

SEPTEMBER 2008



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## ELECTRIC BOAT DELIVERS SUBMARINE NEW HAMPSHIRE AHEAD OF SCHEDULE, UNDER TARGET COST

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

At a brief ceremony held on the north wing wall of Graving Dock 2, Electric Boat President John Casey attributed the early delivery to the

*The submarine New Hampshire (SSN-778) on sea trials prior to its delivery to the Navy. New Hampshire will join the fleet in a commissioning ceremony to be held Oct. 25 at Portsmouth Naval Shipyard.*

*continued on page 2*



*Following a ceremony to mark the delivery of New Hampshire to the Navy, members of the media were invited on board the ship for a tour. Here, the ship's executive officer, Lt. Cmdr. John Thompson, explains the functions of the command and control room to the press.*

NEW HAMPSHIRE *continued from page 1*  
efforts of the Navy, the shipbuilders and the supplier base. "This ship is a tangible reflection of the skill and craft of thousands of industry and shipyard workers. And it clearly demonstrates the nation's commitment to a strong national defense," he said.

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

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

Supervisor of Shipbuilding – Groton Capt. Chris Pietras called New Hampshire the most complete Virginia-class ship at delivery. "This was accomplished through the hard work of Electric Boat, the

hard work of the crew and the hard work of the NAVSEA team and all the other organizations involved with delivering the ship," he said.

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

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

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

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

*continued on page 10*

# WELCOME TO ELECTRIC BOAT;

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

244 Robert Merritt	434 Michael DiFranco	453 Terrell Davis	463 Anthony Caiulo
323 Southgate Freeman	Justin Perron	Dean Myllymaki	Joshua Corum
330 Jea Hur	436 Jane Spear	Tyler Osborne	James Rivers
341 Joseph St. Jean	437 Harry Michael	Patrick Scanlon	473 Kristen Hatton
410 Steven Modzelewski	438 Lon Hatcher	456 Craig Kelley	496 Gregory Smith
Viram Pandya	446 Florence Sehl	Donald Palko	505 Thomas Griswold
415 Karl Fortune	448 Scott Fermeiglia	459 Bernard Braithwaite	Arthur Leblanc
Eric Thorpe	449 Adam Avila	Daniel Harlow	615 Brian Rosso
431 David Lavender	Christopher Vaglia	Michael Ligmann	650 Michael Joia
Wai Wong	Mark Voitlein	Patrick Mackiewicz	660 Thomas Kieffer
433 John Kurimski	452 Dana Bowden	Michael Martino	Daniel Sandoval
Kirk Scheel	Louise Cunningham		702 Luke Peterson
Brett Tufano			

Dan Barrett,  
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## 2008 Earned Hours Incentive Program Is On Track



annual goal on a month-to-month basis.

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

To be eligible for the incentives, employees must:

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

"To ensure success and meet our goal for 2008, the Virginia construction program needs to maintain its exceptional performance, while Engineering needs to continue improving their performance to the plan as they have been for the past few months," said Carroll. 🌟

**A**s Electric Boat heads into the final quarter of the year, the company is running ahead of its earned hours incentive plan by 173,000 hours.

The baseline goal for the 2008 program – now in its ninth year – is to attain 16.9 million earned hours. If this objective is achieved, all eligible employees will receive \$500, minus withholdings.

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

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



Lanny Nagler Photo

## UConn Recognizes Hitchcock As Outstanding Alumna

**T**abitha Hitchcock, a principal process engineer. (670), has been selected as one of the University of Connecticut “40 Under 40,” which recognizes achievements of 40 outstanding alumni.

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

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

“The achievements of these remarkable UConn alumni demonstrate the ability of our students to make a real difference in their professions, their communities, our nation and the world,” says UConn President Michael J. Hogan. “All of these talented

The 40 alumni will also be featured in the fall/winter edition of the alumni magazine and were recognized during a halftime ceremony at the UConn-Baylor football game earlier this month.

young alumni have distinguished themselves in a wide range of disciplines within just a few years of earning their degrees. We are proud of the role the University of Connecticut has played in their exciting and successful careers. They set a great example for our next generation of UConn students.”

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

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

# American Nuclear Society Honors James Moody

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

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

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

Moody's paper described the modular construction techniques and design-build expertise developed by Electric Boat over the last 25 years in support of the U.S. Navy nuclear submarine program. In the paper, the key attributes of a successful program and numerous lessons learned

Moody's paper described the modular construction techniques and design-build expertise developed by Electric Boat over the last 25 years in support of the U.S. Navy nuclear submarine program. In the paper, the key attributes of a successful program and numerous lessons learned were described in detail.

were described in detail. Specific elements recommended for the commercial industry to address included:

- ▶ Creating a more in-depth integrated design and build schedule
- ▶ Performing more up-front manufacturing planning
- ▶ Recognizing that certain suppliers and builders are key stakeholders and need to be selected early in the process
- ▶ Performing prototyping efforts as risk-reduction initiatives
- ▶ Establishing stronger program management and creating a sense of urgency in the design community; and recognizing



*Jim Moody*

ing that module manufacturing requires different tools and processes than stick-building and depends on expert use of tolerance budgeting, accuracy control and fixtures.

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

## U.S. Navy Awards Electric Boat \$18.5 Million For Post-Shakedown Work On USS Hawaii

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

The PSA comprises maintenance, repairs, alterations, testing and other activities and will involve more than 500 current employees at its peak. Scheduled for completion in March 2009, the contract has an estimated total potential value of \$62 million. ⚡

# Retirees

- |     |  |     |  |
|-----|--|-----|--|
| 243 | <b>Dennis Vitro</b><br>35 years<br>Foreman                       | 604 | <b>Guy Henry</b><br>32 years<br>Mgr Info Technology              |
| 272 | <b>Francis J. Hobby</b><br>43 years<br>Sto-Sv En-Meh 1/C         | 604 | <b>Charles T. Stanton</b><br>50 years<br>Senior Engineer         |
| 330 | <b>Muriel R. Valentini</b><br>34 years<br>Staff Assistant        | 629 | <b>Tod W. Schaefer</b><br>31 years<br>Sr Business Planning Spec  |
| 355 | <b>James A. Carbone</b><br>34 years<br>Prod Planner              | 686 | <b>William H. Kowenhoven</b><br>46 years<br>Engineer Staff       |
| 355 | <b>Kenneth G. Prescott</b><br>43 years<br>Engineering Specialist | 704 | <b>Donald R. Jacobs Jr.</b><br>22 years<br>Area Manager          |
| 355 | <b>Stephen S. Sorensen</b><br>34 years<br>Prod Planner           | 704 | <b>Daniel R. Sykora</b><br>32 years<br>Foreman                   |
| 410 | <b>John G. Plonsky</b><br>11 years<br>Engineer Senior            | 706 | <b>Marian R. Adams</b><br>17 years<br>Engineering Aide           |
| 411 | <b>Joseph C. Damm</b><br>18 years<br>Eng Specialist              | 902 | <b>Scott C. Oldrid</b><br>31 years<br>Install Tech III           |
| 434 | <b>James A. Londregan</b><br>42 years<br>Engineer, Principal     | 915 | <b>Michael E. Andreozzi</b><br>37 years<br>Struct Fab Mech I     |
| 449 | <b>Thomas W. Baker</b><br>40 years<br>Engineer, Principal        | 915 | <b>Michael Garneau</b><br>32 years<br>Install Mech I             |
| 459 | <b>Linda J. Files</b><br>25 years<br>Arrgt Sr Designer           | 915 | <b>Raymond Losardo</b><br>18 years<br>Install Mech I             |
| 462 | <b>John G. Prokop</b><br>45 years<br>Engineer                    | 921 | <b>James M. McDonough</b><br>32 years<br>Struct Fab Mech I       |
| 464 | <b>Linda M. Smith</b><br>29 years<br>P/C Techaid                 | 924 | <b>Richard N. Doucette</b><br>32 years<br>Install Mech I         |
| 467 | <b>Stephen C. Siok</b><br>37 years<br>Supervisor, Engineer       | 970 | <b>Federick Pendlebury</b><br>34 years<br>Chf of Human Resources |
| 472 | <b>Sandra J. Blankenship</b><br>25 years<br>Administrative Aide  |     |  |



Capt. Leslie R. Elkin at the SUPSHIP change of command ceremony

## Captain Leslie Elkin Is New Supervisor Of Shipbuilding

Capt. Leslie R. Elkin relieved Capt. Christopher R. Pietras as supervisor of shipbuilding, conversion and repair (SUPSHIP) Groton earlier this month at the Nautilus museum.

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

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

Pietras described the accomplishments of SUPSHIP Groton during his tour including the delivery of four Virginia-class submarines, the conversion of four Trident submarines into SSGN guided

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# School To Career Program Benefits Students, Electric Boat

**R**obert Canova, president of the Marine Draftsmen's Association-UAW, said the 2008 School to Career program didn't just benefit the 13 students who participated from six area high schools.

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

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

"You guys are the core, you make the difference between this being a positive or a negative experience,"

Canova said. "Your knowledge, your skills, your willingness to share what you know with young people is what resulted in these students having a good experience this summer."

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

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

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

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

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

The students got a chance to get real work experience in what for many was their first exposure to a 40-hour week, they saw their product going from computers right

onto the ships, to and they had mentors who shared experience and knowledge.

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

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

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

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

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

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

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

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

Other students taking part in the program, and their departments, were: Andrew Apicelli (456), Waterford High School; Joey Tempesta (456), New London Magnet School; Ryan Papineau (456) Norwich Free Academy; Abimael Rosado (453) Grasso Tech; John Oswald (453), Norwich Free Academy; Jonathan Walker (453), Griswold High School; Marc Lamoureux (459), Grasso Tech; Daniel Harris (459), Grasso Tech; Oaty Frye (459), Waterford High School; Zachary Brusca (452), New London Magnet School; Preston Tischer (452), East Lyme High School. 🍷

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



# HEALTH MATTERS

Bob Hurley, MD  
Medical Director

**S**ee the Ball. Among the news accounts of a recently traded baseball player was the story of a now-seasoned Major Leaguer recounting his early experiences with the great hitter. He recalled that he felt the veteran was vague and less than forthcoming when asked about his secrets of hitting. His crime? He told the rookie to “see the ball – hit the ball.” The player explained that it took him many years at the major-league level to fully understand the wisdom of the veteran’s simple adage.

In Health and Wellness there is a similar comparatively simple yet inexorable message. I’m sure you’ve heard it. If you want to correct abnormal BMI, body fat percentage, blood pressure, cholesterol and other risk factors, you must engage in ... diet and exercise.

We’ve all seen the national statistics – nobody is getting any leaner. Why is it that we can neither grasp the importance

nor enact the changes that we intuitively know are best for us? The simple answer is rooted in behavior. We can’t change because we don’t have the will to change and what little will we can muster runs smack up against a set of work-life priorities and a lifetime of poor health and lifestyle habits.

## USDA and the Confederacy

An old professor of mine declared that, “...there was no cancer in the South prior to the Civil War.” Aside from the anthropological evidence, he contended that the dietary habit of eating multiple portions of green leafy vegetables was protective against cancer. When the North assumed control, they brought their food preferences with them. Sparse in fresh fruits and vegetables, this new diet began reversing the trend of low cancer rates in the South.

Today the U.S. Department of Agriculture recommends that you consume a diet rich in fruits and vegetables every day. Five daily servings of fruits and vegetables have been found to reduce the incidence of cancer, cognitive decline, cardiovascular disease, macular degeneration, suppressed immunity due to poor nutrition and neurodegeneration.

The question then is, “if I consume five servings of fruits and vegetables every day, which ones maximize the health benefits?”

## Antioxidants

Free radicals play a significant role in most age-related diseases. Antioxidants found in fruits and vegetables possess the ability to scavenge for free radicals and eliminate the damage they cause. This is a good thing. The antioxidant value of foods is described in a measure called the Oxygen Radical Absorbance Capacity (ORAC). Foods with higher ORAC values have been shown to neutralize the free radicals derived from oxygen. If you

increase your daily intake of foods with high ORAC values, you increase your body’s plasma and tissue antioxidant protection.

## Antioxidant Quick Primer

To understand why this is important, one needs to understand the benefits and drawbacks of oxygen. Multiple metabolic pathways require oxygen to run properly. On one hand, the ability of oxygen to be easily metabolized allows these systems to function properly. On the other hand, it means that oxygen can react with many substances. That means some of the by-products of metabolism can be unhealthy and are called reactive oxygen products. The reaction is a chemical process in which electrons are transferred from a substance to an oxidizing agent. These oxidation reactions produce free radicals, which start chain reactions that damage cells. The reactive oxygen products generated by metabolism include hydrogen peroxide ( $H_2O_2$ ), hypochlorous acid ( $HClO$ ) and free radicals such as the hydroxyl radical ( $OH$ ) and the superoxide anion ( $O_2^-$ ). These oxidants can damage cells by starting chemical chain reactions such as lipid peroxidation. Most importantly they can oxidize your DNA. And if your body’s DNA repair mechanisms are not functioning properly ... well, we’re talking about potential cancer.

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

allowing these deleterious chain reactions to occur. The resulting damages are manifested by what we call aging.

### Anthrocyanins

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

### Get the Color Right

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

### Fruits and Vegetables

Pomegranate (juice).....	2,860
Blueberries .....	2,400
Kale.....	1,770
Strawberries .....	1,540

Spinach.....	1,260
Raspberries .....	1,220
Brussels sprouts.....	980
Plums.....	949
Alfalfa sprouts.....	930
Broccoli florets.....	890
Beets.....	840
Oranges.....	750
Grapes, red .....	739
Red bell pepper .....	710
Cherries .....	670
Onion .....	450

### Eat Less – Live Longer

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

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

For more information go to: [www.usda.gov](http://www.usda.gov) for more information regarding antioxidants and the "Five a Day" program. 🍌

ELKIN *continued from page 6*  
missile submarines and major repair/overhaul of seven Los Angeles and Seawolf-class submarines.

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

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

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

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

# Classified

## BOATS

BOAT TRAILER for hire. 2005 SeaRay Shorelander 22 ft. tandem bunk style trailer with detachable tongue and surge brakes. Will provide stats on request. Available short or long term. 884-1745.

## MISCELLENEOUS

AMERICAN Girl Doll clothes and furniture. Strawberry Shortcake doll, wooden doll's cradle, wooden dollhouse furniture, children's books, records and puzzles. Mickey Mouse earrings, new porcelain doll. Afghan. 401-596-5788.

HAIRCUT KIT. New condition. Two matching twin size bedspreads. Leather bullet belt. Fifty baby shower favors, ravioli maker, roll of material for slipcovers or draperies. 401-596-5788.

TWO PLANTS. Citrus Aurantium, "Chinese Bitter Orange" tree, lots of fruit, large indoor plant, \$50. Jade plant, 25 years old, in large ceramic pot, \$100. 535-1759.

## REAL ESTATE / RENTALS

FOLIAGE vacation on Cape Cod. Oct. 17 through 24. Directly on the Bass River and Narragansett Bay. Whirlpool, bdrm and kitchenette. Go to [oceanclubatsmugglers-beach.com](http://oceanclubatsmugglers-beach.com). 884-1745.

WATERFORD. One bedroom apartment. Private entrance. Kitchenette with stove, refr. Furnished/unfurnished. Quiet neighborhood. Offstreet parking. Utilities and use of laundry included. Housebroken pets OK. \$800/mo. 437-7873

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

CATEGORY *choose from*

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

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.

## EB Business Ethics and Conduct

### Ethics Self-Assessment

In the last several months have I...

- ▶ Conducted personal business on company time?
- ▶ Taken company resources for personal use?
- ▶ Called in sick when I really wasn't?
- ▶ Used a derogatory term when referring to another person?
- ▶ Told or passed along an ethnically or sexually oriented joke?
- ▶ "Bad mouthed" the company or management to co-workers?
- ▶ "Snooped" into another person's conversations or private affairs?
- ▶ Knowingly ignored or violated a company rule or procedure?
- ▶ Failed to follow through on something I said I would do?
- ▶ Withheld information needed by others?
- ▶ "Fudged" on a time sheet, billing sheet, estimate or report?
- ▶ Knowingly delivered a poor quality or defective product or service?
- ▶ Accepted an inappropriate gift or gratuity?

- ▶ Taken or accepted credit for something that someone else did?
- ▶ Failed to admit or correct a mistake that I made?
- ▶ Knowingly let someone mess up and get into trouble?

Hopefully you were able to answer NO to all questions. If you weren't, please keep this self-assessment for future reference.

Keep in mind that ethical decisions are made by individuals – not corporations.

Remember – when in doubt, always ask.

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

### NEW HAMPSHIRE

*continued from page 2*

Hampshire ready for this day.

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

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

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

# Service Awards

## 45 years

248 William D. Bak  
321 Edward R. Goode  
400 Jackson E. Morgan  
452 Carl J. Kvist  
458 Janis L. Pike

## 40 years

229 George M. Hendrickson  
229 Frank N. Lewis Jr  
241 John J. Johnson  
244 William E. Roadway Jr  
243 Daniel P. Bonelli Jr.  
251 Robert A. Mahdi  
272 David A. Carter  
416 Rocco A. Gentilella  
456 Roland J. Gaucher  
467 Daniel N. Booker

## 35 years

100 George L. Gagnon Sr.  
226 Jeanette Santoro  
226 Barry R. Schuman  
226 Ada Strickland  
226 Stephen A. Tillman  
226 Kenneth C. Textor  
227 J. B. Lagrone  
227 Angel M. Torres  
228 Edmond A. Landry  
228 Michael J. Samiagio  
229 Daniel T. Depolito  
229 Douglas G. Naehr  
229 Samuel Santiago  
230 Russell J. Arruda  
230 David E. Bourque  
241 John Arasimowicz  
241 Thomas P. Dugas  
241 James C. Feraco  
241 Kenneth Lucas  
241 Michael J. Mares  
241 Michael P. Perry  
243 Patrick M. Rooney  
243 Robert D. St. Jean  
244 William A. Grace  
248 Arthur C. Runkle  
251 Emile T. Johnson  
252 Ralph S. Palmieri Jr.  
272 Mark T. Casey

272 Charles E. Langford  
272 David K. Winter  
274 David F. Katusha Jr.  
274 Stephen B. Treadow  
275 William H. Lautenberger

321 Guy W. Brown  
321 Gerald A. Doyon  
321 Peter A. Matylewicz  
330 Rayna J. Rose  
330 John A. Sistare  
333 Nancy Jean Wasniewski  
341 Anthony J. Pupillo  
355 Wayne A. Dvorak  
355 Gary M. Harrison  
355 Daniel P. Kirk  
403 Herbert O. Sturman  
414 George W. Lehr  
416 William D. Jackson  
421 Keith E. Gagne  
423 Patrick L. Burpee  
423 Arthur F. Mansfield III  
424 Ronald A. Curtis  
431 John A. Callahan  
431 Paul E. Contino  
431 Robert C. Deming  
431 Leon R. Devillez Jr.  
431 John K. Keeney  
431 Louis J. Maggiamomo  
438 Charles E. Wright Jr.  
443 Wesley K. Bohike  
445 Brenda L. Giordano  
445 Nicola J. Tenuta  
448 William A. Davies  
452 John H. Lamourine  
452 William L. Stamp Jr.  
452 Wesley E. Volle  
453 Edward W. Freeman  
456 Vincent P. Blanco  
456 George R. Robbins  
459 Rory A. Olsen  
459 Peter O. Smith  
463 John A. Mattosky  
495 Frank G. Gonsalves  
505 Howard M. Dillow  
545 William T. Lindeborg  
642 Alan S. Hollandersky  
646 Paul J. Hann  
646 Henri L. McNeil  
711 Mark S. Henson  
744 Louis J. Britton

## 30 years

200 Mark C. Makoid  
226 Robert Choquette Jr.  
241 Charles R. Hartley  
241 Joseph B. Schlehofer  
242 Harold C. Poole  
242 Timothy F. Ricketts  
243 Michael D. Barina  
243 Michael J. Caulfield  
243 Robert S. Gaffin  
243 David C. Goodrow  
243 Matthew J. Grenier  
243 Byron F. Lowery  
246 Lillian M. Yeaton  
252 Gary A. Urso  
272 Marvin R. Sherriff  
274 Raymond L. Bernier  
278 Michael J. Batura  
333 Dennis G. Cleveland  
355 Thomas E. Besade  
355 Dana L. Delillo  
355 Steven G. Lizee  
355 Richard W. McAuliffe  
409 Edward W. Deming  
411 Henry G. Boileau  
414 Douglas P. D'Alessio  
425 John N. Cisco  
438 Lori K. Barry  
438 Brian N. Keith  
443 Brian W. Coulombe  
449 Jerrold L. Utz  
452 Joanne M. Brown  
459 Elwin N. Baxter Jr.  
467 Scott T. Todd  
642 Janine M. Martinez  
741 Leon N. Lefevre  
904 Anthony Mazzenga  
915 Timothy S. Cashman  
915 James R. Nichols  
915 Roger A. Pendergraft  
924 David M. Sherman

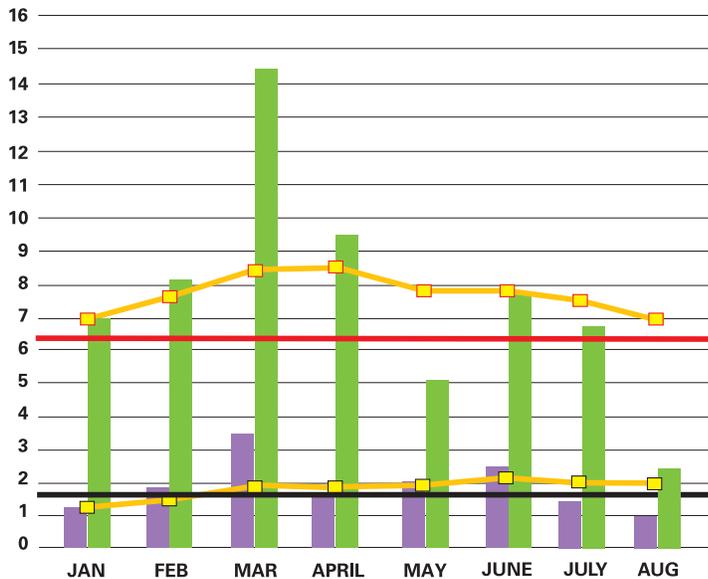
## 25 years

100 Michael J. Flanagan  
226 Kevin J. Rough  
230 Thomas P. Rabovsky  
242 David W. Cyr

242 John F. Kinney Jr.  
242 Robert R. Yovino Jr.  
251 Bryan W. Andrews  
251 Nelson Cruz-Cornell  
251 Stephen A. Sandri  
252 Geoffroy W. Palmer  
330 Garrett H. Rehr  
333 Robert C. Atkins  
333 Scott A. Partosan  
403 Michael S. Sinko  
410 Alan C. Caolo  
411 Stephen D. Lewis  
411 Michele M. Williams  
425 Jenoe Gordon  
436 Anita K. Andrelli  
446 Vann H. Chiv  
447 Karen E. Osment  
448 George M. Geer Jr.  
449 Charles H. Kraemer  
452 Terrance K. Kenney  
453 Ronald H. Bose  
453 Timothy E. McDonough  
455 Doreene L. Chapman  
455 Deborah T. Welles  
456 Mary J. Fillion  
459 Gary J. Jones  
459 James S. Luckey  
462 Frederick L. Alvarez  
467 James E. Sammons  
467 Steven M. Vetrovec  
472 Luevennia Gomez  
494 Kenneth E. Wetmore  
495 Deloris A. Blanco  
495 Mark A. Zecco  
553 Richard L. Baker Jr.  
615 Judith A. Bogue  
649 Linda J. Farabini  
662 Scott C. Blackburn  
711 Kenneth D. Bonefas  
737 Anne Marie Frank  
742 Paul J. Finkelmeier  
795 Bruce R. Caron Jr.  
911 Alan D. Pigeon  
915 Dale F. Greene  
915 Calvin D. Guyton  
915 Kenneth P. Kirwin  
915 Robert J. Mason  
915 Gregory A. Slaughaupt  
915 Kenneth J. Watson  
921 Thomas B. Russell  
935 Ricardo M. Barboza  
951 Scott A. Webster  
954 Edward A. Waterman Jr.

## 20 years

100 Timothy R. Harney  
229 Richard A. Strangman  
241 John S. Krajewski  
242 Augustin J. Borno  
242 Peter J. Landry  
251 David W. Fadden  
275 Earle F. Mace  
355 Jeffrey G. Job  
355 Stephen E. Loomis  
355 John J. Sedor  
403 Dennis A. Baptiste  
403 Kristin M. Lewis  
403 Ann J. Orlomoski  
411 Charles J. Merlo  
416 Brian R. Thomas  
431 Carol J. Cooke  
434 Jeffrey D. Linkinhoker  
435 Dennis P. Lawlor  
435 Brian L. Moore  
447 James Jacaruso  
448 David A. Sevigny  
449 Jane E. Burns  
452 Ronald J. Lewis  
452 Charles E. MacDonald  
452 Kevin J. Morin  
452 Timothy P. Shippee  
453 Margaret A. Becotte  
453 Thomas T. Purcell  
459 Lynn L. Damato  
459 Angela M. Degray  
459 Brian W. McCallum  
459 David P. Michaud  
462 Katherine J. Long  
462 David W. Stanford  
463 Mark T. McClain  
464 Ramzi H. Awad  
467 Michael F. Perrino  
615 Virginia M. Andrea  
615 David P. Lynch Jr.  
650 Ronald B. Duncan  
702 Robert A. Peideia  
915 Hilgrove W. Butterfield  
915 Anthony Sousa  
915 Troy C. Talbot  
935 Paul N. Eldridge  
962 Lisa M. Watters



# 2008

## ELECTRIC BOAT CORPORATION INJURY INCIDENCE RATES

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

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

■ 2008 LWIR MONTH      —■— 2008 RIR YTD  
■ 2008 RIR MONTH      — 2008 LWIR GOAL  
—■— 2008 LWIR YTD      — 2008 RIR GOAL