



U.S. Navy photo

## NNS Continues Planning for *Stennis* RCOH

Newport News Shipbuilding has received a \$290 million contract modification from the U.S. Navy to continue planning for the refueling and complex overhaul (RCOH) of USS *John C. Stennis* (CVN 74).

The contract funds the second and third years of planning, long-lead-time material procurement, shop fabrication, shipboard inspections and facilities readiness for the RCOH. As part of the planning contract, NNS also will perform some shipboard work, which will take place in Norfolk. The initial year of planning was funded at a base value of \$187.5 million.

“The second and third year of planning is important to the overall success of a project of the magnitude of an RCOH,” said **Chris Miner**, vice president of In-Service Aircraft Carrier Programs. “This contract allows us to continue our critical planning for each step of the process so we’re ready to begin execution when the ship arrives in the first quarter of 2021.”

*Stennis* will be the seventh *Nimitz*-class carrier to undergo a major lifecycle overhaul at NNS, representing 35% of all maintenance and modernization completed during its service life. Built at NNS, *Stennis* was christened in 1993 and delivered to the Navy in 1995.

An RCOH is a complex engineering and construction project that involves more than 680 suppliers from 40 states providing material and services critical to the overhaul process. Once completed, a recapitalized carrier is capable of supporting current and future warfare doctrine and continuing to operate as the centerpiece of the Navy’s fleet and national defense for another 25 years.

## School Tools Drive Ends Friday



Time is running out for shipbuilders to support Newport News Shipbuilding’s 2019 School Tools Drive, which ends Friday, Aug. 9. Donate today.

Desired donations include:

- Notebooks and notebook paper
- Report covers
- No. 2 pencils, erasers, pens, markers, highlighters, colored pencils and crayons
- Glue/glue sticks, child-safe scissors, compasses and protractors
- Backpacks

Employees are asked to donate new supplies only. Collection containers will be located inside gates at turnstiles until Aug. 9. Shipbuilders can also give online at [givegood.com/nns-schooltools-2019](http://givegood.com/nns-schooltools-2019) until Aug. 7. See the Distribution A memo for more information.

## Know Your Numbers, Improve Your Health



Feeling tired or rundown? It could be your health. That's what **Arshia Rezaei** (E81) found out when he met with his doctor.

"I felt tired and irritated all the time," said Rezaei. "I hadn't seen a doctor in years so I wasn't sure how my health was. I figured that could help me feel better."

By avoiding the doctor for so long, Rezaei's health had become a mystery. He didn't know important health numbers like his body mass index (BMI), blood pressure, blood sugar or cholesterol.

After meeting with a doctor at the HII Family Health Center, Rezaei learned why he was feeling so low. His BMI and cholesterol were high.

"I wasn't as active as I had been before," Rezaei said. "At 360 pounds, I could barely walk and was exhausted afterwards."

When he learned his health numbers were out of range, Rezaei decided to make changes. He cut out fast food and eventually started a jogging routine. "I feel better overall now," he said. "I saw a drastic drop in my cholesterol and triglycerides all due to diet and exercise."

Once shipbuilders learn their numbers, they can take



**Arshia Rezaei** decided to make lifestyle changes after a visit to the HII Family Health Center revealed his body mass index and cholesterol were high. Photo by **Ashley Cowan**

steps to improve their health. Through the Know Your Numbers program, salaried employees enrolled in an HII medical plan can save \$600 on their medical insurance if they complete a health screening and wellness profile by Sept. 30. The health screening measures your BMI, blood pressure, cholesterol and blood sugar. Onsite screenings are available through the BeWell for Life program.

Employees can view a full schedule of health screenings, schedule their screening and complete the wellness profile at [www.myquadmedical.com/hii](http://www.myquadmedical.com/hii). All personal information is confidential and not shared with HII.



Shipbuilders check out produce at a farmer's market hosted by NNS Food Services and Aramark. Photo by **Matt Hildreth**

The event, held in the parking lot of the HII Family Health Center, included vendors selling local produce, dairy products, teas, body and skin care products, organic dog treats and more.

Food Services Operations Manager **Dwain Jenkins Sr.** believes the market was in line with the NNS' goal of encouraging employees to make healthy choices. "Offering a cleaner and healthier alternative was the goal here. I think we achieved that," he said.

**Amanda Webster** (X48) came out to see what the market had to offer. "I think it's great to promote healthy eating and a healthy lifestyle. Everything here offers quality ingredients," she said.

## NNS, Aramark Host Farmer's Market



Newport News Shipbuilding Food Services and Aramark came together to present shipbuilders an opportunity to make healthier lifestyle choices during their first farmer's market on July 29.

A fall farmer's market with extended hours and more vendors is planned. Look for details in upcoming editions of *Currents*.

## LEAD Forward Promotes Leadership



Newport News Shipbuilding partnered with LEAD Virginia and community leaders to host the three-day LEAD Forward program in June.

The program, now in its second year, was designed by LEAD Virginia to advance leadership development among NNS professionals. Partnering with Hampton Roads businesses, the LEAD Forward program provides immersive learning experiences. It also exposes participants to the various regional economic and environmental factors that impact various businesses, how business leaders assess and respond to those factors, and the implications of those factors as they relate to NNS.

“LEAD Forward participants are afforded a unique opportunity for professional and leadership development,” said **Susan Jacobs**, vice president of Human Resources and Administration. “This program strengthens and informs their resolve to be leaders both at NNS and in our communities.”

The 2019 class of LEAD Forward included 36 early- and mid-career level NNS leaders representing 20 divisions.



The 2019 class of LEAD Forward included 36 early- and mid-career level NNS leaders representing 20 divisions.

“The LEAD Forward program will provide opportunities for these leaders to develop lasting relationships with other leaders across NNS, connect with businesses and other organizations in our Hampton Roads community, and expose them to the important role our company plays in the economy and workforce development in our region,” said **Brian Fields**, vice president of Business Transformation and a recent LEAD Virginia program graduate.

“My similar experience in the LEAD Virginia program significantly influenced my views on the issues facing our state and how important it is for us to be involved in helping solve those issues.”



Christopher Torres, left, accepts his scholarship award from Ron Ward.

## Apprentice School Foundation Awards Scholarship



**Christopher Torres** (X18) was recently recognized as this year's second Apprentice School Foundation Scholarship recipient during a ceremony at The Apprentice School.

Torres, who started his apprenticeship July 15, received a \$500 scholarship that can be used for technology, school supplies, relocation expenses, and room and board.

The Apprentice School Foundation provides a tax-deductible opportunity for alumni, friends and community partners of The Apprentice School to help fund scholarships, historic preservation and community service projects that carry on the school's legacy. The foundation awards four scholarships annually. Visit The Apprentice School Foundation's website for more information.

## Family's Long Legacy at NNS Continues

Shipbuilding is truly a family business for **Steven Foretich** (E86), who can trace his family's roots at Newport News Shipbuilding back to the 1890s.

"Having a family legacy that goes back that far definitely gives you a sense of ownership and pride," said Foretich, who manages the shipyard's cleanliness program ensuring that piping and other components connected to nuclear systems are free of detrimental materials.

Foretich's great grandfather, Frank Foretich, was trained as a shipwright and intended to immigrate to the United States from present-day Croatia around 1880. However, his ship was blown off course and he spent two years in the Caribbean.

When he finally arrived in the U.S. – and after a stint at a Baltimore shipyard – Frank Foretich found work building train stations for NNS founder Collis P. Huntington's Chesapeake and Ohio Railway. The railway brought him to Newport News, where he settled and began working as a ship carpenter at NNS, sparking his family's generations-long association with the shipyard.

Frank Foretich's son, Edward Foretich Sr., followed in his father's footsteps and began a career at NNS in 1913. He worked in the blacksmith shop and delivered lamp oil to shipbuilders to use in head-worn oil lamps. He also was an apprentice at NNS, earning



Steven Foretich holds his grandfather's certificate of apprenticeship from 1918 and his NNS ID. Members of the Foretich family have worked at the shipyard since the 1890s. Photo by Ashley Cowan

a certificate of apprenticeship in October 1918, just months before The Apprentice School's founding. Although The Apprentice School wasn't founded until 1919, apprentice training had been ongoing at NNS since the 1890s.

Steven Foretich found the certificate, signed by former NNS President Homer Ferguson, about three decades ago – several years before his own shipyard career began in 1994. The certificate, framed along with his grandfather's NNS ID, now hangs in his office.

Edward Foretich Jr., Steven Foretich's father, also worked at NNS and graduated from The Apprentice School. "The shipyard was always part of the culture. My grandfather and my father would always talk shop, and I think my mom worked here for a couple of years," said Steven Foretich. His sister, **Diane Gray** (E44), also works at NNS.

The Foretich family has served for more than 120 years at NNS. Steven Foretich doesn't have any children, but he does have nephews and a niece who could continue the family's legacy. "My family has a history with the shipyard, and the shipyard has a history with my family," he said. "It's a relationship more than it's a job."

## Back-to-School Webinar for Families

Shipbuilders and spouses can register for an upcoming Rethink webinar to help children adjust to school. Rethink's behavior experts give tips on routine changes, homework skills and more. Webinars are available at noon on Aug. 6, at 2 p.m. on Aug. 7 and at midnight on Aug. 14.

Visit [go.rethinkfirst.com/webinar](http://go.rethinkfirst.com/webinar) to register. Rethink is a no-cost benefit for all non-represented employees.

## Environmental Management System Audit Begins Aug. 12

Newport News Shipbuilding will undergo an Environmental Management System (EMS) ISO 14001 ABS-QE Audit Aug. 12-15.

All NNS employees should be aware of the EMS. Shipbuilders may be randomly interviewed by the audit team about how their job could affect the environment. To pass the audit, employees must understand the company's environmental policy and know how their work affects the environment.

Employees can refer to their ISO 14001 green badge cards or visit Environmental Engineering EMS - SOAR website to review the shipyard's environmental policy. The policy can also be summarized by the acronym "SOAR" – stop pollution, obey rules, always improve and reduce waste. For more information, contact **Sarah Lambert** (O27) at 534-3645.

## AROUND THE YARD

### August is Ethics and Compliance Awareness Month



Newport News Shipbuilding is celebrating Ethics and Compliance Awareness Month in August. The purpose is to focus employees on company-shared values, communicate ethical standards and to keep the ethics message “fresh” in employees’ minds.

This year’s theme is “Strengthening Our Ethical Culture.” The Ethics and Compliance team is hosting events throughout the month, including presentations, lunch-and-learns and other activities. Watch a video on MyNNS featuring three On-the-Spot Ethics award winners.



### Commemorate Long Service Milestones

Newport News Shipbuilding employees with long service anniversaries prior to 2019 now have the opportunity to purchase a milestone numeral. The employee’s name and anniversary year will be etched on the numeral. Orders are limited to the shipbuilder’s most recent milestone. The cost on average is \$40.98, plus shipping and handling. To place an order, contact O.C. Tanner at 888-708-7080.

### Second-Shift Food Truck Roundup is Wednesday in the North Yard

Aramark and Newport News Shipbuilding Food Services will host a Food Truck Roundup at 8 p.m., Wednesday, Aug. 7, in the North Yard at Shipyard Drive and Bldg. 1737.

For questions, contact **Dwain Jenkins Sr.** (K49) via email or at 688-7281 or Mickey Yeamans at 757-285-0153 or [Yeamans-Mickey@aramark.com](mailto:Yeamans-Mickey@aramark.com).



### NNS 5K Registration Open

The Newport News Shipbuilding 5K is 9 a.m. Saturday, Sept. 7. To sign up, visit [quadmedical.redpodium.com/nns-5k-2019](http://quadmedical.redpodium.com/nns-5k-2019).

Registration is \$10 for adults and \$7 for youth (ages 12 and under). Register by Friday, Aug. 9, to be guaranteed an NNS 5K T-shirt. Email [BeWell@hii-nns.com](mailto:BeWell@hii-nns.com) for more information.

### Kings Dominion Tickets

Newport News Shipbuilding and Northrop Grumman Electronic Systems are celebrating their 29th annual exclusive park day at Kings Dominion from 10 a.m. until 8 p.m. on Saturday, Sept. 7. This event is open to all employees, family and friends of Newport News Shipbuilding, Northrop Grumman Electronic Systems and members of BayPort Credit Union.

Tickets can be purchased in advance for \$26 from any BayPort Credit Union location or online at [www.kingsdominion.com/save](http://www.kingsdominion.com/save) (username and password: KDNNSB). For more information and to enter a contest for free tickets, visit the NNS to Go app or see the July 29 edition of *Currents*.

### REMINDER: Charge Time Accurately

All Newport News Shipbuilding employees are required to accurately record all time worked on a daily basis. Labor Compliance would like to remind shipbuilders what constitutes mischarging and falsification.

Recording the proper number of hours worked but knowingly charging time to the incorrect contract or charge is considered **mischarging**. Examples of mischarging include charging to one contract when multiple contracts have been worked or charging indirect work as direct.

Knowingly misrepresenting time worked for personal gain is considered **falsification**. Inaccurately recording the number of hours or overtime hours worked is an example of falsification.

If shipbuilders have questions about proper time charging or are aware of any mischarging or falsification situations, they should contact their management, a Labor Relations representative, Business Conduct officer or the OpenLine at 877-631-0020.



Larry Shoulars touches up one of USS *George Washington's* (CVN 73) propellers during the ship's refueling and complex overhaul. Photo by **Ashley Cowan**

### Check Out August Hot Shots

Hot Shots is a collection of photos taken around Newport News Shipbuilding by staff photographers. View the August edition on MyNNS or on the NNS to Go app.

## DATEBOOK

### AUGUST 5-SEPTEMBER 8

Sign up for the Go the Extra Mile Wellness Online Challenge and track miles from Aug. 5 until Sept. 8 for a chance to win prizes. Participants can track their miles manually or sync a wearable device on Wellness Online. Any miles spent walking, running, biking or swimming count. Visit [myquadmedical.com/hii](http://myquadmedical.com/hii) and log into Wellness Online to sign up. Everyone who completes the challenge will be entered into a drawing for a gift card.

### AUGUST 20

What does your credit score say about you? Attend the "Improve Your Credit Score" from SmartPath to find out. Classes are available on Aug. 20 at 5:30 a.m. in Bldg. 4777-2 (RSF Conference Room), from noon to 1 p.m. in Bldg. 520-6 (James River Room), and 4:30 to 5:30 p.m. in the VASCIC auditorium. Visit [nns.huntingtoningalls.com/smartpath-registration](http://nns.huntingtoningalls.com/smartpath-registration) to register for the noon or 4:30 p.m. classes. Email [BeWell@hii-co.com](mailto:BeWell@hii-co.com) to register for the 5:30 a.m. class.

### AUGUST 21

Attend a Female and Builder (FaB) Talk session titled "Communicating Effectively" at 4 p.m. at The Apprentice School (Second Floor, Student Commons). Shipbuilders will have the opportunity to openly discuss upward mobility in the shipyard and how they can help increase female representation in management development programs in the company. A Learning After the Whistle (L.A.W.) representative will also attend to share experiences, provide guidance and answer questions. The FaB Talk is open to all NNS employees. To RSVP, visit [fabtalk.com.eventbrite.com](http://fabtalk.com.eventbrite.com). Contact **Latasha Jarrett** (O22) at 380-2005 for more information.

### AUGUST 22

Engineering and Design is hosting a Teaching, Enlightening, Aspiring (TEA) Talk event featuring **Gary Figg**, manager of the Professional Enhancement Enrichment Rotation (PEER) Program. The event is from 4:30 until 5:30 p.m. in VASCIC (2 West Dining Room). TEA Talk is a leadership development series that provides a forum for employees to hear personal stories from company leaders about how their personal lives have influenced their careers at NNS. No charge will be provided. To RSVP, sign up on the TEA talk website. For additional questions, contact **Tanika Vasquez** (E08) at 688-7916.

### AUGUST 24

The Apprentice School chapter of the Society of Manufacturing Engineers is hosting the annual Cardboard Boat Regatta from 9:30 a.m. until 1 p.m. at Newport News Park. Teams and individuals will have the opportunity to build and race a cardboard boat. Food will be provided for participants, who can sign up ahead of time or show up the day of the event. All proceeds will benefit Shriners Hospitals for Children. To sign up or for more information, contact **Jacob Bland** (O51) at 688-3662 or via email.

### OCTOBER 4

In-Service Carriers is hosting its 16th Annual Aircraft Carrier Invitational Golf Tournament at Ford's Colony Country Club. The event is a four-man captain's choice format starting at 1 p.m. with registration beginning at 11 a.m. Cost is \$500 per team, which includes golf, driving range, welcome gifts and dinner. Proceeds from the event will benefit the USO. Contact **Bruce Roberts** (K69) at 380-4964 to register.

## Night School Registration Underway

The application deadline for fall 2019 Night School is Aug. 26. All classes are scheduled to begin the week of Sept. 16 and end the week of Nov. 16.

To view a list of classes and registration information, visit the Night School website. For questions, contact **Latasha Jarrett** (O22) at 688-8608.

## SEEKING SHIPBUILDERS

Visit [www.buildyourcareer.com](http://www.buildyourcareer.com) to search for the latest NNS job openings.

Job Title	Req Number	Dept.	Location
Deck Electrician Trainee	28576BR	X31	Newport News
Deck Electrician (Experienced)	28924BR	X31	Newport News
Fitter/Fabricator (Experienced)	29465BR	X11	Newport News
Marine Welder Trainee	29815BR	X18	Newport News
Outside Machinist (Entry-level)	30542BR	X43	Newport News
Pipefitter (Experienced)	30092BR	X42	Newport News
iDS Business Integration Engineer 3	28193BR	X57	Newport News
iDS Business Integration Engineer 3	28193BR	X57	Newport News
iDS Data Analyst 2	29115BR	X57	Newport News
iDS Information Governance Lead Engineer 3	28183BR	X57	Newport News
X82 Construction Supervisor	31477BR	X82	Newport News
Foreman – K46/X31	31499BR	K46	Newport News
Foreman – K46/X43 – PST	31441BR	K46	Newport News
Manager, Engineering Planning 2	31231BR	E70	Newport News
Manager Production Planning Scheduling 2	31459BR	X47	Newport News

Employees are encouraged to use the "Current HII Employees" portal to apply. The company continues to offer cash bonus awards for referrals to select positions, visit [www.huntingtoningalls.com/careers/refer-a-friend](http://www.huntingtoningalls.com/careers/refer-a-friend) for more information.





**FORWARD**  
**ENABLE OUR**  
**WORKFORCE**

As part of the NNSFORWARD Strategy to Enable Our Workforce, Newport News Shipbuilding is committed to making various quality of life improvements for its employees. Below is an update on current initiatives and a preview of what is to take place over the next quarter.

## Initiative

## Today

## Next Quarter

### Parking

*Initiatives focused on improving and increasing employee parking and company-offered transportation services.*



- Rolled out new group rider parking system. Improvements incorporated include: premium parking and increased enforcement.
  - Zone parking:
    - Held an open forum with Bldg. 902 & 903 employees to discuss lessons from the pilot.
    - Implemented permanent zone parking at Bldg. 902 & 903. Approximately 100 aqua parking spaces were gained as a result of this change.
    - Finalized plan to implement zone parking in the 41st Street parking lot.
    - Moved approximately 600 employees to Brooks Crossing. Moving these employees offsite has positively impacted parking in the immediate vicinity of the shipyard.
  - NNS will distribute 1,250 Hampton Roads Transit GoPass365 boarding passes to employees at no cost. The pass can be used on all HRT services 24/7. Visit the Parking and Transportation website to learn more.
  - Increased capacity for the external NNS shuttle by adding additional vans and drivers.
  - Added benches to internal shuttle stops.
  - Centralized taxi and shuttle services under the same management in Facilities to better meet the needs of employees.
- Zone parking system to be implemented at:
    - 41st Street parking lot
    - Brooks Crossing
  - Open a portion of the 50th Street parking lot for second-shift employees.

## Facility Enhancements

Initiatives focused on reclaimed spaces, renovations and facility enhancements.



- Refurbished 25 restrooms within waterfront facilities; opened new portable restroom outside of the Ring Module Shop.
- Vendor-managed janitorial supply system was implemented in June. The new system will ensure supplies are readily available and will support the janitorial team to improve efficiency.
- Continued holding flag dedication ceremonies.

- Installation of the first wellness pod was delayed due to the vendor. However, the pod is scheduled to arrive in the third quarter and will be installed inside Applebees.
- NNS is actively working with the vendor to finalize plans for installing industrial vending machines. A date for a pilot has not been set. Rollout of these machines will be phased starting with PPE items.

## Employee Wellbeing

Initiatives focused on safety, health, work-life balance and financial wellbeing.



- Held Annual Benefits Fairs for employees to learn about benefit options, talk with 401(k) representatives and review the Tobacco Free Incentive Program.
- Workers' Memorial Day was held April 26, to honor those who have been injured or lost on the job. Leading up to the event, a blood drive was held in honor of the late James Goins, a longtime shipbuilder.
- Launched "Know Your Numbers" program to help employees learn more about their health.
- Held three "Fun at the Park" events. The next event will be held in the North Yard parking lot on Wednesday, Aug. 21.

- Open a new micro market in Bldg. 160-2. This effort was delayed, but is on track to open third quarter.
- NNS is a sponsor of the American Heart Walk again this year. Employees are encouraged to sign up for the Peninsula walk on Oct. 19 and the Southside walk on Nov. 2.
- The 11th Annual NNS 5K will be held at 9 a.m. on Saturday, Sept. 7.

## Other Shipyard-Wide Initiatives

Initiatives associated with NNSFORWARD Strategy.



- Family Day was held in May and thousands of employees were in attendance.
- Uniformed security officers participated in a pilot where they received Emergency Response Organization training on their company-issued smartphones. The pilot was successful and cut time spent on training from about 30 minutes to less than 10.
- Engagement and inclusion and diversity champions partnered to host an Enable the Workforce expo in June.
- More than 100 employees from across NNS participated in a speed mentoring event hosted by Hispanic Outreach and Leadership Alliance (HOLA) and Asian Shipbuilders Including All Nationalities (ASIAN). Visit the ERG website on MyNNS to learn about ERGs at NNS and upcoming opportunities.
- Held "Shipbuilder Appreciation Nights" at the Peninsula Pilots.

- Food Services and food truck vendors along with QuadMed nutritionists are working together to enhance availability of healthy food options at NNS. New options will be showcased at the "Food Truck Roundup" events. Look in *Currents* for updates on date, time and location of these events.
- Next Engagement Expo is scheduled for Sept. 24 at Bldg. 4931. The event will take place on all shifts.
- NNS and Northrop Grumman Electronic Systems will celebrate the 29th annual exclusive park day at Kings Dominion on Saturday, Sept. 7. More information is available in *Currents* and on the NNS to Go app.