



ORION CONSORTIUM

NEWS YOU CAN USE:

REMINDER: CWIP Compliance Deadline for GES Employees: May 31st, 2020.

More info on page 5

Upcoming Holidays

Monday, May 25th - Memorial Day

COVID-19 Payroll

Orion will be reimbursing employees for hours lost due to COVID-19 for as long as funds are available. **Please note, if your hours were reduced but you were offered additional shifts/alternate schedule or training to make up hours you will not qualify for this reimbursement.** COVID pay will be included in the normal semi-monthly payroll schedule.

Timesheets

Please carefully track and log your reduced hours under the COVID-19 timesheet code, up to an average of 40/hrs/wk for full time employees and 20/hrs/wk for part time employees. Accurate timekeeping is more important than ever. Please be sure to submit your weekly timesheet by COB every Friday! Payroll timesheets must be submitted by COB on the 15th and last day of each month.

NEWSLETTER

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

- William James

Orion Team,

Let's give ourselves a round of applause for getting 🙌 through 🙌 that 🙌 month. 🙌

Although the crisis is not yet over, we can begin to see the light at the end of the tunnel and move towards it. As things have changed daily, we would like to thank you for your patience, flexibility, understanding and resilience this past month. We know it has not been easy, but we will all come out stronger because of it. We will be sprinkling in some jokes throughout this Newsletter to remind your face how to smile again, in case it has forgotten. 😊

"Did you hear the joke about the germ? Never mind, I don't want to spread it around."

REFERRAL BONUS

We know that times are tough and some extra income could be really helpful right now! If you know of anyone who you think would be a good fit for Orion, we have positions available on current and new contracts!

You could earn a bonus of \$500-\$1500!

Current openings can now be found on our website at [orionconsortium.com/join-the-team/](https://www.orionconsortium.com/join-the-team/). If you have a referral, please reach out to Shelbye, our Director of Workforce Development at sschlange@orionconsortium.com or apply online!

ORION CONSORTIUM EDUCATION

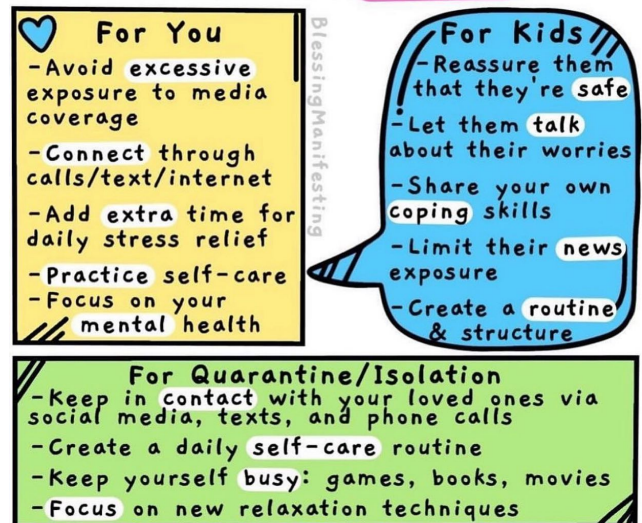


Managing Stress & Anxiety During COVID-19

- ◆ Stay informed, but don't obsessively check the news
- ◆ Focus on the things you can control
- ◆ Stay connected—even when physically isolated
- ◆ Take care of your body and spirit
- ◆ Help others

"I ran out of toilet paper and had to start using old newspapers. Times are rough."

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

TAKING CARE OF YOURSELF 101

- **Be kind to yourself.** Go easy on yourself if you're experiencing more depression or anxiety than usual. You're not alone in your struggles.
- **Maintain a routine as best you can.** Even if you're stuck at home, try to stick to your regular sleep, school, meal, or work schedule. This can help you maintain a sense of normalcy.
- **Take time out for activities you enjoy.** Read a good book, watch a comedy, play a fun board or video game, make something—whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries.
- **Get out in nature, if possible.** Sunshine and fresh air will do you good. Even a walk around your neighborhood can make you feel better. Just be sure to avoid crowds, keep your distance from people you encounter, and obey restrictions in your area.
- **Find ways to exercise.** Staying active will help you release anxiety, relieve stress, and manage your mood. While the gym and group classes are out, you can still cycle, hike, or walk. Or if you're stuck at home, look online for exercise videos you can follow. There are many things you can do even without equipment, such as yoga and exercises that use your own bodyweight.
- **Avoid self-medicating.** Be careful that you're not using alcohol or other substances to deal with anxiety or depression. If you tend to overdo it in the best of times, it may be a good idea to avoid for now.
- **Take up a relaxation practice.** When stressors throw your nervous system out of balance, relaxation techniques such as deep breathing, meditation, and yoga can bring you back into a state of equilibrium. Regular practice delivers the greatest benefits, so see if you can set aside even a little time every day.

Source: <https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

PUZZLE PERIODICAL

This month's Puzzle Periodical takes place in a post-COVID-19 society, where we are reunited with our friends and extended family. Where birthday parties are held in person instead of Zoom calls and drive by car parades...

Problem

Four friends, Holly, Belle, Carol, and Nick, gather for May birthdays. Holly announces that she has a game before dinner. She hid gifts for each of her friends inside three separate boxes secured with padlocks. She challenges her friends to figure out the combination without consulting each other.

She provides the following information. All the padlocks have the same combination. The padlocks use 3 digits from 0 to 9. She also tells them that the sum of the three digits is equal to nine, and every digit is equal to or greater than the previous digit. Holly tells each of her friends one of the digits in the combination. She states, "I've given the first digit to Belle, the second digit to Carol, and the third digit to Nick." The caveat is that the friends cannot share their numbers with each other or they will forfeit the gifts.

Then Holly gives her friends 30 minutes to open the padlocks while she watches and finishes dinner.

The three friends begin to think of the solution. One by one, they each try their hand at their padlock, but none of them opens the padlock. Seeing that no one has succeeded, suddenly Carol realizes she knows the answer, and successfully opens her box, revealing a new fitness tracker. Following this, Nick opens his padlock, revealing a new tablet; and Belle opens her box to find new pair of headphones.

Having watched this entire event unfold, can you determine the correct combination?

Hint: Belle knows her digit is a 1.

"What do you call panic-buying of sausage and cheese in Germany? The wurst-kase scenario."

GO TO THE NEXT PAGE TO SEE THE ANSWER!

PUZZLE PERIODICAL

"The grocery stores in France look like tornadoes hit them. All that's left is de brie."

Solution

A finite number of possible solutions exist for this problem that can be listed and then crossed off based on the player's given digit. Three simple solutions exist where any player would have the combination by knowing just one single digit. These are the following: (reminder: only solutions summing to 9 and following the $X \leq Y \leq Z$ property are valid)

0 0 9 (Carol and Nick would realize the answer from their given digit)

0 1 8 (Nick would realize the answer if he was given 8)

3 3 3 (Belle or Nick would know the combination if given this digit)

After 30 seconds have passed, each realizes none of the others knows the combination instantly. At this point Carol realizes the solution to the problem, since she has a digit where she could eliminate another player's list of possible quick solutions (i.e. everyone now knows Nick did not have a 9, 8, or 3 and Belle did not have a 3.)

If Carol's given digit was 1 she would know the only two possibilities are the following: (0, 1, 8) and (1, 1, 7). Because no player found the answer after 30 seconds, Nick did not have an 8, meaning Carol knew the combination was (1, 1, 7). A person exhausting all possible combinations and removing the obvious combinations will see this is the only set where Carol could know the answer. Therefore since Carol knew the answer, any observer could determine the combination as (1, 1, 7). As an FYI, Nick would likely know the answer a little faster than Belle (as he was able to eliminate more possibilities).

"Yeah, I have plans tonight. I'll probably hit the living room around 8 or 9."

Source: <https://www.nsa.gov/News-Features/News-Stories/Article-View/Article/1627307/may-2016-puzzle-periodical/>

REMINDER: CWIP COMPLIANCE

Just in case you missed this in last month's Newsletter! Reminder, GES employees must obtain a A+, Network+ or Security+ Certification by May 31st!!

What is CWIP?

CWIP is the Client's Cyberspace Workforce Improvement Program.

Contracted support personnel assigned to perform cyberspace work roles must meet their established qualification standards. Employees must obtain an A+, Network+, or Security+ (or higher level) certification.

Who must be CWIP compliant?

This is currently only a mandate for GES employees, but will eventually apply to all contracts and employees.

What resources can I use to study?

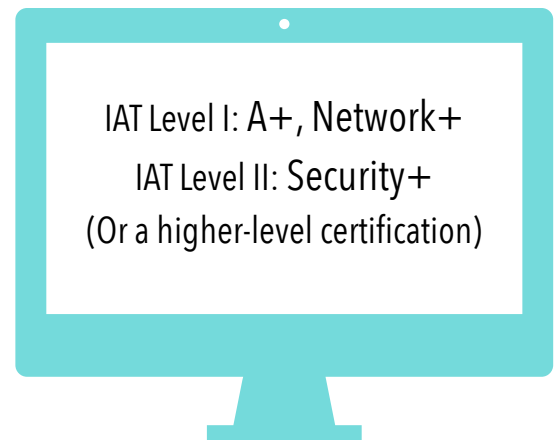
Orion will supply you with a certification study guide book at your request. Additional resources can be found in the Education section of Orion's Online Employee Knowledge Center. We have also found Professor Messer's study guides and videos to be very helpful!

How do I register?

Go to comptia.org/home to create an account and register for your exam. You may use any other accredited certification site instead, such as TrainACE at trainace.com. **Orion will reimburse you for the cost of the exam upon obtaining a passing grade.**

How will testing be affected by COVID-19?

TrainACE and CompTIA are currently offering a remote/home testing option!



*In addition to your certification, GES employees must complete the following by **May 31st**:*

1. Supply a Computing Environment/Operating System/Security Tool training certificate
2. VUPOINT OIAC1180 - Cyber Awareness Challenge & Certification
3. On-the-Job Evaluation form completed by your Manager