GATHERED FOR THE GENERAL DYNAMICS MANUFACTURING EXCELLENCE AWARD CEREMONY ARE, FIRST ROW FROM LEFT, GINO MARCHETTI, ERNIE MOREIRA, GD CHAIRMAN AND CEO PHEBE NOVAKOVIC, RICH MICHALEK, KEITH MOFFAT AND BARRINGTON MEDEIROS, AND SECOND ROW FROM LEFT, JOHN MOTTA, SEAN DAVIES, JOE CAWLEY, KEVIN POITRAS, JOHN HOLMANDER, DANIEL VIEIRA AND DENNIS STULIGROSS.
The Electric Boat Apprentice Alumni Association recently awarded its annual scholarships. The winners are, second from left, Veronica Lee, daughter of Ronald Lee (154); Samantha King, daughter of David King (425); and Courtney Studwell, daughter of Douglas Studwell (480). Flanking the winners are Steven Carson, EBAAA president; and Angela May, EBAAA scholarship chairperson.
General Dynamics has recognized Quonset Point with a Manufacturing Excellence Award for the facility’s efforts to improve the outfitting fabrication processes used in Virginia-class submarine production.

“One area that offered an opportunity to achieve some of the improvements we required was in the development and use of multipurpose work platforms,” said Director of Manufacturing Operations Keith Moffat. “These platforms provide our tradespeople with maximum unit availability and enabled parallel work activities with minimum disruption and dependency on support organizations,” he said.

Moffat, along with Supervisor of Planning Rich Michalek, Area Superintendent Ernie Moreira, Process Improvement Engineer Specialist Kevin O’Donnell, Principal Process Improvement Engineer Joe Cawley, Manager of Operations Dan Vieira, and Senior Engineer Gino Marchetti led a cross-functional team tasked with introducing the improvements.

“A strong team effort was required to support these improvements,” said Moffat. “This included our stage-building group led by Supervisor of Operations Kyle Walker, Ken Batzle and planners Donna Colozzo and Mike Gomes; our coatings team led by Engineering Specialist Kevin Medeiros, and our manufacturing engineering team led by Engineering Supervisor Fred Weller.

“A lot of hard work and commitment went into making these improvements possible and it is encouraging to know that we are continuing to promote process improvements and make the business safer and more efficient,” he said.

Working toward a goal of reducing cost and schedule without compromising safety and quality, the team employed Lean Manufacturing and Design for Production techniques to standardize work platforms and eliminate processes and downtime.

The work platforms replace stick-built staging that had been in use since the mid-1970s. This staging was disruptive to trades people, consumed large amount of resources (manpower, materials and floor space) and provided limited usable work space.

Since the transition to engineered work platforms, Quonset Point has realized productivity enhancements stemming from improved access to units, increased usable work space and integrated services.

“As a result of these improvements, we’ve achieved major reductions in construction span time and labor hours while supporting Virginia program performance objectives safely and efficiently,” said Moffat.
H

e joked that it took a year for him to finally get to the Black Engineering Council scholarship dinner, but the crowd clearly did not mind the wait, awarding retired Air Force Gen. Lester L. Lyles two standing ovations.

The main speaker at the recent BEC banquet, Lyles had been asked to speak at the 2012 dinner but had to cancel for some pressing business in Washington, D.C. Lyles, a former Air Force vice chief of staff, has been a member of the General Dynamics board of directors since 2003.

He said almost all the organizations he remains engaged with today are working on the issues of diversity or engineering, so he appreciated the chance to speak to a group that is working on both.

He has chaired or served on a wide variety of committees and commissions counseling the military services and other government organizations about STEM – science, technology, engineering and math.

“The number-one concern of all these agencies in the federal government is, what are we going to do about the workforce of the future?” Lyles said. “We need people with an appreciation for finance, for engineering, for science and math.”

He praised former EB employees Lewis Cornelius and Herbert Rattley, who established the BEC, for the work they did recruiting and retaining engineers who made the EB workforce more diverse. But he said reaching out to students in college is too late.

“High school is much too late,” Lyles said. “Companies like Electric Boat need to reach out to students in preschool.”

He exhorted members of the BEC, EB management and the entire EB community to get out into the community and talk to students of all ages about the careers they can aim for if they get a solid grounding in STEM.

Winners of the 2013 BEC scholarships were Zanovia Holston, daughter of Christine Holston, (614) and David Plowden; and Shaela Rattley, daughter of Kalynn Rattley – Herbert Rattley’s daughter – and Richard Murphy (333).

Lyles noted that he felt a personal connection to both scholarship recipients: Holston will attend the University of Hartford in the fall to study mechanical engineering, which was his
area of undergraduate study; and Rattley will study financial management at Howard University, his alma mater.

Lyles said the appearance of progress can often dampen support for diversity efforts. When he and Gen. Lloyd W. “Fig” Newton were in the Air Force, having two black four-star generals made it look like there had been progress.

“That was the problem,” Lyles said. “It was just us two. There was no pool of people behind us. You have to have active career-development programs, commitment to those programs, and leadership that advocates for those programs.”

The Navy has done well in diversity, he said, because the chief of naval operations asks at every command he visits what people in that organization are doing personally to promote diversity.

“People realize, ‘if it’s important to the boss, it better be important to me,’” Lyles said.

And Lyles encouraged members of the BEC and all others to cultivate their own mentoring relationships, as well.

“People rarely say ‘no’ if you ask for help,” Lyles said. “All of a sudden, you have a mentor, someone who can help you grow.”

He recounted a story he once heard about a couple who took their young daughter, who was struggling to learn the piano, to hear a famed pianist. While they were waiting for the concert to start they turned their back and the next thing they know she was up on the stage, playing chopsticks. In horror they watched as the master walked onto the stage, crept up behind her, leaned over her, and said, “Don’t stop. Keep playing. It sounds good.” “For all the things you’re doing for diversity,” Lyles said, “don’t stop. Keep playing. It sounds good.”

Electric Boat is one of 65 U.S. companies honored by the National Business Group on Health for its commitment to promoting healthy work environments and encouraging workers to live healthier lifestyles. Electric Boat won a Gold Award for making cultural and environmental changes and developing comprehensive programs that support employees’ healthy lifestyle goals.

“The level of interest and commitment that we are seeing employers demonstrate in health improvement programs is at an all-time high,” said Helen Darling, president and CEO of the Business Group.

“Employers all across the country and in all industries are looking for creative ways to promote a healthy work environment and encourage their employees to follow healthy lifestyles. They know that without these types of health improvement programs, their efforts to stem the rising costs of health care benefits may come up short. We applaud the companies that are being honored today,” said Darling.

Electric Boat’s Quonset Point facility has received the Exemplary Award at the 19th Annual Worksite Health Awards hosted by Blue Cross & Blue Shield of Rhode Island and the Greater Providence Chamber of Commerce. The event is held to recognize Rhode Island companies that have demonstrated an understanding of the value of health and fitness through the creation and implementation of worksite wellness programs. Accepting the award for Electric Boat are, from left, HR Director Al Ayers, Quonset Point Medical Director Dr. Susan Andrews, Groton – New London Medical Director Dr. Robert Hurley, Senior HR Manager Craig Sipe and Quonset Point Wellness Coordinator Eric Teter.
NASSCO Delivers USNS Montford Point

SAN DIEGO

General Dynamics NASSCO recently delivered USNS Montford Point (MLP-1), the lead ship of the Mobile Landing Platform (MLP) class, to the U.S. Navy. The ship is named in honor of Camp Montford Point, the Jacksonville, N.C., site where the first African-American Marines were trained.

Construction of the USNS Montford Point began in May 2011, incorporating a design-build approach to improve the ship’s readiness for production. The 785-foot-long auxiliary ship will serve as a floating base for amphibious operations, and operate as a transfer point between large ships and small landing craft.

“Congratulations to the NASSCO-Navy-MSC team and to the entire group who built this ship,” said Fred Harris, NASSCO president. “The approach we have taken in building this first-of-class ship, with the requirements and planning complete and the material available at the start of construction, has resulted in the delivery of MLP-1 under budget and on schedule. This reflects NASSCO’s tradition of delivering high-quality, mission-ready ships.”

NASSCO is currently building the second ship of the class, MLP-2, scheduled for undocking in September and delivery in the first quarter of 2014. Construction of MLP-3, the third ship in the class, began in February.

Bath Iron Works Lays Keel of DDG-1001, Second Zumwalt-class Destroyer

BATH, Maine

Bath Iron Works recently celebrated the keel laying of Michael Monsoor (DDG-1001), the second ship in the planned three-ship Zumwalt Class of guided-missile destroyers.

The ship is named for Petty Officer Second Class Michael Monsoor, a U.S. Navy SEAL who was killed in Ramadi, Iraq, in 2006. Monsoor was on a joint SEAL-Iraqi Army team operating from a rooftop when an insurgent threw a grenade at them. Monsoor jumped on the grenade, covering it and saving three fellow SEALs and eight Iraqi Army soldiers. Monsoor posthumously received the Medal of Honor from President George W. Bush in 2008. He was also awarded the Bronze Star and the Silver Star for his service in Iraq.

Monsoor’s parents, Sally and George Monsoor, authenticated the keel at Bath Iron Works. A special steel plate containing the initials of Sally and George Monsoor was prepared for the ceremony. The two authenticated the laying of the keel by striking welding arcs onto the steel plate. Sally Monsoor is the ship’s sponsor.

The keel unit is the 4,400-ton, heavily outfitted mid-forebody section of the ship, which was moved from the shipyard’s Ultra Hall construction facility onto the building ways.

The DDG-1000 Zumwalt-class destroyer is the U.S. Navy’s next-generation, guided-missile naval destroyer, leading the way for a new generation of advanced multi-mission surface combat ships. The ships will feature a low radar profile, an integrated power system and a total ship computing environment infrastructure. Armed with an array of weapons, the Zumwalt-class destroyers will provide offensive, distributed and precision fires in support of forces.

NASSCO to Construct Four Product Tankers for American Petroleum Tankers

SAN DIEGO

General Dynamics NASSCO has entered into a contract with an affiliate of American Petroleum Tankers (APT) for the design and construction of four 50,000 deadweight ton LNG-conversion-ready product carriers with a 330,000 barrel cargo capacity. The contract includes options to build four additional ships.

Construction of the first tanker is scheduled to begin in the third quarter of 2014, with deliveries scheduled to begin in the fourth quarter of 2015, continuing through 2016. The four-ship APT contract will add up to approximately 800 jobs at NASSCO during construction and more than 165 seagoing union jobs during the operation of the vessels.

The 610-foot-long tankers are a new ECO design that offers improved fuel efficiency and incorporates the latest environmental protection features, including a ballast-water treatment system. All of the ECO-class tankers will be constructed at the NASSCO shipyard in San Diego.

The ships will be designed by DSEC, a subsidiary of Daewoo Shipbuilding & Marine Engineering (DSME) of Busan, South Korea. DSEC’s ECO design achieves improved fuel efficiency through several features, including a G-series MAN ME slow-speed main engine and an optimized hull form. The tankers will have dual-fuel-capable auxiliary engines and the ability to
accommodate future installation of an LNG fuel-gas system.
NASSCO President Fred Harris said, “By continuing to bring
the most economical and environmentally sound technology
to Jones Act operators, these ECO tankers show our contin-
ued commitment to be one of the most innovative shipyards in
America. I am pleased to renew our partnership with APT on
this exciting new program. Along with TOTE, this is the second
return customer we have welcomed back to NASSCO within the
past six months, which speaks to the high-quality workmanship
of our skilled workforce.”

Navy Awards Bath Iron Works
$2.8 Billion Contract for Four DDG-51
Destroyers, with Option for Fifth

BATH, Maine

The U.S. Navy has awarded Bath Iron Works a contract valued
at $2.8 billion for the construction of four Arleigh Burke-class
destroyers, with an option for a fifth ship.

“This contract adds four ships to our workload in a fiscally
challenging and highly competitive environment, and provides a
clearer picture of our near-term future,” said BIW President Jeff
Geiger. “Continuation of the DDG-51 program provides important
work for the men and women of Bath Iron Works and allows us
to extend our record of delivering these critical surface combat-
ants to the U.S. Navy.”

The option for the fifth ship, if exercised, would bring the total
value of the contract to approximately $3.5 billion.

There are currently two DDG-51 destroyers in production
at Bath Iron Works – Rafael Peralta (DDG-115) and Thomas
Hudner (DDG-116). The shipyard began fabrication on DDG-115
in November 2011; delivery to the Navy is scheduled for 2016.
Fabrication on DDG-116 began in November 2012, with delivery
scheduled for 2017.

Bath Iron Works is also building the three ships in the planned
three-vessel Zumwalt-class of destroyers, Zumwalt (DDG-1000),
Michael Monsoor (DDG-1001) and Lyndon Johnson (DDG-1002).
Zumwalt is expected to be launched later this year.
One of my goals at Electric Boat is to prevent disease, or put another way – keep the well healthy. The core EB program is the Know Your Numbers / House Calls. This program ideally allows people to monitor their biometric numbers so if a change starts occurring in a negative direction, an individual can take action to maintain or improve the biometric markers. Past Health Matters columns have focused on reasons to stay healthy – avoiding heart disease and stroke, for example. Also, I have described methods for staying healthy through a lifestyle with good eating and exercise habits. The topic I have not yet covered is for the 11.5 percent of non-institutionalized adults with diagnosed heart disease.

One key to the treatment of heart disease is staying positive. Four very simple techniques can help a person stay positive.

- **Meditating** – this can be as simple as just sitting and taking 15 deep breaths with 15 long expirations.
- **Enjoying nature** – take a minute to step outside and breathe in the fresh air, enjoy the walk to or from the grocery store, your house or your doctor’s appointments.
- **Spending time with friends** – being isolated can lead to depression, so make a date with a friend or colleague so you have somewhere to go.
- **Visualizing** – during a quiet minute visualize your heart beating strongly, healing, and the vessels opening up. This way you are taking an active role in your mind-body experience. For more information on a positive attitude visit Dr. Lynn M. Williams, clinical health psychologist, at http://www.yourmindhealth.com/home.html.

For anyone with heart disease it is important to remember that you are not alone. You have joined the ranks of millions of other Americans. What you call it is not important – you will hear different terms such as heart disease, coronary arterial disease, cardiovascular disease, CAD and more. The bottom line is this – there is plaque buildup in the walls of your arteries in your heart. The plaque makes the vessels narrow so that blood has a more difficult time flowing. Once you have the diagnosis remember to not feel guilty, realize it is OK to need help, join a support group, believe in yourself, and maybe even spread the word about heart disease.

You are your best health advocate for managing your heart disease. It is very important to manage your emotions. Also, look for people who have similar goals regarding health in their plan. Try to find someone who will make one healthy change with you such as diet, exercise, or even discussing your heart health with your primary care provider. Lastly, take control of your recovery by reading labels and being active. Don’t expect miracles overnight, de-stress and be a survivor by living a “normal” or “new normal” life.

If you are caring for or living with someone with heart disease then you have an active role in both your health and their health. Make sure you are patient with yourself since your role can be both demanding and stressful. Always take care of yourself so that you will be there to help the person with heart disease. You may even need to ask yourself, what have I done for myself today? The caregiver or spouse must find a health outlet for stress to avoid burnout.

Finding the right doctor is important. Start with your Primary Care Physician (PCP). The PCP should be in charge of your overall care. Likely, you also will see a cardiologist. Make sure you are comfortable with both your PCP and cardiologist. You may need to get
One key to the treatment of heart disease is staying positive. Four very simple techniques can help a person stay positive. The four techniques are: meditating, enjoying nature, spending time with friends, and visualizing.

a second opinion about your care or treatment plan. Just remember you need to take an active role in your own health care.

Your medications, including your heart medicines, must be taken all the time. Patients rarely have the luxury of taking just one pill. Medications are demonstrated to improve outcomes for people with heart disease. The key to success with medications is to take the medications every time. You should not run out of medicines or skip medicines. Some people find using pill boxes with morning, lunch, dinner and nighttime helpful for remembering medications. Use whatever techniques work – pill boxes, alarm clocks, smart phones or written notes as long as you take all the medicines as directed.

After the heart disease diagnosis each person must start a recovery plan. This may be a formal program such as cardiac rehabilitation or as simple as improving your lifestyle. Adding exercise and healthy eating to a daily routine may be all that is needed for some people. Typically a formal cardiac rehabilitation program will include exercise on a treadmill or bike, being monitored for heart rate and blood pressure, a slow progression to more intense exercise, counseling, monitoring for signs of depression and creating a healthy eating plan. Healthy eating will likely include more fruits and vegetables, whole grains, lean proteins and calcium. Further, most people need to decrease their sodium intake and sugar-sweetened beverages. This can be done by reading labels and creating a heart-healthy grocery list.

How does Electric Boat facilitate living with heart disease? The Health and Wellness team offers programs to support a continued or improved lifestyle. The Know Your Numbers / House Calls promotes monitoring your biometric readings and then allows for an individualized healthy plan. Each person is encouraged to choose an action item as a goal to work on during the year. Then over time each person can monitor their own success. Various sites have exercise areas and weight management programs. Smoking cessation is offered at both the Quonset Point Dispensary and the Groton Yard Hospital for anyone seeking assistance to quit smoking.

In addition, the EB Family Pharmacy, located at both QP and Groton, is there to assist with ongoing compliance with medications. The stores even offer free pill boxes to assist with taking medicines. The EB Family Pharmacy can be reached at 888-578-3457. If you are not already using the pharmacy you can call for a price quote from the pharmacist.

Lastly, if you have United Health coverage, Mercedes Beres-DaCosta is the health-care advocate who can help arrange a support program. She can be reached at 860-433-8272 or at 401-268-2240. If you wish to directly contact the health coaching department at United Health you can go to www.myuhc.com or call 1-866-642-3661. Services are provided onsite or offsite through the pharmacy and United Health Care to assist those with heart disease.
Electric Boat will not retaliate against any person who brings to our attention in good faith an ethics or compliance issue. Individuals who raise concerns or who help us resolve matters are protected against retaliation. However, anyone who uses the ethics and compliance program to spread falsehoods, threaten others, or damage another person’s reputation will be subject to disciplinary action.

Discouraging other employees from making a report or getting the help they need is prohibited and could also result in disciplinary action.

You are encouraged to report concerns of retaliation to any member of supervision or management, your union steward or the Human Resources department.

EB Ethics Director Frank Capizzano (860-433-1278) is also available to assist anyone regarding questions or issues that may relate to retaliation. The GD Ethics Helpline is available 24/7 at 800-433-8442, or 700-613-6315 for international callers. Online access is available at www.gd.ethicspoint.com.

Remember – When in doubt, always ask.
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<th>Service Awards</th>
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<tr>
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<td>William F. Muenzner</td>
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<td>50 YEARS</td>
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<td>David H. Snyder, Fredrick A. Graf, Louann M. Piccoli, Robert T. Sistare, James C. Cassidy, Jane M. Weddleton, Robert Ouellette, Jeffrey R. Rozycki, Phillip G. Dawson, Sharon L. Murphy</td>
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ELECTRIC BOAT SAFETY PERFORMANCE

YEAR TO DATE JUNE 2013

- Recordable Injury Rate (RIR)
  - YTD: 5.0
  - Goal: ≤ 5.19

- Lost Workday Injury Rate (LWIR)
  - YTD: 1.06
  - Goal: ≤ 1.00

- Severity Rate (SEV)
  - YTD: 33.07
  - Goal: ≤ 32.40