The U.S. Navy’s ninth Virginia-class submarine, USS Mississippi (SSN-782), ties up at the Groton Shipyard to begin its post-shakedown availability (PSA). Up to 400 employees will be engaged in the work, which comprises maintenance, repairs, and alterations and testing. Electric Boat delivered Mississippi in May 2012, a year ahead of contract schedule and more than $60 million below target cost. The PSA has a potential value of $67 million and is scheduled for completion by December.
MEMBERS OF THE RESOURCE PLANNING GROUP (626) RECENTLY MARKED THE COMPLETION OF ONE OF THEIR MOST SIGNIFICANT ANNUAL ACCOMPLISHMENTS – ELECTRIC BOAT’S OPERATING PLAN FOR THE CURRENT YEAR. IN FRONT ARE DEB MOROSINI AND DEBBIE WISNIEWSKI. IN BACK ARE, FROM LEFT, STEVE JOHNSON, PETE STEFANSKI, MIKE MARTELL, FINANCE DIRECTOR PETE ROMEO, STEPHEN SCHICK AND TOM MEISENZAHL.
ROGER GUILLEMETTE still recalls the first order he received from Electric Boat soon after he started Guill Tool & Engineering Co. Inc. in West Warwick, R.I., a half century ago.

Grabbing a sheet of paper and pen, he quickly sketched a bolt with a hex head and extension that was unique to its submarine application.

“That was one of my first orders. Electric Boat was my second customer,” Guillemette said. “We have never had a time when we haven’t had Electric Boat work going on in our building.”

Over the last 50 years Guill has delivered Electric Boat 35,372 unique items on 17,668 purchase orders, totaling more than $47 million, according to Blair Decker, director of material acquisition. He said a search of his files has not turned up another company that has been delivering products for 50 years with the same founder and chief executive officer.

EB President Kevin J. Poitras hosted several Guill executives at a lunch recently where the company was honored for its half-century of quality and innovation.

Vice President of Operations JOHN D. HOLMANDER said Guill “has helped to make us very successful.”

Guill and Holmander quickly discovered that they shared a passion for education, which they view as the future of their respective businesses.

“We need to figure out how we can do it more economically than we have ever done it before, and to do that we need people who are highly trained,” Holmander said. “We can’t just bring someone in, badge them, and put them to work.”

Poitras noted that the planned start of the Ohio Replacement Program, with advance procurement slated to begin in 2019, should present opportunities for Guill to do even more for EB.

Each ship in that class will represent about two and a half times the volume of work of an attack submarine, Poitras said.

“We’d like to be a part of that. We’d like to increase our submarine business,” Guill said without hesitation, noting that a quick tour of the yard during his visit turned up several things the company might provide. “We’d like you to think of us on a little broader scale.”

EB FACT:

Electric Boat is a secure defense industrial site, and public access is not allowed. The general public cannot tour a submarine at Electric Boat. However, the Navy’s Submarine Force Library and Museum, located in Groton, Conn., is home to USS Nautilus, the first nuclear-powered submarine, which is open to the public.

http://www.gdeb.com/about/faq/
Fitzgerald Receives Engineering Award

TIMOTHY FITZGERALD (448) has received an Engineering Excellence Award for leading an engineering team that successfully completed Electric Boat’s first fly-by-wire certification audit of a new construction submarine.

This critical system safety audit was performed on the Virginia-class submarine, USS Mississippi, in February 2012. The NAVSEA fly-by-wire audit team comprised 20 Navy and civilian auditors sent to evaluate Electric Boat’s compliance with the requirements of the fly-by-wire program.

In preparation for the USS Mississippi fly-by-wire certification audit, Fitzgerald authored an update to the certification audit plan to comply with the latest revision of the fly-by-wire requirements manual. NAVSEA used this audit plan to perform the certification audit at Electric Boat, and will use the plan as a model for future audits at other organizations performing fly-by-wire work.

Due to Fitzgerald’s diligent efforts, NAVSEA completed its audit a day ahead of schedule, and his completion of follow-up actions supported the delivery of Mississippi to the Navy.

Additionally, Fitzgerald received a Significant Accomplishment Award for leading an Electric Boat team that planned and performed a pre-audit assessment in September 2011. Fitzgerald's efforts have positioned Electric Boat as a lead organization in the Navy’s fly-by-wire program.

Minor Selected for Innovation Award

WILLIAM MINOR (428) was selected for an Innovation Award for his work to develop a network-based monitoring and control system for the Ohio-replacement submarine.

Minor, a principal engineer in the data and voice communications electrical engineering group, has been working as the technical lead for the system, which is intended to consolidate many of the currently unique monitoring and control systems on the ship into an integrated, network-based system that will provide operators with an improved, intuitive interface at local, common display and control panels.

These control panels will provide increased operational capability over what is currently available by providing operators with status information, component/sensor data, and alarm notification of multiple systems simultaneously at a single location.

In addition to the technical improvements, Minor’s new design concept is expected to yield a savings of $14 million in ship-design costs and an additional $36.5 million savings in construction and life-cycle costs over the planned 12-ship class.
The Electric Boat Athletic Club (EBAC) Ice Hockey teams participated in the 2nd Annual General Dynamics Hockey Challenge hosted by GD Armament and Technical Products (ATP) in South Burlington, Vt.

Competing in the tournament were the EBAC Varsity and Club teams, GD Canada #1, GD Canada #2, GD ATP and GD C4 Systems. The round-robin style tournament concluded with two semifinal games: GD Canada #1 beating GD ATP 4-1 and EBAC Varsity beating EBAC Club 5-2.

After losing to GD Canada #1 earlier in the tournament 4-1, the EBAC Varsity team entered the championship and shut out GD Canada #1 by a score of 9-0 to win the GD Cup.

EBAC Varsity Wins General Dynamics Hockey Cup

Varsity team members were Dan Borah (413), Mike Coughlin (449), Jordan Brady (493), Marc Makar (459), Matt Mielo (492), Nate Gedney (449), Cory Korchin (492), Brian Szczur (464), Matt Cole (210), Joe Schindler (275), Loren Joyce (275), Nicholas Walsh (434), Adam Ysasi (462), Matt Singer (467), Jason Martin (341) and Rikky Bustin (493).
Electric Boat Awarded $4.6 Billion for Submarine Programs

Electric Boat was recently awarded three U.S. Navy contracts totaling $4.6 billion to design and develop the next-generation strategic deterrent submarine, and to continue construction and purchasing of materials for Virginia-class attack submarines.

Under a five-year, $1.85 billion Ohio Replacement Program contract, Electric Boat will perform research and development work for this new class of ballistic-missile submarine, which is scheduled for a 2021 construction start. Additionally, Electric Boat will continue development of the joint U.S. Navy/Royal Navy Common Missile Compartment for Ohio Replacement submarines and the UK Successor-class ballistic-missile submarine. The potential value of this contract is $1.995 billion.

Electric Boat also received a $2.5 billion award to build two Virginia-class submarines—South Dakota (SSN-790) and Delaware (SSN-791)—the 17th and 18th ships of the class. Construction of Virginia-class submarines is shared between Electric Boat, the prime contractor, and its teammate, Newport News Shipbuilding.

Under the third award, Electric Boat will receive $308 million to purchase long lead-time materials for the as-yet unnamed Virginia-class submarines SSN-792, SSN-793 and SSN-794.

“These awards provide the stability to the submarine industrial base that will allow us to achieve even greater cost reduction through improved efficiencies in support of the Navy’s submarine force-level requirements,” said Electric Boat President Kevin J. Poitras.

“We appreciate the support of the Connecticut and Rhode Island congressional delegations, which are instrumental in educating their colleagues and others about the vital national-security need for a strong submarine force, helping to pave the way for these contracts,” Poitras said.

Electric Boat to Develop Dry Combat Submersible

Electric Boat will develop a Dry Combat Submersible under a U.S. Special Operations Command contract worth up to $44.3 million.

Under the three-year contract, Electric Boat will lead efforts to design, build, test and deliver a complete, commercially classified prototype dry combat submersible (DCS) user operational evaluation system. These submersibles will be used to insert and extract U.S. Navy SEALs.

To develop the DCS, Electric Boat has teamed with GSE of Zingonia, Italy, an experienced producer of certified commercial submersibles with diver lock-out systems.

“Working with GSE, Electric Boat will provide a cost-effective solution to enhance the undersea capabilities of our nation’s Special Operations Forces,” said Franz Edson, Electric Boat’s director of mission systems and business development. “Ultimately, the goal is to integrate future DCS platforms with U.S. Navy nuclear submarines.”

Dry Combat Submersible Characteristics:

- Length: 31 feet
- Beam: 6.3 feet
- Submerged displacement: 17.4 long tons
- Complement: 6 personnel

Electric Boat Receives $41 Million for Submarine Maintenance and Modernization

Electric Boat has received a U.S. Navy contract worth $41 million to perform non-nuclear submarine modernization and maintenance work.

Under the contract, Electric Boat will continue operating the New England Maintenance Manpower Initiative at the Naval Submarine Base here, providing a wide range of non-nuclear overhaul, repair and modernization services in support of submarines, floating dry docks, support and service craft and other equipment at the base. About 250 Electric Boat employees will be engaged in the work.

The contract includes four annual options. If these options were exercised, the cumulative value of the contract would be $222.3 million.

U.S. Navy Awards Electric Boat $48 Million for USS Toledo Maintenance and Modernization

The U.S. Navy has awarded Electric Boat a $47.7 million contract modification to perform routine maintenance and modernization work on the USS Toledo (SSN-769), a Los Angeles-class attack submarine.

Under the terms of the contract, Electric Boat will plan and perform a dry-docking selected restricted availability, which consists of maintenance work, alterations and modernization activities required to ensure the submarine is operating at full technical capacity. The work will take place at the Electric Boat shipyard in Groton and involve up to 300 employees. The work is scheduled for completion in September 2013.

The contract was initially awarded in May 2012 and has a potential value of $65 million if all options are exercised.
Bath Iron Works Completes Historic DDG-1000 Deckhouse Module Erection

BATH, Maine

Bath Iron Works recently erected the composite deckhouse for Zumwalt (DDG-1000), the U.S. Navy’s next generation destroyer. In the process, BIW achieved two milestones: a 900-ton, four-crane, static lift of the deckhouse module for DDG-1000, and a record-breaking movement of the ship and deckhouse on the shipyard’s Land Level Transfer Facility, the total combined weight of which exceeded 13,000 tons.

The 900-ton deckhouse module, built in Gulfport, Miss., was shipped by barge to Bath Iron Works for installation on the ship, which is under construction at the company’s Bath shipyard. The 155-foot-long, 60-foot-high and 60-foot-wide module was lifted to a height of approximately 100 feet using four cranes. Then the ship’s 610-foot hull was moved into position beneath the suspended module using the shipyard’s electro-hydraulic ship transfer system.

After confirming final positioning of the deckhouse and ship, the module was lowered into place. The ship, including the newly erected deckhouse, was then moved back to its original building position for continued construction. The 900-ton lift more than doubled the shipyard’s previous heaviest-lift record and the movement of the ship and deckhouse far exceeded any previous ship or module movements by Bath Iron Works.

General Dynamics Acquires Applied Physical Sciences

FALLS CHURCH, Va.

General Dynamics has acquired Applied Physical Sciences Corp. of Groton, Conn., in a cash transaction for an undisclosed price. Applied Physical Sciences is a leading provider of applied research and development services, and will complement the engineering programs of Electric Boat.

Applied Physical Sciences offers research, development, engineering and prototyping services to government and commercial customers in the areas of acoustics, signal processing, marine hydrodynamics and electromagnetics. It is an industry leader in the fields of directional underwater transducers, maritime and ISR (intelligence, surveillance and reconnaissance) sensing and communication systems, and special purpose underwater devices for government laboratories, universities and industry. The company has 95 employees.

Electric Boat President Kevin Poitras said, “This acquisition enhances Electric Boat’s ability to respond to emerging submarine requirements using the engineering knowledge and rapid-prototyping capabilities of Applied Physical Sciences, and gives the talented professionals at Applied Physical Sciences additional insight into the needs of the U.S. submarine fleet.

“The greatest beneficiary of this acquisition will be the U.S. Navy, which will get more capable submarines to use in maintaining its global undersea dominance,” Poitras said.

Charles N. Corrado, president of Applied Physical Sciences, said, “Our new relationship with General Dynamics and Electric Boat will greatly enhance our ability to transition systems to the submarine fleet. We are excited about the new opportunities this will provide to have a real impact on U.S. Navy capabilities, and to grow the company.”

Applied Physical Sciences’ headquarters and manufacturing facility are located in Groton. It also has offices in Lexington, Mass.; Arlington and Suffolk, Va.; and San Diego.
LOWELL WINS SUB LEAGUE’S TOP LITERARY AWARD

ROBERT LOWELL (628) has been selected as first-place winner of the Naval Submarine League’s 2012 Literary Awards. Lowell’s winning entry, “Ballistic Missile Defense from Under the Sea,” appeared in the Submarine League’s publication, The Submarine Review.

In his article, Lowell advocates the United States developing and deploying a submarine-based ballistic missile defense (BMD) capability that could operate close to potential threats without political provocation or risk of attack. Such a capability would impose costs on potential adversaries, increase their risk of operational failure and bolster U.S. regional security alliances. It draws on examples of Aegis/Standard Missile successes, studies that designate the submarine (SSGN) as the sea-based platform of choice for a (now discontinued) Kinetic Energy Interceptor, and an “engage-on-remote” capability in future Phased Adaptive Approach constructs now being progressively implemented in Europe. These approaches build on submarines’ demonstrated ability to launch missiles covertly while submerged.

Lowell is a 30-year submariner with operational and acquisition assignments in five SSBNs, including command of USS Benjamin Franklin (Blue and Gold crews) and program manager positions in NAVSEA and DARPA. Since retiring from the Navy as a captain in 1997, he has worked on advanced technology development projects at Electric Boat, including outside-the-firewall program support for multiple General Dynamics business units participating on the Missile Defense National Team in Huntsville, Ala.

LOWELL’S WINNING ENTRY, “BALLISTIC MISSILE DEFENSE FROM UNDER THE SEA,” APPEARED IN THE SUBMARINE LEAGUE’S PUBLICATION, THE SUBMARINE REVIEW.
Ship Manager MIKE NOWAK and President KEVIN POITRAS brief Gen. Martin Dempsey on the progress of the Virginia-class submarine North Dakota (SSN-784). As chairman of the Joint Chiefs of Staff, Dempsey is the nation’s highest-ranking military officer. He traveled to the shipyard recently for briefings and a tour of North Dakota. “Having the chairman of the Joint Chiefs visit Electric Boat is a reflection of the increasing importance of submarines to 21st century national security,” said Poitras. “He was very engaged with the shipbuilders he met and we greatly appreciate his interest in Electric Boat.”
Five years ago **LINDA D. SAFFOMILLA** (447) earned her 45-year service pin – the same year **LIZ BOVE** (436) received her 50-year pin.

“People came up to me and asked, ‘are you going to stay here for 50 too?’ and I said, ‘not likely,’” Saffomilla recalled. “The time goes by fast.”

Recently Saffomilla marked the half-century milestone at a breakfast with EB President **KEVIN J. POITRAS** and his staff – the same morning that Bove was feted for her 55th anniversary with the company.

Saffomilla said it was an honor the president and so many vice presidents attended the breakfast; Poitras said it was an important achievement that should be recognized.

“We all think the people are the most important part of Electric Boat,” Poitras said. “Without the people, this company would not be what it is.”

Saffomilla started in clerical work, went to the insurance office, then to structural design where she met her husband, Don, with whom she had three children. From there she moved to materials.

“I think I was the first woman in materials at the time,” Saffomilla said. “I don’t have a college education, but I’ve probably got the equivalent of one with all the experience I’ve had at EB,” she said.

Poitras noted that because of the number of new employees joining the company, the experience of people who have been at EB for decades is important to instill a culture of safety and continuous improvement in the new generation.

Saffomilla agreed that it’s good to see the young people coming in, but it takes some adjustment.

“ ‘I’ll talk to one of the young designers who come to see me these days, and they’ll ask me how long I’ve been here, and then they’ll say, ‘my God, you’ve been working here longer than my mother has been alive,’” Saffomilla said with a laugh.

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**FOOD BANK APPRECIATES QUONSET POINT HOLIDAY TURKEY DONATION**

The Rhode Island Community Food Bank has thanked the Quonset Point facility for its donation of 366 turkeys just before the holidays.

Food bank representative Bruce Zarembka said in a letter, “Your gift enables us to provide food assistance throughout the state, ensuring that families have enough to eat.

“Because of Rhode Island’s persistently high unemployment rate, more and more families are seeking help. There are currently 66,000 people visiting our statewide network of food pantries each month. This is a 10 percent increase in the last year alone!

“As we get further into winter, food budgets that are already limited get smaller and smaller as heating costs grow. With your help, we can continue to distribute the food our neighbors need to lead healthy, productive lives.

“Thank you again for supporting our work to alleviate hunger in our state,” Zarembka said.
General Dynamics Reports Fourth-Quarter, Full-Year 2012 Results

**Falls Church, Va.**

General Dynamics has announced 2012 fourth-quarter and full-year financial results, which include significant, primarily non-cash charges recorded in the fourth quarter. Adjusting for the impact of those charges, non-GAAP fourth-quarter 2012 earnings from continuing operations were $491 million or $1.39 per share, fully diluted. On an unadjusted GAAP basis, the company reported a loss from continuing operations of $2.1 billion, or $6.07 per share fully diluted, for the quarter.

Adjusted 2012 full-year earnings from continuing operations were $2.3 billion, or $6.48 per share fully diluted. On a GAAP basis the company reported a loss from continuing operations of $332 million for 2012, or $0.94 per share fully diluted.

During the fourth quarter the company recorded a $2 billion goodwill impairment related to its Information Systems and Technology (IS&T) group. This charge recognizes the impact of slowed defense spending in the company’s IS&T businesses. The company also recorded $867 million in other charges in the quarter, including intangible asset impairments of $301 million in its Aerospace and IS&T groups.

**PhEbe N. NovAkovic**, chairman and chief executive officer of General Dynamics, said, “General Dynamics’ operating results in 2012 and the charges that we have recorded in the fourth quarter reflect the fact that some of our markets are contracting as government budgets shrink at home and abroad. They also suggest opportunities for improvement in some areas of our performance, which we are addressing.

“General Dynamics is a strong corporation with relevant product and service offerings that are critical to our customers’ missions. We will continue to manage our business aggressively as we approach the opportunities and the challenges of the future,” Novakovic said.

**Revenues**

Revenues were $8.1 billion in the fourth quarter of 2012 and $31.5 billion for the full year.

**Margins**

Company-wide operating margins on a non-GAAP basis were 10.1 percent for the fourth quarter and 11.4 percent for the year. On a GAAP basis, company-wide operating margins were -23.5 percent for the fourth quarter and 2.6 percent for the year.

**Cash**

Net cash provided by operating activities, which was largely unaffected by the charges described above, totaled $780 million in the fourth quarter of 2012 and $2.7 billion for the full year. Free cash flow from operations, defined as net cash provided by operating activities less capital expenditures, was $616 million in the quarter and $2.2 billion for the year.

**Backlog**

The company’s total backlog was $51.3 billion at the end of 2012. In the fourth quarter, orders were particularly strong for the Marine Systems group, including $2.4 billion in awards to continue the development of the U.S. Navy’s next-generation strategic deterrent submarine, to purchase long-lead materials for three Virginia-class attack submarines, and to construct two commercial containerships. Other notable orders received in the quarter include awards for additional Stryker infantry combat vehicles, for Abrams tanks for a foreign customer, and for the production of tactical networking equipment and radios for the U.S. Army.

Estimated potential contract value was $26.9 billion at year-end 2012, representing management’s estimate of the value of unfunded indefinite delivery, indefinite quantity (IDIQ) contracts and unexercised contract options. Total potential contract value, the sum of all backlog components, was $78.1 billion at the end of the year.

“Looking ahead to 2013, we anticipate earnings per share from continuing operations to be in the range of $6.60 to $6.70,” Novakovic said.
suppose we’re all obligated to proffer some statement of improvement to either ourselves or our keepers in this the New Year. And like most, I’ve ventured into this self-help/self-improvement realm more times than I wish to count. One thing I have learned from this yearly exercise is that I understand the “things” I’ve been working on haven’t amounted to much. So I thought this year, rather than weight loss, diet or exercise why not something “lighter” like interpersonal improvements.

Early on I thought, well maybe I might cease “eye rolling.” I thought if I could only listen better or more attentively and openly, perhaps the respect I give to others would improve my comprehension of their point of view. I rapidly discounted that idea.

It’s not that I’d prefer to diminish others but rather, the cessation of eye rolling is volitional and thus under the auspices of “willpower.” Knowing myself, I figured I’d be eye rolling within days of that resolution. You can’t just “will” stuff like that away. So, how does one truly listen to another human being? How many of us nod our heads but really (if we’re honest) are merely waiting for our turn to jump into the conversation? How does one overcome 20 years or more of that habit when you’ve been married to the same person or working at the same company?

No, living in the moment and listening to others will take a different sort of path. I don’t know about you but my thoughts seem to fill my every waking moment. They color the events as they unfold before me thus distracting me from full attention. Ask yourself, aren’t there moments in your life that you feel are drowned out by a backdrop of “noise” consisting of self-consciousness, anxiety and negative thoughts? Perhaps, if we could quiet the relentless narrative that distracts us from the present we could live and enjoy the present. But how do you quiet your mind?

In the Shower at your Desk

Modern life is fast-paced. I think we all accept that. But the result is that we’re always doing something. When we’re in the shower we think about work, when we’re at work we think about vacation and sadly, when we’re on vacation we bring our Blackberry devices and check in to make sure everything is going OK. We dwell about how we were treated in high school and how this one or that one reminds me of this or that and we worry about the future because we all know that everything is going to Hades in a hand basket – all while trying to communicate with that person who is standing in front of you.

I think that we can agree that ridding ourselves of this distraction deserves a closer look. One pathway to this is what Dr. Jon Kabat-Zinn of the University of Massachusetts calls Mindfulness.

Mindfulness

There are multiple definitions by proponents of Mindfulness attempting to capture its essence. I like the concept of “living in the moment.” Others describe the mental state as “relaxed awareness.”

How difficult is it to achieve this state? Proponents tell us that it is relatively simple. It can be performed most anywhere and has been shown over the past 30 years of scientific evaluation to have considerable health benefits. Mindful people are happier, more outgoing, positive, and empathetic and possess increased feelings of confidence and security. Mindful people are less impulsive or reactionary; they can hear negative feedback about themselves without feeling threatened.

These benefits occur by being in a relaxed state of awareness. It allows you to be more open and curious about your own emotions, viewing them from a distance rather than up close and judgmental. This nonjudgmental awareness results in the health benefits of less stress, improved immune function and lowered blood pressure to name just a few.
The Present

1: Unselfconsciousness

Who wishes they could give a speech in front of others without a few jitters. When was the last time you danced at a party? Why? Was it that you would feel foolish? When was the last time you danced at a party? Why? Was it that you would feel foolish? Did you ever taste a particular food and realize that you’ve lost your taste for that food? Would you say that eating that food isn’t a gift any longer? Chances are that you are acrylic, but not necessarily so.

Mindfulness reduces self-consciousness. With practice, you become more of a wit than to focus on your breathing. Because you’re placing your awareness on what’s happening right now, you bring yourself into the present. For many, focusing on the breath is the preferred method of orienting themselves to the present. Not because the breath has some property within Mindfulness, but because breathing encompasses several of your senses at one time.

4: Flow

Ever get so engrossed in a task that you lost track of time? The depth of engagement absorbs you, keeping attention so focused that distractions cannot penetrate. You focus so intensely on what you’re doing that you’re unaware of the passage of hours. Flow can be planned. You do need to be aware of a goal that’s both challenging but not unattainable. Try something that stretches you just slightly. Not so difficult that you’ll feel stressed, but not so easy that you’ll get bored. To set the stage for flow, goals need to be clearly defined so that you always know your next step. You also need to set up the task in such a way that you receive direct and immediate feedback. If you play the piano, for instance, you know when you’ve struck the wrong key.

5: Acceptance

When faced with a painful thought or situation your mind’s natural tendency is to avoid it. We try to resist unpleasant thoughts, feelings and sensations. But in many cases, negative feelings and situations can’t be avoided. Resisting them only magnifies the pain.

We have both primary and secondary emotions. In essence, emotions about other emotions. When you feel pressures at work and are stressed don’t you also often think, “I wish I weren’t so stressed out!” The primary is the performance pressure and the secondary is the dislike for the way it makes you feel.

Acceptance allows you to be open to the way things are in each moment without trying to manipulate or change the experience. In essence, “it is what it is.” Acceptance avoids the pitfalls of judging the situation or pushing it away.

6: Engagement

I was on the highway the other day and realized I couldn’t recall the prior 10 minutes. I even missed my exit. We’ve all had these episodes – they’re labeled mindlessness. We’re so lost in our thoughts that the present passes us by. One way of avoiding that experience is to notice new things in every situation. Openness to newness in all that you do creates engagement with the present moment and releases a cascade of other benefits.

Think about what you remember from your first day of work. Now think about what you noticed when you walked in today. I’ll bet you’ve lost what proponents of Mindfulness call the “beginners mind.” We become mindless to our present surroundings. If you look at your environment with fresh eyes, you’ll realize there is a lot that is different each time. This recognition of newness leads to the understanding that things are constantly changing. That then leads to sense of excitement and anticipation within your daily routine.

I can do this!

Dr. Kabat-Zinn tells us that Mindfulness is the “only intentional systematic activity that is not about trying to improve you or get anywhere else. It is simply a matter of realizing where you already are.”

We’ll be talking more about Mindfulness this year within our Health and Wellness programs. I hope you’ll reach out to our Wellness Coordinators: DORIA SKLAR in Connecticut (860-433-6391/860-867-4002); ERIK TETER at OP (401-268-2240) or our Optum Health Advocate, MERCEDES BERES-COSTA (860-433-8272 / 401-268-2240).

And remember while living a mindful life takes some effort, the concept of living in the moment is actually quite simple. Don’t set your sights on being mindful for 20 minutes or 20 years as the correct metric is … for just this moment.

2: Savoring

Most of us spend an inordinate amount of time concerned about the future or ruminating about the past. In doing so we can’t begin to live or enjoy the present. The next time you eat something try savoring each bite. Don’t compare it to other meals or let your mind wander to a great time or somewhere, so you don’t worry about things that aren’t there.

3: Breathe

There’s a simple exercise you can do anywhere, anytime to induce mindfulness: Breathe. There’s no better way to bring yourself into the present moment.
Welcome to Electric Boat

Please help welcome the following employees, who have recently joined the company:

- Harold G. Lewis
- David J. Sansone
- Michael R. Suchomel
- John L. Stulcliffe
- Eric Landry
- Anthony J. Ziccardi
- Michael L. Bilby
- Cathy Blair
- Anthony M. Cavallini
- Andrew W. Church
- Linda M. Emmons
- Randolph M. Emmons
- Michael J. Gahrman
- Vernon W. Henry
- Nathan J. Hoffman
- Albert Johnson
- Charles W. Kemppi
- Brian Lavoie
- Joshua J. McCabe
- Jarrod D. Mahuren
- Mario Mendonca
- Nathan Newhouse
- Zachary D. Perrin
- Walter Pietrowski Jr.
- Luis M. Rios
- Nicholas D. Rizer
- Karl D. Schroeder
- Russell Shutt
- James R. Smith
- Mark D. Awkerman
- Jarrold L. Bausch
- George P. Blanchette
- Chris Bridgman
- Darren Langlois
- Remo J. Laureti Jr.
- Edward McTigue
- Daniel D. Nolan
- Joshua R. Pray
- Steven Rockholz
- Preston T. Weaver
- John Bailey IV
- Darren J. Barsaleau
- Charles Beal
- Troy A. Bissonnette
- Jacob Desjardins
- James Eno
- Andrew L. Felt Jr.
- John Michael Franciosi
- Curtis Griswold
- Colby S. Honwath
- Toby Lewis
- Wade P. Light
- Maurice Lovejoy
- David Naylor
- Andrew P. Oplinger
- Scott J. Patten
- Julio R. Resto
- Dustin J. Reynolds
- David Say
- Luke E. Sayers
- Brendan T. Shanahan
- Daniel C. Shipee
- Richard E. Smith Jr.
- Pablo Torres
- Justin J. McIver
- Joshua S. Watson
- David S. Santarsiero
- Alyssa M. Ducharme
- Julie A. Dyson
- George H. Kelley
- Vernel J. Knight
- Joshua J. McKibben
- Thomas Outlow
- Corey Aiello
- Kenneth W. Camp
- Ashmed Estrella
- Michael Ferando
- Gary Fess
- Bruce Kelly
- Nathaniel Lavault
- David M. Metcalf
- Nicholas Moore
- Jason G. O’Brien
- Allen S. Swanson
- Max Shellman
- James D. Woodhall
- Anthony S. Young
- Raymond Aguirre
- Ryan M. Barron
- Christopher J. Evers Jr.
- Michael J. Folan
- Colby J. Grange
- Bruce R. Hutchinson Jr.
- Joshua A. Jessop
- Jeffrey J. Lallo
- Carl B. Larose
- Daniel C. Lavallee
- James M. Marsh
- Paul K. Minas
- Justin A. Mongeau
- Joseph L. Sellari
- Wayne R. Silvermail
- Robert L. Siwinski
- Robert S. Socha
- Scott T. Watson
- Randy J. Williams Jr.
- Scott W. Hutzal
- Matthew M. Gravier
- Takeshi J. El
- Matthew Amico
- Zachary Niforos
- Chelsey L. Oliveria
- Jason Brown
- David Ramos
- Curtis Lawrence
- Pablo Leon
- Paul Wozniak
- Raymond Aguirre
- Brian Kimiecik
- Viviana Mayumbo
- Uriko N. Sauveageau
- James Crocker
- Oluwadamilola H. Adewale
- Andrew Bonin
- Jeffrey Gilmour
- Lisa Ann Moneypenny
- Matthew Sampson
- Gregory Stanford
- John R. Radley Jr.
- Megan L. Eyraud
- Barbara Barnes
- Alison Geer
- Mark E. Rabon
- Matthew E. Murphy
- Douglas Hopkins
- Jordan Janas
- Ricky Ung
- Dwight Whitney
- Justin B. Hancock
- Warren Bridgewater
- Stephen C. Greider
- Michael J. Markovich
- Nguyen La
- Bridget L. Pearson
- Alaina Hallisey
- Alicia M. Noonan
- Joe K. Aguirre
- Edwin I. Mackinzie
- Joseph E. Andrade
- Stevan W. Ball
- Kyle C. Carson
- Michael E. Laplume
- Douglas J. Zydlewski
- Lena E. Antonio
- James R. Morin
- Jenny Lorenz
- Brian T. Mills
- Dakota S. Stagg
- William J. Burnell Jr.
- Jose A. Soares
- William L. Haynie
- Leslie P. Ingalls
- Michael A. LeBlanc
- John C. Parker
- Michael A. Petrarca
- Sophan Saing
- James M. Simonelli
- Brian J. Taylor
- Jeramy J. Webb
- Brian A. Coutu
- Salvatore Rapacciuolo

Daffodil Days Coming Soon

The American Cancer Society’s annual Daffodil Days fundraising event is just around the corner. Electric Boat volunteers will take orders for the flowers until March 1; deliveries will be made during the week of March 18. If you would like to be a canvasser for the fundraiser, please contact Lisa Trolan (860-433-6193).
DEFENSE CONTRACTOR ADMITS BILLING IMPROPRIETIES ON GOVERNMENT CONTRACTS

It was recently reported that a major defense contractor admitted to time-charging irregularities by some employees on government contracts. The company issued a statement acknowledging that an investigation was initiated with “outside, third party experts” to review the facts and determine the magnitude of the irregularities. The company went on to say they were also investigating the cause and at the same time creating a corrective-action plan to prevent another occurrence of this violation.

As yet there is no indication of the potential consequences that may result for the company or involved personnel, but suffice it to say that it is this type of infraction that compromises the public trust so needed by all defense contractors in order to win contracts and stay in business.

The seriousness of this matter should serve as a reminder that each of us at Electric Boat must continue to be vigilant and sensitive to correct time-charging practices. Convenience, expediency, budget or schedule pressure is no excuse for mischarging irregularities on government contracts. As General Dynamics Electric Boat employees, we are responsible for charging our time correctly. Do not be misled, under any circumstance.

Over the years Electric Boat has earned an excellent reputation for honesty, integrity, trust and professionalism in the conduct of its business, and as a result is recognized as one of the government’s premier defense contractors. It has taken many years for the company to achieve and sustain this reputation. Your continued diligence regarding correct time charging will assure that we do not find ourselves in a situation of having to investigate time-charging irregularities when performing work on government contracts.

Your supervisor, manager and Human Resources personnel are available to assist you in making correct time-charging decisions. The EB Ethics Director FRANK CAPIZZANO (860-433-1278) is also available to assist anyone regarding questions or issues that may relate to time-charging or ethical decision making. The GD Ethics Hotline is available 24/7 at 800-433-8442 or 503-619-1815 for international callers should the need arise to report a matter of questionable time charging or any other ethical question or concern. Online access is available at www.gd.ethicspoint.com.

REMEMBER – WHEN IN DOUBT ALWAYS ASK.
ELECTRIC BOAT SAFETY PERFORMANCE

YEAR TO DATE DECEMBER 2012

Recordable Injury Rate (RIR) YTD 5.03
Lost Workday Injury Rate (LWIR) YTD 1.68
Severity Rate (SEV) YTD 84.94

GOAL ≤ 5.70
GOAL ≤ 1.86
GOAL ≤ 82.40