



Photo by Matt Hildreth

## Sprucing Up the Neighborhood

Dozens of Newport News Shipbuilding employees, along with thousands of Americans across the country, volunteered to improve their communities and the environment during the Great American Cleanup in September.

Events took place throughout Hampton Roads, with 60 NNS volunteers collecting nearly 1,000 pounds of trash. Locations included Christopher Newport Park, the Victory Arch, the Huntington Park beachfront and Oakland Industrial Park in Newport News; Rawood Drive in Hampton; Southwestern Park in Chesapeake; and Barraud Park in Norfolk.

“Each year at NNS, we organize a cleanup as a way to give back to our community and to show respect to the environment we inhabit,” said **Sarah Lambert** (O27). “COVID-19 disrupted many parts of our everyday lives, but we were determined not to forget the communities and environment we coincide with. We all have an environmental impact and we aim to make a positive difference.”

The Hampton Clean City Commission commended Lambert along with **Dale Fullwood** (O53) and **Gleen Barnes** (O53) – both longtime volunteers for NNS’ annual Earth Day cleanup, which didn’t take place this year – for their efforts and enthusiasm during the cleanup.

## NNS Accepting Applications for 2021 Summer Internships

Newport News Shipbuilding Talent Acquisition is accepting applications for 2021 summer internship programs through Nov. 29.

NNS will offer three different internship options based on department request – 100% telework, hybrid (50% telework, 50% onsite) and 100% on-site. Students will work 30 hours a week for eight weeks during the summer months.

“We must be flexible for 2021 summer internships”, said **Jessicah Hegeman**, manager of university relations and recruiting. “If COVID-19 continues in spring 2021, our goal is to offer options that work for both the department and student. And if we need to pivot to all teleworking internships we will be ready to do so.”

To qualify for an NNS internship, students must:

- Be enrolled in a STEM-related bachelor’s or master’s degree program such as computer science, engineering or information technology.
- Have a minimum 3.0 GPA.

Students whose 2020 NNS summer internships were canceled will be given priority offers. Students are encouraged to apply early, and video interviews are expected to start this month. Direct interested students to [buildyourcareer.com](http://buildyourcareer.com) to job No. 3041 or to job No. 183 for the ABILITY internship program for students with documented disabilities.





The Nuclear Propulsion Division presented a plaque to honor the shipbuilders in the planning and execution of Newport News Shipbuilding's 315-metric-ton Goliath gantry crane. Photo by Matt Hildreth

## Recognizing a Crane Milestone

Newport News Shipbuilding's 315-metric-ton Goliath gantry crane, which came into service last year, recently completed its first Special Purpose Service (SPS) lift in support of the *Virginia*-Class Submarine Program.

To recognize the milestone, the Nuclear Propulsion Division presented a plaque to honor

the shipbuilders in the planning and execution of the crane.

"This new crane will be great addition to all our programs at NNS, and we look forward to using it in our program," said X73 Superintendent **Keith Davidson**. "As a group in NPD, we're excited and confident it will help us succeed in getting our customer its ship back in the fleet to defend our nation."

The plaque was presented to X36 shipbuilders and will be displayed in the trophy case in the foyer of Bldg. 1841.

"Due to COVID-19 concerns, it was regrettable that not all parties that contributed to the success of this first lift could be in attendance," said E82 Manager **Fred Darden**. "However, X73 and E82 would like to recognize all the parties in Facilities, Nuclear Quality Control, Load Test, Engineering, Design, Operations and Trades – everyone contributed to a job well done."

## Union Representatives Visit COVID-19 Testing Facility

Representatives from the United Steelworkers Local 8888 visited Newport News Shipbuilding's COVID-19 testing facility last week. The visit included a tour of the facility as well as an opportunity to be tested.

"The tour was an excellent opportunity for union leadership to experience what happens when an employee has potential COVID exposure or symptoms and takes advantage of the resources we have here at the shipyard," said Labor Relations Director **Deborah Moore**.

Union President Charles Spivey commented on the convenience, safety and quick turnaround at the facility, which opened Aug. 31.

The testing facility is open Monday through Thursday from 6 a.m. to 8 p.m. and from 6 a.m. to 3 p.m. on Fridays.



United Steelworkers Local 8888 President Charles Spivey was among the union representatives who toured NNS' COVID-19 testing facility last week. Photo by Matt Hildreth

If employees may have been exposed to COVID-19 while at work, they have the option of being immediately referred to the testing facility. Employees who may have been exposed to COVID-19 in the community or are experiencing symptoms, can call the company's COVID hotline (1-844-243-8749, option four) to make arrangements to test at the facility.

## AROUND THE YARD



### Recognizing National Disability Employment Awareness Month

As we observe National Disability Employment Awareness Month in October, take time to recognize the great achievements and innovations of Americans with disabilities throughout our nation's history and their significant impact at Newport News Shipbuilding.

Additional coverage is available in the Inclusion and Diversity section of the NNS to Go app.

### NOTICE: Planned Upgrade Will Cause SAP Blackout Next Week

Newport News Shipbuilding will transition to SAP S/4HANA, the latest version of the SAP enterprise resource planning system, on Monday, Oct. 19. To prepare and ensure a successful transition, a blackout period will occur starting at 10 p.m. on Tuesday, Oct. 13, through 6 a.m. on Monday, Oct. 19.

During this period, all functions within SAP (HR, Finance, Production Planning, Production Scheduling, Material, Quality, Plant Maintenance, FAME, CATs, etc.) will be unavailable. Additionally, interfaces with SAP will also be inaccessible during this time. A list of frequently asked questions regarding the transition is available on MyNNS.

### Free Flu Shots Coming to NNS

Free flu shots will be available to all employees at on-site Know Your Numbers health screenings beginning in mid-October. Employees can sign up to receive their flu shot only, or to get their flu shot and complete a health screening during events listed below:

**Oct. 12 (noon until 5 p.m.)**

Westpark 500 (Second Floor Illinois Conference Room)

**Oct. 13 (8 a.m. until 1 p.m.)**

Bldg. 520 (O19 Large Conference Room)

**Oct. 14 (8 a.m. until noon)**

Bldg. 79 (First Floor Conference Room)

**Oct. 16 (8 a.m. until 1 p.m.)**

Bldg. 160 (EOC Conference Room)

**Oct. 20 (8 until 11 a.m.)**

CRF (Third Floor Conference Room)

**Oct. 21 (8 until 11 a.m.)**

Bldg. 872 (conference room 4)

**Oct. 22 (8 until 11 a.m.)**

NNI-Enterprise (First Floor Conference Room)

**Oct. 23 (6 until 11 a.m.)**

Bldg. 161 (Second Floor Conference Room)

**Oct. 27-30 (various times)**

CMAF (First Floor Conference Room)

Employees must make an appointment to attend an onsite flu shot event. To sign up, log into [www.myquadmedical.com/hii](http://www.myquadmedical.com/hii) and click the "Wellness Online" link under the "Resources" tab. From Wellness Online, click the "Calendar" link on the left-hand menu and register for an appointment.

Employees and dependents can also make an appointment to get a free flu shot at the HII Family Health Center. Call 757-327-4200 to schedule an appointment. Appointments and face masks are required for onsite flu shot events and appointments at the Family Health Center.

### NOTICE: No-Drive Times Updated

New no-drive times are in effect at Newport News Shipbuilding. The new no-drive times are:

- 6 until 6:10 a.m.
- 12 until 12:10 p.m.
- 3:30 until 3:40 p.m.
- 1 until 1:10 a.m.

During these times, operating vehicles or bicycles inside the shipyard is prohibited. Employees are not required to remain in designated walkways during no-drive times. However, they must adhere to all posted signage and maintain situational awareness. As a reminder, face coverings are required while in transit. Shipbuilders should also practice social distancing while traveling throughout the shipyard.

### Confirmed Cases of COVID-19 at NNS

Cases reported Sept. 28-Oct. 4: **29**

Total cases at NNS: **792**

Number of NNS employees medically cleared to return to work: **559**

See case details at [nns.huntingtoningalls.com/411](http://nns.huntingtoningalls.com/411).



## DATEBOOK

### OCTOBER 8

Shipbuilders looking for a way to sharpen speaking, listening and leadership skills can join the online “Spear and Gear” Toastmasters Club meeting via Zoom from 5 until 6 p.m. RSVP by Oct. 6 to receive further meeting details. Contact **Jamar Skyles** (X44) and **Michael Miller** (E37) at [spearandgeartoastmastersclub@gmail.com](mailto:spearandgeartoastmastersclub@gmail.com) from a personal email address.

### OCTOBER 13

Learn how to cook healthy meals on a budget and save money on your grocery bills. BeWell for Life and SmartPath will host a joint Zoom cooking and budget demonstration from noon to 12:30 p.m. All attendees will be entered to win a Cuisinart mini food processor. Visit [www.myquadmedical.com/hii](http://www.myquadmedical.com/hii) to register.

### OCTOBER 14

Shipbuilders have until Oct. 14 to complete the annual employee engagement survey. For more information, visit <http://ow.ly/ilw450BwRx5>.

### OCTOBER 14

Register for the investing SmartPath webinar at noon to learn how investing can make your money grow. Visit [www.joinsmartpath.com/hii/classes](http://www.joinsmartpath.com/hii/classes) to sign up and learn more about SmartPath’s free financial coaching services.

### OCTOBER 22

Shipbuilders looking for a way to sharpen speaking, listening and leadership skills can join the online “Spear and Gear” Toastmasters Club meeting via Zoom from 5 until 6 p.m. RSVP by Oct. 20 to receive further meeting details. Contact **Jamar Skyles** (X44) and **Michael Miller** (E37) at [spearandgeartoastmastersclub@gmail.com](mailto:spearandgeartoastmastersclub@gmail.com) from a personal email address.

### OCTOBER 21

Join **Liza Carter** (O44) on from 12 until 12:30 p.m. for a Virtual Learning Session on the Mentoring Program. The Mentoring Program develops employees’ skills and knowledge to promote professional growth. Mentoring establishes relationships that empower employees to contribute and strive to meet their full potential. Mentors are transformational leaders. Sign up on MyNNS to receive a calendar invite to attend. No charge is provided. Email E&D Connections for more information.

## On-site Mammograms Available for Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Chesapeake Regional Healthcare’s mobile mammography unit will be on-site at the HII Family Health Center to perform free annual mammogram screenings on the following dates for Newport News Shipbuilding and Huntington Ingalls Industries corporate employees:

#### Oct. 12

10 a.m. until 4 p.m.

#### Oct. 26

8 a.m. until 2 p.m.

#### Nov. 3

8 a.m. until 2 p.m.

#### Nov. 30

10 a.m. until 4 p.m.

The fully equipped mobile mammography unit offers comfortable and discreet appointments for state-of-the-art 2D and 3D mammograms for women age 40 and over. Masks and social distancing are required, and between appointments the staff will disinfect all areas of the unit before the next patient arrives. For more information and to make an appointment, call 757-312-6400 or visit [www.chesapeakemammo.com](http://www.chesapeakemammo.com).

## L.E.A.R.N. and AASA Host Event With Beale

L.E.A.R.N. partnered with African American Shipbuilders Association (AASA) for a virtual L.E.A.R.N. event with guest speaker **Xavier Beale**, vice president of Trades, in September. More than 125 shipbuilders tuned into the virtual event to hear about various quality of life initiatives.

“The conversation and dialogue in the recent L.E.A.R.N. event with Xavier Beale, provided good insight and a greater appreciation to the company’s approach and quality of life system that is in place to help address and communicate the total well-being of our shipbuilders” said **Danyelle Saunders** (O18).

She said Beale’s overview captured how the quality of life efforts focus on physical and psychological safety, highlighting those basic needs that help ready shipbuilders to contribute on the job at their best level.

“Transportation options, restroom and common facilities, work-life balance, pride in our impact as a company, health and wellness, engagement, community support and communications are key ingredients to shaping our people-centered culture of excellence at NNS. I thought it was very impactful session,” Saunders said.

To view the event presentation, visit the L.E.A.R.N. website on MyNNS.

## SEEKING SHIPBUILDERS

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

Job Title	Req Number	Dept.	Location
Engineering Planning Analyst 2	1258	E41	Newport News
Engineer Metrology 3	848	O68	Newport News
Engineer Project 5	3295	E35	Newport News
Engineer Quality 3	2417	O06	Newport News
Engineer Structural 4	2091	O41	Newport News
iDS Designer 3	1927	E92	Newport News
Patternmaker 2	2493	M71	Newport News
Production Planning and Scheduler 3	307	X44	Newport News
Supply Chain Specialist 3	3304	O51	Newport News
Technician 4	1925	O41	Newport News

Employees are encouraged to use MyHR or the “Current HII Employees Job Search” button at [www.buildyourcareer.com](http://www.buildyourcareer.com) to apply. The company continues to offer cash bonus awards for referrals to select positions, visit [www.huntingtoningalls.com/hii-careers/refer-a-friend](http://www.huntingtoningalls.com/hii-careers/refer-a-friend) for more information.

## NOTICE: Bridge-Tunnel Closure This Weekend

The Virginia Department of Transportation will close all northbound lanes of Interstate 664 at the Monitor Merrimac Memorial Bridge Tunnel for paving as early as 9 p.m. Friday, Oct. 9. The lanes are scheduled to reopen by 5 a.m. Monday, Oct. 12.

During the closure, motorists should use the Route 17 James River Bridge or the Interstate 64 Hampton Roads Bridge-Tunnel as alternate routes.

# Why should I get a Flu Shot?



Flu vaccinations are especially important this year as we work to combat both the flu and the COVID-19 pandemic. Newport News Shipbuilding is providing employees with multiple options for getting the flu vaccine. Beginning Oct. 12, shipbuilders have three options:

1. Schedule an appointment at an on-site Know Your Numbers health screening and get your flu shot only or complete a screening and also get a flu shot. Visit the flu shot website and scroll down to click “Newport News Shipbuilding Flu Shot Events” to see the screening schedule and how to make an appointment.
2. Schedule an appointment to get a flu shot at the HII Family Health Center (757-327-4200) during its normal business hours.
3. Attend a walk-in flu shot event at the HII Family Health Center, which will be held from 8 a.m. until noon on Saturdays from Oct. 10 to Nov. 19.

**Wear a mask and practice social distancing while attending these flu vaccine events.**

## Flu FAQs

**Q: Why is it important to get a flu shot this year?**

A: The COVID-19 pandemic has already caused more than 200,000 deaths in the United States. As we spend more time indoors this fall and winter, curbing the pandemic and other respiratory illnesses will be more challenging. A significant outbreak of the flu along with COVID-19 could overburden our health system and cause serious consequences for society, your family and the workplace. Our efforts will help free up health care workers to concentrate on eradicating COVID-19.

**Q: If I have recovered from COVID-19, is it safe to get a flu shot?**

A: Yes. Once you have recovered and are asymptomatic, it makes sense to get a flu shot.

**Q: Is the company offering a drive-thru option for getting a flu shot?**

A: NNS is working with United Steelworkers Local 8888 to provide shipbuilders with an after-hours drive-thru option in November. More information will be shared when the details are finalized.

**Q: The onset of cold weather brings all sorts of respiratory ailments, including allergies and bronchitis. Should this automatically prompt me to call the COVID-19 hotline and request a test?**

A: Not automatically. An allergy sufferer who gets the same symptoms every fall or winter doesn't need a COVID-19 test. Others with respiratory ailments who aren't sure about getting tested should consult their primary care physician. However, if your symptoms are specific to COVID-19, such as loss of taste or smell, or if you have been exposed to someone with the virus, call the hotline 1-844-243-8749.

**Q: Does wearing masks, social distancing and sanitizing also help against the spread of flu?**

A: Yes. Australia and New Zealand saw a mild flu season this year and attributed it to wearing masks and social distancing.

**Q: If I have a cold, can I get a flu shot?**

A: Medical literature says yes, but for your own peace of mind, you might want to wait until you've recovered from the cold.

**Q: When is the ideal time to get a flu shot?**

A: The best time is early- to mid-October. But flu cases peak in November and late February. So even if you wait until January, it would provide protection during the second peak.

**Q: Can a flu shot give you the flu?**

A: It is possible to get mild symptoms of aching and even a low grade fever after getting your flu shot as the body is reacting appropriately to the shot. These are not an allergic response and will go away in one or two days. This is also not the flu and you are not infectious.

**Q: Does a flu vaccine provide any protection against getting COVID-19?**

A: No. We'll have to wait for a COVID-19 vaccine to be approved and readily available. While a flu vaccine doesn't prevent COVID-19, it does protect you against the flu, and people who get the flu can be more susceptible to contracting COVID-19.

**Q: Does getting the flu vaccine help protect people around me?**

A: Yes, it may protect others, including babies, young children, older adults and those with chronic health conditions.

**Q: Do pregnant women or people with pre-existing medical conditions require consent from a physician to get a flu vaccine?**

A: No. The Centers for Disease Control and Prevention (CDC) recommends the vaccine for everyone 6 months of age or older, with rare exceptions. In fact, the CDC says the flu vaccine helps protect women during and after pregnancy. The CDC cites other studies that show a vaccine helps protect the newborn from flu for several months after birth, before he or she is old enough to be vaccinated.

**Q: Will the vaccine protect me against "stomach flu?"**

A: No, because that's not really the flu. Viruses, bacteria or parasites can cause the symptoms associated with stomach flu, including nausea. The flu is a respiratory disease.

**Q: Can I get the flu and COVID-19 at the same time?**

A: Yes. The CDC says people can contract the flu or other respiratory illnesses while having COVID-19. Health experts are researching how common this is.

**Q: Can I get a flu shot if I'm allergic to eggs?**

A: Yes. The CDC says people with egg allergies no longer need to be observed for 30 minutes after receiving the flu vaccine, which was the case in prior years. Those with a history of severe allergies to eggs – symptoms other than hives, for example – should be vaccinated in an inpatient or outpatient setting under proper medical supervision.

**Q: If I don't want to get my flu shot at NNS, what other options do I have?**

A: Represented NNS employees can log into [www.anthem.com/ca](http://www.anthem.com/ca) to find an in-network provider. Salaried employees can find in-network providers by logging into [www.engage-wellbeing.com](http://www.engage-wellbeing.com) or use Anthem's Engage Wellbeing app.

