many hours of efforts and selfless contributions towards the success of the mission. We would like to thank you for all your hard work, commitment and vast effectiveness when it comes to supporting this group and our staff!"

STG Family if you have received any words of praise of your hard work. Please send them to Krista. So we can recognize you for your achievements in the upcoming newsletters. As we know you all are AMAZING!! KEEP UP THE HARD WORK!! Thank you!!

"The price of success is the hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand." - Vince Lombardi



"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same." -Carlos Castaneda

Ever catch yourself doodling in a meeting? Perhaps you need a way to relax, but traditional meditation doesn't appeal to you. Or maybe you're one of the majority of adults who claim you have no artistic ability, but you still have the itch to draw.

If you're looking for a fun, easy, and novel way to boost your creativity and focus while creating awesome "micro" works of art, read on!

Welcome to Zentangle!

Zentangle is an art form that is often described as "mediation through pattern-making." It involves making complicated-looking drawings ... "one line at a time." You combine simple, typically repetitive patterns (called "tangles") in unplanned ways that grow, and change, and come together to form a finished product. Though doodling is by no means new, Zentangle as a practice was created by [Rick Roberts and Maria Thomas](#) around 2003 as a meditative art form.

Why Doodle?

Doodling has been shown to unleash creativity by activating the part of your brain associated with freeform thinking. Zentangle provides you with predetermined patterns and can put you into a "mindful zone" in which your hand and eyes are focused on a repetitive, fluid motion. This allows your attention to focus on your surroundings or provide you with mindfulness of your inner thoughts and feelings.

I won't bore you with all of the research showing the benefits of practicing any form of art, including doodling. It's fun and proven to improve relaxation, focus, concentration, listening, and information retention.

But I Can't Draw?

Malarkey. I've yet to meet an adult who can't draw basic shapes and lines. Don't believe me? Check out this ["visual alphabet"](#) and tell me you can't draw those!

That's all you need to get started with the activity I've included here. You don't need to know how to shade or other complex art techniques to get a lot out of this (though they help). What's great is that with Zentangle, there is no "goal" or even "wrong." Each line adds to your art, so just roll with whatever happens.

What You'll Need

While practicing Zentangle is much more enjoyable when using high quality materials, you really only need the following to start experimenting:

1. **Paper.** The traditional Zentangle tile is a 3.5" x 3.5" square of heavy paper. I typically make my own using a paper cutter to slice large Strathmore Bristol paper to the right size. You can also buy pre-made tiles.
2. **Pencil.** Any old pencil will work.
3. **Pen.** Enthusiasts like me swear by the Miron .01 pen for tangling. But any fine-tipped pen will work. For now, just grab a ballpoint pen and have fun!

Anatomy of a tangle tile

A Zentangle tile is created in four steps:

1. **Breathe!** This is the most important step. You'll want to remember to repeat it often. :)
2. **Draw a border.** Using a pencil, draw dots at the four corners, about 1/4" from the edge. Then connect them to form a border.
3. **Draw a "string."** Lightly in pencil, draw a freeform pattern inside the border of your tile. This can be curves or straight lines, continuous or not. Just make sure you split the tile into segments that you can use later to fill in with different tangle patterns.
4. **Fill in each segment.** Using pen (and only pen), fill in each segment with a tangle.

You can also add shading when you're finished with your tangles. For some patterns, this can really make the tangles pop.

Create your first tile!

If you want to experiment with Zentangle, check out the attached PDF which contains a couple of tiles with strings pre-drawn as well as a few patterns to choose from. Remember there is no right or wrong. Just take your time and have fun!

Want to learn more?

There are countless Pinterest boards, Facebook groups, and websites devoted to Zentangle. My favorite is tanglepatterns.com for new and fun patterns. If you want to dig deeper, I highly recommend the books "[One Zentangle a Day](#)" and "Totally Tangled." [Zentangle for Kids](#) is also excellent for younger artists.

If you would like to send in articles, any ideas, etc. please send them to Krista by the 20th of each month and it will be put in the following months newsletter.

"June Incentive Challenge"

1st Place \$125 Bonus

2nd Place \$100 Bonus

3rd Place \$75 Bonus

90's Movie Trivia

1. What is the name of Will Smith's character in Independence Day?
2. Which 1997 film stars Nicolas Cage, John Cusack, and John Malkovich?
3. How many people were killed in the 1996 film Scream?
4. What year was Forrest Gump released?
5. What year was the song "My Heart Will Go On" from Titanic released?
6. Which 90's movie soundtrack is the best-selling soundtrack of all time?
7. Which 90's movie featured the songs "My Guy (My God)" and "I Will Follow Him"?
8. What were the three songs the band Aerosmith sang for the 1998 movie Armageddon?

Give you the quote, you give me the movie it came from and which actor/actress said it.

9. "There's no crying in baseball."
10. "You can't handle the truth!"
11. "I see dead people."
12. "Keep the change, ya filthy animal."
13. "You had me at hello."
14. "Do you understand the words that are coming out of my mouth?"
15. "I'm the king of the world."
16. "Molly, you in danger girl."
17. What movie was Robin Williams' first animated film? (Hint: It's not Aladdin.)
18. What are the names of the two mice from The Rescuers Down Under?
19. What 90's movie was the first and only animated film to receive a Special Achievement Academy Award?
20. Which 90's animated film was Disney's first ever DVD?

Recipes for the Summer Months

Sweet Heat Cheerwine Baby Back Ribs



“Smothered on grilled baby back ribs, this Cheerwine glaze is finger-lickin' good. Better stock up on the napkins.”

INGREDIENTS

2 tsp. smoked paprika
2 tsp. chili powder
2 tsp. dry mustard
1 tsp. garlic powder
1 tsp. ground ginger
Kosher salt and freshly ground black pepper
2 (3-lb.) slabs baby back ribs
1 (12-oz.) bottle Cheerwine soft drink
1 (15-oz.) can tomato sauce
1/3 c. light brown sugar
1 tbsp. Dijon mustard
2 tsp. chili-garlic sauce

DIRECTIONS

Preheat oven to 325°F. Stir together paprika, chili powder, dry mustard, garlic powder, ginger, 4 teaspoons salt, and 2 teaspoons pepper in bowl. Sprinkle 2 tablespoons spice mixture over ribs, dividing evenly. Place ribs on a rimmed baking sheet; wrap tightly with aluminum foil. Bake until tender, 2 to 2 1/2 hours. Remove foil; rest 30 minutes. Combine Cheerwine, tomato sauce, brown sugar, Dijon mustard, chili-garlic sauce, and 1 tablespoon spice mixture in a medium saucepan. Bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, until reduced to 2 cups, 25 to 30 minutes. Heat grill to medium. Grill ribs, basting with 1 cup of the Cheerwine sauce and turning frequently, until lightly charred and lacquered, 10 to 15 minutes. Transfer to a platter and serve with remaining Cheerwine sauce and spice mixture.

Mexican Chopped Salad



Ingredients

Ingredients for the dressing:

¼ cup fresh lime juice	2 tablespoons honey
½ teaspoon cumin	1 clove garlic finely minced
½ teaspoon salt	2 tablespoons canola oil
2 tablespoons extra virgin olive oil	freshly ground black pepper
taste and add salt if needed	

Ingredients for the tortilla strips:

6 6- inch corn tortillas	1 ½ tablespoons canola oil
½ teaspoon sea salt	

Ingredients for the salad:

1 medium head romaine lettuce chopped in approximately 1/2 inch pieces
1 medium bell pepper diced in 1/4-inch pieces**, any color (I used orange)
½ medium red onion diced in 1/4-inch pieces**
½ medium jicama peeled and diced in 1/4-inch pieces**
1 medium zucchini diced in 1/4-inch dice**
4 medium tomatoes seeded and diced into 1/4-inch dice**
4 ears corn if fresh corn is not in season, substitute 1 1/2 cups of sweet, tiny frozen corn
1 1/2 cups canned black beans drained and rinsed
1/2 cup finely chopped cilantro plus whole cilantro leaves for garnish, if desired

For the dressing: Combine lime juice, honey, cumin garlic and salt.

In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk. Taste and add more salt and pepper, if needed. Set aside.

For the corn tortilla strips: Preheat oven to 400°F. Stack corn tortillas on a cutting board. Cut in half. Cut each stack of halves into thin strips, widthwise, about 1/4-inch thick. Transfer tortilla strips to a sheet pan. Drizzle with oil. Sprinkle with salt and toss to coat. Bake for 15-20 minutes, stirring every 5 minutes, or until light golden brown and crisp. Set aside to cool.

For the salad: Place corn, two ears at a time, in the microwave and cook for 3 1/2 minutes. Remove from microwave with a hot pad and allow to cool for 5 minutes. After cooling, cut bottom end of corn off, about 1 1/2 inches from end. Pull back husk and silks (almost all of the silk should easily pull away). Cut kernels from husks and set aside. Combine corn and other salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired. Serve with tortilla strips on top or place a bowl on the side and let guests help themselves.

NO-CHURN APPLE PIE ICE CREAM



"Creamy no-churn ice cream filled with all the flavors of apple pie! Brown sugar, cinnamon, tender apples, and crushed cookies make this ice cream the easiest and tastiest way to enjoy apple pie!"

INGREDIENTS

APPLE COMPOTE:

1/4 cup brown sugar packed
1 tablespoon unsalted butter
1 teaspoon apple pie spice or cinnamon
2 medium sized Granny Smith apples peeled and cut into 1/4 inch pieces

ICE CREAM BASE:

1- 14 oz. can sweetened condensed milk
1/2 teaspoon pure vanilla extract
3/4 cup crushed crunchy oatmeal cookies see note for other options
1/2 tsp. apple pie spice or cinnamon
2 cups cold heavy cream

INSTRUCTIONS

PREPARE COMPOTE:

Place brown sugar and butter in a medium saucepan. Stir until the butter is melted and the brown sugar and butter are combined. Add apples and pie spice, stir to coat the apples. Simmer, partially covered, for 10-15 minutes, until the apples are tender, stirring occasionally. Transfer to a bowl and refrigerate until chilled. Once chilled, prepare ice cream base.

ICE CREAM:

In a large bowl, combine sweetened condensed milk, pie spice, and vanilla extract. Puree half the apple compote (it won't be completely smooth; that's OK), and stir the pureed compote into the condensed milk mixture. Set aside. Using a hand mixer or stand mixer, whip the heavy cream until stiff, billowy peaks form. Gently fold half the whipped cream into the condensed milk, then fold in the other half. Stir in most of the cookie crumbs, reserving a tablespoon or two for the top. Pour half the ice cream base into a 2 quart container (I used a loaf pan). Top with half the remaining apple compote. Pour in the last half of the ice cream base and top with remaining apple compote and reserved cookie crumbs. Cover and freeze until firm, at least 6 hours.

RECIPE NOTES:

I added crushed oatmeal cookies into the ice cream to add texture and serve as the "crust" component to the apple pie. Instead of oatmeal cookies, you could use crushed cinnamon graham crackers, snickerdoodles, shortbread cookies, or speculoos/Biscoff cookies. Make sure the cookies are crisp; a soft cookie will get too mushy once mixed into the ice cream.