Electric Boat has delivered its third Virginia-class submarine, New Hampshire (SSN-778), to the U.S. Navy more than eight months ahead of schedule and $60 million under the target cost.

At a brief ceremony held on the north wing wall of Graving Dock 2, Electric Boat President John Casey attributed the early delivery to the...
Following a ceremony to mark the delivery of New Hampshire to the Navy, members of the media were invited on board the ship for a tour. Here, the ship’s executive officer, Lt. Cdr. John Thompson, explains the functions of the command and control room to the press.

NEW HAMPSHIRE continued from page 1

efforts of the Navy, the shipbuilders and the supplier base. “This ship is a tangible reflection of the skill and craft of thousands of industry and shipyard workers, and it clearly demonstrates the nation’s commitment to a strong national defense,” he said.

“As a result of numerous production and process improvements, we’re delivering New Hampshire to the Navy in 71 months, 16 months fewer than the lead ship,” Casey continued. “Put another way, we reduced the time between when the ship enters the water and when it is delivered from 14 months on the first ship of the class to less than six months on New Hampshire.”

New Hampshire is the fifth ship of the Virginia Class, the Navy’s first major class of combatant ships designed with the post-Cold War security environment in mind. Virginia-class submarines embody warfighting and operational capabilities required to dominate the littorals while maintaining undersea dominance in the open ocean.

Supervisor of Shipbuilding-Groton Capt. Chris Pietras called New Hampshire the most complete Virginia-class ship at delivery. “This was accomplished through the hard work of Electric Boat, the hard work of the crew and the hard work of the NAVSEA team and all the other organizations involved with delivering the ship,” he said.

Pietras noted that New Hampshire required 1.5 million fewer labor hours to build than USS Hawaii, the previous ship Electric Boat delivered, and 3.5 million fewer labor hours than USS Virginia, the lead ship of the class. Additionally, he said, the Virginia-class program has now delivered four ships over a three-year period. “That’s a pretty remarkable accomplishment,” he said.

Casey told the crowd that had gathered that everyone involved in bringing New Hampshire to that point in its life should feel proud. “Personally, I am most proud of the people of Electric Boat - the finest shipbuilders in the world,” he said.

“I also want to recognize the contributions of our supplier base as well as our teammate, Northrop Grumman Shipbuilding, whose employees can share an equal amount of pride in the work they performed to build this ship.

“Additionally, I want to thank the members of the Navy’s tenant commands in Groton who set and achieved high standards of their own to get New

continued on page 10
2008 Earned Hours Incentive Program Is On Track

As Electric Boat heads into the final quarter of the year, the company is running ahead of its earned hours incentive plan by 173,000 hours. The baseline goal for the 2008 program - now in its ninth year - is to attain 16.9 million earned hours. If this objective is achieved, all eligible employees will receive $500, minus withholdings.

Meeting the stretch goal - 17.4 million earned hours - is worth another $250 per employee for a total potential incentive award of $750.

The earned-hours measurement is a tool the company uses to track its cost and schedule performance. Using this tool, the company can gauge its progress toward the annual goal on a month-to-month basis.

"By giving employees the opportunity to share in Electric Boat’s financial success, the earned hours program benefits them and the company," said Kevin Carroll, director of Finance, Contracts and Estimating. "It’s a win/win arrangement - everyone comes out ahead."

To be eligible for the incentives, employees must:

► Work 1,000 hours during 2008 (excluding absences of any kind).
► Be on the payroll as of Dec. 1, 2008, with the following exceptions:
► Employees who retire in 2008 must work at least eight hours in 2008.
► Employees who are laid off in 2008 must work at least 1,000 hours in 2008.

"To ensure success and meet our goal for 2008, the Virginia construction program needs to maintain its exceptional performance, while Engineering needs to continue improving their performance to the plan as they have been for the past few months," said Carroll.
Tabitha Hitchcock, a principal process engineer, has been selected as one of the University of Connecticut "40 Under 40," which recognizes achievements of 40 outstanding alumni.

Hitchcock earned her bachelor of science degree in civil engineering at UConn in 1993.

The 40 alumni will also be featured in the fall/winter edition of the alumni magazine and were recognized during a halftime ceremony at the UConn-Baylor football game earlier this month. UConn Magazine, scheduled for publication on Nov. 1, is sent to 195,000 alumni as well as parents of students and friends of the University, reaching a circulation of 200,000.

"The achievements of these remarkable UConn alumni demonstrate the ability of our students to make a real difference in their professions, their communities, our nation and the world," says UConn President Michael J. Hogan. "All of these talented young alumni have distinguished themselves in a wide range of disciplines within just a few years of earning their degrees. We are proud of the role the University of Connecticut has played in their exciting and successful careers. They set a great example for our next generation of UConn students."

The 40 Under 40 group returned to campus to meet with current students and discuss their careers, experiences and achievements. The 40 alumni represent graduates from each of UConn's 14 schools and colleges.

Several of the young alumni being recognized by UConn are familiar names to the public — such as U.S. Rep. Christopher Murphy (D-5th District) of Connecticut and basketball star Emeka Okafor of the Charlotte Bobcats — while others are prominent figures within their professional worlds of science, education, business, the arts, law, engineering, social services, medicine, agriculture, health care, philanthropy, government and athletics.

UConn Recognizes Hitchcock As Outstanding Alumna
American Nuclear Society Honors James Moody

By Manager of Strategic Business Development Jim Moody has received a Best Paper Award from the American Nuclear Society (ANS) for his description of the company’s expertise in design/build and modular construction and the application of those capabilities in the commercial nuclear industry.

Moody’s paper was part of a session called “Creating Certainty in Nuclear Power Plant Construction,” which was conducted by the Operations and Power Division of ANS. Two national meetings are held annually by ANS; the Operations and Power Division (OPD) selects a Best Session and Best Paper from the sessions it sponsors for each meeting.

Held in June 2007, the nuclear power-plant session received a Best Session Award for its discussion of various initiatives under way in the commercial nuclear power industry. Panelists from Shaw Stone and Webster Nuclear, Southern Generation, AREVA, Kiewit, Westinghouse, Duke Energy and Electric Boat participated.

Moody’s paper described the modular construction techniques and design-build expertise developed by Electric Boat over the last 25 years in support of the U.S. Navy nuclear submarine program. In the paper, the key attributes of a successful program and numerous lessons learned were described in detail. Specific elements recommended for the commercial industry to address included:

- Creating a more in-depth integrated design and build schedule
- Performing more up-front manufacturing planning
- Recognizing that certain suppliers and builders are key stakeholders and need to be selected early in the process
- Performing prototyping efforts as risk-reduction initiatives
- Establishing stronger program management and creating a sense of urgency in the design community; and recognizing that module manufacturing requires different tools and processes than stick-building and depends on expert use of tolerance budgeting, accuracy control and fixtures.

- Specific construction technologies (robotic welding, 3D modeling and electronic data utilization, pipe bends, cable splices, etc.) also were recommended.

The U.S. Navy has awarded Electric Boat an $18.5 million contract modification to perform a range of work on USS Hawaii (SSN-776) during its post-shakedown availability (PSA).

The PSA comprises maintenance, repairs, alterations, testing and other activities and will involve more than 500 current employees at its peak. Scheduled for completion in March 2009, the contract has an estimated total potential value of $62 million.
Capt. Leslie R. Elkin relieved Capt. Christopher R. Pietras as supervisor of shipbuilding, conversion and repair (SUPSHIP) Groton earlier this month at the Nautilus museum.

Vice Adm. Jeffrey L. Fowler, superintendent of the U.S. Naval Academy, gave the ceremony’s keynote address. Fowler spoke about the importance of family support and sacrifice for those who serve the nation in executing the Navy mission.

Rear Adm. Mark A. Hugel, NAVSEA’s deputy commander – logistics, maintenance and industrial operations, joined Fowler on the platform to present Pietras with the Legion of Merit award.

Pietras described the accomplishments of SUPSHIP Groton during his tour including the delivery of four Virginia-class submarines, the conversion of four Trident submarines into SSGN guided missiles.
Robert Canova, president of the Marine Draftsmen's Association-UAW, said the 2008 School to Career program didn't just benefit the 13 students who participated from six area high schools.

"I hear you taught some of these older guys how to use their cell phones and BlackBerries," he joked with the high schoolers who took part. "I've heard nothing but positive comments from the participants I've talked to."

But Canova said the team of mentors who worked with the students during the six-week summer program deserved praise as well.

"You guys are the core, you make the difference between this being a positive or a negative experience," Canova said. "Your knowledge, your skills, your willingness to share what you know with young people is what resulted in these students having a good experience this summer."

The School to Career program is a partnership between Electric Boat and the Marine Draftsmen Association-UAW to establish a work-based learning program for local high school students. This is the fourth year of the program, which introduces the young people to career paths available at Electric Boat.

Already, EB employs four full-timers whose first exposure to EB was in the program.

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Students were placed in all aspects of design including electrical, mechanical, structural, arrangements, piping and ventilation. Students completed challenging tasks during the work day and were able to take advantage of a flexible work week.

"It gives us insight, a new way of looking at our jobs, because of their youthful exuberance," said John Szarzynski, 456. "When you've been here for years, you can really benefit from that fresh set of eyes."

When he asked some of the students what they got out of it, he heard about a sharp learning curve in their technical disciplines, but also feedback such as, "subs are pretty freaking big," "I need to start a 401K as soon as possible," and "it's important to have a seat if you work."

The students got a chance to get real work experience in what for many was their first exposure to a 40-hour week, they saw their product going from computers right onto the ships, then they had mentors who shared experience and knowledge.

Szarzynski said watching the "boomer" generation teaching the "zoomies," "Gives you faith in the generations coming up behind us."

Students also made a couple of educational trips during the program, including the Windham Textile Museum for a day of labor history; Quonset Point for a presentation and tour of the submarine manufacturing plant; and different shops at the Groton site. The students were given a presentation by the Apprenticeship school and learned about the advantages of the program if they were to come here full time.

David Ray of Waterford High School used CATIA, had an opportunity to work on the payload capability for the SSGN, and saw some of the parts made in the yard for New Hampshire during his time at the shipyard. He said he had friends working at grocery stores and restaurants and movie theaters over the summer, and he wouldn't have traded places with any of them.

"The pay is better, the work is more interesting and challenging, and you felt like you were really accomplishing something," Ray said.

Myron Zhang of Norwich Free Academy worked in electrical design, focusing on hangars and cableway design. That included meetings in the EVS (electronic visualization systems), to see overall arrangements.

"It was interesting to see how designers have to put a lot of material into a very small space," Zhang said. "The job is fantastic, and things are always changing because of the technology, so I don't think you'd ever get bored."

William E. Mahn (456) a senior electrical designer, said when Zhang came to EB, "I did have a concern about whether he would be able to come up to speed over the course of a few weeks."

"But I was very pleased with the result," Mahn said. "He had the skills he needed to accomplish the tasks. And I heard the same thing from other mentors. I was happy with the people they chose for the program."

Other students taking part in the program, and their departments, were: Andrew Picelli (456), Waterford High School; Joey Tempesta (456), New London Magnet School; Ryan Papineau (456) Norwich Free Academy; Abimael Rosado (453) Grasso Tech; John Osvald (453), Norwich Free Academy; Jonathan Walker (453), Griswold High School; Marc Lamoureux (459), Griswold High School; Daniel Harris (459), Grasso Tech; Oaty Frye (459), Waterford High School; Zachary Brusca (452), New London Magnet School; Preston Tischer (452), East Lyme High School.
increase your daily intake of foods with high ORAC values, you increase your body's plasma and tissue antioxidant protection.

**Antioxidant Quick Primer**

To understand why this is important, one needs to understand the benefits and drawbacks of oxygen. Multiple metabolic pathways require oxygen to run properly. On one hand, the ability of oxygen to be easily metabolized allows these systems to function properly. On the other hand, it means that oxygen can react with many substances. That means some of the by-products of metabolism can be unhealthy and are called reactive oxygen products. The reaction is a chemical process in which electrons are transferred from a substance to an oxidizing agent. These oxidation reactions produce free radicals, which start chain reactions that damage cells. The reactive oxygen products generated by metabolism include hydrogen peroxide (H₂O₂), hypochlorous acid (HClO) and free radicals such as the hydroxyl radical (OH⁻) and the superoxide anion (O₂⁻). These oxidants can damage cells by starting chemical chain reactions such as lipid peroxidation. Most importantly they can oxidize your DNA. And if your body's DNA repair mechanisms are not functioning properly ... well, we're talking about potential cancer.

Organisms have evolved multiple complex antioxidant pathways to counter the deleterious effects of free reactive oxygen radicals. In doing so, the organism suppresses potential damage. Antioxidants terminate oxidative chain reactions by removing free radical intermediates, and inhibit other oxidation reactions by being oxidized themselves. Those who consume the right types of foods high in antioxidants are protected. Those who consume a diet low in ORAC type foods have low antioxidant tissue levels, thus...
allowing these deleterious chain reactions to occur. The resulting damages are manifested by what we call aging.

**Anthocyanins**

Anthocyanins are a form of antioxidant common in nature. These and other compounds derived from berries and other fruits have demonstrated activity against chronic aging conditions such as cancer, diabetes, arthritis and allergies by reducing inflammation. For those of us over 45, the anthocyanins’ activity against aging is particularly interesting. Anthocyanins compounds have some of the highest ORAC values recorded among the compounds found in fruits and vegetables. They are responsible for the deep colors of berries, and as a rule of thumb, the more deeply pigmented a fruit or vegetable is, the more antioxidant value it has.

**Get the Color Right**

Choosing deeply pigmented fruits and vegetables is the right thing to do as they typically possess high ORAC values. USDA scientists recommend obtaining 3,000 to 5,000 ORAC units each day, which is much higher than the typical American diet. One easy strategy to attain these levels is to increase your consumption of high ORAC-value fruits and vegetables. In doing so you’ll receive the benefit of increasing tissue levels of antioxidants and more importantly, you won’t be hungry. Below is a list of antioxidant-rich foods, as measured by oxygen radical absorbance capacity (ORAC) value per 100 grams (about 3.5 ounces).

**Fruits and Vegetables**

<table>
<thead>
<tr>
<th>Fruit or Vegetable</th>
<th>ORAC Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pomegranate (juice)</td>
<td>2,860</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2,400</td>
</tr>
<tr>
<td>Kale</td>
<td>1,770</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1,540</td>
</tr>
<tr>
<td>Spinach</td>
<td>1,260</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1,220</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>980</td>
</tr>
<tr>
<td>Plums</td>
<td>949</td>
</tr>
<tr>
<td>Alfalfa sprouts</td>
<td>930</td>
</tr>
<tr>
<td>Broccoli florets</td>
<td>890</td>
</tr>
<tr>
<td>Beets</td>
<td>840</td>
</tr>
<tr>
<td>Oranges</td>
<td>750</td>
</tr>
<tr>
<td>Grapes, red</td>
<td>739</td>
</tr>
<tr>
<td>Red bell pepper</td>
<td>710</td>
</tr>
<tr>
<td>Cherries</td>
<td>670</td>
</tr>
<tr>
<td>Onion</td>
<td>450</td>
</tr>
</tbody>
</table>

**Eat Less - Live Longer**

One known result of a low-calorie diet is a longer life. That’s right - if you eat less, you live longer. This works by reducing the substrate (food) by which oxidation can occur. Typically some fruits and most vegetables are low in calories. If you choose some low-calorie foods from the list above you can both reduce potential oxidative substrate and subsequent reactions while increasing or maintaining a healthy level of antioxidants.

For those of you who take supplements there is one caveat. Multiple studies looking at antioxidant vitamin supplementations have failed to show the same benefits gained from eating fruits and vegetables. It’s thought that some of the effects of fruits and vegetables may be unrelated to their antioxidant contents. For example, consuming antioxidant molecules such as polyphenols and vitamin E produce changes in other parts of metabolism, so it may be these other non-antioxidant effects are the real reason they retard aging and improve health.

For more information go to: www.usda.gov for more information regarding antioxidants and the “Five a Day” program.

**ELKIN continued from page 6**

missile submarines and major repair/overhaul of seven Los Angeles and Seawolf-class submarines.

The Electric Boat and SUPSHIP team, working together to deliver the best and most capable submarines to the fleet, “have steadfastly and professionally accomplished our mission,” said Pietras.

Elkin spoke about the opportunity to return to Groton to continue working with the men and women of SUPSHIP and Electric Boat. “Status quo is unacceptable. Once we achieve a standard, we decide it is no longer good enough and the bar gets higher the next time. This is the attitude of this team and I couldn’t be prouder than I am today to be a member of your team,” said Elkin.

During his previous tours at SUPSHIP Groton, Elkin served as a ship coordinator in the Repair Project Office and as assistant Seawolf Class project officer. He later served as the Seawolf project officer.

Elkin was also assigned to the Staff of Commander Submarine Forces, U.S. Atlantic Fleet where he was responsible for depot maintenance budget and scheduling. At NAVSEA, Elkin served as the conversion manager in the SSGN Submarine Program Office and then as assistant program manager for refueling and conversion in the SSGN program.
Ethics Self-Assessment

In the last several months have I...

- Conducted personal business on company time?
- Taken company resources for personal use?
- Called in sick when I really wasn't?
- Used a derogatory term when referring to another person?
- Told or passed along an ethnically or sexually oriented joke?
- “Bad mouthed” the company or management to co-workers?
- “Snooped” into another person’s conversations or private affairs?
- Knowingly ignored or violated a company rule or procedure?
- Failed to follow through on something I said I would do?
- Withheld information needed by others?
- “Fudged” on a time sheet, billing sheet, estimate or report?
- Knowingly delivered a poor quality or defective product or service?
- Accepted an inappropriate gift or gratuity?
- Taken or accepted credit for something that someone else did?
- Failed to admit or correct a mistake that I made?
- Knowingly let someone mess up and get into trouble?

Hopefully you were able to answer NO to all questions. If you weren’t, please keep this self-assessment for future reference. Keep in mind that ethical decisions are made by individuals – not corporations.

Remember - when in doubt, always ask.

EB Ethics Director Frank Capizzano (860-433-1278) is available to assist anyone with questions or issues that may relate to ethical decision making. The EB Ethics Hotline is available 24/7 and may be reached at 800-433-8442 or 770-613-6315 for international callers who wish to report an ethical violation.

NEW HAMPSHIRE
continued from page 2

Hamphire ready for this day.

“Lastly, I want to recognize the contributions of Cmdr. Michael Stevens and his executive officer, Lt. Cmdr. John Thompson, who have led their skilled and dedicated crew in bringing this ship to life,” said Casey.

“Delivering ahead of schedule demonstrates the significant progress made by both the Navy and its shipbuilding partners, General Dynamics Electric Boat and Northrop Grumman Shipbuilding, toward reducing our construction span and therefore end costs,” said Rear Adm. William Hilarides, program executive officer for submarines, in an interview after the delivery.

Said Rear Adm. (sel.) Dave Johnson, who at the time was Virginia-class program manager, “Our shipbuilding partners have played an active role in reducing construction time and cost, both through the capital expenditures incentive program that improves facilities and ‘lean’ initiatives that make shipbuilding more efficient.”
## Service Awards

### 45 years
- William D. Bak
- Edward R. Goode
- J. Jackson E. Morgan
- Carl J. Kvist
- J. Ans L. Pike

### 40 years
- George M. Hendrickson
- Frank N. Lewis Jr.
- John J. Johnson
- Daniel P. Bonelli Jr.
- Robert A. Mahdi
- Daniel P. Bonelli Jr.
- Frank N. Lewis Jr.
- George M. Hendrickson
- Stephen A. Tillman
- Ada Strickland
- Barry R. Schuman
- Daniel P. Bonelli Jr.
- Frank N. Lewis Jr.
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- George M. Hendrickson
- Stephen A. Tillman
- Ada Strickland

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**Service Awards**

**30 years**

### 20 years
- Timothy R. Harney
- Richard A. Strangman
- John S. Krajecki
- Augustin J. Borno
- Peter J. Landry
- David W. Fadden
- Earle F. Mace
- Jeffrey G. Joubert
- Stephen E. Loomis
- John J. Sedor
- Dennis A. Bapiste
- Kristin M. Lewis
- Ann J. Orlowski
- Charles J. Mero
- Brian R. Thomas
- Carol J. Cooke
- Jeffrey D. Linkholmer
- Dennis R. Lawlor
- Brian L. Moore
- James A. Casaruso
- David A. Sevigny
- Jane A. Burns
- Ronald J. Lewis
- Charles E. MacDonald
- Kevin J. Morin
- Timothy P. Shipee
- Margaret A. Becotte
- Thomas T. Purcell
- Lynn D. Damato
- Angela M. Degray
- Brian W. M Callum
- David P. Michael
- Katherine J. Long
- David W. Stanford
- Mark T. McClain
- Ram H. Awad
- Michael F. Perrino
- Virginia M. Andrea
- David P. Lynch Jr.
- Ronald B. Duncan
- Robert A. Peideila
- Hilgrove W. Butterfield
- Anthony Sousa
- Troy C. Talbot
- Paul N. Eldridge
- Lisa M. Watters
2008
ELECTRIC BOAT CORPORATION
INJURY INCIDENCE RATES

RECORDABLE INJURIES FOR 200 = 498
RECORDABLE INCIDENCE RATE YTD = 7.00
2008 GOAL = 6.35 or less

LOST TIME CASES 2008= 134
LOST WORK DAY CASE RATE YTD 2008= 1.88
2008 GOAL = 1.70 or less

2008 LWIR MONTH
2008 RIR YTD
2008 RIR MONTH
2008 LWIR GOAL
2008 LWIR YTD
2008 RIR GOAL