



Pivot instructor Albert Webb, center, leads shipbuilders in stretches at the beginning of a shift. Photo by Lena Wallace

Shipbuilder Strong Program Celebrates Five Years

Employees can improve their fitness and quality of life through the Shipbuilder Strong Program, provides injury prevention, education, and ergonomic evaluations of workspaces to all trades and departments at Newport News Shipbuilding. The Shipbuilder Strong Program, provided by Pivot Health Solutions, is celebrating its fifth year helping shipbuilders remain healthy and fit.

The team includes certified athletic trainers, physical therapists, ergonomics experts, and exercise physiologists. Shipbuilders can learn proper stretching and lifting techniques to manage minor aches and pains, and avoid possible injuries. They can also have their work areas evaluated to determine sources of body pain or discomfort.

“Our focus is on ensuring that all employees have the tools that they need to perform their jobs safely,” said **Donna Abbott**, a physical therapist and Pivot manager.

Shipbuilder Strong includes a Preventative Care Program that

helps shipbuilders manage minor aches and pains proactively. This voluntary program allows foremen to refer an employee, experiencing discomfort, to an on-site preventive care specialist.

General Foreman **Mike Hailey** (O63) said Pivot worked with his Structural Fabrication and Assembly (SFA) group. “When you call, they respond with solutions and the belief that all accidents are preventable,” he said. “It has been an incredible resource, helping us choose the proper exercises to best perform job duties.”

Dru Branche, director of Security and Environmental Health and Safety, encourages everyone to take advantage of the Shipbuilder Strong Program. “The staff is very knowledgeable and willing to go to jobsites to help employees.”

The program is free for Newport News Shipbuilding employees. If you are interested in a consultation, call 688-0376 or 777-2105. For more information, contact **Donna Abbott** via email.



Patrina Matthews, a foreman in the Virginia-Class Submarine Program, has a crew talk with her team. Photo by Lena Wallace

Building Submarines in the COVID-19 Era

Shipbuilders are strategizing how best to protect themselves from COVID-19 exposure while constructing submarines at Newport News Shipbuilding.

Working in tight spaces challenges social distancing guidelines. Before the pandemic, plan of the day meetings included construction supervisors discussing safety, access constraints, critical path jobs and hot work. Now, they talk about the exact location of every job, its duration, and how many shipbuilders are needed.

NNS Hosts Virtual Event with High School Students and Parents

Newport News Shipbuilding partnered with the Virginia Peninsula Chamber of Commerce to host a Zoom info session with high school students and their parents as well as school career counselors on May 19.

All of the students who participated have recently accepted full-time trades offers of employment with NNS. “You have chosen a noble career that helps our Navy defend the freedoms we all enjoy,” said **Xavier Beale**, vice president of Trades, as he welcomed students and parents. “A career in shipbuilding provides the opportunity to be part of something much greater than yourself.”

Participants also watched NNS videos that provided a glimpse into the world of shipbuilding, learned more about benefits and asked questions.

“It was exciting to see more than 40 students and their parents participate in this virtual event,” said **Kelly Fischer**, manager of Trades Hiring. “Partnering with local high schools to recruit students interested in learning a trade is

“The team then evaluates this footprint to ensure proper social distancing – prior to the shifts even starting,” said **Bryan Heverly** (X82), a construction superintendent.

“On occasion, we have to deconflict jobs occurring in the exact same location. COVID-19 and social distancing has proven to be a challenge, especially for hulls that are at or near pressure hull complete.”

X33 Foreman **Patrina Matthews** and her team work in the Modular Outfitting Facility (MOF) on second shift. Her crew talks include the importance of disinfecting workstations. When discussing work, the team wears face coverings and social distance from one another to help prevent the spread of COVID-19.

“We clean touchpoints and common areas every day before we begin work,” she said. “We social distance as much as possible to meet production goals.”

Matthews said she encourages open dialogue with her team. “Right now we are focusing on mental health,” she said. “If your mind isn’t in the game, you could get hurt. My goal is to help my team practice mindfulness in our new reality.”



Xavier Beale, vice president of Trades, talks with newly hired shipbuilders and their parents via Zoom.

critical to building our Trades talent pipeline.”

Most of the students will start work at NNS after graduation and once they turn 18.



**CELEBRATE
LGBT PRIDE MONTH**

**June is LGBT
Pride Month**

As we celebrate LGBT Pride Month in June, take time to not only recognize the great achievements and innovations of the LGBT community throughout our nation's history, but also their significant impact on the success of Newport News Shipbuilding.

Look for posters across NNS during the month. Additional coverage is available in the Inclusion and Diversity section of the NNS to Go app.

ONE TEAM UNITED IN PURPOSE

As we celebrate LGBT Pride Month in June, take time to not only recognize the great achievements and innovations of the LGBT community throughout our nation's history, but also their significant impact on the success of Newport News Shipbuilding. Additional coverage is available in the Inclusion and Diversity section of the NNS to Go app.

Inclusion & Diversity
UNITED THROUGH OUR DIFFERENCES

Newport News Shipbuilding

NNS Honors Virginia Beach Mass Shooting Victims

Newport News Shipbuilding honored the victims of last year's Virginia Beach mass shooting with a memorial whistle blow Friday afternoon. May 31 marked the one-year anniversary of the tragedy.

"As we remember the victims of the Virginia Beach tragedy, we can also honor their memories by learning and doing our best to prevent something like this from ever happening again in our community," NNS President **Jennifer Boykin** wrote in a message to shipbuilders.

She encouraged employees to watch "Run, Hide, Fight." The video, produced by the city of Houston and Homeland Security, shows how to survive an active shooter event.

It is available for viewing on MyNNS and the NNS to Go app.

To help defend against an active shooter event, shipbuilders should:

- Be vigilant. Recognize and report when people are "off" – agitated or hostile.
- Speak up. If you have a gut feeling that something isn't right, report it. It's not about getting someone in trouble. It's about helping someone who may be in trouble.
- If you see a weapon on NNS property (including the parking lots) report it to Security immediately at 380-2222.

REMINDER: Face Coverings Required

As a reminder, Newport News Shipbuilding employees are required to wear cloth face coverings or masks – covering their mouth and nose – if they are within 6 feet of another person. Face coverings should be worn in transit (including before and after work), in line for services and in common areas. Employees should also practice social distancing when possible. Virginia's governor has also issued an executive order making face coverings mandatory in most indoor public settings – with exceptions – for people age 10 and older.

Take Advantage of Free Virtual Fitness Classes

June is a great month to get fit, and there is no easier way to do that than with the free virtual group fitness classes offered to all Huntington Ingalls Industries employees.

With morning, afternoon and evening classes offered Monday through Friday, shipbuilders can get full-body workouts, quick stretch and stress breaks, and stay connected with QuadMed fitness instructors. To receive class links via email each week, join the fitness class distribution list by emailing HIIWellness@quadmedical.com and requesting to be added. Shipbuilders can also access all class links through the Wellness Online events calendar. As a reminder, only personal devices may be used to access Zoom sessions.

HOLA Hosting Lecture Series

Newport News Shipbuilding's Hispanic Outreach and Leadership Alliance (HOLA) employee resource group is hosting a lecture series to help educate fellow shipbuilders about the history, culture, successes and challenges of Hispanic Americans.

"The lectures are intended to be thought provoking, and we guarantee that the participants will learn, and might even be surprised or shocked," said HOLA Chair **Manny Colón**.

The lectures are held monthly via WebEx. Each session enters on a different topic. The first lecture, held in May, was titled "The Boricuas (Puerto Ricans)." The next session is planned for noon on June 12 and will focus on Latinx music. To participate, use WebEx meeting number 999 476 436.

The tentative schedule for the rest of the series is listed below:

- July 10: Hispanic/Latinx: Central America and the Caribbean
- Aug. 14: Hispanic/Latinx: South America
- Sept. 11: Hispanic Americans in the Service of our Nation
- Oct. 9: Celebrating Hispanic Heritage Month (Theme: "Hispanics: Be Proud of Your Past and Embrace the Future")
- Nov. 2: General Election Special Session
- Dec. 11: Celebrating the Holidays in Latin America

The lecture series is open to all shipbuilders, and no charge will be provided. For more information, contact **Sam Byrne** (E82) via email.

DATEBOOK

JUNE 2

The L.E.A.R.N. Program and the Asian Shipbuilders Including All Nationalities (ASIAN) employee resource group are hosting an after-work presentation with **Keisha Pexton**, director of Learning and Workforce Development, via WebEx from 3:30 until 4:30 p.m. The event is open to all employees by reservation only. Sign up on the L.E.A.R.N. website on MyNNS. For questions, contact **Tanika Vasquez** (E08) at 688-7916, **Chris Porro** (E47) at 534-0332, or email LEARN@hii-nns.com.

JUNE 11

Join the Spear and Gear Toastmasters Club and 16,400 Toastmasters members around the globe for a virtual meeting in response to the current pandemic. The club's mission is to help shipbuilders gain the benefits of effective communication and leadership skills. It provides a safe environment to learn and practice those skills. The virtual meeting begins at 5 p.m. To participate or to learn more, contact **Sheila Carter** (X72) or **Jamar Skyles** (X44) at spearandgeartoastmastersclub@gmail.com from your personal email address.

JUNE 19

June 19 is the application deadline for the Huntington Ingalls Industries Scholarship Fund for the 2020-2021 school year. Scholarships are available for students enrolled in two- or four-year college programs and for use toward pre-K school readiness education costs. Visit huntingtoningalls.com/employees/hii-scholarship-fund for more information.

JUNE 25

Join the Spear and Gear Toastmasters Club and 16,400 Toastmasters members around the globe for a virtual meeting in response to the current pandemic. The club's mission is to help shipbuilders gain the benefits of effective communication and leadership skills. It provides a safe environment to learn and practice those skills. The virtual meeting begins at 5 p.m. To participate or to learn more, contact **Sheila Carter** (X72) or **Jamar Skyles** (X44) at spearandgeartoastmastersclub@gmail.com from your personal email address.

Congratulating the Class of 2020

Newport News Shipbuilding would like to celebrate shipbuilders' children who are members of the Class of 2020. Graduating high school or college seniors will be honored with a special photo slideshow that will be featured in a future edition of *Currents* and on social media.

To participate, visit buildyourcareer.wufoo.com/forms/2020-graduates to complete the waiver and submit one photo of your graduate. The submission deadline is June 12.

VOLUNTEERS NEEDED FOR NNS BLOOD DRIVE

Newport News Shipbuilding employee volunteers are needed to take temperatures and man registration and canteen tables at the American Red Cross blood drive from 7:15 a.m. until 12:30 p.m. on June 4 in Bldg. 520.

One-hour shifts are available but volunteers are encouraged to sign up for multiple shifts, if possible. Shipbuilders who are interested in volunteering should email corporateteam@hii-nns.com and include the time they are available to volunteer.

- Before a donor can enter a blood drive, their temperature needs to be taken. Temperature guns will be provided.
- All American Red Cross staff and volunteers are required to wear masks and gloves at the drive. These will be provided.
- Social distancing is mandatory at the blood drive. All donor seating and donor beds will be at least 6 feet apart.

SEEKING SHIPBUILDERS

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

Job Title	Req Number	Dept.	Location
Engineer Nuclear 4	652	E86	Newport News
Engineering Technician 3	566	E25	Newport News
HR Business Partner 4	571	O20	Newport News
iDS Engineer Structural 2	568	E92	Newport News
Image Reproduction Operator 2	528	O14	Newport News
Industrial Hygienist 1	604	O27	Newport News
Metrology Technician 2	739	O68	Newport News
Production Planning and Scheduler 1	728	X44	Newport News
Production Planning and Scheduler 2	659	X74	Newport News
Welding Product Trainer 1	686	O26	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 for more information.