

CURRENTS

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Photo by Ashley Cowan

Delaware Completes Initial Sea Trials

Newport News Shipbuilding successfully completed initial sea trials on the newest *Virginia*-class submarine, *Delaware* (SSN 791).

The submarine, in the final stages of construction, spent three days at sea proving all of its systems, components and compartments. *Delaware* submerged for the first time and performed high-speed maneuvers on the surface and underwater.

“Delaware performed well during sea trials, which is a testament to the skill and craftsmanship of the incredible team of shipbuilders who are working to uphold our high standards of quality,” said **Dave Bolcar**, vice president of *Virginia*-Class Submarine Construction. *“We look forward to continuing our testing program to deliver the submarine to the U.S. Navy later this year.”*

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EH&S Task Team members Michael Rawles Jr., from left, Quincy Jones, Clifford Denson, Rian Clark, Darius Liverman and Richard Mingee handed out water to shipbuilders on the main deck of *John F. Kennedy* (CVN 79). Not pictured are Kenney Brooks, Jaresha Gray and Bobby Webster. Photo by Nicholas Langhorne

Safety Task Team Helps Shipbuilders Beat the Heat on CVN 79



Members of the North Yard Mixed Trades Second Shift Environmental Health and Safety (EH&S) Task Team took action when they noticed an increase in heat-related illnesses among fellow shipbuilders this summer.

The team handed out cold bottled water every Thursday in August on the main deck of *John F. Kennedy* (CVN 79). “The idea was to encourage everyone to take hydration seriously. It empowers people to take care of themselves and look out for their mates,” said **Darius Liverman** (X33), who serves on the EH&S Task Team.

Although there are water fountains across the ship, Liverman said it was important to provide shipbuilders with a portable source of water. “It goes beyond just water. It also shows people that the Safety Task Team cares about their safety and their health,” he said.

The team handed out about 300 bottles of water each week. If there was extra water left over at the end of second shift, they also handed it out to third-shift shipbuilders. “We’ve had a lot of positive feedback,” said Construction Supervisor **Richard Mingee** (X91), who also serves on the EH&S Task Team.

REMINDER: Inclement Weather Resources

There is a possibility that Hurricane Dorian will impact the region this week. Shipbuilders are reminded to call the Newport News Shipbuilding Employee Information Phone Line at 1-877-871-2058 or check the NNS to Go app for information regarding the status of shipyard operations during inclement weather.

In addition to the phone line and the app, employees are reminded of other NNS communication channels, including company email, social media (Huntington Ingalls Industries Facebook and Twitter pages and NNS President Jennifer Boykin’s Facebook page), NNS websites and Send Word Now.

For information about how to prepare for storms and to review evacuation routes in Virginia, visit www.KnowYourZoneVA.org.

Rosie the Riveter Rally Planned for Saturday

Women in Shipbuilding Enterprise (WiSE) and Women of Steel invite all shipbuilders, family and friends to attend a Rosie the Riveter Rally from 11 a.m. to 1 p.m. on Saturday, Sept. 7, at The Apprentice School’s athletic field (Bldg. 601).

The rally is a way to preserve the memory of the iconic Rosie the Riveter and all the women who stepped into nontraditional roles during World War II. Participants are encouraged to come dressed as Rosie. “By dressing as Rosie, the participants are celebrating the pioneering spirit of the World War II Rosies and all the women who have followed their example,” said **Donna Diggs** (E79), one of the event organizers.

The rally will include speakers from NNS and the American Rosie the Riveter Association and the dedication of a rose bush and plaque. No RSVP is required. For more information, contact **Kathy Hansen** (E44) at 534-3893.



Delaware Completes Initial Sea Trials

CONTINUED FROM PG 1

The submarine is scheduled to undergo a round of acceptance trials before it is delivered. More than 10,000 shipbuilders from Newport News and teaming partner General Dynamics Electric Boat and thousands of companies across 48 states have participated in *Delaware*’s construction since the work began in September 2013.

[Watch a video](#) on MyNNS to hear what the milestone means to some of the shipbuilders who worked on *Delaware*.

“Know Your Numbers Saved My Life”



Seth Cole (X06/X47) was in disbelief when he learned he could lapse into a coma because of his blood sugar.

Cole, a planner apprentice in The Apprentice School’s advanced program, signed up to complete a health screening for Huntington Ingalls Industries’ Know Your Numbers program. Through the program, eligible employees can save \$600 on their Huntington Ingalls Industries medical insurance when they complete a health screening and wellness profile by Sept. 30.

“At the screening they took my height, weight, blood pressure and did a finger stick for blood tests,” Cole said. “That’s when I found out my A1C was 15.”

The A1C test measures the body’s blood sugar from a three-month period. An A1C above 6.5 means you have diabetes. Cole’s A1C of 15 meant he was in danger.

“I called my wife and told her my numbers since she’s a nurse,” Cole said. “She told me to go to the ER.”

At the emergency room, the staff tested Cole’s blood sugar and discovered it was 597.

“The doctor told me that a blood sugar level of 600 typically puts people in a coma,” Cole said. “I couldn’t believe I could have slipped into a coma because of my blood sugar. I had driven from work that day – if I had passed out I could have crashed.”

Cole hadn’t seen a doctor in a few years so the Know Your Numbers health screening helped him catch his condition.



Seth Cole discusses his Know Your Numbers results with a QuadMed representative. Photo by Ashley Cowan

“Now I’m being treated for Type 1 diabetes,” he said. “My BMI and blood pressure levels are in normal range and I never felt like I was unhealthy. This shows that you can’t use your physical appearance to diagnose your health.”

Cole never thought he’d be diagnosed with a disease in his mid-20s, but now he takes insulin to keep his blood sugar stable. “Know Your Numbers saved me \$600, but it also saved my life,” he said.

To complete the Know Your Numbers program by the Sept. 30 deadline, shipbuilders should log into www.MyQuadMedical.com/hii to complete the wellness profile and schedule a health screening.

The program applies to salaried employees enrolled in an HII medical plan. Represented employees and salaried employees not enrolled in a medical plan can participate in the program on a voluntary basis for raffle prizes. The program is administered by QuadMed and all health information is confidential.

Know Your Numbers Screenings Available

Shipbuilders can choose to complete the health screening onsite with QuadMed during one of the following sessions:

Sept. 6

Bldg. 903
Conference Room 129B
8 until 11:30 a.m. and 12:30 until 4:30 p.m.

Sept. 9

Bldg. 903
Conference Room 129B
8 a.m. until 1 p.m.

Sept. 10

HII Family Health Center
Large Conference Room
7 until 11 a.m. and noon until 5 p.m.

Sept. 11

Bldg. 520-6
Forrestal Room
8 a.m. until 1 p.m.

Sept. 12

HII Family Health Center
Large Conference Room
7 until 11 a.m. and noon until 5 p.m.

Sept. 13

Bldg. 600
Conference Room C
8 a.m. until 1 p.m.

Recognizing a Job Well Done



Apprentice **T.J. Bryant** (X43) didn't know much about shafting when he rotated to the In-Service Aircraft Carrier Program. But his work ethic and positive attitude impressed the leadership team and made him a lead mechanic.

"T.J. really excelled during the shafting reinstall on USS *George Washington* (CVN 73)," said Foreman **Austin Goforth**. "He worked down there during the whole evolution and really was a vital asset."

For his hard work and leadership, Bryant was rewarded with a reserved parking space for one week. It's an effort General Foreman **Greg Bly** instituted a couple of months ago to recognize outstanding craftsmen and craftswomen in his area. Each month, he gives up his reserved parking space to an employee like Bryant for one week.

"I do it to help boost morale and give someone a little extra incentive," Bly said. "I wish I had 70 spots to give, but I don't. I have one."

Bly had no doubt Bryant was a deserving candidate. "In his mind, he's just doing what he's supposed to," Bly said. "We have a



Pictured from left are Greg Bly, Cody Smith, T.J. Bryant and Austin Goforth. Photo by Matt Hildreth

young team on day shift, and it's going to take guys like T.J. to get the ship redelivered."

At Newport News Shipbuilding for more than two years, Bryant said he works hard because it's the way he was raised. "We work with a lot of good people here," he said. "There's no way you could pick out one person who really deserves it over anyone else."

Foreman **Cody Smith**, to whom Bryant now reports, said he continues to be a valuable asset to the team. "He's always putting in extra effort to help me as a new foreman, and I appreciate it," Smith said.

Lean Implementation: Culture of Mutual Respect and Accountability



Newport News Shipbuilding is implementing Lean – a process improvement method that streamlines workflow and removes waste – using five work streams, including Culture of Mutual Respect and Accountability.

The objective of this work stream is to provide better workplace conditions in terms of cleanliness, safety and workforce capability. It is supported by consistent emphasis on the value of shipbuilders and active two-way communication with employees at all levels.

"Our culture can create a cohesive environment that encourages us all to focus together on common goals and objectives. A positive culture generates positive outcomes. Essential to transforming the culture is rebuilding the broken fundamentals of trust, respect and accountability," said **Felicia Ceasor** (X51), project manager for the work stream.

The work stream has already yielded successes in the Ring Module Shop, including a fresh breakroom, cleaner bathrooms and better communication and recognition for work well done.

Watch a video on MyNNS that explores the benefits of the Culture of Mutual Respect and Accountability work stream.

12th Annual NNS 5K is Saturday

The 12th annual NNS 5K is Saturday, Sept. 7, at Victory Landing Park. The race begins at 9 a.m., but participants are invited to join the pre-race fun with vendor tables, refreshments and entertainment for the whole family.

Online registration has closed. However, participants can still register from 8 until 8:45 a.m. on race day at the sign-up table. Registration is \$15 for adults and \$10 for youth age 12 and under.

In the event the race is canceled due to inclement weather, QuadMed will contact registered participants in advance via email. For more information or questions, email HHIWellness@quadmedical.com.

AROUND THE YARD

REMINDER: Direct vs. Indirect Charging

When Newport News Shipbuilding employees enter their time, it is charged either direct or indirect.

Direct charging represents work related to a specific cost objective (e.g. contract). Typical examples of direct charging include a hull or a contracted engineering job.

Indirect, or overhead, charging represents work not related to a specific cost objective. Typical examples of indirect charging include work that benefits multiple contracts, safety meetings, LX training, general staff meetings and fire drills.

Charging to a confirmation/ticket number, for example, translates to a direct or indirect charge. Employees who are unable to determine if the task they are working on is considered direct or indirect work should contact their foreman/supervisor. For time charging-related questions, employees should contact their foreman/supervisor or Labor Compliance (O73) at 534-4147.

Breast Cancer Awareness T-shirts Available

Shipbuilders can purchase T-shirts in support of the Making Strides Against Breast Cancer effort through Sept. 20.

Proceeds from sales will support investment in groundbreaking breast cancer research, services – such as access to mammograms – for women diagnosed with the disease, and the availability of free information to help educate others about the warning signs.

T-shirts are available in charcoal or pink and range in price from \$13 to \$15. Sizes range from small to 5XL. They feature a shipyard design on the back and a pink ribbon on the front. To purchase T-shirts or for more information, contact **Paula Young** (O68) at 688-7634 or via email or **Brenda Meekins** (O26) at 380-3239 or via email.

Return Disabled Electronic Devices

Newport News Shipbuilding’s IT Asset Management Team is working to identify and reclaim about 1,600 disabled devices across the shipyard.

Some of these devices could be issued to new hires or used for other purposes. Shipbuilders should return any disabled devices and accessories. There are seven designated drop-off locations available during first shift until Sept. 20 in Bldgs. 86, 1748, 520, 600, 869, 903 and 909.

If there is a large number of devices, or they cannot be carried to a drop-off location, submit Dispose/Return IT Equipment RequestIT. Visit the IT website on MyNNS for more information.

Security is Vital at NNS

Newport News Shipbuilding has released several Take 5s to educate employees about the important role of security at the shipyard. Learn more about the behavioral indicators of an insider threat and how to report a suspected threat on MyNNS.



Matthew Brown, second from right, was honored with an On-the-Spot ethics award. Photo by Ashley Cowan

Shipbuilder Steering the Way

Matthew T. Brown (O43) was recently honored with a Level One On-the-Spot Ethics award for coming to the aid of a fellow shipbuilder.

Brown was in a forklift when he noticed a fellow shipbuilder who seemed to be walking erratically. He stopped what he was doing to observe the shipbuilder and witnessed her fall backward and hit her head. Brown immediately went to check on the shipbuilder, who lost consciousness for about 15 seconds. Brown called Security and remained on scene to answer questions from first responders.

Because of Brown’s actions, the shipbuilder received the prompt medical care she needed. **Matt Needy**, vice president of Operations, recently met with Brown to present his award and to thank him for taking action.

SEEKING SHIPBUILDERS

Visit www.buildyourcareer.com to search for the latest NNS job openings.

Job Title	Req Number	Dept.	Location
Pipefitter Trainee	31743BR	X42	Newport News
Quality Analyst	31243BR	M21	Newport News
Supply Chain Specialist 3	25547BR	O51	Newport News
Foreman	30693BR	O63	Newport News
General Foreman	31600BR	O63	Newport News
General Foreman	31768BR	O63	Newport News
General Foreman	32093BR	K45	Newport News
Manager Design Engineering 1	30732BR	E83	Newport News
Manager Engineering Planning 3	32118BR	E81	Newport News
Senior Supply Chain Specialist	28765BR	O51	San Diego, CA

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 for more information.

DATEBOOK

THROUGH 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 and log into Wellness Online to sign up. Everyone who completes the challenge will be entered into a drawing for a gift card.

SEPTEMBER 4

Xavier Beale, vice president of Trades, is hosting town hall meetings during all three shifts at the Carrier Cafe in Bldg. 1744. The third-shift meeting is from 7:15 until 7:45 a.m. The first-shift meeting is from noon until 12:30 p.m., and the second-shift meeting is from 8 until 8:30 p.m. Topics of discussion will include parking, health and policy changes. No charge will be provided. For more information, contact **Cindy Mann** (O61) at 688-7563.

SEPTEMBER 5

Join Shipbuilders Together Realizing Inclusion, Diversity and Equality (STRIDE) for an elevator pitch event from 4 until 6 p.m. in VASCIC (Room 219). **Xavier Beale**, vice president of Trades, and **Julia Jones**, director of Operations Integration, will be guest speakers. The event is open to all shipbuilders.

SEPTEMBER 7

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. Tickets can be purchased in advance for \$26 at www.kingsdominion.com/save using the username and password "KDNNNSB." Tickets can also be purchased for \$26.50 at any BayPort Credit Union location.

SEPTEMBER 10

The Professional Enhancement and Enrichment Rotation (PEER) Program is hosting a learn at lunch (bring your own lunch) event for potential candidates from 11:30 a.m. until 12:30 p.m. in VASCIC-3 West. The program is open to salaried individual contributors. To sign up, email PEERProgram@hii-nns.com with your name, department, phone number and learn at lunch date.

SEPTEMBER 12

The "Spear and Gear" Toastmasters Club will host a meeting from 4:45 until 5:45 p.m. in Room 247 of The Apprentice School (Bldg. 1919). The event is open to all Newport News Shipbuilding employees and no RSVP is required. The event will provide a forum for employees to learn how to become more effective communicators and leaders. For more information, contact **Jay Romulo** (O31) at 380-3768 or **Jamar Skyles** (X44) at 534-3826.

SEPTEMBER 14

Shipbuilders and their families are welcome to participate in the company's "Day of Caring" community project with Fear 2 Freedom, a 501(c)(3) nonprofit with a mission of helping to restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence. Volunteers must be 12 years of age or older. Employees should sign up through the NNS Gives website at nns.YourCause.com using their "MyID," which can be found on pay stubs and the address book in Outlook.

SEPTEMBER 17

The Professional Enhancement and Enrichment Rotation (PEER) Program is hosting a learn at lunch (bring your own lunch) event for potential candidates from 11:30 a.m. until 12:30 p.m. in Bldg. 600-1 (Conference Room A). The program is open to salaried individual contributors. To sign up, email PEERProgram@hii-nns.com with your name, department, phone number and learn at lunch date.

SEPTEMBER 17

Join the Hampton Roads Section of the Society of Naval Architects and Marine Engineers (SNAME) at the Hampton Yacht Club from 6 until 8 p.m. for a discussion of capsized survival techniques with award-winning yacht designer Dudley Dix. To RSVP, visit the SNAME website or email TJ Brackin at sname.meetings@gmail.com.

SEPTEMBER 19

Newport News Shipbuilding's employee resource groups are hosting a speed mentoring event at The Apprentice School from 4 until 6 p.m. Mentoring sessions will occur in 12-minute intervals with attendees moving from one mentor to another. Don't miss out on this professional development opportunity. Employees can sign up on MyNNS. For more information, contact **Adam Kringer** (PEER X47) at 380-4286.

SEPTEMBER 24

Newport News Shipbuilding's engagement and inclusion and diversity champions are partnering to host an Enable Our Workforce Expo in Bldg. 4931. There will be three sessions – 6 until 8 a.m., 11 a.m. until 1 p.m. and 7 until 9 p.m. The expo is open to all employees and will include a variety of exhibitors on topics specifically designed for shipbuilders, door prizes and free food. No charge will be provided and PPE is required. For more information, contact **Danyelle Saunders** (K49) at 688-7762 or via email.

SEPTEMBER 25

The Professional Enhancement and Enrichment Rotation (PEER) Program is hosting a learn at lunch (bring your own lunch) event for potential candidates from 11:30 a.m. until 12:30 p.m. in Bldg. 86-3 (IE 3). The program is open to salaried individual contributors. To sign up, email PEERProgram@hii-nns.com with your name, department, phone number and learn at lunch date.

SEPTEMBER 26

L.E.A.R.N. will host an after-work presentation with **Bryan Caccavale**, vice president of Supply Chain Management, from 4:30 until 6 p.m. in the VASCIC auditorium. The event is open to all employees by reservation only. Sign-up on the L.E.A.R.N. website. For questions, contact **Tanika Vasquez** (E08) at 688-7916, **Helen Dennie** (O28) at 380-4831 or email LEARN@hii-nns.com.

SEPTEMBER 26

The "Spear and Gear" Toastmasters Club will host a meeting from 4:45 until 5:45 p.m. in Room 247 of The Apprentice School (Bldg. 1919). The event is open to all Newport News Shipbuilding employees and no RSVP is required. The event will provide a forum for employees to learn how to become more effective communicators and leaders. For more information, contact **Jay Romulo** (O31) at 380-3768 or **Jamar Skyles** (X44) at 534-3826.

SEPTEMBER 27

The Apprentice Alumni Association will host the annual Apprentice Alumni Fall Golf Tournament at Sleepy Hole Golf Course. The cost is \$70 per golfer and includes green fee, 18-hole cart fee, tournament prizes, food and unlimited range balls (one hour prior to start). For more information or to sign up, contact **Fred Peedle** (E51) at 688-6682.

OCTOBER 1

The Professional Enhancement and Enrichment Rotation (PEER) Program is hosting a learn at lunch (bring your own lunch) event for potential candidates from 11:30 a.m. until 12:30 p.m. in Bldg. 160-2 (Engineering Ops. Conference Room). The program is open to salaried individual contributors. Sign up by emailing PEERProgram@hii-nns.com and include your name, department, phone number and learn at lunch date.

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.