

## Upcoming Holidays

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**March 2<sup>nd</sup>**

Employee Appreciation  
Day

**March 11<sup>th</sup>**

Daylight Savings

**March 17<sup>th</sup>**

St. Patrick's Day

**March 20<sup>th</sup>**

First Day of Spring

**March 25<sup>th</sup>**

Palm Sunday

**March 30<sup>th</sup>**

Good Friday

**March 31<sup>st</sup>**

Passover

## Inspirational Quotes

“Remember no one can make you feel inferior without your consent.”  
—**Eleanor Roosevelt**

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.” —**Henry Ford**

## Skanes Technology Group Newsletter



“Spring Is the Season of Opportunity—Don’t Waste It”  
By. John Rohn

Everyone has to get good at one of two things: planting in the spring or begging in the fall. I know the following things to be true: Life is about constant, predictable patterns of change. The only constant factor is our feelings and attitudes toward life. We have the power of attitude, and attitude determines choice, and choice determines results. You cannot change the seasons, but you can change yourself.

I am convinced that, as human beings, it is our natural destiny to grow, to succeed, to prosper and to find happiness while we are here. That we must make a constant and conscious effort to improve ourselves in the face of changing circumstances.

Let’s talk about spring. Spring is the season of activity and opportunity that follows the turbulence of winter. It’s the season for entering the fertile fields of life with seed, knowledge, commitment and a determined effort.

However, the mere arrival of spring is no sign that things are going to look good in the fall. You must do something with the spring. Everyone has to get good at one of two things: planting in the spring or begging in the fall. Take advantage of the day and the opportunities that spring can bring.

**“Some people plant in the spring and leave in the summer. If you’ve signed up for a season, see it through. You don’t have to stay forever, but at least stay until you see it through.”**

It is the promise of spring that as we sow, so shall we also reap. For every disciplined human effort, we will receive a multiple reward. For each cup planted, a bushel reaped. For every good idea given to another, many shall be given to us in return. For every act of love given, a life of love in return.

Just remember, it is a natural characteristic of springtime to present itself ever so briefly, or to lull us into inactivity with its bounteous beauty. Do not pause too long to soak in the aroma of the blossoming flowers, lest you awaken to find springtime gone with your seed still in your sack.



## **Birthdays**

**Rachel Winchester- 23<sup>rd</sup>**

"Happy Birthday to you. The warmest wishes to a great member of our STG Family. May your special day be full of happiness, fun and cheer!"

## **Anniversaries**

**Paula Montgomery- 9<sup>th</sup>**

**Jason Chen- 28<sup>th</sup>**

"Here at STG we would like to thank you for your continued service to the company and the government. "Keep on inspiring us on the years that are going to come. And we hope you know just how much we need you, respect you and value you as our colleague."

**Happy Anniversary!"**

With the intelligence, wisdom and freedom of choice given to us as humans, exercise the discipline to plant in spite of the rocks, weeds or other obstacles before you. The rocks, weeds and thorns of the world cannot destroy all your seeds if you plant massively enough and intelligently enough.

Choose action, not rest. Choose truth, not fantasy. Choose a smile, not a frown. Choose love, not animosity. Choose the good in life in all things, and choose the opportunity as well as the chance to work when springtime smiles on your life.

Spring shows us that life is truly a constant beginning, a constant opportunity and a constant springtime. We need only to learn to look once again at life as we did as children, letting fascination and curiosity give us welcome cause to look for the miraculous hidden among the common.

Get busy quickly on your springs—your opportunities. There are just a handful of springs that have been handed to each of us. Life is brief, even at its longest. Whatever you are going to do with your life, get at it. Don't just let the seasons pass by.

[www.success.com](http://www.success.com)

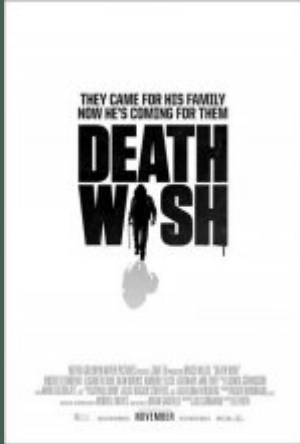


We are always looking for more individuals with TS/SCI w/ Full-scope ploy or TS/SCI (Va. Only) for these positions in Northern VA. and some in MD.: Applications Developers, Cyber Security SME, IT Program Managers, Program Managers, Project Integrators, Software Engineers, Systems Administrators, Helpdesk Specialist, Software Quality Assurance Specialist/Applications Testers, Systems Engineers, Systems Integrators, and Web Developers.

For job descriptions please email Krista or Stacy for the job descriptions. If you have family members or friends that are looking for new opportunities, please email us their information and resume to [office@skanestech.com](mailto: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.

## Movies to see this Month:

March 2<sup>nd</sup>



March 9<sup>th</sup>



We want to hear from you? Please let us know if you are having an issues at the work place. Unfortunately Riley is not on site anymore to be there, but Walter is. 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.....

## March Incentive Challenge

First Place- \$250 Bonus  
Second Place- \$150 Bonus  
Third Place- \$100 Bonus

**This month's incentive challenge will be Movie / TV Trivia. This trivia game is intended to cause laughter. That being said, it's still good trivia.**

1. Who is the only member of ZZ Top who doesn't have a beard?
2. Who were the first television couple to be shown in bed together on prime time television?
3. Who was the first Twitter user to reach 20 million followers? Her songs include The Edge of Glory, Judas, Born This Way, Bad Romance, and Poker Face?
4. "Was anyone surprised about Jodi Foster? She starred in a movie called The Beaver." Who was the lead actor in The Beaver?
5. Millicent Roberts is the middle and last name of what iconic children's toy?
6. "All that money, and he's still got hair like a f\*\*\*\*\* dinner lady" is something said about Elton John by what former signer and author of the 1995 autobiography TAKE IT LIKE A MAN.
7. According to David Letterman, Sarah Palin experienced an awkward moment at a Yankees game when her 14-year-old daughter, Willow, was knocked up by what player?
8. Both of these things come in a posh box: a Rolex and what British soccer star?
9. What former American Basketball Association player, when told that his planes departure time was 8 a.m. but would land in St. Louis at 7:59am due to a time zone change said "I ain't goin' on no time machine" and rented a car instead?



March 16<sup>th</sup>



March 23<sup>rd</sup>



10. Based on a red carpet interview, of what Oscar-winning actor did Joan Rivers comment: “he makes Hitler look warm and funny”? The actor’s movies include Love Story, Eyes of Laura Mars, JFK, The Client, and The Fugitive.

**Who Am I? Famous people often have cause to insult other famous people for one reason or another. I’ll provide a famous person and a quote, you tell me who they were referring to.**

11. Who was Winston Churchill referencing when he said: “My dear, you are ugly, but tomorrow I shall be sober, and you will still be ugly.”
12. Who was Frank Sinatra referring to when he said: “Well, at least he has found his true love – what a pity he can’t marry himself.”
13. Who was Bette Midler talking about when she said: “She loves nature, in spite of what it did to her.”
14. Who was Liam Gallagher talking about when he said: “She can’t even chew gum and walk in a straight line, let alone write a book.”

**One of Jimmy Kimmel’s funniest segments is about celebrities reading mean tweets. Identify the celebrity based on the tweet:**

15. “I’d would rather chop my arm off and fuck myself with my detached limb than watch “This singer: the movie”. What the fuck is wrong with the world?”
16. “Dear God, give us back 2Pack and we’ll give you this singer.”
17. “If you change the “I” in this actress’s last name to a “t”, you get Anna Farts. Interesting.”
18. “This actress is so fucking ugly. Way too ugly to play snow white in snow white and the huntsman.”

**Identify the celebrity from the incredibly stupid quote:**

19. “Whenever I watch TV and see those poor starving kids all over the world, I can’t help but cry. I mean, I’d love to be skinny like that but not with all those flies and death and stuff.”
20. “My sister is expecting a baby and I don’t know if I’m going to be an uncle or aunt.” Is attributed to Chuck Nevitt, a former North Carolina State basketball player explain to what deceased coach his reason for appearing nervous at practice.
21. “Fiction writing is great. You can make up almost anything” is attributed to this famous wife, now ex-wife, after her first novel, “For Love Alone.”
22. “Smoking kills. If you’re killed, you’ve lost a very important part of your life” is attributed to this “Blue Lagoon” star.
23. “Bruce Willis is a ghost and Batman dies at the end also Gwyneth Paltrow’s head is in the box.” Name the three films.
24. “I didn’t attend the funeral, but I sent a nice letter saying I approved of it” is a quote from what American humorist and author.
25. What singer/actor gave Marilyn Monroe a white poodle named Mafia?

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## Recipes for the Month

[allrecipes.com](http://allrecipes.com)

### Monte Cristo Benedict



**4 servings 651 Calories**

#### Ingredients:

2 large eggs	1/4 cup heavy whipping cream
1 tablespoon white sugar	1 pinch salt
1 pinch cayenne pepper	1/4 teaspoon ground cinnamon
1/8 tsp ground allspice	4 thick slices day-old French bread
1 tablespoon butter	8 thin slices cooked ham
4 slices Cheddar cheese	4 slices Havarti cheese
8 poached eggs	2 teaspoons chopped fresh chives
*To taste 1 pinch kosher salt, or to taste 1 pinch cayenne pepper, or to taste.	

#### Directions: Prep: 20 min. Cook: 30 min. Ready In: 1 hour

- Preheat oven to 375 degrees F (190 degrees C).
- Whisk 2 eggs, cream, white sugar, salt, 1 pinch cayenne pepper, cinnamon, and allspice together in a bowl until batter is thoroughly combined.
- Lay bread slices into batter, one at a time, and let bread absorb the mixture. Turn bread slices in batter until almost all batter has been absorbed, about 10 minutes.
- Heat a large skillet over medium heat, and melt butter in the hot skillet. Cook bread slices in the hot butter until browned, 2 to 3 minutes per side. Transfer French toast slices to a baking sheet.
- Lay ham slices into the hot skillet and cook until meat begins to brown, about 1 minute per side.
- To assemble, place a Cheddar cheese slice on a slice of French toast, top with 2 slices of ham, and lay a Havarti cheese slice over ham.
- Bake in the preheated oven until French toast pieces are no longer wet, the batter is set, and cheese has melted and begun to brown, about 20 minutes.
- Place sandwiches on serving plates and top each with 2 poached eggs. Season with kosher salt and a pinch of cayenne pepper.

## Pork Chops Stuffed with Smoked Gouda and Bacon



**2 servings 394 Calories**

### Ingredients:

2 ounces smoked Gouda cheese  
shredded 4 slices bacon cooked and crumbled  
1/4 cup chopped fresh parsley  
1/8 teaspoon ground black pepper  
2 (2 1/4 inch thick) center-cut, bone-in pork chops  
1 teaspoon olive oil  
1/4 teaspoon salt ground black pepper

### Directions: Prep: 15 min. Cook: 20 min. Ready In: 35 m

- Preheat an outdoor grill for medium heat.
- In a small bowl, combine the cheese, bacon, parsley, and 1/8 teaspoon black pepper.
- Lay the chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, going all the way to the bone, but leaving the sides intact. Stuff cheese mixture into pocket, and close with a wooden toothpick. Brush meat with oil, and season with salt and more black pepper.
- Lightly oil the grill grate. Grill over medium heat for 5 to 8 minutes on each side, or until pork is done. Careful not to overcook!

## Cajun Chicken Pasta



### Ingredients:

4 ounces linguine pasta	2 skinless, boneless chicken breast halves
2 teaspoons Cajun seasoning	2 tablespoons butter
1 red bell pepper, sliced	1 green bell pepper, sliced
4 fresh mushrooms, sliced	1 green onion, chopped
1 cup heavy cream	1/4 teaspoon dried basil
1/4 teaspoon lemon pepper	1/4 teaspoon salt
1/8 teaspoon garlic powder	1/8 teaspoon ground black pepper
1/4 cup grated Parmesan cheese	

### Directions: Prep: 20 min. Cook: 20 min. Ready In: 40 min.

- Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Place the chicken and the Cajun seasoning in a plastic bag. Shake to coat.
- In a large skillet over medium heat, sauté the chicken in butter or margarine until almost tender (5 to 7 minutes).
- Add the red bell pepper, green bell pepper, mushrooms and green onion. Sauté and stir for 2 to 3 minutes.
- Reduce heat.
- Add the cream, basil, lemon pepper, salt, garlic powder and ground black pepper. Heat through.
- Add the cooked linguine, toss and heat through. Sprinkle with grated Parmesan cheese and serve.







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