Here's a couple of pictures of the finished fixture mounted in our VMC. The black rectangular groove around the circular pockets was milled with a 1/8 ball-nose end mill, about .090” deep. I have a 1/8 diameter EPDM rubber cord tucked into the groove. It is soft enough to fully compress with vacuum applied to the fixture. There is an identical groove in the bottom of the plate which seals the vacuum chamber between the two plates. There really isn't a chamber; I milled a network of groves to connect all the vent holes.
Here's a part laid on the fixture. This part is already machined as evidenced by the two pockets, which are .120" deep in the .156" thick material. Notice the curvature inherent in the part. Total bow is .050 - .100" across the part, a distance of about 20".

The white rectangular shapes are tape I applied to cover some holes, which are milled halfway through. The tape is only .002" thick, and will seal the part when I flip it over to machine c'bores around the same set of holes. The c'bores will break through, hence the need to seal them to maintain the vacuum.
A few different views of the part pulled down flat after the vacuum was applied. You CANNOT pull the part off with your bare hands!

This is the Venturi Vacuum pump we purchased from http://www.mcmaster.com/
The p/n is 9997K27 @ $204.00

It is rated at 28" Hg with a free Air CFM of 20.0

I was really surprised it would draw the part down so firmly!