

# Electric Boat NEWS

MAY 2008



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## RENOVATION OF GRAVING DOCKS COMPLETE; PROJECT WILL HELP ENSURE EB'S FUTURE

**W**ith the recertification of Graving Docks 1 and 2, Electric Boat has ensured it will remain a viable business and a significant contributor to the economy of Southeastern Connecticut for at least another 50 years.

That was the message delivered by EB President John Casey at a recent shipyard ceremony held to mark the completion of the two-year, \$65 million renovation project.

Also participating in the ceremony were Connecticut Gov. M. Jodi Rell and Rear Admiral Bruce Grooms, commander – Submarine Group Two. The event was capped when Gov. Rell turned a valve to begin the flooding of Graving Dock 1.

Casey recognized Gov. Rell for demonstrating the state's faith in the future of Electric Boat by providing a \$20 million aid package. "This package of loans, enterprise zone benefits and tax relief helped make

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*EB President John Casey explains the operation of a graving dock to Connecticut Gov. M. Jodi Rell during a ceremony marking the recertification of Graving Docks 1 and 2.*



## Leaving Their Stamp On The Graving Docks

The unofficial Electric Boat icon seems to pop up everywhere.

Four of the latest examples can be found on the walls of Graving Docks 1 and 2 – something like the stamp of approval for a job well done.

The job was the Graving Dock 1 and 2 Long-Term Life Extension project, which involved the construction of reinforced concrete walls on the basin and river side of each dock.

To add a finishing touch, a team of employees embarked on an effort to differentiate these docks from any others by casting the EB “bug” into the north and south walls.

First, Pete Blazejak (502) converted the icon to a dimensioned AutoCAD model. The AutoCAD model was then given to Mike Bailey, Paul Brie, Ambrose Deveau, Mike Hague and Rick Longo (all from Dept. 252), who machined a two-part stamp to be attached by the construction contractor to the concrete form prior to placing concrete. One form was used for all four logos.

The logos are located just below the top of the concrete walls, approximately centered on the keel block zone. Paul Harren (502) proposed the idea, coordinated the team’s efforts and specified the locations. 🛠️

GRAVING DOCKS *continued from page 1*

these renovations possible,” he said.

Additionally, the Navy made a tangible commitment to continue its long-running partnership with Electric Boat through a 10-year, \$25 million access agreement.

“These renovations will make Electric Boat even more valuable as a naval shipbuilder, extending the life of the docks by 50 years or more and reducing maintenance costs associated with their operation,” Casey said. “Together with our company’s capabilities in submarine design and construction, these docks will help maintain and build upon our reputation as the nation’s center of excellence for submarines,” he said.

Referring to the \$20 million in state aid as money well spent, Gov. Rell said the renovated docks will help keep the submarine base off any future closure lists. “Making Electric Boat the best place to build and service ships is an asset to us,” she said. “It will enhance our position with the Navy, and that has to play well with any future base realignment commission.”

Adm. Grooms concurred with the notion that the docks are important to the Navy and Electric Boat.

“These docks will be here for at least 50 years, and we will be supporting submarines here 50 years from now and into the future, if I have my way,” he said.

Following their remarks, Casey escorted Gov. Rell and Adm. Grooms to a platform where each opened valve to flood the dock. The third and fourth valves were opened by electrical inspector Joe Buck and piping inspector Benny Carpenter.

“Earlier this year, Benny and Joe marked their 50-year service anniversaries with Electric Boat, so it seems fitting that they participate in the initial operation of a facility that will help keep this company successful for another 50 years,” Casey said. 🛠️

### Fast Facts: Graving Docks 1 and 2

#### Original Construction

Graving Dock 1 .....1963  
Graving Dock 2 .....1968

#### Long-Term Life Extension Project (50 years)

Design started:.....Fall 2005  
Construction started:.....Sept. 18, 2006  
Construction completed:.....April 25, 2008

#### Dimensions of Renovated Docks

Graving Dock 1: .....558’ long/65’ wide/35’ deep at mean low water  
Graving Dock 2: .....675’ long/91’ wide/35’ deep at mean low water

#### Volume

Graving Dock 1 .....1,225,554 cubic feet (9.2 million gallons) at mean low water  
Graving Dock 2: .....2,072,881 cubic feet (15.5 million gallons) at mean low water

#### Materials Used:

35,000 cubic yards of concrete  
2,750 tons of reinforcing steel (rebar)  
118 rock anchors  
260 high-strength tie rods drilled through existing walls  
34,697 feet of sheet pile  
5,800 feet of H-piles

## Electric Boat Volunteers Spruce Up Co-Worker's Home

*Participating in the United Way program Serving Those Who Serve, 33 Electric Boat volunteers joined together recently to conduct a thorough spring clean-up at the home of an EB engineer who is serving on active duty. Among the tasks completed were: a screen slider fixed, deck stripped and stained, trucks of leaves taken away, 15 new donated trees planted along with other plants, more than five yards of mulch spread over the gardens, a new mailbox pole installed, gutters cleaned, and a field-stone walking path installed. In the photo above, clockwise from upper left, Wayne Peccini, Alan Wagner, John Villamil and Ken Delacruz, transplant an evergreen tree. The crew left behind a very happy homeowner who saved thousands of dollars that would have been spent on labor and material.*



Electric Boat **NEWS**

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## Electric Boat Distributes \$100,000 In Prizes; Promotes Employee Health And Wellness

**F**red Zeppieri III, a senior contract analyst at Electric Boat, said he and his wife have been debating whether to get a big screen television for a room they are making over, but the decision is a lot easier now that he's bringing one home for free.

"I never win anything, and when I looked at the odds against me I assumed that would be the case this time as well," Zeppieri said after winning the Electric Boat "Let's Get Physical" raffle, which rewarded people for getting an annual physical checkup. "I'm glad I was wrong."

More than \$100,000 in prizes and cash have been won by 107 employees entered in Electric Boat's first "Let's Get Physical" raffle. The prizes included two large-screen televisions as well as cash awards of \$5,000 (two), \$2,500 (three), \$1,000 (50) and \$500 (50).

The winners were randomly selected from a pool of 4,681 eligible employees and spouses.

To be eligible for the raffle, employees needed to have had an annual physical completed between Dec. 1, 2006 and Nov. 30, 2007. Employees who completed health risk questionnaires in addition to receiving an annual physical were entered in the raffle a second time.

"This company really takes care of its people, and this is one way they do it – it's good for the employees, and good for the company," said Mike Tsao, a senior engineer who won \$2,500.

Robert Kazee, a technical writer, said he laughed out loud when he got the call he had won \$2,500, because he had recently decided to tithe to his church, Seaport Community in Groton, and had been reflecting on the rewards promised to faithful givers.

"I guess I should say, 'Glory to the Lord,'" he said with a smile.

The "Let's Get Physical" program is one of several programs available to employees through the EB Building Better Health initiative. All employees are encouraged to take advantage of the spectrum of wellness initiatives and resources offered by the company – most of them free.

"Given the tremendous participation in last year's program, Electric Boat will announce a similar raffle program for this year," said Al Ayers, director of Health, Wellness and Disability Benefits.

List of Winners

Television Winners  
Alan D. Sousa (904), Fred Edward Zeppieri III (650).

\$5,000 Winners

*continued on page 7*

# Operations focuses on Q&A Process Improvement

Editor's Note: *About 50 representatives from Operations management at Groton and Quonset Point, together with the company's Process Improvement group, participated in a three-day meeting to focus on Value Stream Management. Three of the participants – Master Black Belt Bob Barlow, Groton Operations Black Belt Andy Bilodeau and Quonset Point Superintendent George Andrescavage (921) – describe the meeting and its promise for the future in the following Q&A.*

## What was the objective of the off site event?

Barlow: The primary objective of the event was to examine our construction processes, identify the high-value processes to target for improvement and develop a clear, concise plan of action for 2008. A secondary objective was to foster communication between the Groton and Quonset Point Operations personnel and explore best practices and lessons learned at each site.

Bilodeau: To define the highest value processes and products in Virginia-class construction, and use the Lean tool kit to optimize those processes to reduce costs.

Andrescavage: We wanted to find ways to improve cost and schedule, share ideas, get better acquainted with our customer and pinpoint the biggest opportunities for improvement.

## How does Value Stream Management change the way you look at the business?

Barlow: Traditional management tends to take a siloed approach, focusing on how to best manage a particular department or trade. Value Stream Management puts the focus on the entire process or product, looking and managing across traditional departmental barriers.

Bilodeau: It begins with all stakeholders agreeing on a common goal. In the near term, this means developing a plan

to address traditional construction choke points, targeting key processes and products for continuous improvement, performing a Value Stream Analysis that spans the period between initial module arrival and delivery, and addressing safety and manning issues. Over the longer term, the stakeholders will create prioritized work lists to drive critical paths and promote efficient work flow.

Andrescavage: Sometimes you just have to stop, get the people doing the job in one place, look at what you're doing and ask the question – how can we do it better? There is always room for improvement.

## What was the benefit of conducting this as a three-day event off-site instead of in-plant?

Barlow: Conducting the event off-site allowed all the participants to focus on the objectives of the event without the distractions associated with their normal work day.

Bilodeau: Holding the meeting off-site minimized distractions and interruptions and allowed Operations management and Process Engineering to define and achieve their goals.

## What was the benefit of having Quonset Point and Groton Operations participate in the event?

Barlow: Bringing together Quonset Point and Groton personnel was key to the success of the event. The event allowed a great deal of knowledge-sharing and joint idea generation that simply does not normally occur. Best practices and lessons learned were openly shared and discussed throughout the event. In some cases, it gave Operations personnel the opportunity to meet their counterparts for the first time. The communication initiated at the event has continued, with several trades holding periodic meetings between sites.

## What was the highlight of the event?

Barlow: The highlight was a series of site walks held the third day of the event. Four breakout teams were chosen to walk four work sites, two in Groton and two in Quonset. The teams conducted the site walks looking to identify wastes and opportunities to improve the processes observed as well as recording examples of best practices in each of the work areas. Each team then presented their findings. This created a great deal of discussion and opened up communication across trades and sites.

Bilodeau: The time set aside to walk the boat in Groton or the site at Quonset Point, observing the work, material and partially finished product flow, engaging the work force, identifying waste in each organization and sharing the information. It was eye-opening to say the least.

Andrescavage: Getting together with Groton management, sharing ideas and developing projects that will help the business reach its objectives. What impressed me the most was when Will Lennon stood up at the end of the off-site and talked about his vision. He wanted to know about the problems and get them on the table as early as possible so that we can get them resolved.

## What is the vision for Electric Boat Operations moving forward?

Barlow: The vision for Electric Boat Operations is to realize our workers are the people adding value to the product, and ensure they can focus on the execution of work. That means providing them with what they need to do their job, when they need it, as well as providing the management and planning support they need.

Bilodeau: To continue the interaction between Quonset Point and Groton and across the functional trade areas to improve the product, while making it safer and more cost effective to produce.

Andrescavage: We're going to continue to find ways to improve and never be satisfied with the progress we've made. And we're going to get everyone involved in the process.

What were the primary results that came out of the event?

Barlow: There were several very beneficial results. Foremost were the lines of communication opened up between the sites and the opportunity to discuss lessons learned and issues with their counterparts but also walk the work site with them. Secondly, we gained a better understanding of the real areas of opportunity and developed a plan to improve them.

Bilodeau: We developed Level 2 Product and Process matrices (i.e. those products and processes within each trade that make up the lion's share of the trade work) within each organization and across functional lines that can grow into viable projects that achieve real costs savings.

Andrescavage: I came away with a good feeling that we can make a difference, we can get help and that the Value Stream Management process makes it easy to identify opportunities for improvement.

Can you provide an example of an improvement idea that came from the event?

Barlow: There were many good ideas and projects that resulted from the event. One idea dealt with configuring pipe installations for test. Often when we build pipe details to plan they have to be modified to install test gear for testing. If we can build them to the test configuration, a significant effort can be saved in test set up.

Bilodeau: A cable being installed currently at Groton, identified by Groton Trade folks on the waste walk, that could be installed at QP before Lead Bins and Candle Lockers are installed. These same lockers and bins could be left uninstalled at QP to facilitate installation of the cable here at Groton. This would eliminate the heartache and extra work involved in removing bins and lockers to gain access to do the cable install when it arrives in Groton. Product build structure should be evaluated as part of a Lean activity to determine the best course of action.

Andrescavage: This is a tough one to answer. Let me just say I think we went in with some good ideas – the process confirmed that. Just knowing we can get help is a major improvement.

How do you plan on sustaining the momentum and gains from the event?

Barlow: We will have quarterly meetings to status progress of the projects, conduct the site walks and to continue the dialogue and communication. The belts in each area will track and assist in driving the execution of the projects.

Bilodeau: That really is a no-brainer. If we can build the greatest, most technologically advanced platforms for the U.S. Navy, then we can certainly maintain and improve our product and processes through teamwork and open communication at all levels of the organization.

Andrescavage: I'm going to challenge my team to use the processes we learned about, use the resources available – black belts and green belts, for example – and follow up on assignments. 🙌



*Medical Director Dr. Robert Hurley provides counseling/distribution of aspirin, calcium and folic acid supplementation during the recent Men's Health Initiative at Groton.*

## Men's Health Initiative Attracts 1,000 Employees

**A**s part of its Building Better Health program, Electric Boat's Health and Wellness team earlier this month sponsored a week-long Men's Health Initiative, providing information on important medical, health and wellness topics to about 1,000 employees.

"We are dedicated to providing the resources our employees require to receive the quality programs that will encourage positive behavior changes," said Al Ayers, director of Health, Wellness, and Disability Benefits.

Each day, local hospitals and outreach organizations visited different shipyard departments to present information and offer professional assistance. Gov. M. Jodi Rell's Colon Cancer Initiative was represented by St. Francis Hospital personnel. Lawrence & Memorial Hospital provided a sleep lab and cardiovascular risk assessments, and William W. Backus Hospital offered its dietician services. In addition, the American Heart Association, the American Cancer Society, the Lyme Disease Association, a urologist, a gastroenterologist, an optometrist and other health-related professionals offered outreach programs.

The EB team also provided cholesterol, glucose, body fat, body mass index and blood pressure screenings. "By being continually visible to our employees, we repeat the message that it is imperative for people to modify their lifestyle to feel better and lead more productive lives," said EB Medical Director Dr. Robert Hurley.

Also offered was information on massage therapists, biomechanics of a golf swing, acupuncture, hypnotherapy, periodontal care, local fitness clubs, Stop and Shop Supermarket, mental health counselors and the EB Family Pharmacy. 🙌



WILMINGTON, N.C. – Submarine veterans, retired battleship North Carolina alumni and some 6,000 other attendees witness the commissioning of the newest Virginia-class nuclear attack submarine USS North Carolina (SSN-777). The fourth Virginia-class submarine to be commissioned, USS North Carolina will be homeported in Groton, Conn., as a member of the U.S. Atlantic Fleet.

U.S. Navy photo

## 6,000 Gather To Witness Commissioning Of USS North Carolina

**T**he fourth ship of the Virginia class, USS North Carolina, officially joined the U.S. Navy fleet in a commissioning ceremony here that attracted nearly 6,000 guests earlier this month.

Delivered to the Navy by Northrop Grumman Shipbuilding Feb. 21, USS North Carolina is the fourth ship to be named for the Tar Heel State. The ship sponsor is Linda Bowman, wife of retired Adm. Frank Bowman, former director of Naval Nuclear Propulsion.

Principal Speaker Donald Winter, secretary of the Navy, told the crowd that the U.S. faces many challenges in the post 9/11 world. With 70 percent of the earth's surface covered by water and 70 percent of international trade dependent on the sea lanes, North Carolina is the perfect response to those challenges.

"We must remain vigilant and be prepared to face the challenges that risk surprising us in the decades ahead," he said.

"With USS North Carolina, the nation has made an investment in our safety and in our peace. She now joins the world's greatest Navy and will be cast into a wide range of missions.

"Our submarine force is the envy of the world," said Winter. "We not only enjoy a quantity advantage but a quality advantage. This quality advantage is evident in the boat we are about to commission with capabilities that will enable our Navy to prevail in war against any potential foe," he said.

Representing Electric Boat, President John Casey said the ceremony was particularly meaningful for the company, Northrop Grumman Shipbuilding and the nation's submarine supplier base.

"Together, we are fully committed to the success of the Virginia-Class program and the production of the finest submarines the world has ever seen," said Casey. "As one example of the team's progress, we are maintaining a construction schedule that will allow us to deliver

our next ship – New Hampshire – months earlier than the contract requirement.

"We are also well under way with a major redesign of the Virginia Class bow that will reduce costs and increase capability. And later this year, we expect to sign a contract for eight more Virginia-Class submarines, extending the backlog for the Electric Boat/Northrop Grumman Shipbuilding team out through the end of the next decade," Casey said.

"What this means for the Navy, and the nation, is a class of submarines with unmatched capability based on an unprecedented array of advanced technology.

"The Virginia-Class story gets even better as we approach a build rate of two ships per year, which will further increase efficiency and reduce costs. These actions will enable the Navy to procure enough submarines to attain the force levels it requires, and sustain its undersea superiority," he said. 🇺🇸

## Chabraja Remains GD Chairman Through May 2010; Johnson Succeeds As CEO In June 2009

FALLS CHURCH, Va.

**G**eneral Dynamics has announced that Nicholas D. Chabraja, the company's chairman and chief executive officer, has advised the board that, consistent with his employment agreement, he will step down as chief executive officer on June 30, 2009. Chabraja will continue with the company as chairman of the board of directors through the annual meeting of shareholders in May 2010.

To ensure continuity in the management and operation of the company, the board of directors formally approved a succession plan for the position of chief executive officer. The board announced that Jay L. Johnson, 61, currently a member of the board of directors of General Dynamics and chief executive officer of Dominion Virginia Power, will become vice chairman of the board and an executive officer of the company on September 2, 2008. He will become chief executive officer on July 1, 2009, following Chabraja's retirement from that position. Johnson has been a member of the General Dynamics board since 2003.

In announcing the board's action, Chabraja said, "The board and I are extremely pleased to have Jay join the company's senior management team. He has been a trusted advisor and member of our board for five years. His experience as a successful corporate executive at Dominion and chief of Naval Operations of the U.S. Navy prepares him to be a successful and effective leader of General Dynamics."

Chabraja continued, "In my role as chairman, I will continue to provide overall strategic and organizational guidance and will assist management as requested."

"I am pleased to join the General Dynamics management team," said Johnson. "I'm moving from one great company to another, and am excited about this opportunity to expand my relationship with this tremendous corporation."

Johnson has been chief executive officer of Dominion Virginia Power since 2007 and executive vice president of Dominion Resources, Inc., since 2002. He served as president and chief executive officer of Dominion Delivery from 2002 to 2007 and a senior vice president of Dominion Energy, Inc., from 2000 to 2002. Prior to joining Dominion, Johnson had a distinguished career as an officer in the U.S. Navy. He retired as an admiral in July 2000 after serving as chief of Naval Operations. Johnson is a 1968 graduate of the U.S. Naval Academy. 🍀

### RAFFLE WINNERS *continued from page 3*

Doris A. Pittman (915), Stanley Richardson (686).

\$2,500 Winners

John A. Robertson Sr. (915), Robert Michael Kazee (460), Mike C. Tsao (411).

\$1,000 Winners

John W. Rogers (967), Brett J. Thompson (962), Larry P. Knight (936), Robert B. Matthews (935), Charles A. Gardner (921), Daniel A. Ross (921), Robert D. Coon Jr. (921), Jonathan Mogul (920), John Bonanca (915), John A. Alves (915), Robert J. Shaw (915), Terrence J. Lee Jr. (902), Robert A. Tellier (704),

Timothy S. Sheesley (686), James Moody (658), Thomas C. Meisenzahl (626), Steven Bell (502), Ralph Casola (494), Michael Tabor (472), John Genese (467), George J. Schackner (462), Clive T. Elliott (459), Michael Fitzgerald (459), Raymond Mitchell (456), Charles Beauchemin (456), Tracy Nickerson (452), Robert F. Gannon (452), Ronald Licare Jr. (435), Lloyd Peckham (434), Lawrence Ryken (427), Rick J. Kaye (413), Timothy M. Ahern (405), Angel Adams (404), Fred Eddy (355), Ann M. Ashe (355), William A.

*continued on page 10*

## United Way Honors Kesselring Site For Successful Campaign

WEST MILTON, N.Y.

**E**lectric Boat's Kesselring Site Office here has won the Community Care Impact Award from the United Way of the Greater Capital Region.

The award "recognizes an organization for its success in promoting the United Way Community Care Fund as the most effective way to have the greatest positive impact in our community." The United Way looks for campaigns that are "characterized by strong leadership and enthusiasm."

"West Milton is where we live and work, and the United Way Community Care Fund is a great way for all of us to give something back to this region," said Alan Spadafora, director of the Kesselring Site Office.

"I've seen our employees step up to a lot of challenges in the past, but this was particularly impressive," Spadafora said. "We had a 94 percent participation rate, with 80 percent increasing their giving over last year."

And the average pledge in the latest United Way campaign was up 14 percent from a year ago, Spadafora said.

The Kesselring Site Office was also one of only eight companies in the region to be designated as a Platinum Donor, recognizing the highest levels of per-capita giving in the campaign.

Spadafora credited the campaign team, which included Greg Miller, Barbara Lagrone, Tom Lange, Robin Boykin, Laura Ray and Robert Ramsey, and managed by Karen LaTerra.

"These campaigns take a lot of planning, and a lot of personal contact," Spadafora said. "The members of our campaign team got out there and made sure everyone got the opportunity to contribute toward improving the community, and I think the response showed that their message really touched our employees." 🍀



# HEALTH MATTERS

Bob Hurley, MD  
Medical Director

Like many others waiting in the doctor's office, I typically scavenge around for something to read. On the corner table next to me appeared an innocuous looking pamphlet that caught my eye. I picked it up and began to read: "... ticks prefer wooded, bushy areas with high grass and a lot of leaf litter. These are areas to avoid."

"That's just great," I thought. "Most days of the year that describes my front yard."

## Not in the booklet

About 25,000 new cases of Lyme disease are reported in the U.S. every year. This rate is expected to increase by at least a third in the next couple of years. The Lyme disease bacterium, *Borrelia burgdorferi*, is spread by the bite of infected ticks to mice, squirrels, other small animals as well as humans. These types of diseases are known as either a zoonosis or anthroponosis. That means that Lyme disease naturally occurs in animal populations and can be spread to humans. In the northeastern and north-central U.S, the black-legged tick or deer tick (*Ixodes scapularis*) transmits Lyme disease. On the west coast the western black-legged tick (*Ixodes pacificus*) is known to transmit the disease. Other tick species in the country are not known to transmit the bacterium.

## Lyme Disease Symptoms

Lyme disease can infect several parts

of the body, producing different symptoms at different times. Many afflicted with Lyme disease will not experience all the symptoms. To make it slightly more complicated, these symptoms are not specific to Lyme disease and may occur in many other disease conditions as well. Thus, our recommendation is that if you believe you may have had exposure or are suffering the symptoms of Lyme disease, it is important that you consult your primary care physician for a proper diagnosis.

Early symptoms of the disease can include a bull's-eye rash at the site of the bite and flu-like symptoms within three to 30 days. The circular rash, often with a central clearing, called the erythema migrans or EM, occurs in approximately 70 to 80 percent of infected persons. The rash may expand to 12 inches (30 cm) across over several days. The center may clear as it enlarges, resulting in a warm yet not painful bull's-eye appearing rash. Some patients develop additional EM lesions in other areas of the body after several days. At this stage of Lyme disease individuals may experience the following symptoms: fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes. Again, not all symptoms may be present and these signs are nonspecific yet are the only ones that would suggest infection.

If left unattended and untreated, the infection may spread to other parts of the body. Within a few days to weeks, symptoms such as loss of muscle tone on one or both sides of the face (called

facial or Bell's palsy), severe headaches and neck stiffness due to meningitis, shooting pains that may interfere with sleep, heart palpitations and dizziness due to changes in heartbeat, and pain that moves from joint to joint may occur. Many of these symptoms will resolve, even without treatment.

Several months later, up to 60 percent of untreated individuals will experience intermittent bouts of arthritis, with severe joint pain and swelling. Large joints such as the knees are most commonly affected. In this untreated group up to 5 percent may develop chronic neurological complaints such as shooting pains, numbness or tingling in the hands or feet, and problems with concentration and short-term memory loss.

## Lyme Disease Diagnosis

Your family doctor can diagnose Lyme disease based on a history of exposure to ticks, the sequence of symptoms and objective physical findings such as erythema migrans rash, facial palsy or arthritis.

## Laboratory Testing

To support or confirm the diagnosis, your doctor may order blood tests. The blood is analyzed for circulating antibodies against the Lyme bacterium. The amount of these antibodies is a reflection of your body's response to infection with Lyme spirochetes. Unfortunately, early in the disease these antibody tests are often negative as your body has not had time to develop an adequate antibody response. Later in the disease, these tests gain reliability. Since most people will be seeking a diagnosis in the early stages of the disease, the Centers for Disease Control (CDC) recommend a two-step process when testing blood. Both steps can be done using the same blood sample.

The first step uses an ELISA or IFA test. These tests are very sensitive which means that almost everyone with Lyme disease, and a few who don't, will test

positive. If the ELISA or IFA is negative, it is highly unlikely that the person has Lyme disease, and no further testing is recommended. If the ELISA or IFA is positive or indeterminate, a second step test called a Western blot test is performed on the blood sample. This test is very specific which means it is only positive in people who truly have Lyme disease.

I know what you're thinking, but the CDC does not recommend testing blood by Western blot without first testing it by ELISA or IFA. In addition, the CDC does not recommend other laboratory tests such as urine antigen tests, immunofluorescent staining for cell wall-deficient forms of *Borrelia burgdorferi*, and lymphocyte transformation tests as their sensitivities and specificities have not been established.

### Treatment and Prognosis

When you experience a tick bite, it's best to go to your doctor right away as it may surprise you that the routine use of preventive antibiotic (prophylaxis) or blood work is not always recommended. Under certain conditions, treatment with a single dose of doxycycline may be offered to adults and to children 8 years of age when all of the following criteria are met:

1. The attached tick can be reliably identified as an adult or nymphal I. scapularis tick that is estimated to have been attached for 36 hours on the basis of the degree of engorgement of the

tick with blood or of certainty about the time of exposure to the tick.

2. Prophylaxis can be started within 72 hours of the time that the tick was removed.

3. Ecologic information indicates that the local rate of infection of these ticks with *B. burgdorferi* is 20 percent or more.

4. Doxycycline treatment is not contraindicated.

The time limit of 72 hours is suggested because of the absence of data on the efficacy of antibiotic prophylaxis for tick bites following tick removal after longer time intervals.

The National Institutes of Health (NIH) has funded studies on proper treatment of individuals with Lyme disease. From this research, we know that most patients can be cured with a few weeks treatment of oral antibiotics. Antibiotics commonly used for oral treatment include doxycycline, amoxicillin or cefuroxime axetil. A few patients, particularly those diagnosed with later stages of disease, may have persistent or recurrent symptoms. These patients may benefit from a second four-week course of therapy. Longer courses of antibiotic treatment have not been shown to be beneficial and have been linked to serious complications, including death.

A small percentage of patients with Lyme disease have symptoms that last months to years after treatment with

antibiotics. These symptoms can include muscle and joint pains, arthritis, cognitive defects, sleep disturbance or fatigue. The cause of these symptoms is not known. There is some evidence that they result from an autoimmune response, in which a person's immune system continues to respond even after the infection has been cleared.

### Lyme Disease Prevention

Prevention of Lyme disease starts with checking for ticks on your clothing or body every day. During May, June, and July, take extra precautions as the ticks are most active during these times. Avoid areas with bushes, tall grasses or leafy groundcover. If you must enter a tick infested area, walk in the center of the trail to avoid contact with overgrown grass, brush and leaf litter.

Check with your local health department or park information services about tick infested areas to avoid. In southeastern Connecticut, the Ledge Light Health District will send your tick to the Connecticut Agricultural Experiment Station (CAES) for a free analysis. By submitting your tick, you help characterize the percentage of ticks carrying Lyme disease. You can download the submission form or learn more about Lyme disease at either of two web sites: [www.ledgelighthd.org](http://www.ledgelighthd.org) or [www.ct.gov/caes](http://www.ct.gov/caes)

Alternatively, you may bring your tick into the Yard Hospital and we will send it off for you. 🐾

## Retirees

**241 Stephen R. Kevitt**  
16 years  
O S Electrician 1/C

**252 Leon J. Dubreuil**  
40 years  
Carpenter W/L

**455 Hedwig Woods**  
25 years  
Admin Specialist

**545 Michael L. Jones**  
35 years  
Truck Dr/Fort Lt 1/C

**243 Vincent A. Petrarca**  
34 years  
Pipeftr Trade Tech

**423 Benjamin W. Pipech**  
43 years  
Inspect-Str-NQC W/L

**545 William R. Burley**  
38 years  
Scrap Matl Sorte W/L

**644 Jay C. Hans**  
27 years  
Human Res Spec Sr

# Classified

## AUTOS/TRUCKS

1981 FORD F350 Mason Dump 2-wheel drive, dual wheel, STD shift, Low mi. \$3,000 firm. 434-7518.

## AUTO PARTS

SET of four tires. Toyo Proxes FZ4, size 225/40 ZR-18 92W with custom Konig Opal finish wheels. Less than 1000 miles on tires. Wheels are 2 years old. The lug pattern is 5 lugs X 1.14.3. These wheels were taken from a 2006 Acura RSX type S. Will sell for \$750 OBO. 449-0403.

## BOATS

SAILBOAT. 1974 fiberglass 24 foot Windrose Lagoon, retractable keel. 1997 Mer 8 HP long shaft ,boat stands, 8 foot dinghy, many extras, \$2,000 OBO. 401-946-2599.

BOAT TRAILER. 2005 SeaRay Shorelander 22 ft. Tandem bunk style trailer with surge brakes. Book value is \$3,460. Make an offer. 884-1745.

## MISCELLANEOUS

AMERICAN Girl Doll clothes and furniture. Child's wooden rocking chair, Mickey Mouse earrings, new ballerina porcelain doll, doll house furniture, 1981 metal 4x4 pickup truck. 401-596-5788.

FREE BOX of National Geographic magazines from the 60s through the 80s. Looks like they were never opened. 442-6613.

PONY BIRTHDAY parties. Have a cowboy/cowgirl party this year! \$150 for one pony; \$200 for two. 535-0531.

RIDING LESSONS. Beginners welcome – children and adults. Get a solid foundation in a quiet, small farm setting. Boarding / leasing / camps for kids in July. 535-0531.

ROLL of material suitable for slip covers, draperies or cushion covers. Ladies' fur coat, two new blue gowns, misses sizes 6 & 14, vintage jewelry, 1964 Boy Scout handbook. 401-596-5788.

TROY-BILT. Pony tiller. Excellent condition. \$500. 822-6345 after 5 PM.

## MOTORCYCLES

2006 DUCATI 800 Supersport with 3,000 miles. MSRP is \$8,495; will sell

To submit a classified ad, send an e-mail to [EBNewsAds@gdeb.com](mailto:EBNewsAds@gdeb.com) with the following information:

**CATEGORY** choose from

<b>Appliances</b>	<b>Computers</b>	<b>Pets</b>	<b>Real Estate /</b>
<b>Autos /Trucks</b>	<b>Furniture</b>	<b>Real Estate /</b>	<b>Sales</b>
<b>Auto Parts</b>	<b>Miscellaneous</b>	<b>Rentals</b>	<b>Wanted</b>
<b>Boats</b>	<b>Motorcycles</b>		

**ITEM NAME; DESCRIPTION; ASKING PRICE; and HOME TELEPHONE** (include area code if outside 860).  
*Deadline is the 15th of the month.*

**Maximum of two 25-word ads per employee per issue.**

**Please include your name, department and work extension with your ad** (not for publication).

**Employees without e-mail can submit their ads through interoffice mail to:**

**Dan Barrett,  
EB Classified, Dept. 605,  
Station J88-10.**

for \$6,750. 235-6926.

2007 49cc DIAMO Aero scooter.  
Runs great. Mint condition. Maroon

with black carbon trim. Only 340

miles. \$1,300 OBO. 609-802-3008 or  
401-338-5472.

## EB Business Ethics and Conduct Principles

General Dynamics is in business to earn a fair return on behalf of our stockholders. Electric Boat employees must therefore assure that we:

Use Assets Wisely

► How we manage assets reflects our personal values, our company's values and determines our ability to earn a fair return.

Offer a Fair Deal

- We offer the best products at a reasonable price.
- We make hard decisions and tackle tough choices.
- How we go about making these decisions reflects our values.

Deliver on Promises

- We are people of our word – we deliver on our promises.
- We are responsible to our stakeholders and earn their trust every-day.

Earn a Fair Return

- Our reputation is based on our ability to use our values to generate profits.
- As we deliver on our promises, we must contract for a fair return.

**OUR BUSINESS CONDUCT REFLECTS OUR BUSINESS ETHICS PRINCIPLES**

EB Ethics Director Frank Capizzano (860-433-1278) is available to assist anyone regarding questions or issues that may relate to ethical decision making. The GD Ethics Hotline is available 24/7 at 800-433-8442 or 700-613-6315 for international callers. 

Remember – when in doubt, always ask.

## RAFFLE WINNERS *continued from page 7*

Jennings Jr. (355), Randall Grout (355), Barbara E. Sylvia (330), James J. Cassidy (323), Robert F. Fernald Jr. (321), Nicholas Ross (275), Kathy Calkins (272), William Stevens Jr. (252) Robert C. Tardif (252), Kenneth Olson (251), Vito Capasso (241), Timothy Bonefas (241), Patrick Joyce (229), David B. Pelletier (229), Edmond A. Landry (228).

### \$500 Winners

Robert D. Paquette (967), James P. Cafferky Jr. (962), Albert J. Petrarca Jr. (957) Patrick M. Meehan (931), Joseph F. Cawley (931), Robert M. Laranjo (924), Marvin G. Jette (921), Robert J. Labonte Jr. (915), Brian A. Derocher (915), Glenn A. Gagnon (915), Denise L. Smith (904), Raymond E. Lavoie (904), Ronnie L. Lambert (901), Robert F. Garraty Jr. (795), Leo J. Pietila (711), Linda K. Smith (706), Steven S. Nohara (686), Dennis L. Mayo (686), William Heuer Jr. (650), Benjamin W. Manfull (626) John Teskey (626), Robert C. Collins (610), David A. Devine (604), Stanley Kondratowicz (507), John A. Trudell Sr. (459), Penny Thibault (459), Patricia Szot (456) Ronald H. Bose (453), Karen S. Oddo (452), Thomas P. Faurot (449) Michael J. Brawner (449), Gary W. Brooks (436), Scott Newsome (435), Steven Porter (427), Frank E. Paris (403), Vernon Eng (355), Joseph Scaplen (355), Kevin J. Oles (330), John A. Lavigne (321), Michael Havican (274), Robert Driscoll (272), William J. Gambin (272), Jeffrey E. Buchholz (272), Gary A. Urso (252), Lillian M. Yeaton (246), Richard Ravenelle Jr. (242), Darrell E. Stevens (226), Timothy Pappas Jr. (100), William Thompson III (100), Maurice Chederquist Jr. (100). 

# Service Awards

## 50 years

417 Barry W. Pasqualini  
461 William F. Muenzner

## 45 years

321 Hendrick J. Facas  
459 Vincent J. Nadolny  
492 Paul T. Terry  
691 William J. Vaiculis

## 40 years

251 Ramon M. Rivera  
341 Robert W. Peirce  
355 Thomas C. Taylor  
411 William H. Lyman Jr.  
423 Luke E. Beagan Jr.  
434 Robert W. Shepard  
449 Thomas E. Booth  
463 Austin L. Alvarez  
626 Frank J. Capizzano  
795 Stephan J. Urban

## 35 years

229 Thomas C. Graley  
243 Dennis Vitro  
248 Michael W. Chopp  
248 Lester S. Long  
248 Robert W. Mayne  
251 Paul J. Desaulnier  
272 Lynn A. Jessee  
274 William S. Foster  
321 Clayton E. Beckwith III  
321 George F. MacDonald  
330 Daniel J. Boski  
330 Paul A. Roy  
341 David G. Lavoie  
355 Thomas V. Culhane  
400 Herbert C. Rattley Jr.  
409 Douglas W. Crandall  
425 Gerald J. Arpin  
425 Raymond J. Caviggia  
431 Gary S. Jaswell  
447 Bruce G. McKay  
455 Sharon A. Clarke  
455 Peggy A. Gleason  
459 Michael Kloc  
459 Richard J. Perkowski  
463 Peter E. Landry  
472 Ray W. Dewick  
473 Frederick C. Levitsky  
495 David D. Jack  
507 Robert A. Walkup  
621 William E. Jacobson Jr.  
650 William H. Boots  
711 Ronald L. Bernier Jr.  
795 Joseph P. Jackson  
795 Dennis L. Wickerd

## 30 years

243 Paul R. McClure  
355 Michael C. Santoro  
428 Steven T. Diformato  
433 John J. Kelley  
453 Charles R. Underhill  
473 Grant T. Southard  
449 Roman P. Steblecki  
459 Mark J. Cameron  
459 Richard Pesapane  
472 Robert C. Kahl  
915 Joseph R. Szelag  
915 John Bonanca

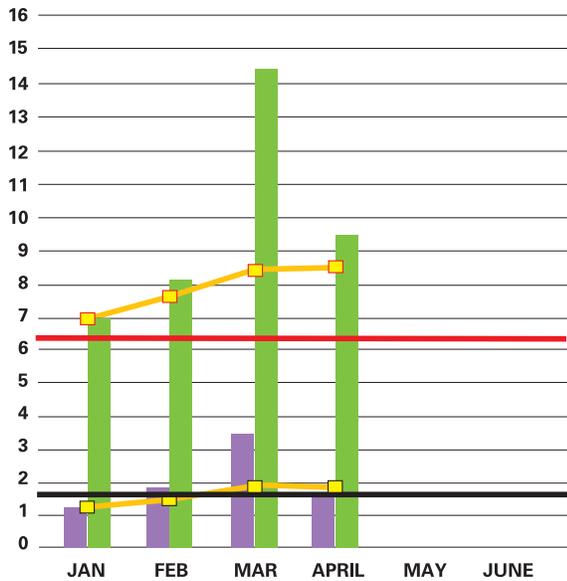
## 25 years

229 Jerald C. Doherty  
230 Michael S. Francischelli  
241 Robert F. Byrne Jr.  
241 Michael F. Rossi  
241 James E. Woodhall III  
243 John A. Algier  
246 Raymond F. Daniels Jr.  
246 Richard A. Spino  
252 Judy C. Bragdon  
410 Peter J. Collins  
412 David R. Anderson  
412 Christopher M. Morgan  
412 Janice M. Nykyforchyn  
413 Mitchell A. Shinbrot

414 Craig R. Dawson  
431 Eugene K. Chapman III  
431 Alan N. Hall  
449 Mark S. Laporte  
449 Peter J. Larkin  
452 Ronald C. Langlais  
456 George D. Butts  
456 Alan W. Phaneuf  
459 Richard R. Cannamela  
459 Linda J. Files  
462 Edward Dicesare Jr.  
462 John D. Koptonak  
463 Marc E. Enright  
464 William B. Pepin  
473 Michael E. Gaudette  
495 Barry D. Carlson  
604 Gregory F. Morea  
645 Richard B. Kowalski  
663 Robert A. Mandes Jr.  
670 Deneen R. Thaxton  
705 Michael J. Rotondo  
737 Philip B. Stiness  
795 Kenneth P. Hvarre  
902 Paul R. Knott  
915 David C. Parmentier  
921 Robert L. Plumley  
924 Armand D. Badeau  
924 R. James Lamorge  
951 Earl N. Goff III

## 20 years

251 William C. Spicer  
330 Susan J. Evans  
410 Robert J. Brown  
415 Susanne L. Morgan  
419 Michele L. Jennerwein  
429 Anthony D. Woods  
445 Michael D. Kilgus  
449 Darrell R. Jones  
449 Charles L. Lamb  
449 David A. Moore  
452 David A. Long  
453 Steven M. Hill  
491 Diane A. Juhnevicz  
503 Edwin C. Guffy  
505 Lisa A. Rocket  
626 Vladimir V. Rodgers  
902 William Wong  
904 James J. Scotto Jr.  
915 Peter D. Giragosian



# 2008

## ELECTRIC BOAT CORPORATION INJURY INCIDENCE RATES

RECORDABLE INJURIES FOR 2008 = **300**

RECORDABLE INCIDENCE RATE YTD = **8.36** 2008 GOAL = **6.35 or less**

LOST TIME CASES 2008 = **69**

LOST WORK DAY CASE RATE YTD 2008 = **1.92** 2008 GOAL = **1.70 or less**

