

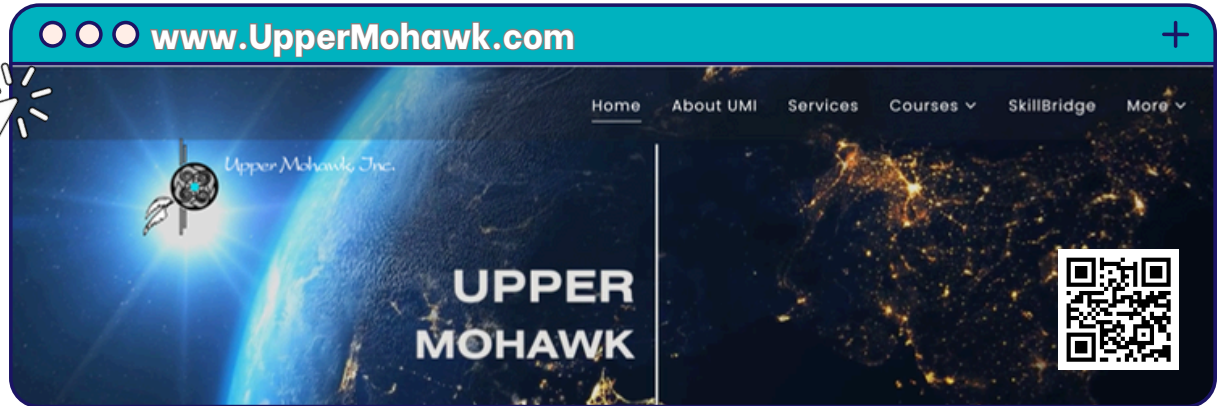


Upper Mohawk, Inc.

*"If we accept something,
we must give something in return."
- Native American philosophy*

The Messenger is Back! A New Look. A Fresh Start. Reintroducing Upper Mohawk & Our Commitment to Excellence.

Visit our new
website! Learn all
about UMI, watch
videos, register for
courses & more!



Inside this Issue:

- On Point with Pat Barnes, CEO
- Partnering for Progress
 - USLEF contracts UMI
 - Check your Credit Score
- New Pathways for Veterans
 - UMI launches SkillBridge
- Change is Good, Ken Barnes
- Warner Contract Update with Dennis
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 - Recipe and Dad Jokes
- UMI Family Special Dates
- WHAT IS THAT? (Trivia back by popular demand!)
- Training & Support

"Upper Mohawk, Inc. is committed to building strong relationships with each of our clients. In fact, it is the foundation of our company culture."



Upper Mohawk, Inc.

Pat Barnes
CEO/President
Upper Mohawk, Inc.



● ● ● On Point with Pat

It's been nearly a decade since the last edition of The UMI Messenger, and we're thrilled to announce its long-awaited return! Our company has grown in exciting ways, we are ready to reconnect.

Upper Mohawk, Inc. has proudly served as a federal contractor for over 30 years. More recently, we've expanded our mission to include education and training across federal, commercial, and nonprofit sectors. From delivering soft skills courses to federal agencies to launching programs in partnership with our nonprofit, 7th Generation Community Services, UMI continues to evolve with purpose.

We're especially proud of our work at Warner Robins Air Force Base in Georgia –now in its 20th year–and our ongoing success with our PDSS contract, which has entered its 16th year.

Among the most exciting updates: UMI now holds new accreditations that expand our offerings in law enforcement and military education. We've also joined forces with the United States Law Enforcement Foundation (USLEF) and the DOD SkillBridge program to empower both current officers and transitioning military personnel through accredited, high-impact training. Thank you for being a part of our journey. The future of UMI is bright, and we're excited to bring you along as we grow.

Warm regards,

7th Generation Community Services, continues its mission of equipping communities with essential life skills. This summer, we will host our annual Home Economics Summer School Program for youth in Brevard County, FL.

Thank you for being part of our journey—I hope your days are filled with a passion for life and success!

- Pat

Partnering for Progress: Financial Wellness for Law Enforcement

UMI Teams Up with USLEF to Support Florida Officers

In 2021, the United States Law Enforcement Foundation (USLEF) approached Upper Mohawk, Inc. (UMI) with an important mission: to help law enforcement professionals across Florida build the financial tools they need to thrive. UMI answered the call by enhancing its existing financial wellness curriculum into a specialized course tailored for officers that not only equips officers with vital financial skills, but also addresses the broader impact of financial stress on families, mental health, and job performance. Developed by a team deeply rooted in law enforcement culture, the course goes beyond budgeting and credit scores; it provides strategies to reduce stress, avoid burnout, and improve long-term well-being.

Thanks to a state grant secured by USLEF, this training is offered at no cost to law enforcement personnel or their departments. The course is accredited, meaning officers also earn CEUs toward certification or recertification.

By investing in officer wellness, UMI and USLEF are investing in safer, healthier communities—and honoring the men and women who serve them.



SCAN TO WATCH VIDEO MESSAGE FROM BARRY SHEPHERD, USLEF CEO
UpperMohawk.com. SCROLL DOWN TO “FEATURED EDUCATION”
24808-2406-Health & Wellness: Finances for Law Enforcement



Provider#: 24808-2406. This course has been certified by IADLEST as part of the National Certification Program.

What LEO is Saying...



Titusville Police Department fully supports the continued efforts of the USLEF and your training arm, Upper Mohawk, Inc., to bring new and innovative training to our officers for their overall empowerment, Health & Wellness of our officers. An investment in such “soft skills is certain to provide both short and long term benefits for the department, home and the public that they serve.

– John R. Lau, Chief of Police



In today's world of uncertainty and volatility and increased aggression towards law enforcement, officers deal with increasing levels of stress and anxiety on a regular basis. Volusia Sheriff's Office believes that soft skills program such as these are as necessary as “hard skills” training. Soft skills programs provide key element that aid in the reduction of stress levels at work and at home and provide an improved on the job attitude.

– Michael J. Chitwood, Sheriff



By tackling the daily Health and Wellness challenges our officers encounter, we can equip them with a more comprehensive set of skills...including stress management, financial literacy, emotional resilience, and cultural competency, all of which can significantly improve our officers' outlook and effectiveness at home and at work.

– Evander Collier, Chief of Police

Credit is important to our daily lives and our future ability to purchase. Not paying bills and/or not paying attention to your credit report can destroy your credit history. **What you don't know can hurt you more than you think.**

DO YOU KNOW YOUR CREDIT SCORE?

By law, you can get a free credit report each year from the three credit reporting agencies (CRAs). Equifax, Experian, and TransUnion. AnnualCreditReport.com is the only website authorized by the federal government to issue free, annual credit reports from the three CRAs. You may request your reports:

- Online by visiting AnnualCreditReport.com
- By calling 1-877-322-8228 (TTY: 1-800-821-7232)
- By filling out the [Annual Credit Report request form](#) and mailing it to:
 - Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281

New Pathways for Veterans: UMI Launches DOD SkillBridge



Helping Service Members Build Civilian Careers in Education and Training

Transitioning from military service to civilian life can be overwhelming—but it doesn't have to be. Through a new partnership with the Department of Defense SkillBridge Program, UMI is offering active-duty personnel the opportunity to gain real-world training experience in their final 180 days of service.

The centerpiece of UMI's SkillBridge initiative is the Certified Trainer/Course Developer Program. This intensive 12-week program prepares participants to enter the workforce as professional trainers and curriculum developers. Participants graduate with a recognized professional certification, and a pathway to employment—either with UMI or ready for other employers.

UMI's deep roots in federal contracting and training make it an ideal bridge between military service and meaningful civilian employment. With this program, UMI honors the experience and leadership of our veterans while helping build the next generation of educators.

From Service to Purpose: A Retiring Veteran's Perspective

What UMI's SkillBridge Program Means to Me

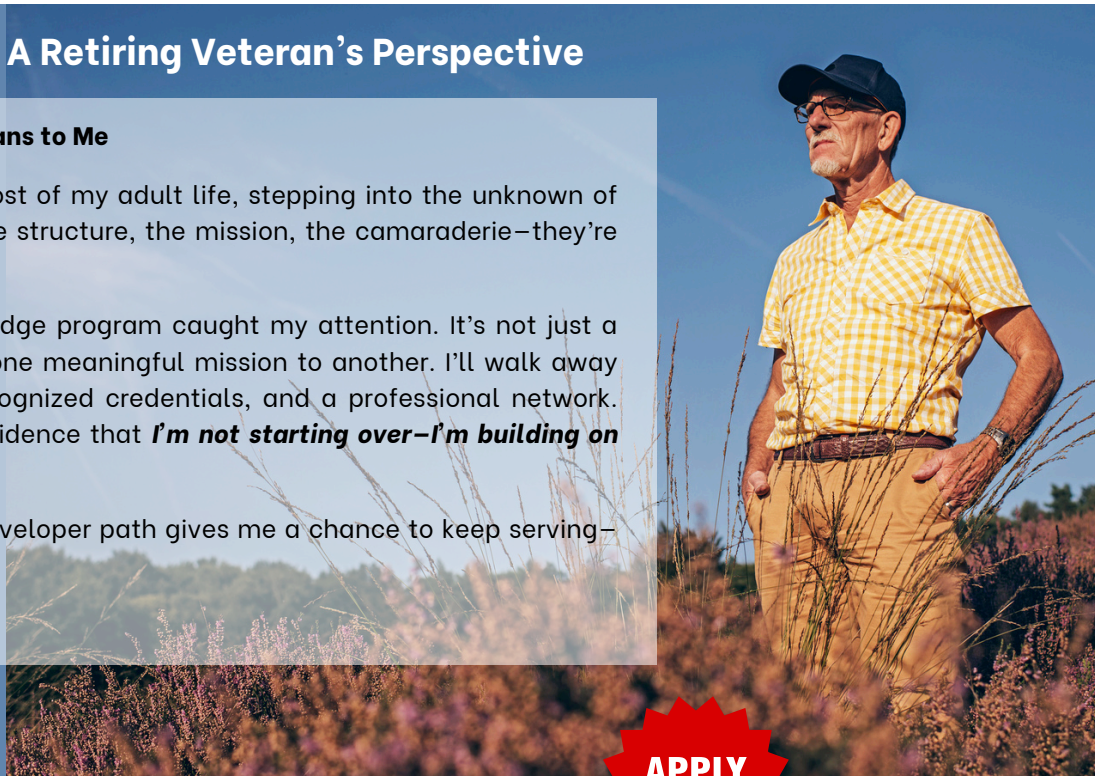
"After serving in the military for most of my adult life, stepping into the unknown of civilian life feels overwhelming. The structure, the mission, the camaraderie—they're not easy things to replace.

That's why Upper Mohawk's SkillBridge program caught my attention. It's not just a training course—it's a bridge from one meaningful mission to another. I'll walk away with real-world skills, industry-recognized credentials, and a professional network. Most importantly, I'll have the confidence that ***I'm not starting over—I'm building on everything I've learned.***

The Certified Trainer and Course Developer path gives me a chance to keep serving—this time, by educating others.

That purpose means everything.

— A Retiring Service Member



**APPLY
NOW**

CURRENTLY SEEKING: Trainers/Course Developers

Through our partnership with DoD SkillBridge, we are seeking qualified Trainer/Course Developers with a background in law enforcement, military, or corporate training. Ideal candidates will have experience with in-person training and instructional design. Visit our website for details and requirements: **<https://uppermohawk.com/skillbridge>**





CHANGE IS GOOD

Message from Ken, our *former* CEO

Leading with Vision

Reflecting on the journey of Upper Mohawk, Inc. (UMI), I'm filled with pride and anticipation for the future. In 1988, I founded UMI with a vision to provide exceptional IT and support services. Over the years, we've grown into a trusted government contractor, serving agencies like the Bureau of Indian Affairs and the Department of the Interior.

In March 2018, I made the decision to transfer full ownership of UMI to my wife, Patricia Barnes. Pat has been an integral part of our company's success, and her leadership has been instrumental in our growth and diversification. As CEO and President, she now oversees all facets of the business, from strategic planning to program management. Under her guidance, UMI has achieved certifications as a 100% Woman-Owned Small Business (WOSB) under the 8M Federal Small Business Program and by the State of Florida.

With decades of experience in training, development, and federal contracting, Pat leads UMI with a strategic blend of business insight and community spirit. Since joining the company in 1998—and taking ownership in 2018—she has overseen the execution of multimillion-dollar contracts and guided UMI through substantial growth and diversification.

Pat's dedication extends beyond UMI. As Co-Founder and President of 7th Generation Community Services Corporation, she demonstrates a deep commitment to community development and empowerment. Her passion for service and excellence continues to drive UMI forward, building upon the foundation we established together.

As we look ahead, I am confident that Pat's leadership will usher UMI into a new era of innovation and impact, staying true to our mission of delivering quality services while fostering community growth.

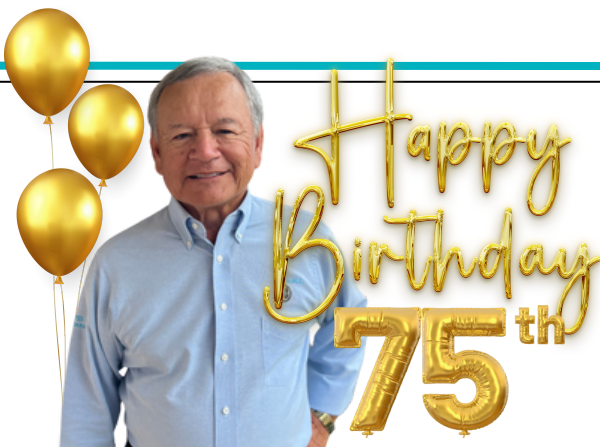
- Ken

Why WOSB Certification Matters

- **Federal Access:** WOSB certification opens the door to federal contracts set aside for women-owned businesses.
- **Competitive Edge:** We can compete more effectively in both government and commercial markets.
- **Market Growth:** Over 13 million women-owned businesses operate in the U.S., generating nearly \$2 trillion in revenue.
- **Supplier Diversity:** Corporations and government agencies seek out WOSBs to meet diversity goals.



"Being woman-owned isn't just about ownership—it's about opportunity, mentorship, and setting the tone for the next generation of leaders."
— Pat Barnes



In traditional Indian cultures, elders are viewed as possessors of knowledge, history, and spirituality. Well...that certainly describes our **Founder, Ken Barnes!** Let's honor Ken and wish him a very happy, healthy and prosperous 75th Birthday on May 11th!

Join us in this Mohawk Greeting:

"Iethihsótha ienkeráhkwa! Skennen'kó:wa!"

"It is your birthday! Wishing you peace."



Warner Contract Update: Dennis Noble

UMI's Teams Power USAF Mission at Robins AFB

Upper Mohawk, Inc. (UMI) continues to provide vital technical support to the U.S. Air Force at Robins Air Force Base in Warner Robins, Georgia. As a subcontractor to Peraton, UMI is proud to contribute to the Air Force's Product Data Service Systems (PDSS), which are essential to mission readiness and digital transformation.

Our PCMS team—four strong—is focused on managing part indenture data within technical orders. From building Bills of Material (BOMs) to correcting data issues and applying PDSS standards, they ensure critical parts data is accurate and accessible for sustainment.

Meanwhile, the TOAP Group, made up of three team members, updates and tags technical manuals using SGML and advanced editing tools like PixEdit and Arbortext. Their work ensures USAF manuals remain accurate, readable, and consistent with publishing standards.

UMI's three-person Quality Assurance team supports both groups by reviewing specs, building test plans, identifying defects, and collaborating with developers to ensure reliable, high-quality results.

Together, these teams reflect UMI's dedication to precision, innovation, and service excellence. As we look ahead, we're honored to support the USAF's evolving needs at Robins AFB and beyond.

"AT UMI, PRECISION ISN'T JUST A GOAL—IT'S OUR STANDARD. OUR TEAMS AT ROBINS AFB ARE PROOF THAT EXCELLENCE IN THE DETAILS FUELS MISSION SUCCESS."

— PAT BARNES, CEO, UPPER MOHAWK INC.

AWARDS & RECOGNITIONS

Blast from the Past!

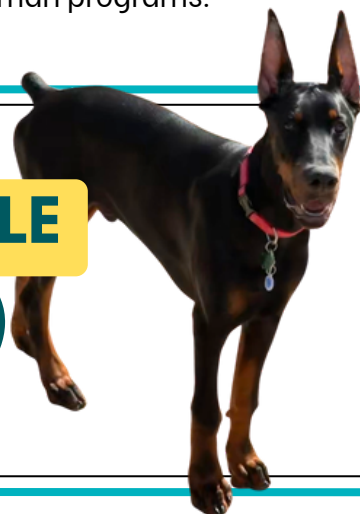
Our past successes are not just memories—they are the foundation we stand on to reach even greater heights.



Northrop Grumman Corp selected Upper Mohawk, Inc. to receive a **2012 World Class Team Supplier Award**. UMI was nominated by Northrop Grumman's Technical Services (NGTS) business unit for UMI's subcontract with NGTS to provide support for Warner Robins Air Logistics Center Technical Data Systems and Data Management. This award is presented to those small business suppliers who have consistently demonstrated outstanding achievements and support of Northrop Grumman programs.

Meet our newest UMI team member, Cole! A 7-month-old Doberman Pinscher weighing in at 71.8 lbs, ***Cole brings boundless energy, razor-sharp intelligence, and a hilarious curiosity everywhere he goes.*** Whether he's exploring every corner or keeping spirits high with his antics, Cole is already a beloved presence—especially during his daily walks and office visits with Pat. We're thrilled to have him on the team!

MEET COLE





LOVE YOUR EYES

Part of UnitedHealthcare's Healthy Vision Challenge

Eat Smart for Sharper Eyesight

Your eyes do more than help you see – they also give insight into your overall health. Taking care of them shouldn't start only when your vision changes. By making eye-healthy habits part of your daily life, you can protect your vision for years to come.

What You Eat Matters

A heart-healthy diet is also an eye-healthy diet. That's because your eyes are full of blood vessels, and eating to support circulation helps them stay nourished and oxygenated.

Bottom Line:

Eating the right foods doesn't just help your heart – it's a long-term investment in your vision. So next time you plan your meals, think about your eyes too. They'll thank you.



Above is a summary of an article published by United Healthcare. To read the full article and view the information sitings, and more articles to help support healthy living, please scan the QR code.



FATTY FISH (SALMON, MACKEREL) FOR OMEGA-3S THAT **REDUCE INFLAMMATION & LOWER THE RISK OF MACULAR DEGENERATION**

CITRUS FRUITS WHICH PROVIDE VITAMIN C & FLAVONOIDS TO **REDUCE AMD RISK**



LEAFY GREENS (SPINACH, KALE, BROCCOLI) FOR LUTEIN & ZEAXANTHIN, WHICH **PROTECT THE RETINA & MACULA**

MEDITERRANEAN-STYLE MEALS, RICH IN OLIVE OIL, FISH, NUTS, BEANS, AND VEGETABLES, TO **REDUCE INFLAMMATION & EASE DRY EYE SYMPTOMS**



VITAMIN C-RICH PRODUCE (STRAWBERRIES, BELL PEPPERS, KIWI) TO HELP **PREVENT CATARACTS**

BRIGHT EYES POWER SALAD

Ingredients:

- 2 cups baby spinach (lutein + zeaxanthin)
- ½ cup chopped broccoli (eye-nourishing greens)
- ¼ cup orange bell pepper, diced (vitamin C)
- ¼ cup sliced strawberries (more vitamin C!)
- ¼ cup cooked salmon, flaked (omega-3s)
- 1 tablespoon toasted walnuts (healthy fats)
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt & pepper to taste

Instructions:

1. Toss spinach & broccoli in a bowl.
 2. Add bell pepper, strawberries, salmon, & walnuts.
 3. In small bowl, whisk together olive oil, lemon juice, salt, & pepper.
 4. Drizzle dressing over the salad, toss gently, & serve immediately.
- Optional Add-On: Sprinkle chia seeds for extra omega-3s and fiber!

🕶️ “Eye” See What You Did There!

Healthy Vision Dad Jokes – Because laughter is good for the eyes too!

🥕 **Why did the carrot get an award?**
Because it was outstanding in its field!

🥬 **What did the lettuce say to the celery?**
Quit stalking me!

🍅 **Why did the tomato turn red?**
Because it saw the salad dressing!

🥒 **What's a cucumber's favorite instrument?**
The pickle-o!

🌽 **Why was the corn such a good listener?**
Because it was all ears.
(Leaf it alone already...)



Upper Mohawk, Inc.

UMI HAPPY Anniversary DAY

Natasha Williams - January 1
Aliyah Harden - February 4
Ken Barnes - March 1
Steve Soika - May 23
Pat Barnes - July 1

Happy Birthday

Aliyah Harden - February 2
Veronica Platt - March 9
Pat Barnes - May 3
Ken Barnes - May 11
Brandon Pearson - June 6
Brittney Gelabert - July 3
Linda Parlotto - July 5
Dennis Noble - July 7
Steve Soika - July 27

Since our last Messenger publication, we have said “**Happy Retirement**” to several of our long-time employees:

Charlotte Hicks	Linda Parlotto
Will Davis	Amos Anderson
Gordon Anderson	Cindy Ingalls

They are enjoying their time, some of them got bored and have part time deals, some are content to be retired and most visit us and we keep up with them.

We will always consider them part of the “UMI Family”!



WHAT IS IT?



BACK BY POPULAR DEMAND!



ENTER TO WIN :

Submit your entry to Brittney Gelabert

Email: BGelabert@UpperMohawkInc.com

Snail Mail a Postcard: 410 Indian River Ave, Titusville, FL 32796

All entries must be received by: **May 31, 2025**

If more than one correct entry, the correct entries will be drawn from a hat and one winner to be randomly selected. **GOOD LUCK!**

Training and Support - Currently Available Courses

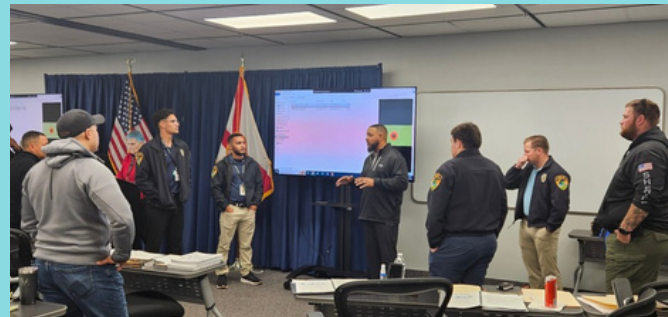
Upper Mohawk, Inc. takes a learner-centered approach, tailoring training programs to meet the specific needs of organizations and individuals. This ensures practical, results driven learning that supports growth and long-term success. We offer a range of training and support services, including customized continuing education programs focusing on everyday finance, life skills, and personal development.

Course Offerings*:

- Health & Wellness: Finances for Law Enforcement
- Health & Wellness: Finances for Today
- Stress Management
- Effective Communication
- Self-Esteem
- Diversity
- Customer Service
- Difficult People
- Building a Successful Attitude
- Critical Thinking
- Professional Ethics
- Cross-Cultural Competency
- Cultural Awareness: Native American



For more details and to register for upcoming classes, please **scan the QR code** or visit our **COURSES** tab at www.UpperMohawk.com.



*UMI owns the Health & Wellness: Finances courses, while all other training programs are delivered through a contractual partnership with our non-profit, 7th Generation Community Services.



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