

Electric Boat NEWS

MAY 2010

EARNED HOURS PROGRAM CONTINUES, NOW IN ITS 11TH YEAR

Electric Boat's earned hours program has entered its second decade, providing employees with the opportunity to share in the company's financial success.

"If we achieve our financial goals for 2010, everyone will benefit from the accomplishment," said Finance Director Kevin Carroll. "Both the company and its employees stand to gain from this arrangement, which is now in its 11th year."



continued on page 3



Bob Nardone, VP- HR and Administration, congratulates Jon Misinski (501) for winning the top \$7,500 cash award in the company's It All Counts raffle. Employees and spouses participating in the program won a total of \$125,000 in cash prizes. The 2010 It All Counts program began on Dec. 1, 2009 and will run through Nov. 30, 2010. To enter the raffle, you and/or your spouse must complete one of the following between Dec. 1, 2009 and Nov. 30, 2010: obtain a complete annual physical from your primary care physician; participate in an approved smoking-cessation program; participate in a Know Your Numbers health screening event; or fill a prescription at the Electric Boat Family Pharmacy between March 1, 2010 and Nov. 30, 2010.

**WELLNESS RAFFLE
NETS EMPLOYEE
\$7,500**

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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 stake-holders and earn their trust everyday.

► 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 Capizano (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. 📞



EBMA 2010 Scholarship Winners

The Electric Boat Management Association recently presented its 2010 scholarship awards. Scholarship recipients are, seated from left, Danielle Foraker, daughter of Robert Foraker (496); Madeline Mador, daughter of John Mador (492); Jane Mueller, daughter of Edward Mueller (447) and Allison Stefanski, daughter of Pete Stefanski (626). Standing are, from left, Jennifer Panosky, daughter of Daniel Panosky (400); Nicholas Algieri, son of James Algieri (355); John Conway IV, son of John Conway (448); Spencer Zimmerman, son of Raymond Zimmerman (355) and Colleen Lavin, daughter of Neil Lavin (355). Not in the photo is Andrea Lee, daughter of Tom Lee (462). 📞

WELCOME TO ELECTRIC BOAT

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

412 Cameron Brown
Andrew Taylor

413 Justin Buell
Antonio da Silva
Andrew Pillman

414 Zachary Lagadinos

416 Brandon Ball
Alex Gilman Smith

416 Morgan Gilmour
Aaron Ide
James Riemer

425 Paul Smith

427 Marcos Hanna

433 Brian Hayes
Daniel Moussette

443 Terrence Irving

449 William Bates
Anthony Giambalvo
William Robarge

Nicholas Soscia

454 Nicholas Winocur

462 Andrew Grigg
Stephen Sweet

463 Stephan Mehling
Ryan Yund

464 Brendan O'Brien

493 Robert Fers
Keith Hesch

Jeffrey Jozsa
Nicholas Lasko
William Laughton
Daniel Rosario

505 Joel Sanford

702 Kristin Porterfield

Electric Boat NEWS

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EARNED HOURS continued from page 1

This year, the base goal is 18.2 million hours. If this goal is attained, each employee receives \$500 (minus withholdings).

Additionally, there is a stretch goal of 19.1 million hours. Hitting this objective means another \$250 per employee, for a potential total of \$750.

“In order to achieve the 2010 earned hours goal, we’ll need to deliver the Missouri (SSN-780) and complete the PSAs on USS North Carolina (SSN-777) and USS New Hampshire (SSN-778). We also need to meet the Virginia-class labor hour performance goals at Quonset Point.

“In the Overhaul and Repair side of the business, we need to complete the SRAs on USS Miami (SSN-755) and USS Hartford (SSN-761). Additionally, Engineering contracts need to perform to the manpower plan,” he said.

Earned hours refers to a method Electric Boat uses to measure its cost and schedule performance. “It’s really a tool that provides us with the means to track our performance toward our annual goals on a monthly basis,” Carroll said.

To be eligible for the incentive payment, employees must:

- ▶ Work 1,000 hours during 2010 (excluding absences of any kind).
- ▶ Be on the payroll as of Dec. 1, 2010, with these exceptions:
 - Employees who retire in 2010 must work at least eight hours in 2010.
 - Employees who are laid off in 2010 must work at least 1,000 hours in 2010. 🌟

Electric Boat Receives \$6 Million Navy Award For Common Missile Compartment Work

The U.S. Navy has awarded Electric Boat a \$6.4 million contract modification to design special tooling for the Common Missile Compartment under development for the United Kingdom’s Successor ballistic-missile submarine and the U.S. Ohio replacement submarine.

The award modifies a \$76 million contract announced in December 2008 for engineering, technical services, concept studies and design of a Common Missile Compartment for the next-generation ballistic missile submarines being developed for the Royal Navy and the U.S. Navy.

If all options are exercised and funded the overall contract would have a value of more than \$638 million. 🌟

KSO Site Wins United Way Award

Electric Boat’s Kesselring Site Organization (KSO) was recognized for its support of the United Way at the Greater Capital Region Community Campaign Award Breakfast held in Albany, N.Y.

KSO was presented with a Special Recognition Award for attaining a per capita level of giving of more than \$400. KSO was the only company in the Greater Capital Region to receive the award. In addition, KSO was one of 12 companies, out of 350 in the campaign, to receive the regional United Way’s Platinum Award for having a per capita giving of greater than \$200.

Overall KSO had a 99 percent participation rate, and raised a total of \$44,235.10, which is a 12 percent increase over last year.

“It’s very gratifying to work with a group that recognizes the need in the community during these difficult eco-



KSO employees who helped make the site’s United Way campaign a success are, from left, Bob Ramsey, Joyce Bormann, Karen LaTerra, Al Spadafora, Marge Renner, Barbara LaGrone, Greg Miller and Tom Lange. Missing from the photo is Robin Boykin.

nomie times, and responds to it so strongly,” said Alan A. Spadafora, site manager. “These results clearly demonstrate not only the commitment of the EB team to the local community, but also the organizing efforts of Karen LaTerra

(EB KSO campaign chair) and department representatives Joyce Bormann, Robin Boykin, Barb Lagrone, Tom Lange, Greg Miller, Bob Ramsey, and Marge Renner.” 🌟

Now Open – Electric Boat Family Pharmacy In Groton

On May 17, the Electric Boat Family Pharmacy opened its Groton location. Located at 60 Colver Ave. (off Long Hill Road/behind the Ledge Light Federal Credit Union), the pharmacy provides convenient access for employees, dependents and retirees covered by company health plans.

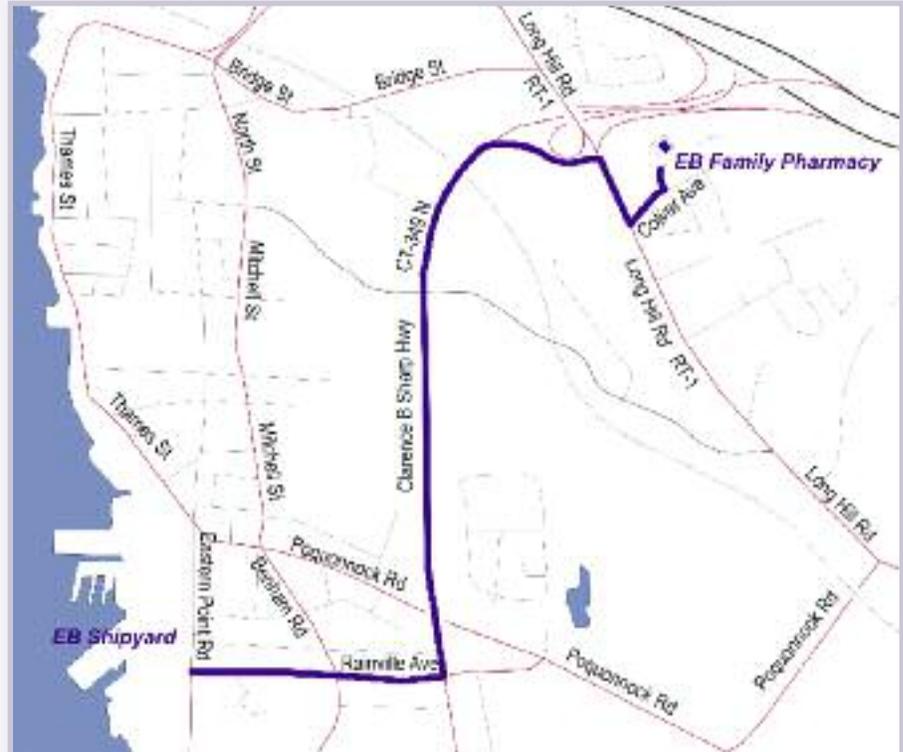
“For nearly three years, the Electric Boat Family Pharmacy in Rhode Island has offered employees lower cost prescriptions, lower cost over-the-counter products, expert advice from a professional pharmacy staff and delivery to Groton,” said Bob Nardone, VP – Human Resources and Administration. “The new Groton pharmacy will operate in the same way. There’s only one real difference — it’s more accessible to you and your family members.”

Pharmacist Frank Toce has managed the Quonset Point pharmacy location for the past three years. He and his staff have created and maintained valuable relationships with hundreds of EB employees and family members to better serve their pharmacy needs. Toce is the manager of the Groton site.

“I’m glad to be able to bring the benefits of the Electric Boat Family Pharmacy closer to the Groton population,” he said. “For those who already use our delivery service, you will receive the same great service and value as you do now. For those who haven’t yet switched, give us a call to discuss your medications and for a price quote. You won’t be disappointed.”

Electric Boat and the pharmacy staff are committed to making this the best pharmacy experience for employees and family members. The staff is dedicated solely to the needs of the EB population and intends to create a hometown pharmacy feel that will be an important part of your overall healthcare.

Thousands of employees and their family members have made the switch to



the EB Family Pharmacy.

The feedback has been incredibly positive. To quote just a few employees:

- ▶ “By far the best pharmacy I’ve ever used ...”
- ▶ “We really feel like we are part of a family at the Electric Boat Family Pharmacy ...”
- ▶ “Pharmacy staff are rated an A+ ...”
- ▶ “We used to pay \$800 a year for our prescriptions, now we pay about \$200 a year ...”
- ▶ “This pharmacy is one of the best things the EB has ever done for its employees ...”
- ▶ “The pharmacy is saving me almost \$500 a year ...”

Contact the pharmacy today to start enjoying these benefits:

- ▶ **Easy prescription transfer.** Simply provide your name, prescription(s) and name of your current pharmacy. The

Electric Boat Family Pharmacy staff takes care of the rest.

- ▶ **Delivery** to both Groton and Quonset Point.
- ▶ **Pill-splitting.** Several common medications are available for pill-splitting – saving you more without sacrificing the effectiveness of your medication.
- ▶ **90-day prescriptions.** Instead of ordering a typical 30-day prescription from a retail pharmacy, you can order a 90-day supply from the EB Family Pharmacy – saving you both time and money.

Contact the EB Family Pharmacy now. The friendly, expert staff can help you start saving money immediately and help you and family better understand your pharmacy needs. Contact the staff at:

- ▶ 1-888-578-3457
- ▶ ebgrotonrx@takecarehealth.com 

Retirees

226 Barry R. Schuman
37 years
Blmaker Trade Tech

230 Timothy J. Stocks
34 years
Rigger 1/C

243 Norman E. Brown
44 years
Pipefitr Trade Tech

243 David A. Gonsalves
42 years
Pipefitr Trade Tech

243 Erich O. Simonds
45 years
Pipefitr Trade Tech

251 Paul J. Desaulnier
37 years
General Foreman

251 William Z. Roberts
32 years
Foreman

272 Marvin R. Sherriff
32 years
Test Engineer Sr

278 Michael J. Batura
32 years
Elec Srv Eng Son 1/C

230 James E. Lamarre Jr.
41 years
Elecs Serv Engr 1/C

333 Leroy A. Getchell
37 years
Warehouseman Spec

355 David L. Poitras
35 years
Planning Spec Sr

403 Steven W. Arbuckle
20 years
T/A Tech Wr Sr Spec

403 Maurice J. Burns Jr.
38 years
Logistics Analyst Sr

411 Stephen J. Libby
35 years
Supervisor, Engineer

419 Gerald F. Miller
43 years
Program Rep Prin

425 Robert R. Burdick
20 years
T/A Electnx Sr Spec

425 Kenneth L. Nielsen
21 years
T/A Electnx Sr Spec

431 Frank J. Toscano Jr.
40 years
Supervisor, Engineer

452 Maureen M. Rondeau
21 years
Vent Sr Designer

453 Charles E. Roode Jr.
46 years
Design Tech-Mech

459 Rory A. Olsen
37 years
Arrgt S/Dsn Sr Spec

459 Sandra J. Patti
27 years
A/A Administrative Aide

464 Edward M. Havrilla
38 years
Engineer, Principal

660 Frank E. Oberg
32 years
Security Officer G/1

915 Lawrence J. Winsor
20 years
Install Mech I

921 Stephen M. Lapointe
36 years
Superintendent, Area

921 Richard C. Legge
36 years
Struct Fab Mech I

921 Paul W. Schmidt
28 years
Struct Fab Mech I

931 Earl V. Malmborg
36 years
Engrg Project Spec

Service Awards

45 Years

416 William H. Stoddard
434 Richard E. Walsh
459 Paul R. Smith

35 Years

229 Alfred J. Budziak Jr.
229 Frank H. Ward
251 Michael L. Chance
272 Wayne Gagne
278 Grant Hammond
321 John D. Crocker
330 Steven A. Ucci
355 Joseph M. Mendonca
355 Christopher D. Sullivan
416 Michael L. Matthew
417 Alan J. Binkowski
421 Michael J. Severino
423 Patrick A. Lee
434 Michael P. Smith
435 Susan M. Sullivan
452 Paul J. Basilica
460 James F. Waskowich
462 Glenn N. Clark

467 Calvin H. Barton
467 Linda M. Bergemann
492 Eli C. Xenelis
629 Daniel G. Lowney
636 Wilfred A. Rondeau
646 Emmett E. Harper Jr.
904 Rachel M. Caldarone
904 Gerald E. Duhamel
915 Robert K. Gliottone
915 John D. Iannone
915 Mark Toste
957 Stephen W. Correira
962 Leroy J. Beaulieu
962 Antonio Delbove

30 Years

210 Dawn M. Barrasso
226 Joseph A. Ziccardi
230 Normand J. Bessette
241 Robert A. Myers
243 Mark M. Dennis
243 Michael F. Verville
246 Kenneth E. McCall
252 Roland N. Morgan
272 Arthur N. Ammons Jr.
272 Michael J. Ryan

322 Eugene D. Stirlen
323 James L. Dreitlein
323 Kenneth C. Wimberly
330 Thomas R. Achterberg
330 Robert S. Giles
330 Raymond Wong
355 James H. Algieri
355 Barbara J. Giffin
406 Stephen P. McAuley
411 Norman E. Pettus
412 Rocco J. Tarulli
414 Michael T. Gilroy
416 Stephen J. Hudecek
423 Ervin G. Doubleday
427 Kevin T. Bentley
427 James J. Smith
431 Alan R. Babcock
435 Frank W. Pearson
449 Kian K. Wong
456 Bruce J. Dora
456 Stephen M. Luchka
456 Michael R. McGuire
459 Wayne J. Aguiar Jr.
459 Robert J. Rossi
459 Michael A. Sanders
459 John D. Villamil
473 James M. Pasqualini
492 Robert P. Delzell Jr.
492 Theodore M. Linn
494 Jeffrey F. Eikenburg
495 Cathleen C. Smith
507 James Tissiere

604 Albert W. Baran Jr.
604 David G. Muolo
615 Mario Ruggeri
682 Stephen J. Kanyock
686 Steven S. Nohara
742 Kevin R. Finn
900 William A. Frydryk
902 Thomas W. Lamb
902 Steven M. Viveiros
911 Peter L. Gentile
915 Eugene R. Trudell
922 Timothy W. Hinkson
935 Michael J. Matigian
950 Shirley A. Watson
967 Jane L. Swartz

25 Years

241 Wayne A. Mitchell
243 Michael A. Hustus
243 Michael J. McKernan
272 Mark C. Hoyos
323 Dennis L. Argall
355 Mark Zimnoski
412 James A. Guli Jr.
413 Richard E. Fitzgerald
419 Glenn S. Couture
431 Walter E. Guth
433 Donald J. Gray
433 Richard J. Rozanski
437 David W. Eggleston
449 Ronald C. Mauldin

453 Jeffrey D. Pepin
459 Allen E. Munton Sr.
462 Steven L. Hooper
463 Lee M. Miller
464 Walter G. Derjue Jr.
464 Ralph R. Reynolds
474 Lloyd R. Bagg Jr.
492 Bruce D. Crawford
642 Steven N. Labrecque
670 Brian P. Almeida
702 Pasquale S. Fazio
702 Louis Walker III
951 Wallis D. Bolton Jr.

20 Years

275 Douglas S. Rea
447 Deborah A. Murphy
456 Raymond A. Mitchell
456 Michael W. St. Pierre
459 Lory C. Kneeland
467 Jeffrey M. Cuddy
472 Richard S. Graichen Jr.
904 Harold E. Allen
915 Robert P. Plouffe Jr.
921 Donald H. Lamarre
957 Gary T. Carney



HEALTH MATTERS

Bob Hurley, MD
Medical Director

ASTHMA

You might be surprised to learn that in America in 2010, we don't do a very good job in managing the common disease called asthma. I see enough ads on TV that would lead me to believe that individuals get enough information to at least ask their doctor about how to manage their chronic shortness of breath or cough. Why those afflicted aren't managed better is a mystery to me.

Like many conundrums the "why" is not so easy to explain. I don't think we would be taken to task if we admitted that our understanding of asthma started from such a wrongheaded position that it has taken us over 50 years to correct our treatment pathways.

Surprisingly, when many of us were growing up in the 1950s, our parents, neighbors and friends were labeled as having psychological

problems had they the temerity to complain to their physician of being short of breath. Yes, their treatment for this affliction was often psychoanalysis and other talk therapies. So confident were some practitioners of that time that they explained the asthmatic's wheeze as the suppressed cry of the child for his or her mother.

Statistics

Asthma is a common chronic inflammatory disease of the airways characterized by variable and recurring symptoms, airflow obstruction and bronchospasm. Symptoms include wheezing, cough, chest tightness, and shortness of breath. It affects 7 percent of the U.S. population and 300 million people worldwide. Asthma causes 4,000 deaths a year in the U.S. alone. Asthma is more prevalent in the U.S. than in most other countries with no agreement as to the cause. Asthma prevalence is highest in Puerto Ricans, African Americans, Filipinos, Irish Americans and Native Hawaiians, and lowest in Mexicans and Koreans.

Asthma is defined simply as reversible airway obstruction. Reversibility occurs either naturally or with the introduction of a medicine into the airways. In many cases, asthma is diagnosed via typical symptoms and signs. Asthma is strongly suspected if a person suffers from eczema, other allergic conditions or has a family history of asthma. While measurement of airway function is possible for adults, most new cases are diagnosed in children who are unable to perform such tests. Often the children have no wheezing but rather a chronic cough.

Causes

Asthma is caused by a variety and interplay of environmental and genetic factors, which can influence how severe asthma is and how well it

responds to medication. Some individuals will have stable asthma for weeks or months and then suddenly develop an acute episode. Different asthmatic individuals react differently to various factors. However, most individuals can develop severe exacerbation of asthma from several triggering agents.

One factor that is indisputable is the effects of smoking on the asthmatic. As with many respiratory diseases, smoking adversely affects asthma patients. Patients with asthma who smoke or who live near traffic typically require additional medications to help control their disease. Furthermore, exposure of both non-smokers and smokers to second-hand smoke is detrimental, resulting in more severe asthma, more emergency room visits and more asthma-related hospital admissions. Smoking cessation and avoidance of second-hand smoke is strongly encouraged in people who have asthma.

Home factors that can lead to exacerbation include dust, house mites, animal dander (especially cat and dog hair), cockroach allergens and molds. Perfumes are a common cause of acute attacks in females and children. Both virus and bacterial infections of the upper respiratory tract infection can worsen asthma.

Exercise can trigger an asthma attack as higher levels of ventilation and cold, dry air tend to exacerbate attacks. For this reason, activities in which a patient breathes large amounts of cold air, such as skiing and running, tend to be worse for people with asthma, whereas swimming in an indoor, heated pool with warm, humid air is less likely to provoke a response.

Symptoms

Don't rely on wheezing as the sole criteria for asthma. Some asthmatics never wheeze, and their disease may be

confused with another chronic obstructive pulmonary disease such as emphysema or chronic bronchitis due to smoking.

Common asthma symptoms include nighttime coughing or shortness of breath with exercise. When an asthmatic is less than 20 percent restricted (or tight) they feel no sense of shortness of breath at rest. To increase oxygenation they simply increase slightly their respiratory rate. What they might exhibit is a chronic 'throat-clearing' type cough, and complaints of a tight feeling in the chest. When these symptoms become more frequent or pronounced, the individual often seeks the opinion of a medical practitioner. On the other hand, symptoms can worsen so slowly that the initial medical presentation is during an acute exacerbation of asthma.

An acute asthma attack typically manifests as significant shortness of breath (dyspnea), wheezing, and chest tightness. Some people present primarily with coughing; in the late stages of an attack, air motion may be so impaired that no wheezing is heard at all. The cough may sometimes produce clear sputum. The onset may be sudden, with a sense of constriction in the chest that impairs both inhalation and exhalation.

Treatment

Medicines such as inhaled adrenalin-like short-acting beta-2 agonists may be used to treat acute attacks. Attacks can also be prevented by avoiding triggering factors such as allergens or rapid temperature changes and through drug treatment such as inhaled corticosteroids. Another approach is to use medicines that suppress a cellular factor called leukotrienes.

Now the Really Bad News

And if the above were not enough to cause you to pause, I offer the latest

research. If you eat hamburgers and have asthma you might not want to read the following. Australian researchers gave 40 people with asthma a choice — they could eat hamburgers and hash browns that came in at 1,000 calories, with 52 percent of calories from fat, or a 200-calorie low-fat meal of reduced-fat yogurt with 13 percent of calories from fat. Those who ate the high-fat meals showed a significant boost in airway inflammatory cells compared with those who ate the low-fat meal. The types of cells found are a common type of white blood cell found in the body's airways while an asthma attack is happening, as well as afterward. Eating the high fat meal also prompted a suppressed response to albuterol, a bronchodilator that increases air to the lungs.

What can you do if you have or suspect asthma?

Talk to your doctor. Your primary care physician is well trained and capable of diagnosing and managing your asthma symptoms. And why should you do this sooner rather than later? Because prolonged and repeated episodes of bronchospasm damages your lungs and prematurely ages and deteriorate your lung function. In short, the results of untreated asthma can be a person with a 40-year-old face and 90-year-old lungs.

If you'd like more information on asthma management, contact your UnitedHealthcare advocate, Mercedes Beres (ext.38272), mercedes_beres@optumhealth.com or at QP (ext. 22240). You may also contact a nurse directly as part of the Optum Disease Management Program. This provides information and resources to help you reduce risk factors. There is a number dedicated to Electric Boat employees and their families — call the Nurse-Line 24/7 at 1-866-642-3661. 📞

General Dynamics Board Elects Jay L. Johnson As Chairman

T **FALLS CHURCH, Va.** he board of directors of General Dynamics has elected Jay L. Johnson as its chairman. Effective immediately, Johnson will serve as chairman and chief executive officer of the corporation. Johnson succeeds Nicholas D. Chabraja, who has served as chairman since 1997.

Johnson has been president and chief executive officer of General Dynamics since July 1, 2009. He had been vice chairman of the board since September 2008, when he joined the company as part of a board-approved succession plan in preparation for Chabraja's retirement as chief executive. Johnson has been a member of the General Dynamics board since 2003, while he was an executive of Dominion Virginia Power and Dominion Resources, Inc.

Chabraja, who will remain on the General Dynamics board of directors, joined the company in January 1993 as senior vice president and general counsel. He became executive vice president and joined the board of directors in 1994, before serving first as vice chairman and then chairman and chief executive officer from June 1997 until retiring as chief executive officer in June 2009. 📞

2010

ELECTRIC BOAT CORPORATION INJURY INCIDENCE RATES

- 2010 LWIR MONTH
- 2010 RIR MONTH
- 2010 LWIR YTD
- 2010 RIR YTD
- 2010 LWIR GOAL
- 2010 RIR GOAL

RECORDABLE INJURIES FOR 2010 = **223**
LOST TIME CASES 2010 = **59**
RECORDABLE INCIDENCE RATE YTD = **5.64**
2010 GOAL = **6.20 or less**

LOST WORK DAY CASE RATE YTD 2010 = **1.49**
2010 GOAL = **1.80 or less**

