

THE **FACES & PLACES** OF NASSCO REPAIR

THE SHIP BUILDER
VOL. 55 ISSUE 3

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CONNECT WITH NASSCO



The Shipbuilder

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NORFOLK & BREMERTON NEWS

GENERAL DYNAMICS NASSCO DELIVERS USNS LEWIS B. PULLER

On June 12, NASSCO shipbuilders delivered the U.S. Navy's newest ship, the USNS *Lewis B. Puller* (MLP 3 AFSB). The ship is named in honor of the late U.S. Marine Corps Lieutenant General Lewis "Chesty" Puller, the most decorated Marine and the only one to be awarded five Navy Crosses. Construction on the USNS *Lewis B. Puller* began in 2013.

The first of its kind, the ASFB modifications add a 52,000 square-foot flight deck, fuel and equipment storage, repair spaces, magazines, mission planning spaces and accommodations for up to 250 personnel. The ship is capable of supporting multiple missions including Air Mine Counter Measures (AMCM), counter-piracy operations, maritime security operations, humanitarian aid and disaster relief missions and Marine Corps crisis response. The ship is designed to support MH-53 and MH-60 helicopters, and will be upgraded to support MV-22 tilt rotor aircraft.

"The delivery of the USNS *Lewis B. Puller* to the U.S. Navy symbolizes an immense culmination of efforts made by the hard-working men and women of the General Dynamics NASSCO shipbuilding team."

- Kevin Mooney, vice president of operations



NASSCO Program Manager William McKay and Area Manager Aaron Rockwell present the ship's captain, Jonathan Olmsted, with a photo of the MLP 3 AFSB, USNS *Lewis B. Puller*.



Attend Family Day? Hashtag your photos! #NASSCOFamilyDay

MESSAGE FROM THE PRESIDENT

Frederick J. Harris



On June 12, we delivered to the Navy its very first mobile landing platform configured as an afloat forward staging base. The vessel, serving as a lead ship for the Navy and Marine Corps, was delivered on schedule and under budget, with only 1.9 percent rework.

Congratulations to the hundreds of men and women who worked extremely hard in designing, planning, building, and delivering the USNS *Lewis B. Puller*. You all should be extremely proud.

The USNS *Lewis B. Puller* is a shining example of our ability as a team to pull together resources to remain competitive. I still remember vividly when the Navy announced it had canceled its three-ship mobile landing platform program due to cost. NASSCO asked for a couple weeks to come up with a low-cost alternative. The result: NASSCO was able to deliver 80 percent of the capability 40 percent lower than the original price tag, and now we are looking to build more ships for the program.

As many of you know in December we were awarded another contract from the Navy to build our fourth mobile landing platform (MLP-4). Like the USNS *Lewis B. Puller*, this ship will be configured as a second afloat forward staging base (AFSB). We are expecting to start construction on the ship at the end of this year, with a delivery date scheduled for 2018.

In addition, we are optimistic that NASSCO will be building a fifth mobile landing platform (another AFSB) soon after completing the MLP-4. Currently, the Department of Defense has included funding for the ship in their FY2017 budget—now it's just a matter of working its way through the Congress. Thankfully, our Congressional delegation understands the importance of shipbuilding in our region.

We're working diligently to continue to remind our nation's lawmakers of the significance of the fifth ship to men and women who support our industry.

This work, along with our commercial construction and Navy repair, means it's a busy time in the yard, but we must not take it for granted. As we work through a very healthy backlog, we must remind ourselves that in two and a half years from now, it could be very different. That is why we are always actively looking for work. Each and every one of us must continue to do our part in making NASSCO the shipyard of choice and ensure we have a continuous flow of work for both new construction and repair.

For example, every time a customer visits the yard, the first thing they look at is our safety record. A good safety record is a good indication of our quality and commitment standards, which are all second to none in our business.

We are doing a great job with both of our Navy and commercial customers. And if we continue to deliver quality ships on time—and on budget—we will continue to win more work.

In this edition of *The Shipbuilder*, we focus much on our Repair efforts and the men and women who make the wheels turn in that section of our operation. Our Repair effort is bi-coastal, with locations in all four corners of the United States: Bremerton, WA., San Diego, CA., Mayport, FL., and Norfolk, VA. This also includes availabilities at other locations. I am proud of our Repair team. The diverse blend of leadership, talent, skill, flexibility, and intelligence of our Repair team allows us to take on challenges and achieve major milestones through the use of innovative, cost effective and time saving ideas that sets us apart from our competition and gets the job done.

Last, but certainly not least, I hope you all enjoyed Family Day. It was the first time since 2009 that we have all come together. I would especially like to thank the dozens of employees who worked extremely hard to make this day happen.

Work safe,

YOU MAY HAVE NOTICED

GENERAL DYNAMICS NASSCO

Effective June 2015, NASSCO has changed its logo to conform with our sister business units within the General Dynamics family.

Documents and property containing the old logo will need to be switched out over time. For more information, please contact Dennis DuBard at x8860.

MESSAGE FROM THE GENERAL MANAGER

Kevin M. Graney



Over the last two years, I have spoken to each of you about our goals:

1) Perform Every Day, 2) Be Prepared, 3) Secure Our Future, and 4) Continuously Improve.

In the past two editions of *The Shipbuilder*, I have focused on “Perform Every Day” and most recently, “Secure Our Future.” In this edition, I will talk about “Continuously Improve.”

Continuous Improvement is something we must do to stay competitive in our business. At NASSCO, this means thinking about the way we work and looking to improve the efficiency and ability of ourselves, our specific task or trade, and the entire design, build and repair process. Every single employee is encouraged and expected to contribute their ideas to improve the way we operate.

I am not just preaching the need to Continuously Improve. I, along with the leadership team at NASSCO, am practicing Continuous Improvement routinely. Here’s just one example regarding our Supervisor Development Training Program. After conducting several classes, we received feedback from our supervisors completing the course on what we can do better. We revamped the course so that we are conducting the class in smaller increments, rather than a one-time training event. By doing this, we’re investing the same amount of training time, but in a way that allows supervisors to retain much more information than they have in the past.

The classes offered today are focused on giving new supervisors the tools they need to transition from the field to the office setting, including: organizational and prioritization skills, how to conduct effective team meetings, quality control, safety, Microsoft Office products, and

continuous improvement. As much of our supervisor development program focuses on leadership, the program was modified to follow a 70-20-10 Leadership Development model. Pioneered by the Center for Creative Leadership and based on 30 years of study for how leaders tend to learn to lead, the model shows that leadership is learned by doing (70 percent), mentorships (20 percent), and classroom training (10 percent). As a result, we inserted mentorship and instructor follow-up into our supervisor development program. This is a big change for the program—and it’s proving to be a success for our supervisors. Now, instructor follow-up is helping Supervisors apply classroom training to their own work area. This practical approach has helped our Supervisors “learn by doing.”

In May, our Trades Training and Organizational Development team, led by **Mike Jury**, took home this year’s Manufacturing Excellence Award. Each year, General Dynamics conducts a Manufacturing Excellence Symposium where each business unit showcases remarkable manufacturing capabilities from all over the Corporation. Because the trades training effort has played such a critical role in our performance and because the trade training curriculum was developed in partnership with the production team, it was clear the effort warranted NASSCO’s excellence award for the past year. This is another example of how we are working to Continuously Improve. Congratulations to the Trades Training and Operations teams for their hard work.

Training is an investment from both the company and each of you. Education and training are embedded into what we do as a shipbuilding team. In this month’s *The Shipbuilder*, we highlight many of our training programs offered at NASSCO. To learn more, visit the Trades Training team in Building 8.

Everywhere you look, teams are working hard to carry out NASSCO’s goals and meet crucial deadlines. In May, our SOC 4 Blast and Paint team

pushed hard to get the keel block for Hull 553 completed on time. This was not an easy task because the block came to them late from SOC 3. The team put together a plan and worked long hours to achieve an important milestone. I am very proud of their effort and gave them my heartfelt thanks for a job well done at a well-deserved lunch.

I would also like to acknowledge a team made up of pipefitters, painters, machinists, steel workers, temporary services, rigging, waysmen, planning, engineering, TIMSA, and others who worked to complete drainage modifications for the flight deck of the MLP 3 AFSB. When we took MLP 3 to sea for the first time, we had a very successful trial. However, we identified a problem with how the flight deck drained when fire fighting systems were operated – it didn’t drain. We quickly identified that the drain system was undersized and made modifications to get it fixed. This was a complete team effort that demonstrated how the NASSCO team can rally to fix a tough problem with very little time. We retested the system and have since delivered the ship with a complete, properly functioning drain system. Thank you all for your hard work!

We have much to celebrate here at NASSCO and I am glad we were able to share our work with our families during Family Day. Congratulations to the hardworking Family Day committee for a job well done.

Before I close, I want to remind you to always be vigilant of your surroundings and to do all that you can to be safe in the shipyard. We have a lot of moving parts in the yard right now, which is all the more reason to be extremely cautious each and every minute of the work day.

Please work safely,

Kevin M. Graney

MESSAGE FROM THE GENERAL MANAGER OF REPAIR

Dave Carver



With the second quarter in full swing, NASSCO Repair has work ongoing throughout the United States.

In San Diego, we are currently supporting availabilities on 12 ships, including flight deck upgrades to support the Joint Strike Fighter aircraft on the USS *America* (LHA 6), decommissioning of the USS *Gary* (FFG 51), significant repairs and modernization on the USS *Makin Island* (LHD 8), and dry docking of the USS *Pinckney* (DDG 91). Concurrently, we are preparing for the full execution of the newly awarded LCS contract and are planning for the USS *Essex* (LHD 2) availability—which will be the largest availability undertaken by NASSCO.

In addition, we have repair personnel dispatched in Pensacola, FL supporting planned and corrective maintenance on the USS *Independence* (LCS 2), and in Everett, WA to support repairs on the USNS *John Glenn* (MLP 2).

At NASSCO-Bremerton, our group continues to execute work on the USS *Nimitz* (CVN 68), which is about 25 percent into her 16-month availability. Major work is underway with island and cat-walks staged and wrapped, CHT and chill water piping replacements, and several major modernization shipalts. For the second time since the *Nimitz* availability started, the team concurrently executed a CMAV onboard the USS *John C. Stennis* (CVN 74). Our ability to demonstrate that we can work on two CVN’s concurrently is paramount to the customer and important for NASSCO as we grow our workforce and business.

NASSCO-Mayport is currently working alterations and repairs on the USS *Gettysburg* (CG 64) and USS *Tornado* (PC 14). On the USS *Tornado*, a structural inspection identified numerous hull, deck, and shell plating areas as beyond allowable deformation tolerances and requiring removal and replacement. The accuracy tolerances for the new steel inserts were so stringent that even slight deviations resulted in lost production time through rework and wasted material. As a result, the structural department conducted a PII brainstorming session to explore solutions.

A resolution using a 3D laser scanner was discussed and implemented. The 3D images of the target shapes were quickly generated with dimensions and were translated into information usable by an automated plasma cutter. The

result: a highly accurate replacement insert that eliminated the introduction of human error variances into the process. Further refinements during the PII process were driven by specific shipboard access requirements and led to the choice of a hand held unit versus the larger tripod mounted version. This new process has produced an immediate return on investment and is projected to create substantial cost savings on future ship repair projects.

The NASSCO-Norfolk team is 90 percent complete with the USS *Carter Hall* (LSD 50) mid-life availability. Non-skid replacement on the flight deck is almost complete and testing of the new SSDG’s has started with few problems encountered. The USS *Gunston Hall* (LSD 44) is pier side at our Portsmouth facility, undergoing repairs in tanks and MRG bearing replacements. Advanced planning has commenced for the recently awarded USS *Mitscher* (DDG 57) availability which is scheduled to start in July.

Our NASSCO Repair team has continued to make safety their number one focus and that is something that must continue. Our recordable injury rates across repair activities continue to remain below our 2015 goal. With focus being consistently applied to both safety and process improvements, it is easy to see why Repair continues to succeed in all regards.

Continue the good work!

Dave Carver

THE FACES & PLACES OF NASSCO REPAIR

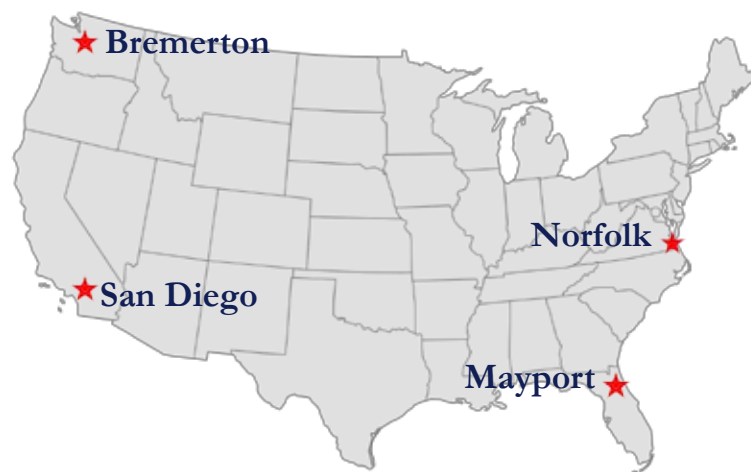
Since 2002, NASSCO has been the Navy's prime contractor for the continuous maintenance of several amphibious classes of ships homeported on the West Coast. Long-term contracts have been awarded to NASSCO to provide maintenance and repair services on LHA-class and LHD-class ships, LSD 41 / LSD 49-class ships and LPD 4-class ships. NASSCO also has been awarded a contract to provide similar maintenance and repair services for FFG 7-class ships in San Diego. NASSCO participates in the repair of other ship classes in San Diego and provides maintenance service to other Pacific Fleet ships that make port calls to San Diego.

NASSCO's Repair operation is prominent on both coasts of the United States:

More than 2,700 men and women make up NASSCO's bi-coastal Repair operation, with more than 1,000 people belonging to the San Diego team. The Repair operation is divided into five departments: production, planning, estimating, material control, and contracts.

In this spread, we highlight several individuals who represent the thousands of men and women who contribute daily to NASSCO's expansive Repair operation.

LOCATIONS OF NASSCO REPAIR



DID YOU KNOW?

- **NASSCO received its first floating dry dock in 1983. The 820-foot long, 136-foot wide floating dry dock came with an ABS-certified lift capacity of 44,000 long tons. In 1998, the dock was extended to handle the LHD/LHA class ships. The USS *Essex* was the first of this class to enter the new and improved dry dock.**
- **The USS *Essex* 2013 Expanded Dry Docking Availability was the same amount of work as building two tankers.**
- **NASSCO operates in 16 different locations in four major U.S. Navy ports.**

Repair Departments:

- **Repair Production**
- **Repair Planning**
- **Repair Estimating**
- **Repair Material Control**
- **Repair Contracts**



Keith M. Cobb - Area Manager 1 - Repair

As an Area Manager I walk my jobs to ensure the trades have all they need to get the job done in a safe manner, below budget, within schedule, and with the highest quality possible. I achieve this via constant communication, resourcing, and continuous training within our team.

I have worked for NASSCO just over nine years. I started as a Repair Electrician "C" and worked my way up to Journeyman. Then I advanced to Electrical Production Planner and ultimately being promoted to Electrical Supervisor. I went to Repair Planning to assist in enhancing trade practices, testing, and tasking requirements for planning schedules. I became a Repair Planner and worked in the planning department on both the central planning office (development) side and on the execution (active availability) side. Now, I am proud to say I am an Area Manager, and have worked in the CG/DDG, LPD programs and currently in the LHA team onboard the USS *America* working the PSA availability.

NASSCO is a company of opportunity, learning and reward. You get to see your project from start to finish, and you continue to improve your experience and resources. It is an awesome feeling, and will keep you always looking for the next step. Go team!



Carlo Felix - Pier Coordinator - Repair LHA/LHD Program

I supervise the pier or dry-dock during repair availabilities and coordinate crane lifts and rolling stock movements. I also ensure all NASSCO trades team members and sub-contractors are in compliance with OSHA regulations, NAVSEA standard items, and NASSCO safety and environmental regulations. I also assign pier lay down and maintain cleanliness on the pier and onboard.

I was hired in 2004 as a Material Chaser in the plate shop for SOCs 1 and 2. I was there for five years. I then transferred to the Repair Material Department, and was there for six months until being promoted to my current position. As a coordinator I've been a part of several dry-dockings, PMA's and DPMA's on USS- *Germantown*, *Boxer*, *Peleliu*, *Makin Island*, *Essex*, *BHR*, and *America*.

In my opinion the best part of working at NASSCO is the opportunity for advancement the company offers. If you want to better yourself, you can do it at NASSCO.



Jim Morgan - Senior Repair Estimator - Repair Estimating

I develop cost estimates for various ship repairs that include sub-contractors, services, and labor estimates. We develop estimates so our various customers know in advance how much money they will need in order to get repairs done on their ships and to make other budgeting decisions. It is important for NASSCO to know the projected cost of upcoming projects in man hours and material dollars in order to successfully manage the work.

I have worked at NASSCO for 35 years, of which, approximately 10 years were in New Construction material support and planning. I have been in Repair Estimating for more than 25 years.

It has been rewarding to have experienced working and learning in both the New Construction and Repair divisions, and to have seen the company evolve and progress as it has over the years.



Joe Tauiliili - Master Planner/Scheduler - Repair Planning

I mentor our Repair planning group on scheduling and planning issues, internal and external customer requirements, and current planning process improvements. I also work with the planning management team to better our planning group knowledge and strength as a whole, and help our planning group to provide ship management and production teams with good schedule and cost (manpower) analysis.

I've worked at NASSCO more than 20 years and have worked in various departments throughout my time here, including: rigging, steel fabrication, supply chain, machinery, SOC 1, and now Repair. The best part of NASSCO to me is my work environment is never boring and there are always new challenges.



Desiree Walden - Material Coordinator - Repair Estimating

My position consists of identifying material requirements for procurement and supporting additional production needs so a job may be completed. My job is important to the overall function of NASSCO because without the identification process, material would not be procured and production would not be able to complete their tasks.

I have been working for NASSCO for six and a half years. I started out as a receptionist in 2009. A year later I moved to Repair as a Data Entry Clerk and have moved my way up from a Material Analyst to a Material Coordinator during the course of five years.

The best part about working for NASSCO is being a part of assisting our Armed Services.



David Waldman - Deputy Program Manager LHA/LHD Prgm - Repair

I provide guidance, support and training to the Ship Management teams in the LHA/LHD Program. These high-performing teams return a direct financial gain to NASSCO and cement our reputation as the best Repair yard in the United States.

I have worked at NASSCO for over 22 years. I started as a Journeyman Electrician and have worked in New Construction Test and Trials and Repair. I have been in the LHA/LHD Program since 2000 starting as an Area Manager to my current position as Deputy Program Manager.

The best part about NASSCO is the ability to advance, as long as you are willing to apply yourself and work hard. The greatest change I have seen in my time at NASSCO has been the Total Safety Culture and how it has improved working conditions and employee safety.

**THE FACES & PLACES OF
NASSCO REPAIR**

Tranissa Davis - Production Support Specialist II - Repair

My position is to type all reports into IMS for the Government to review for ship repair. It is important for all reports to be entered into IMS so that the production team can complete their jobs timely so that the Navy ships can be repaired in the accurate time allotment.

I have held my position at NASSCO since December 2004 (10 years). My position keeps me busy at all times.



Alex Vaccaro - Contracts Administrator - Repair Contracts

I am currently working on the LHA/LHD program under the MSMO contract. I work with a great Contracts and Estimating team located on 32nd Street Naval Base, where some of my daily tasks include authorizing NASSCO team members and sub-contractors to perform work, helping production with contractual issues, and providing support to Planning, Purchasing, Material Control, and Main Estimating. Additional tasks include managing budgets, funding, and meeting government requirements.

I transferred to NASSCO from General Dynamics Information Technology and before that General Dynamics C4 in the Boston area. I've been working at NASSCO for 11 months in the Repair Contracts Department and truly enjoy the transition into the Repair shipbuilding industry.

The best part about working at NASSCO is the relationships I am building with my fellow co-workers. It is an enjoyment to come to work every day. The people that I work with on a daily basis are the reason for NASSCO's success.



ON THE COVER:

Back Row (L to R): Marjorie Lillo, Knee-Cee Davis, Jim Morgan, Dave Waldman, Carlo Felix

Front Row (L to R): Joe Tauiliili, Patricia Gonzales, Beatriz Azamar, Desiree Walden, Alexander Vaccaro, Keith Cobb

INCLINE EXPERIMENT ON USS *CORONADO*: SUCCESS

By: Jamie Van Cleaf & Sarah Hawkins

On May 5, mid-way between Piers 5 and 6 at Naval Base San Diego, an incline experiment was performed on the flight deck of the USS *Coronado*. This venture required months of advanced planning and calculations, and careful coordination among many different companies and departments.

As part of the planning, numerous hurdles needed to be worked through in order to ensure that this experiment was a successful one. In order to overcome a number of these obstacles, Repair leveraged New Construction methods and directly apply them to Repair.

Incline experiments are normally done with a forklift and numerous weights, each moved individually. This method is long and cumbersome, resulting in incline experiments that last upward of five to six hours. NASSCO New Construction has an asset, the KAMAG, which has proven via previous inclines to reduce the time of this evolution down to three hours of actual movement.

The plan for the USS *Coronado* incline was to lift the KAMAG and place it on a NASSCO floating barge, transport it over to the Naval Base, and have a floating crane load it on top of the flight deck. The borrowing of this asset required communication and cooperation between numerous NASSCO departments.

With this being such a critical and expensive piece of equipment, and with a nine-month lead time to replace it if anything happened, Repair knew that the two points of highest risk of damage would be during lifts of the asset by the crane, and during the movement of the barge and ship with

the KAMAG on top.

Rigging Engineering was contacted, requesting that a lifting plan be generated for the KAMAG to reduce the risk to the asset. Repair, Waterfront Services, Transportation and Rigging worked together to coordinate the transportation and loading of the KAMAG to the naval station.

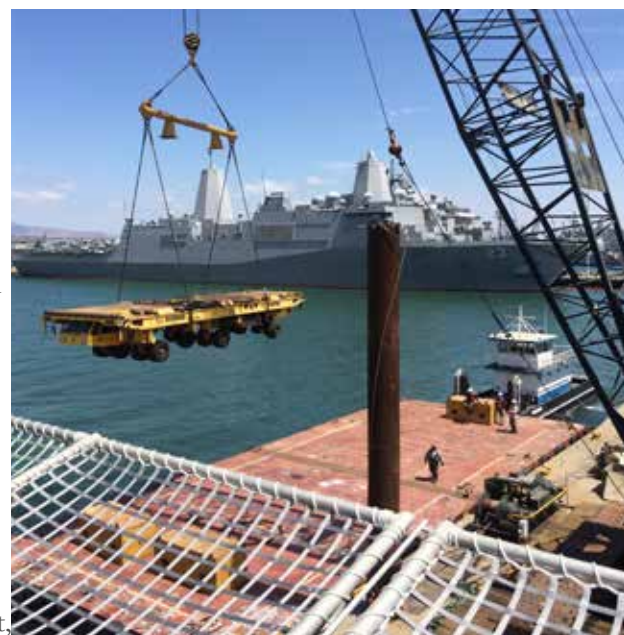
The Government, Ships Force and BIW were extremely happy with the outcome of the incline. We finished three hours ahead of schedule, with no property or personnel damaged or injured in any way.

Thanks to all of the departments who were involved in this incline experiment, we have proven that knowledge-sharing between New Construction and Repair can be successful for both sides.

The USS *Coronado* is one of 12 Littoral Combat Ships (LCS) that have been awarded to NASSCO as part of the Sustainment Execution Contract (SEC). The purpose of the LCS is to act as a surface combatant, and can be reconfigured for various roles by changing out mission packages.

The contract awarded to NASSCO is to provide Planned Maintenance, Facilities Maintenance, Corrective Maintenance, and Emergent Maintenance for the 12 LCS ships on a monthly basis.

Due to the constant maintenance schedule, NASSCO Repair is currently setting up teams for each ship, which will fly to wherever the ship is located to perform the repairs. NASSCO will have personnel on the east coast, overseas in Singapore, and in numerous other locations, in addition to remaining in San Diego. This contract will showcase NASSCO's resourcefulness and efficiency in completing overseas repairs in short time periods, to allow the LCS to continue with its mission.



The USS *Coronado* - At Sea

SEACOR-1 KEEL LAYING

On May 5, NASSCO shipbuilders hosted a keel laying ceremony for the first ECO tanker currently under construction for SEA-Vista LLC.

Eric Fabrikant, chief operating officer of SEACOR Holdings Inc., served as the ceremony's honoree and authenticated the keel by welding his initials onto a steel plate. The steel plate with his initials will be permanently affixed to the ship's keel and will remain with the vessel throughout its time in service.



“We are proud to achieve another milestone for the first of three ships for SEACOR. These Jones Act ECO-class tankers feature state-of-the-art design technologies and achieve world-leading fuel efficiencies.”

—Parker Larson, director of commercial programs for General Dynamics NASSCO



APT-4 START OF CONSTRUCTION

On May 11, NASSCO shipbuilders signaled the start of construction of the fourth tanker to be built for American Petroleum Tankers. **U.S. Rep. Susan Davis** helped signal the beginning of construction by pressing a button to cut the first piece of steel.



“We are very excited to be starting construction on our fourth tanker at General Dynamics NASSCO. We look forward to taking delivery of another highly fuel-efficient and environmentally-friendly vessel that will provide first-class service to our customers.”

— Rob Kurz, president of American Petroleum Tankers

WATER/REST/SHADE: PREVENTING HEAT ILLNESS

By: Duke Vuong & Sherry Eberling
 Manager, Safety Safety Management System Specialist

HEAT ILLNESS CAN BE DEADLY. Every year, thousands of workers around the world become sick from exposure to heat, and some even die. Heat illnesses and deaths are preventable. At NASSCO we take the health and well-being of our employees seriously.

Heat illness is caused by the body not being able to cool itself like it normally would through sweating. During hot weather and/or high humidity the body temperature can rise to dangerous levels causing heat illness. Precautions like drinking water and/or resting in the shade or air conditioning need to be taken if signs of heat illness arise. Signs of heat illnesses can range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke requires immediate medical attention and could result in death if not addressed immediately.

CAL/OSHA has issued regulations that addresses Heat Illness Prevention. High temperatures occur nearly every month of the year in San Diego. It is important to become familiar with heat illness prevention.



**WATER.
REST.
SHADE.**

The work can't get done without them.

Heat illness is a serious matter. Take time to become familiar with the signs and symptoms. Your life or that of your co-worker may depend on it.

CAL/OSHA REQUIREMENTS

1. Access to Water – sufficient quantities of pure and suitably cool potable drinking water is available as close as practicable to all employees.

2. Access to Shade – Shade is required to be present when temperatures exceed 80 degrees Fahrenheit. Shade is in abundance at NASSCO. Access is permitted at all times when employees feel the need to take preventative cool-down rest in the shade when they feel the need to protect themselves from overheating. Supervision must monitor employees and ask if they are experiencing any symptoms of heat illness. If any signs or symptoms of heat illness are observed or reported, the employee is to remain in the shade and must continuously be observed until the signs or symptoms have abated.

3. Weather Monitoring and Acclimatization – Weather is monitored by the Safety and Security departments using the National Weather Service zip code location 92113: www.nws.noaa.gov.

4. High Heat Procedures – When temperatures are forecasted to be in the high heat range, 5-minute meetings should be used to encourage employees to drink plenty of water, and remind employees of their right to take a cool-down rest when necessary.

5. Employee and Supervisory Training – Training is provided annually through gangbox training with the requirements of the standard.

6. Written Procedures Including Emergency Response – NASSCO has written procedures on both Heat Illness Prevention and Emergency Response. All employees are empowered to request medical assistance by calling 911 on a company phone or 619-544-8777 from a cell phone.

Health Effects of Heat

Heat Exhaustion

Heat Stroke

Watch out for early symptoms. You may need medical help. People react differently – you may have just a few of these symptoms.

Stay Safe and Healthy!
WATER. REST. SHADE.
The work can't get done without them.

Drink 1 cup of water even if you aren't thirsty – every 15 minutes.

Rest in the shade – at least 5 minutes as needed to cool down.

Watch out for each other.
 "Easy does it" on your first days of work in the heat. You need to get used to it.

Be Prepared for an Emergency

If someone in your crew has symptoms:

- 1) You need medical help. Call 911 from a red phone or 619-544-8777.
- 2) while you wait for the ambulance to arrive:
 - Move the person to cool off in the shade.
 - Little by little, give him water (as long as he is not vomiting).
 - Loosen his clothing.
 - Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

When you call for help, you need to:

- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.

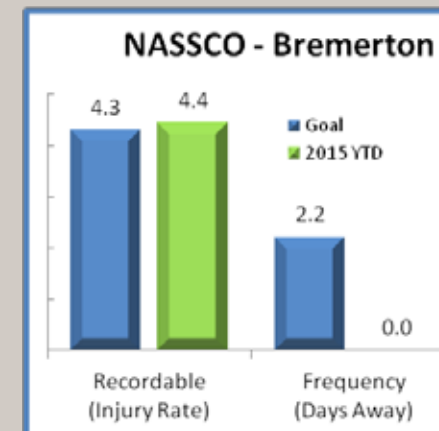
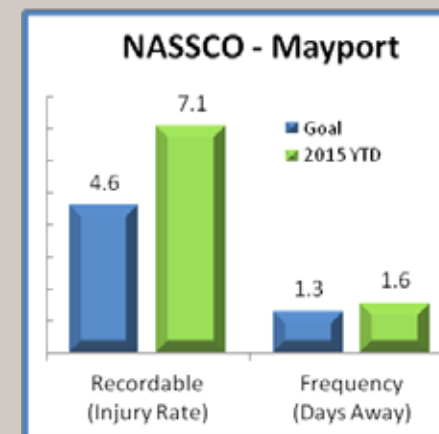
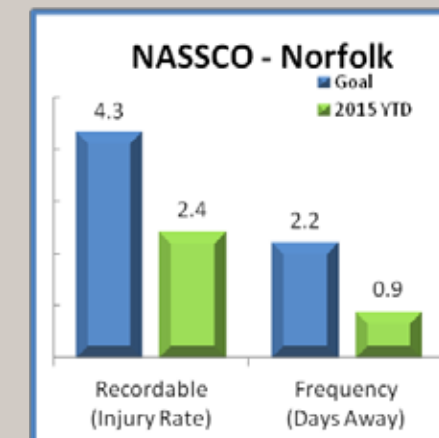
WHY IS IT IMPORTANT TO PREVENT HEAT ILLNESS?

Heat illness can be a matter of life and death. Around the world, every day workers die from heat stroke every summer and each is preventable.

Workers suffering from heat exhaustion are at greater risk for accidents, since they are less alert and can be confused.

SAFETY STATS

May 2015



NEXT ROUND OF EMPLOYEE DEVELOPMENT COURSES BEGIN IN AUGUST

By: Lidice Toledo-Lopez
Production Support Specialist

The Employee Development Program—available to all NASSCO employees—consists of 15 courses, which are broken down into two modules. The first module includes classes that are very personal such as Emotional Intelligence, Personality Styles, and Conflict Management. In these classes participants will learn a lot about themselves, which is one of the fundamental building blocks in personal and professional development. Other classes include Team Effectiveness, Time Management, Lean Manufacturing, and Business Skills.

The program is structured in a way that will provide participants with knowledge that will help them effectively handle current and future challenges, both personal and professional.

The only requirement is commitment to the program. Students are encouraged to attend all classes. Seats are limited and are assigned on a first-come, first-served basis. A spot cannot be guaranteed right away, however, students will be added to the waiting list for the next round of classes. A celebration is held for all students who have completed the program in its entirety.

The next round of classes will begin in August and end in December. Classes are conducted twice a week from 3:15 to 4:45pm in Building 8, 2nd Floor. See schedule (*next page*) for details. For more information or to sign up please contact **Lidice Toledo-Lopez** at 544-8888 ext. 2701 or lidice.toledolopez@nassco.com.



“Don’t wait! This could make a big difference in your life.”

– Carrie Bennett



EMPLOYEE DEVELOPMENT COURSE SCHEDULE

| Topic | Monday | Wednesday |
|--------------------------------|------------|------------|
| Course Overview | 8/24/2015 | 8/26/2015 |
| Total Safety Culture | 8/31/2015 | 9/2/2015 |
| Emotional Intelligence | 9/14/2015 | 9/16/2015 |
| Personality Styles | 9/21/2015 | 9/23/2015 |
| Managing Conflict | 9/28/2015 | 9/30/2015 |
| Team Effectiveness | 10/5/2015 | 10/7/2015 |
| Time Management | 10/12/2015 | 10/14/2015 |
| Quality, Voice of the Customer | 10/19/2015 | 10/21/2015 |
| Lean Manufacturing 1 | 10/26/2015 | 10/28/2015 |
| Lean Manufacturing 2 | 11/2/2015 | 11/4/2015 |
| Lean Manufacturing 3 | 11/9/2015 | 11/11/2015 |
| Business Skills 1 | 11/16/2015 | 11/18/2015 |
| Business Skills 2 | 11/30/2015 | 12/2/2015 |
| Presentation Skills | 12/7/2015 | 12/9/2015 |
| Capstone Presentations | 12/14/2015 | 12/16/2015 |

“Don’t...think it isn’t worth your time. There are tons of great learning experiences that you gain that you can apply to not only work—but your everyday lives.”

– Thomas Cimalore



TRAINING PREPARES NEW HIRES

Congratulations to the trainees who recently graduated from NASSCO’s eight-week New Hire Trades Training Program.

Since last year, more than 400 shipfitters, welders, sheetmetal fitters, outside machinists, metal outfitters, and pipefitters have completed the New Hire Trades Training Program and joined the NASSCO team as trainees.



ARE YOU SPECIAL?

By: **Steve Murray**
Manager, Continuous Improvement

Looking to improve in the workplace? We encourage you to develop your skill sets further by getting training as a 'lean specialist.' You will be given the training and tools to allow you to facilitate projects within your department or across several departments and to work with those project teams to develop solutions to significant process problems. A significant output of the new process that you and your team improve, will increase job satisfaction because it removes wastes and frustration due to an old, inefficient process.

This will ultimately help NASSCO eliminate waste and reduce variation in our processes overall, to make us more successful at competing in the marketplace for future ship orders, by reducing cost and cycle time. The training elements you will learn in the lean specialist training class include a lean overview, value stream mapping

(VSM), VSM facilitation, 5S (sort, set in order, shine, standardize, and sustain), DMAIC (define, measure, analyze, improve, and control), and many other problem solving tools as part of lean project management. You will learn also about Kaizen "change for the better" improvement tools.

Upon training completion you will be expected to work projects at the direction of your supervisor and/or manager within your normal work duties. You must be capable of leading those teams to a successful conclusion. If you feel you have those leadership skills and want to be an even greater influence on our continuous improvement culture, then please contact your supervisor and/or manager and tell him or her that you are interested in becoming a lean specialist. Your supervisor and/or manager would then provide us with your details so we can schedule your training!

Finally, we would like to congratulate the latest 15 employees who attended the four-day lean specialist class in April (pictured below): **Dee Corley, Vanessa Parker, Todd Brown, Rigo Rodriguez, Joanna Aguilar, Samuel Guzman, Christina Ramirez, Ruben Valdez, Beth Larsen, Brady Baird, Jamie Herrera, Colton Marsh** (not pictured), **Travis Saam, Rick Cheeks, and Bill Chace.** (Pictured with trainers **Mark McCoy, Bob Liddell, and Steve Murray**). They will become certified lean specialists upon successful completion of their first lean project.

For more information, please contact **Steve Murray**, Manager of Continuous Improvement, at smurray@nassco.com or (619) 744-1114 or **Bob Liddell**, Senior Manufacturing Engineer, at rliddell@nassco.com or (619) 544-8551.



Front Row (L to R): Colene Keefer (LAMP), Deana Cimalore (EPSE), John Jodka (EPSE), Jeff Madden (EPSE). Back Row (L to R): Carlos Quintero (LAMP), Steve Otero (LAMP), Gerry Norwood (LAMP), Dan Reed (EPSE). Not pictured: Jim Smith (LAMP), Anissa Stansfield (LAMP)



NASSCO SHIPBUILDERS GRADUATE FROM EPSE & LAMP

By: **Deana Cimalore**
Training and Development Specialist

In May, five NASSCO employees graduated from the Executive Perspective for Scientists and Engineers (EPSE) program at the University of California San Diego Extension.

The program began with a three-day retreat in September at the Pala Mesa Resort in Fallbrook. Leadership lessons, outdoor teambuilding activities, and a 360-development plan were just a few of the topics discussed at the retreat.

Following the retreat, participants of the program met every Monday afternoon from September to May and learned how to become more valuable and productive as they broadened their perspective and identified with their

overall business. Participants were introduced to a whole new arena of knowledge and perspective about their current company. Other topics discussed included presentations skills, emotional intelligence, finance and accounting, marketing, economics, strategic management, and power and politics in organizations.

Beginning in December 2014, an additional five NASSCO employees were given the opportunity to attend the Leadership and Management Program (LAMP) at the University of California San Diego Extension. LAMP classes met every Tuesday afternoon and consisted of two modules during which topics were discussed such as emo-

tional intelligence, influencing others, presentation skills, performance and talent management, finance, marketing, career progression and management law. LAMP participants were required to do a group project and presentation at the end of their program.

On May 19, 2015, all 10 NASSCO participants in both LAMP and EPSE received their certificate of completion at the graduation ceremony which took place at the Hyatt Regency in La Jolla. The class speaker from EPSE was NASSCO's own **John Jodka** who gave a very enlightening speech recapping his EPSE experience.



SOC 5 & 6 making it happen on APT-1: Charlie Spicuzzo and Joey Duenas



LNG Tank Lift for TOTE 2



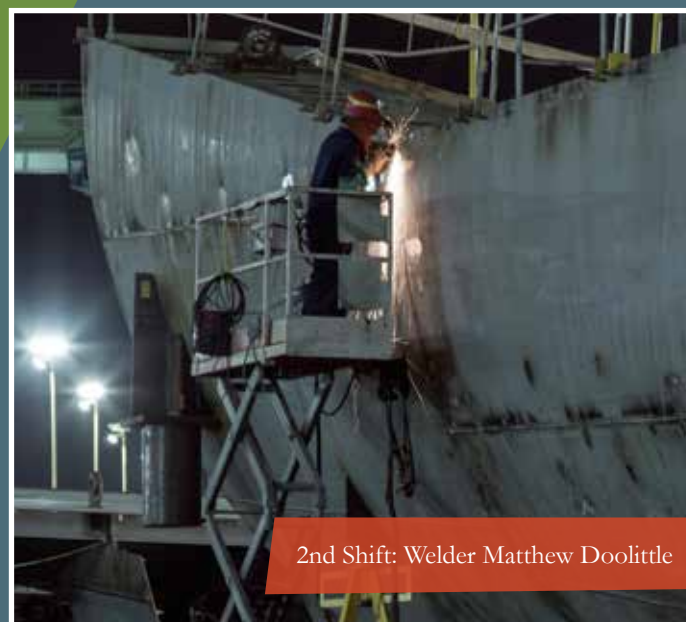
L to R: Jose Ariel Joaquin, Miguel Garcia, and Marco Garcia



APT-1 Progress



Mid-House Lift for TOTE 2



2nd Shift: Welder Matthew Doolittle

PDPs WHO ARE THEY?

The Professional Development Program is a two-year accelerated management training program where participants, or “PDPs,” rotate between key NASSCO departments before graduating into a full-time position. In each edition of *The Shipbuilder*, we highlight PDPs – past and present.

To learn more about the program, visit www.nassco.com/careers.

PDP PROFILE: DALLAS HAMLIN HANSEN

When did you start working at NASSCO?

I interned for NASSCO in the summer of 2012, and was hired full time in January of 2014.

What brought you to NASSCO?

I applied online for an internship position. I ended up loving the work I did—and the city of San Diego—so when the opportunity to go full-time with NASSCO as a PDP came up, I jumped at it.

Why were you interested in the Professional Development Program?

What initially interested me about the Professional Development Program was the fact that I would get exposure to every facet of ship building. I was hungry to learn as much as I could about management, engineering, and production. I wanted a hands-on experience in the industry and the program seemed to be everything I was looking for.

What rotations have you had as a PDP?

Initial Design & Naval Architecture, Rigging, Repair Production, SOC 1 & 2, SOC 3, SOC 4, SOC 6. I am currently with Initial Design & Naval Architecture now for a long rotation.

What have you learned as a PDP?

I have learned to work with all types of personalities, and have had incredibly rewarding experiences as a result. The program reveals how groups at NASSCO are co-dependent, and how conflicts arise and become resolved as a result. The importance of collaboration between people and groups has been a recurring theme. I have also learned to adapt to new roles because of my constantly fluctuating position. The constant change has allowed me to gain a broader knowledge of NASSCO and make contacts throughout the company. It is a cycle of continual professional improvement.

What degree do you have?

I am a 2013 graduate from the University of Michigan’s department of Naval Architecture and Marine Engineering.



PDP PROFILE: MARSHALL FICE

When did you start at NASSCO?

I started at NASSCO in the summer of 2013 with an internship in the Rigging Department, but formally became an employee of NASSCO in the summer of 2014 as a PDP.

What was your first rotation at NASSCO?

I started in the Safety Department where I was introduced to the Total Safety Culture and helping employees stay safe and alert in their work environment.

What brought you to NASSCO?

As a native San Diegan I have always been interested in the maritime industry, which led me to attending California Maritime Academy in Northern California. While at school I heard about NASSCO in San Diego, so it was an easy choice to pursue a career here.

What made you interested in NASSCO?

I was very interested in the accomplishments that NASSCO has made over the years and I wanted to be a part of it. It's amazing to watch a ship being constructed piece by piece by piece, watching it start from nothing but slabs of steel and then taking its shape into a work of art.

Why are you interested in the Professional Development Program?

I wanted a career with NASSCO, so I researched the best way for myself to start a career with them. When I found the Professional Development Program, it seemed to be the right thing for me to do. It is a great idea to get exposure to NASSCO and see the way things run in each department as well as gaining perspective. Now, as I have rotated through various departments gaining knowledge of the company, I am excited to see what is next for me, and what is next for NASSCO.

What rotations have you had as a PDP?

I have rotated through Safety, OPC, QA, Environmental, Rigging, Master Planning, Program Management, Repair Production, and SOC 5.

What degree do you have?

I have a Bachelor's Degree in Marine Engineering Technology, class of 2014 from California Maritime Academy.



PDP PROFILE: VANESSA PARKER

When did you start at NASSCO?

I started working at NASSCO in May of 2014.

What brought you to NASSCO?

I spent my childhood in Groton, Connecticut and Bremerton, Washington where I was exposed to the maritime field. My father greatly influenced my inspiration to work in the maritime industry as he served in the Navy for 21 years. I attended the California Maritime Academy where I graduated with a BS in International Business and Logistics. In order to pursue my maritime interest, I applied for the Professional Development Program (PDP) with General Dynamics NASSCO. Working in the shipbuilding industry caught my interest because I enjoy being out in the field learning and the PDP program offers hands on experience.

What were your previous jobs prior to NASSCO?

I interned as a Ship Agent with Inchcape Shipping Services for the Port of San Francisco. Additionally, I worked many jobs at the California Maritime Academy including maintenance and preservation of the Training Ship Golden Bear. The most memorable job I held on campus was working for the California Maritime Academy Admissions Office.

What rotations have you had as a PDP?

I have rotated through Cost Engineering/Contracts, PMO, Repair, SOC 6 Steel, SOC 5, Supply Chain, SOC 1, SOC 2, Project Engineering, Planning, and SOC 6. My second year will be spent in SOC 4.

What have you learned as a PDP?

As a PDP I have been immersed in the shipbuilding industry. This experience has provided me with many skills that I will be able to use for the rest of my career. I have always enjoyed the most challenging rotations as I gained knowledge in areas where I had very little experience. During my rotations I have observed the vital roles of the respective departments and how they work together in reaching a common goal of building ships on time and within budget.

What degree do you have?

I am a 2014 graduate of the California Maritime Academy with a BS in International Business and Logistics.



PDPs FROM THE LAST 15 YEARS: SINCE 2000

Acosta, Rodolfo*
Adams, Rick*
Allen, Rebecca
Aubrey, Tyler*
Barboza, Rene*
Brent, Russell
Brown, Duane*
Camara, Walter*
Carey, Thom
Chang, Hamilton
Crane, Jenna
Davidson, Zach
De Los Rios, Ricardo*

DeFauw, Matt
Doctor, David
Duenas, Joey*
Eastman, Erin
Espinoza, Martin*
Fice, Marshall
Flores, Larry*
Garofalo, Peter
Gosswiller, Troy
Hansen, Dallas
Hawkins, Sarah
Henry, Neil*
Herrera, Frank*

Holmes, Mark
Hunt, Geoff*
Hyson, Ryan
Icke, Eric
Jonas, Connor
Jones, Jimmy*
Joseph, Tyler
Keefer, Colene
Larson, Parker
Legaspi, Claudio*
Madden, Jeff
Magers, Vince
* Denotes Internal PDP

PDPs FROM THE LAST 15 YEARS: SINCE 2000 (CONT.)

Manriquez, Hector*
McKay, Bud
McWaters, Zach
Miller, Tammy*
Moffett, Lorenzo
Mohr, Jackson
Mondoux, Wade
Morrell, Jessica
Palencia, Vince*
Parker, Vanessa
Radzicki, Pete
Rathbun, Chris
Reed, Dan

Reimer, Aaron
Reynolds, Joe
Rivera, Priscilla*
Rockwell, Aaron
Ruiz, Bryan
Ruzich, Samantha
Rye, Chri
Sanders, Mel*
Scott, J.R.
Sladic, Chris
Smith, Ben
Stankiewicz, Matt
Steel, Tyler

Steinkamp, Matt
Takougnadi, Ayaba
Triggs, Brian
Truitt, Ronnie*
Van Antwerp, Lindsay
Van Cleaf, Jamie
Wagoner, Mike
Walters, Zac
Wolfe, Alex
Womack, Kurtis*
Zayas, Mario*
Zimmerman, Jake
* Denotes Internal PDP

NASSCO UNVEILS ENERGY-SAVING CONTROLLED LIGHTING SYSTEM

On May 29, NASSCO unveiled one of the largest controlled lighting systems for a manufacturing site. City of San Diego Mayor Kevin Faulconer participated in the unveiling, in addition to representatives from San Diego Gas & Electric, LSI Controls, Rexel, On-Site Energy, the Port of San Diego, and residents from the neighboring community, Barrio Logan.

Designed specifically for industrial use, the new state-of-the-art system is part of a three-phase lighting enhancement project by NASSCO that will significantly reduce energy consumption at the 86-acre shipyard by only lighting occupied areas. Energy reduction as a result of the controlled system will further eliminate greenhouse gasses and provide substantial sustainability among San Diego's integral waterfront. By switching to controlled lighting, the company is projected to save more than 1.3 million kilowatt hours (kWh), per year.

The Virticus system was manufactured by LSI Controls with collaboration by Rexel, Omega Industrial, and On-Site Energy. San Diego Gas & Electric is expected to provide NASSCO with a substantial rebate for future proven energy savings as a result of the system.



“NASSCO’s new lighting system is a great example of the cutting-edge technology and environmentally conscious thinking that makes San Diego one of the world’s smart cities. We wouldn’t be a smart city without our smart, and active communities. Not only is the new lighting system good for our environment, but it is good for the residents of Barrio Logan too.”

— Mayor Kevin Faulconer, City of San Diego

“We applaud NASSCO for their continuous commitment not only to the environment, but to the surrounding Barrio Logan community. As a vital component to our local economy, we understand their need for light at night and appreciate their willingness to turn off lights when they’re not needed for operation or production.”

— Marcos Aguilera, chairman of the Barrio Logan Association

Top: Mayor Kevin Faulconer speaks at a press event announcing the lighting system.

Bottom: Devon Phillips (left) and David Barbat (right) turn OFF the lights as a symbol of the new controlled system.

NASSCO'S 2015 EARTH MONTH CREATIVE ARTS CONTEST

More than 30 art submissions were received this year—and more than 900 votes were cast online! Thank you to everyone who participated in this year's creative arts contest in celebration of Earth Month. Here's a look at this year's winners:



Brody Peterson - Five & Under



Mahayla Bowman - Ages 6 to 8



Mandalei Moe - Ages 9 to 11



Nahomy Gonsales - Ages 12 to 18



Bernardo Vasquez - 18 & Up



2015 Contest Winners

EXPORT COMPLIANCE & U.S. SUPPLIERS

By: Keith Londot & Petia Pavlova
Export Compliance



Many of our New Construction suppliers and most of our Repair suppliers are U.S. companies. U.S. Export Regulations define U.S. companies as those that are incorporated to do

business in the United States or are organized under the laws of the United States.

Sharing technical data about our military programs with U.S. suppliers does not require export licenses, as this activity does not constitute an export. However, it is NASSCO's due diligence to inform U.S. recipients of the export restrictions associated with our technical data. Here is a summary of the steps to take when sending technical data to U.S. suppliers regarding U.S. Government programs:

- Label the NASSCO-generated technical data with the Export Administration Regulation (EAR) or International Traffic in Arms Regulations (ITAR) label. Ensure that U.S. Government-generated data carry a similar export control label previously affixed by the Government. These labels inform the recipient of the export jurisdiction applicable to the data. The label should be visible, readable and placed on the face of the technical data, or, when this is not feasible, printed on a cover page. The language of the NASSCO labels is found in the Export Communication Protocol which is kept in Livelink/Export Compliance Program/Export Management System (EMS) Manual. If you are unsure about which label to use, contact your department's Export Licensing Coordinator (ELC).
- When e-mailing, encrypt technical data using at least 128-bit encryption.
- Be aware of Red Flags which may trigger the need for an export license, and reach out to your ELC or NASSCO's Export Compliance office for guidance.

The following is a list of common Red Flags which may trigger the need for an export license with U.S. suppliers in support of a U.S. Government program:

- U.S. supplier invites their subcontractor to participate in

technical discussions with NASSCO. The subcontractor has a foreign email address or a foreign telephone number.

- U.S. supplier is a Technical Representative or a Distributor servicing foreign manufacturers.
- U.S. supplier purchases certain components from foreign manufacturers and incorporates them into the product delivered to NASSCO.
- U.S. supplier employs "foreign persons" who will work on and have access to NASSCO's technical data. A "Foreign person" is defined as an individual who does not have a U.S. Green Card or U.S. citizenship.

As a reminder, "technical data" is defined as information required for the design, development, production, assembly, operation, repair, testing, maintenance or modification of a product. Examples include drawings, blueprints, ship General Arrangement, structural drawings, machinery arrangement, electrical diagrams, etc.

For any questions or clarifications regarding this topic, please contact your ELC, **Keith Londot** (x8802) or **Petia Pavlova** (x1131).

PERSONAL ACCOUNTABILITY: HOW TO PERFORM EVERY DAY

By: Anthony Jemison
Manager, Employee Relations

I recently read a report that opined—after having put forth a fairly extensive and persuasive argument—that the lack of employees' personal accountability costs our nation's employers well-into the BILLIONS of dollars annually.

The underlying assertion outlined in the report is that employers fail to ensure successful integration of personal accountability into its system of operations and daily culture. Companies would be better served if they sought to engage the workforce in a manner in which team members would want to take charge and act sensibly enough to answer for their actions and work product. Simple premise and tall order – all at the same time!

As for impediments to integration: industry observations are that management is presumed to personify this quality given that it holds posts of influence and authority. Are no such presumptions made for those who are not management? Secondly, is simply agreeing upon a definition of personal accountability. As some might surmise, personal accountability isn't limited to delivering what is asked of you. It also entails the assumption of responsibility particularly when something goes wrong.

So, what can we do individually to develop personal accountability? Phrased differently: "What can I do to embody this trait in the everyday performance of my assigned duties?" Irrespective of your role—from production support to management; from helper to journeyman—each role is critical to NASSCO's overall success.

Included are six suggestions that could help you down that path:

1) Familiarize yourself with your role.

A first step in developing personal accountability is to become well-acquainted with your role in the workplace—the tasks of your job. It is not enough to just realize the importance of your job. What matters is that you are fully knowledgeable about every task you undertake to fulfill your job. If you're new to the job, ask your supervisor to delineate your tasks and to share with you their expectations. Sometimes it doesn't hurt to inquire, even if you've been in the position for a while. Clarity is a good thing! Keep in mind that while it is important that you're clear on the details of your job description, you should also be able to accommodate additional responsibilities required by the company, now and in the future.

2) Manage your time wisely.

This critical role to which you've been assigned or hired generally comes with a finite number of hours per day. Even

with additional responsibilities, seldom are you accorded more hours per day to get the job done. So, if you are accustomed to letting time get away from you, now is the time for you to press better skills into action. It only makes sense to make the most of your eight-hour or more shift. Come to work on time and do your best to meet the deadlines set for undertaking your job. Moreover, learn how to set priorities and discern how important each task is. That way, you'll be able to work on what's important first and put off the tasks that can wait.

3) Become more organized.

If you are able to spend your time wisely, staying organized should be an easy launch. Granted, this feat also demands sound judgment on whether a task should move to the top of your priority list and why. Establish a system of doing your daily duties at a time when you think you're most efficient, depending on the kind of work. It would be wise to keep a calendar of your daily "to do" list. This will help you stay on top of everything more efficiently.

4) Learn to say "No" — the right way.

It is admirable that you feel obligated to take on everything that is handed to you. In fact, that "is the spirit!" The reality is that controlling your day and ensuring personal accountability affords you the latitude where you don't have. Taking on yet another assignment upon which you don't have the time to devote ample resources is not impressive and can damage the trust accorded to you by other members of the organization.

Have a clear idea of the requirements of the tasks to which you've already agreed. It should be easier for you to gauge whether you should accept or decline new assignments. Of course, this refers only to those additional assignments wherein a choice is afforded to you. You do not have the liberty to decline an assignment given to you by

your supervisor. It is always acceptable and appropriate to discuss what's currently on your plate and to ask for his/her prioritization of those items.

5) Own up to your mistakes.

No one is perfect. No one makes the "best" decision every time. When reality strikes, it's best to be honest. Part of being trustworthy is owning up to one's mistakes and apologizing, as appropriate. Temper your pride with an air of humility and take responsibility for things that you failed to execute or execute adequately. This level of maturity is the hallmark of personal accountability. Finger pointing and throwing the dog under the bus for eating your homework is so yester-year.

6) Be willing to share the credit.

A good way to develop personal accountability is by involving other people. Transparency and the opportunity for "buy-in" works wonders to keeping one grounded. Involving others indicates sensibleness. Be willing to share credit when a positive outcome is derived.

A willingness to share is embedded in a request of others to "help." Asking for help is not something that is not easily done. No one wants to admit that he or she needs to rely upon others to get the job done. Personal accountability requires the use of every viable and ethical arrow in your quiver to derive a positive outcome. Relegating your work to others by asking for help should be the exception and not the rule.

Responsibility and efficiency aren't mutually exclusive concepts. Exercising personal accountability is just one way that you—the NASSCO team member—can perform every day. You should try it!

For other advice on realizing your "A" game, contact the Employee Relations office at x8507.

THE NHC 4-PEAK CHALLENGE 2015

ON YOUR MARK, GET READY, GET SET, GET YOUR HIKE ON!
JUNE 10 - JULY 10, 2015

Get your hike boots, sunscreen and your water bottle ready because starting June 10, the NASSCO Hike Club (NHC) will start the 2015 4-Peak Challenge.

The rules are simple. Climb Mt. Woodson (a.k.a. Potato Chip Mt.), Cowles Mountain (a.k.a. Warm-up Hill), Iron Mountain, and Mother Miguel, in no particular order, between June 10, 2015 and July 10, 2015 and receive an NHC cap. But don't just do it for the cool and awesome cap, do it as part of your wellness choice. How do you prove you completed the challenge? That's easy! Email Hugo.Bermudez@nassco.com to obtain an NHC flag to take with you on your summits. Take a selfie of you and the flag, and submit it to Hugo upon your return.

The 2015 4-Peak Challenge is open to all NASSCO employees.

SIGNS UPDATE:

Sports at NASSCO: The SIGNs team is working on getting a date in July or August for bowling and September for flag football. The only other date that's set is volleyball on Sunday, October 18 at the Mission Beach sand volleyball courts. For more information, please contact **Katie Urbas** in Planning at (619) 544-7735.

COMMUNICATIONS TIP:

Check the NASSCO website on a regular basis for updates and upcoming events. NASSCO is also on Facebook, Twitter, LinkedIn, YouTube, and Instagram!



GRAND OPENING OF NASSCO'S WELLNESS CENTER

On April 23, the NASSCO Wellness Center opened its doors with a grand opening celebration. Open to all NASSCO employees and their spouses, the NASSCO Wellness Center is a one-stop shop for learning more about medical plans offered to employees, and includes services for making appointments on the spot.

The Wellness Center is located in Building 15, Room 102, and is open 8:00am to 5:00pm, Monday-Friday.

Stop in—and take a look at all the wellness information available to you and your family. For more information, please contact **Sandi Dunkel** at (619) 544-8866.

Congratulations to **Nika Fox**, winner of the “Thrive Bike” raffle held during the grand opening celebration in April.

WIN A BIKE!

Thanks to all who stopped in the Wellness Center on Family Day (June 27) to enter to win one of two Thrive Bikes by Kaiser Permanente! Winners will be announced soon.



KAISER HEALTH APPRAISAL WINNERS - 2015 1ST QUARTER



(Left) Elsa Cuevas - Spouse of Royce Cuevas
 (Right) Norma Zamora - Spouse of Hector Z. Lopez

Congratulations to the 2015 1st Quarter Kaiser Health Appraisal Drawing Winners!

Spouses or domestic partners who complete the Kaiser Health Appraisal and Total Health Assessment Questionnaire are entered into a quarterly drawing for a flat screen TV, iPad or digital camera.

Please call the Benefits Office at (619) 544-8866, (619) 544-8488 or (619) 544-7538 to make your appointment. A health appraisal is an excellent way of becoming healthy, staying healthy, and living a long life!

MEN'S GUIDE TO GOOD HEALTH

Your health plays a role in everything you do, whether you're on the job, at the gym, out with family and friends, or your love life. You want to be fit, sharp, and at the top of your game at every stage of life.

That's why prevention is so important. When you take the time to look after yourself, you can:

- Catch health problems early.
- Reduce your risks with small lifestyle changes.
- Work with your doctor on a clear plan to maintain good health.
- Keep yourself at peak performance with our convenient online tools, healthy living programs and coaching, and medical records and services.

What you eat, how you exercise, how you deal with stress, and getting the right preventive screenings and tests are key. This guide is packed with facts, tips from our medical professionals, and simple ways to live healthier.



Whether you're an eligible bachelor, a busy dad, or a proud grandfather, you play an important role in the lives of those around you. So take care of the basics to stay on top of your game.

Celebrate good health

In honor of men's health month, take a look at your lifestyle. Be mindful of your eating and exercise habits, and check in with your doctor to see if you need any preventive screenings.

Stay in training.

Help lower your risk of colon cancer by 40 to 50% with 30 minutes of moderate exercise, 5 times a week.

Crunch more often.

Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts can help protect against many diseases, including cancer.

Sip slowly.

A good guideline for drinking alcohol is no more than 2 drinks a day for men.

VISIT [HTTPS://HEALTHY.KAISERPERMANENTE.ORG/HEALTH/CARE](https://healthy.kaiserpermanente.org/health/care) FOR MORE INFORMATION AND RESOURCES.



KAISER MEMBERS: LET US HELP YOU KICK THE HABIT TODAY!

Services Available at Kaiser Onsite Clinic
 Wednesdays: 8:00am-4:00pm
 Thursdays 11:30am-4:00pm

Available Options Are Free/No Co-pay

- Nicotine Replacement: Nicotine Patch, Gum or Lozenges
- Wellbutrin-medication approved for smoking cessation
- Smoking Cessation Coaching by Phone

BABY ANNOUNCEMENTS



Gabriel Ezekiel Moreno

Born: May 9, 2015
Grandfather: Daniel Peña, Maintenance Machinist



Kaylee Marie Dunkle

Born: May 2, 2015
Grandmother: Sandi Dunkel, Employee Benefits
Aunt: Michelle Dunkel, Repair



Mason Sean Yoder

Born: June 2, 2015
Mother: Michelle Dunkel, Repair
Grandmother: Sandi Dunkel, Employee Benefits

RETIREES

Randy S. Boeldt

May 29, 2015
 40 years
 General Supervisor 1

Matthew W. Moulton

May 29, 2015
 21 years
 Application Systems Specialist

Francisco G. Cañedo

April 10, 2015
 23 years
 Shipfitter

Timothy S. Schreiber

May 29, 2015
 19 years
 Industrial Engineering Specialist

Andrew Koski

May 1, 2015
 39 years
 Sr. Planner/Scheduler

Susan M. Smith

May 29, 2015
 14 years
 Manager of Audit

Jesse L. Lewis

May 29, 2015
 38 years
 Shipfitter

Leopoldo R. Villagomez

April 8, 2015
 38 years
 Sheetmetal Fitter

Thomasena Martin

May 29, 2015
 40 years
 Trailer Train Operator

Carl V. Wedell

May 15, 2015
 23 years
 Sr. Quality Assurance Engineer

IN REMEMBRANCE

John Alvarado

Retiree
 April 21, 2015
 21 years
 Painter

Raymond Juarez

Retiree
 April 27, 2015
 36 years
 Foreman Outfitting

Robert Estavillo

Retiree
 July 22, 2013
 18 years
 Material Support Technician

Frederick M. Sieg

Retiree
 May 8, 2015
 16 years
 Senior Engineer

Pio G. Garcia

Retiree
 February 27, 2013
 18 years
 Fork Lift Operator

MARCH 2015 SERVICE ANNIVERSARIES

Barajas, Clara
Repair Eng Supt Specialist
Anniversary: 3/31/2000
15 Years

Brown, Donald S
Crane Operator AA
Anniversary: 3/1/1995
20 Years

Burkett, David W
Outside Machinist
Anniversary: 3/2/2005
10 Years

Castro-Perez, Joel
Shipbuilder
Anniversary: 3/1/1995
20 Years

Chavira, Eduardo J
Designer 1
Anniversary: 3/21/1990
25 Years

Fernandez, Yuri Ivan
Semi-Truck Driver
Anniversary: 3/9/2005
10 Years

Flores-Cervantes, Jose Ramon
Temp Services Machinist
Anniversary: 3/2/2005
10 Years

Flores, Jesus
Welder
Anniversary: 3/8/2005
10 Years

George, Peter S
Electrician Ldmn
Anniversary: 3/5/1990
25 Years

Green, Richard W
Crane Operator A
Anniversary: 3/28/1990
25 Years

Gutierrez, Roberto C
Abrasive Blaster
Anniversary: 3/2/2005
10 Years

Guzman, Leonel
Planner/Scheduler
Anniversary: 3/2/2005
10 Years

Hernandez, Jose Orozco
Pipe Welder
Anniversary: 3/5/1990
25 Years

Herrera, Frank R
Asst Superintendent Prod.
Anniversary: 3/1/1995
20 Years

Higgins, Dana Edward
Design Specialist
Anniversary: 3/12/2000
15 Years

Huffman, Gilbert C
Maint. Machinist Ldmn
Anniversary: 3/26/1990
25 Years

Laxamana, Regie P
Senior Designer
Anniversary: 3/26/1990
25 Years

Lopez, Javier
Fitter/Ship
Anniversary: 3/14/1995
20 Years

Magana Jr, Agustin
Fitter/Ship
Anniversary: 3/2/2005
10 Years

Manriquez, Hector T
Ship Manager Repair 1
Anniversary: 3/7/1990
25 Years

McMillan, Stewart B
Engineering Specialist
Anniversary: 3/6/1995
20 Years

Mireles, Carlos G
Pipefitter
Anniversary: 3/30/2005
10 Years

Munoz, Inocencio
Master Planner Scheduler
Anniversary: 3/4/1975
40 Years

Nguyen, Liam H
Material Chaser
Anniversary: 3/1/1995
20 Years

Ocampo, Victor J
Pipe Welder
Anniversary: 3/5/1990
25 Years

Ontiveros, Agustin M
Waysman A
Anniversary: 3/7/1990
25 Years

Perdio, Joselito P
Senior Estimator Repair
Anniversary: 3/26/1990
25 Years

Perez, Raul P
Outside Machinist
Anniversary: 3/6/1990
25 Years

Perez, Rodolfo
Supervisor Production
Anniversary: 3/7/1990
25 Years

Preston, Sean Charles
Senior Planner/Scheduler
Anniversary: 3/2/05
10 Years

Pulido, Pedro C
Painter
Anniversary: 3/26/90
25 Years

Ramirez, Daniel Cabrera
Pipe Welder
Anniversary: 3/30/2005
10 Years

Reed, Timothy
Welder
Anniversary: 3/26/1990
25 Years

Rodarte, Jose E
Fitter/Ship
Anniversary: 3/16/2005
10 Years

Rucobo, Felipe H
Pipe Welder
Anniversary: 3/12/1975
40 Years

Ruiz, Javier
Abrasive Blaster
Anniversary: 3/24/1980
35 Years

Samaniego Blanchet, Jose Antonio
Inside Machinist
Anniversary: 3/16/2005
10 Years

Shivick, Jacob S
Senior Planner/Scheduler
Anniversary: 3/26/1990
25 Years

Talaro Jr, Mario N
Welder
Anniversary: 3/15/95
20 Years

Tiglaio, Ronaldo
Pipefitter
Anniversary: 3/30/05
10 Years

Tran, Dat Van
Welder
Anniversary: 3/30/2005
10 Years

Valencia Lizaola, Francisco J
Welding Control Analyst
Anniversary: 3/16/2005
10 Years

Valencia, Carol L
Production Support Splst 2
Anniversary: 3/12/1990
25 Years

Velic, Mirsad
General Supervisor II
Anniversary: 3/22/1995
20 Years

Weatherford, Charles
Guard
Anniversary: 3/15/2010
5 Years

Zepeda, Porfirio D
Tool Room Attendant
Anniversary: 3/22/1995
20 Years

APRIL 2015 SERVICE ANNIVERSARIES

Allen, Rebecca C
Supervisor Estimating Repair
Anniversary: 4/28/2010
5 Years

Alvarez, Jose A
Estimator Repair
Anniversary: 4/5/1995
20 Years

Andrada, Leobernardo L
Rod Shack Attendant
Anniversary: 4/11/1995
20 Years

Ascencio, Sergio S
Abrasive Blaster
Anniversary: 4/16/1980
35 Years

Bach, Quang Xuan
Pipefitter
Anniversary: 4/17/1995
20 Years

Bernal-Ozuna, Carlos J
Pipe Welder
Anniversary: 4/5/1995
20 Years

Burton, Robert A
Pipe Welder
Anniversary: 4/18/1990
25 Years

Candy, William R
General Superintendent Prod
Anniversary: 4/25/1990
25 Years

Cardenas, Jose
Pipe Welder
Anniversary: 4/18/1990
25 Years

Casian, Guillermo C
Code Welder Wkg Frmn
Anniversary: 4/11/1990
25 Years

MAY 2015 SERVICE ANNIVERSARIES

Araiza, Javier
Fitter/Ship
Anniversary: 5/31/1995
20 Years

Arriaga-Alamillo, Jose J
Welder
Anniversary: 5/17/1995
20 Years

Arvallo, Juan A
Supervisor Production
Anniversary: 5/7/1990
25 Years

Christiansen, Kelly L
Asst Manager Steel
Anniversary: 4/17/1995
20 Years

Corona, Luis A
Asst Superintendent Outfit Trd
Anniversary: 4/11/1990
25 Years

Corona, Tomas E
Temp Services Machinist
Anniversary: 4/23/1975
40 Years

Garcia, Julio C
Supervisor Production
Anniversary: 4/26/1995
20 Years

Garcia, Marco A
Supervisor Production
Anniversary: 4/23/1990
25 Years

Gonzalez, Arnulfo
Fitter/Ship
Anniversary: 4/5/1995
20 Years

Horning, Sean Patrick
Supervisor Production
Anniversary: 4/27/2005
10 Years

Horvath, John A
Manager Industrial Engineering
Anniversary: 4/3/1995
20 Years

Jimenez, Jorge
Pipe Welder
Anniversary: 4/26/1995
20 Years

Leonberger, Richard Stephan
Fitter/Sheetmetal Wkg Frmn
Anniversary: 4/6/2005
10 Years

Bucher, Victor S
Quality Assurance Inspector
Anniversary: 5/17/2010
5 Years

Buck, Alicia M
Material Coordinator Repair 1
Anniversary: 5/17/2010
5 Years

Cabrera, Carlos
Supervisor Production
Anniversary: 5/16/1990
25 Years

Medellin, Adrian
Electrician
Anniversary: 4/27/2005
10 Years

Mendez, Daniel
Maintenance Machinist
Anniversary: 4/11/1990
25 Years

Moore, Kisa Kichelle
Payroll Practitioner 2
Anniversary: 4/6/2005
10 Years

Morales, Mario
Pipe Welder
Anniversary: 4/26/1995
20 Years

Munguia, Juan M
Fitter/Ship
Anniversary: 4/13/2005
10 Years

Pacrem, Ernesto A
Electrician
Anniversary: 4/4/2005
10 Years

Principato, Mario G
Supervisor Production
Anniversary: 4/11/1975
40 Years

Ramos, Teresa Banzuelo
Material Support Technician
Anniversary: 4/6/2005
10 Years

Romero Jr, Rigoberto
Electrician
Anniversary: 4/13/2005
10 Years

Sandoval Bermudez, Edgard
Welder
Anniversary: 4/27/2005
10 Years

Serrato, Nicholas Joseph
Sr Supervisor Engineering
Anniversary: 4/26/2010
5 Years

Simas, Robert Francis
Superintendent Repair Prod
Anniversary: 4/11/1990
25 Years

Simon, Veronique
Manager Tech Info Systems
Anniversary: 4/10/2000
15 Years

Tablas Tepango, Marcelino
Pipe Welder
Anniversary: 4/27/2005
10 Years

Tuazon, Roberto S
Pipe Welder
Anniversary: 4/9/1990
25 Years

Vergara-Reyes, Alfredo
Pipe Welder
Anniversary: 4/24/1990
25 Years

Wolfe-Schudar, Judith Ann
Quality Assurance Inspector
Anniversary: 4/13/2005
10 Years

MAY 2015 SERVICE ANNIVERSARIES (CONT)

Gonzalez, Jose Adan
Pipe Welder
Anniversary: 5/17/1995
20 Years

Korkuch, Elizabeth
Engineer II
Anniversary: 5/17/2010
5 Years

Marquez-Flores, Jose
Welder
Anniversary: 5/3/1995
20 Years

Gonzalez Perez, Alejandro
Telescopic Boomlift Operator
Anniversary: 5/18/2005
10 Years

Lam, Kinney Van
Supervisor Production
Anniversary: 5/26/1985
30 Years

Martinez-Ruiz, Armando
Pipefitter
Anniversary: 5/3/1995
20 Years

Hammond, Von C
Fitter/Ship
Anniversary: 5/7/1990
25 Years

Larro, Anthony
Shipbuilder
Anniversary: 5/9/1990
25 Years

Molina, Gabriel
Welder
Anniversary: 5/11/2005
10 Years

Haro III, David
Material Support Technician
Anniversary: 5/31/1995
20 Years

Lindsley Jr, Donald E
Team Leader
Anniversary: 5/12/1975
40 Years

Nava, Carlos G
Pipefitter Wkg Frmn
Anniversary: 5/17/1975
40 Years

Heneghan, Philip M
Pipe Welder
Anniversary: 5/24/1995
20 Years

Lloyd Jr, Lawrence C
Telescopic Boomlift Operator
Anniversary: 5/1/2000
15 Years

Navarro, Humberto
Painter
Anniversary: 5/9/2005
10 Years

Herrera, Refugio Eliceo
Welder
Anniversary: 5/25/2005
10 Years

Lopez, Juan J
Shipbuilder
Anniversary: 5/14/1990
25 Years

Nguyen, Hung Manh
Welder
Anniversary: 5/17/1995
20 Years

Jaeger, Richard H
Master Prod Control Analyst
Anniversary: 5/27/1975
40 Years

Lynch, Randy R
Pipefitter
Anniversary: 5/24/1995
20 Years

Peres, Jose Leonardo
Fitter/Ship
Anniversary: 5/23/2010
5 Years

Jasso, Ene Michelle
Secretary To The President
Anniversary: 5/17/2010
5 Years

Magadia, German F
Pipe Welder
Anniversary: 5/7/1990
25 Years

Pham, Vo T
Layout Man W&O
Anniversary: 5/31/1995
20 Years

JUNE 2015 SERVICE ANNIVERSARIES

Aguilar, Nestor L
Welder
Anniversary: 6/21/1995
20 Years

Askew, David E
Manager Repair Estimating
Anniversary: 6/19/1975
40 Years

Casora, Lila Min Woo
Executive Assistant
Anniversary: 6/12/1985
30 Years

Contreras, Francisco Flores
Waysman A
Anniversary: 6/4/1975
40 Years

Aguilera, Ernesto
Welder
Anniversary: 6/14/1995
20 Years

Calimbas, Artemador
Welder Wkg Frmn
Anniversary: 6/21/1995
20 Year

Castro, Peter S
Layout Man W&O
Anniversary: 6/23/1975
40 Years

Corona, Manuel
Pipefitter Wkg Frmn
Anniversary: 6/25/1990
25 Years

Armour, Freddie Lee
Temp Services Machinist
Anniversary: 6/22/2005
10 Years

Canales, Juan P
Electrician
Anniversary: 6/15/2005
10 Years

Cervantes, Jorge
Machine Operator A
Anniversary: 6/7/1995
20 Years

Davis, Laura Ann
Manager, Finance
Anniversary: 6/24/1985
30 Years

Arrieta, Andres F
Supervisor Production
Anniversary: 6/4/1990
25 Years

Cao, Tai V
Welder
Anniversary: 6/14/1995
20 Years

Chin, Justin Matthew
Senior Project Engineer
Anniversary: 6/14/2005
10 Years

Donahue, David R
Fitter/Ship
Anniversary: 6/7/1995
20 Years

JUNE 2015 SERVICE ANNIVERSARIES (CONT)

Dubon, Thomas A
Supervisor Production
Anniversary: 6/14/1995
20 Years

Jimenez, Jorge I
Maintenance Machinist Ldmn
Anniversary: 6/18/1990
25 Years

Mejia, Richard A
Trade Planner Specialist
Anniversary: 6/25/1990
25 Years

Schaedig, Jeffrey
Industrial Engineering Special
Anniversary: 6/5/1995
20 Years

Dugan, Ashley Michelle
Compliance Auditor
Anniversary: 6/6/2005
10 Years

Jodka, John F
Sr Mgr Supply Chain Mgmt
Anniversary: 6/13/2000
15 Years

Morgan, James C
Senior Estimator Repair
Anniversary: 6/8/1980
35 Years

Sellinger, Zenka Evangeline
Engineer II
Anniversary: 6/8/2010
5 Years

Escobedo, Celso
Fork Lift Operator
Anniversary: 6/8/2005
10 Years

Jury, Michael L
Manager Employee Development
Anniversary: 6/14/1995
20 Years

Morrell, Jessica Ann
Contracts Administrator
Anniversary: 6/21/2010
5 Years

Smith, Lisa Michelle
Electrician
Anniversary: 6/22/2005
10 Years

Estrada, Lizette
Supervisor Material Control
Anniversary: 6/7/1995
20 Years

Labio, Ferdinand F
Electrical Tech Ldmn
Anniversary: 6/28/1995
20 Years

Orozco, Cuahutemoc
Quality Assurance Inspector
Anniversary: 6/1/2010
5 Years

Solano, Jose E
Fitter/Ship
Anniversary: 6/28/1995
20 Years

Ferrer, Edgar B
Supervisor Production
Anniversary: 6/11/1995
20 Years

LaFreniere, Ronald Joseph
Senior Material Support Technician
Anniversary: 6/8/2005
10 Years

Ortiz, Ricardo C
Electrician Ldmn
Anniversary: 6/4/1990
25 Years

Solis, Gilbert P
Fitter/Ship Wkg Frmn
Anniversary: 6/7/1995
20 Years

Franco, Juan R
Line Heater
Anniversary: 6/25/1990
25 Years

Lane, Samantha M
Program/Operations Analyst III
Anniversary: 6/21/2010
5 Years

Palencia, Vincent Z
Master Planner Scheduler
Anniversary: 6/14/1995
20 Years

Stewart, Samuel
Welder
Anniversary: 6/21/2010
5 Years

Gameros, Kenneth R
Welder
Anniversary: 6/7/1995
20 Years

Langteau, Matthew
Area Manager 2
Anniversary: 6/25/1990
25 Years

Puentes, Rosa H
Pipe Welder
Anniversary: 6/14/1995
20 Years

Tamayo Contreras, Hector H
Electrician
Anniversary: 6/8/2005
10 Years

Garcia, Marco Antonio
Welder
Anniversary: 6/13/2010
5 Years

Leon, Adalberto
Warehouseman 6
Anniversary: /15/2005
10 Years

Ramirez, Manuel
Supervisor Production
Anniversary: 6/20/1990
25 Years

Valdez, Sergio
Welder 5
Anniversary: 6/20/2005
10 Years

Gomez, Rodolfo
Pipe Welder
Anniversary: 6/18/1990
25 Years

Lopez, Juan M
Pipe Welder Wkg Frmn
Anniversary: 6/18/1990
25 Years

Roman, Fernando M Asst
Superintendent Production
Anniversary: 6/30/1975
40 Years

Valenzuela, Efrain
Pipe Welder
Anniversary: 6/11/1990
25 Years

Haghverdian, Andreh
Supervisor Contracts N/C
Anniversary: 6/8/2005
10 Years

Lovdahl, Richard H
Bus Dev Technical Specialist
Anniversary: 6/20/2005
10 Years

Rovang, Lester K
Area Manager 2
Anniversary: 6/23/1975
40 Years

Vallejo, Humberto G
Shipwright
Anniversary: 6/25/1985
30 Years

Hernandez, Anita Marie
Production Support Spclst 2
Anniversary: 6/19/1995
20 Years

Marron, Jose
Asst Manager SOC
Anniversary: 6/28/1995
20 Years

Salas Jr, Gregorio
Welder
Anniversary: 6/8/2005
10 Years

Villalobos, Jose L
Fitter/Sheetmetal
Anniversary: 6/14/1995
20 Years

Iacoboni, Michael A
Temp Services Electrician
Anniversary: 6/29/2005
10 Years

Martinez, Antonio M
Pipe Welder
Anniversary: 6/16/1975
40 Years

Salazar Enriquez, Roman
Warehouseman
Anniversary: 6/1/2005
10 Years

Whitehurst Jr, Delevain Rozina
Planner/Scheduler
Anniversary: 6/25/1990
25 Years

Jaime, Faustino N
Pipe Welder
Anniversary: 6/11/1990
25 Years

Mead Jr, David Henry
Quality Assurance Inspector
Anniversary: 6/1/2010
5 Years

Salgado, Martin
Electrician
Anniversary: 6/29/2005
10 Years

Wilder, Paul S
Welder
Anniversary: 6/7/1995
20 Years

Zigelman, Charles
Dir Contracts & Estimating
Anniversary: 6/12/1990
25 Years

RECENT SHIPYARD VISITS



First Row

Photo 1:
Students from the Monarch School

Photo 2:
Staff from the Point Loma Nazarene University
Fermanian Business and Economic Institute

Second Row

Photo 3:
Residents, Business Owners, and Community
Members from Barrio Logan

Photo 4:
KUSI Reporter **Leslie Lopez** talks to **Dennis
DuBard** about the importance of San Diego's
maritime community as part of the Port of San
Diego's Maritime Month special.

Photo 5:
San Diego Union Tribune Reporter **Gary Robbins**
talks to **Arnold Rietz**, NASSCO's longest-serving
employee of 51 years!

Did you see? NASSCO in the
San Diego Union Tribune



NASSCO PARTICIPATES IN ANNUAL CREEK TO BAY CLEAN-UP!

On April 25 NASSCO's Community Clean-Up and Restoration (CRC) team joined 'I Love A Clean San Diego' and thousands of other San Diegans for a Creek-to-Bay clean-up across San Diego county.

Interested in learning more about the CRC? Contact **Chad Haza** in the Environmental Engineering Department.

SAVE THE DATE:

The next big CRC event is the **25th Annual Operation Clean Sweep** on August 29. For more information, visit www.nassco.com/LoveMotherEarth.



NASSCO PARTICIPATES IN CYCLE SOUTHCREST

50 BIKES WERE GIVEN AWAY AS PART OF THE EVENT!



Want to volunteer at future community events? Contact the NASSCO Communications Dept. for more information.

NASSCO CELEBRATES BIKE TO WORK DAY!

NASSCO celebrated Bike to Work Day 2015 with a ‘pit stop’ along Harbor Drive for participants. Dozens of cyclists stopped by and enjoyed healthy snacks, giveaways, and personalized repair service.



DID YOU KNOW?

- NASSCO has a cycling club. Contact **Hugo Bermudez** in Environmental Engineering to join!
- More than 282 bicycles are used within the shipyard to help shipbuilders get where they need to be. You can register your bicycle at Gate 6.
- For many of us, every day is Bike to Work Day. NASSCO provides bike lockers outside of Gate 6 for those who ride their bikes to work.

SUPPLY DRIVE 4 OUR NEIGHBOR: THE MONARCH SCHOOL

Currently there are more than 20,000 homeless students in San Diego County. Monarch School, located in Barrio Logan, is dedicated to helping San Diego’s homeless students break the cycle of poverty through education. Monarch is a K – 12 public school providing more than 300 students with an accredited education, after school program and college and career preparation as well as basic necessities. Inside Monarch is the Butterfly Boutique where community clothing and toiletry donations are available to the students for free.

At NASSCO, we are not only committed to being good citizens, but also good neighbors and we hope to support the Monarch School by collecting items from their ‘Wish List’:

- New underwear for high school girls (ladies sizes 5,6,7 and bras of all sizes)
- New Boxer shorts for boys ages 5 – 18
- Gently used hooded zip-up sweatshirts
- Full size hygiene products (Each student gets a hygiene kit including a full-size shampoo, conditioner, body wash, lotion, deodorant, toothbrush and toothpaste. Donors are welcome to bring the items assembled in zip-top bags, but individual items are gladly accepted, too).

If you’re interested in making a donation, the Monarch School is located at 1625 Newton Ave, San Diego, CA, 92113. Items can be dropped off between 8:00am and 4:00pm.

OR you can contact **Lidice Toledo-Lopez** at lidice.toledolopez@nassco.com or 544-8888 ext 2701 to make arrangements. You can also drop off items with the Communications Team in Building 1.

“We measure the success of our business not only on the basis of the bottom line, but in the connections we forge and the good we can achieve.”



JOIN US! FIESTA DEL SOL

General Dynamics NASSCO is a proud sponsor of Fiesta del Sol 2015 and will host a booth both days of the event.

We’re looking for volunteers! Contact the NASSCO Communications Department at x7665 or xalidag@nassco.com for more information.

UPCOMING EVENTS:

Check the NASSCO website on a regular basis for updates and upcoming events. NASSCO is also on Facebook, Twitter, LinkedIn, YouTube, and Instagram!



NASSCO UNITED WAY CAMPAIGN

Last year, NASSCO helped put \$185,000 back into the community.

The money raised helped:

- 5,000 Children in City Heights get Eye Screenings which meant 500 new pairs of glasses to children in need.
- Get 25,000 books into the hands of children so that they could get on the right track at an early age.
- 500 youth increase their financial knowledge and job seeking skills.
- 1,500 adults improve money-management skills and credit scores while decreasing debt.
- 23,000 San Diegans get Free tax assistance then qualified \$10.4 million dollars in tax refunds.

The support NASSCO provides is having real change in the community. And these aren't just stories; these are real lives, real people trying to learn in school, make ends meet, provide for their children or just pursue the American dream.

United Way looks to help not just the people that need the most, but the everyday hard working individual who may just need a little guidance or a hand up.

The United Way offers free information services via 2-1-1:

- 2-1-1 is a free 24-hour call center that helps connect and inform individuals of whatever issues they are facing.

- One of the most common uses of 2-1-1 is for people to call and see if they qualify for benefits, tax credits, rebates, mortgage loans and many other ways to save people and their families' money.
- If you ever have a question, be it where to find a good dentist in your area or who to talk to about finding a good school for your child, 2-1-1 is open 24 hours and is ready and willing to help.

For more information on the United Way or if are looking for ways to volunteer in the community, visit www.uwsd.org.



ALL THE PLACES WHERE WE BROUGHT TOGETHER PEOPLE WITH THE PASSION, EXPERTISE AND RESOURCES TO CHANGE LIVES.



OCEANSIDE

Military families are finding their footing with resources from the Military Family Collaborative, as service members transition to civilian life.



ESCONDIDO

In North County young parents, many from abusive family backgrounds, are gaining the knowledge to become the moms and dads they never had.



CITY HEIGHTS

In Central San Diego, the City Heights Partnership for Children is using a holistic approach to help nearly 9,000 students be more successful from cradle to college or career.



EL CAJON

In East County, working families and individuals receive Earned Income Tax Credits, plus free tax preparation, benefits screening and financial literacy classes.



THE DIAMOND COMMUNITIES

In Southeast San Diego, we're partnering with active community residents who are focused on improving early grade literacy.



DOWNTOWN

In Downtown San Diego, United Way is a leader in ending chronic homelessness and has demonstrated the success of the Housing First model with Project 25.



CHULA VISTA

In the South Bay, our partnership with the CV Promise has brought an innovative pre-school, Escuelita del Futuro, to young learners who need a strong start.

NASSCO-NORFOLK EARTH DAY

General Dynamics NASSCO-Norfolk observed Earth Day on April 22, 2015 by cleaning up company-owned parking lots and adjacent City of Norfolk-owned properties, including an Elizabeth River shoreline and wetlands area, and city walkways and streets. Approximately 70 employees spent two volunteer hours after their normal work hours participating in the event. The event was held in conjunction with the nationwide “Keep America Beautiful” cleanup campaign, and Norfolk’s local initiative, “Keep Norfolk Beautiful.” The cleanup resulted in a substantial amount of trash removed from land that is all within a quarter mile or closer to Norfolk waterways.

The results of the cleanup were as follows:

- Six bins of general trash and rubbish weighing 1,000 – 1,200 lbs. each
- One bin of miscellaneous debris (e.g., bicycles, wood, etc.) weighing approximately 1,000 lbs.
- 200 lbs. of recyclable material
- 16 tires weighing a total of approximately 400 lbs.
- *Total collected weight was over 4 tons!*

The event slogan was “A Process Improvement Initiative (PII) for the Planet,” and company participation in the event did improve by more than 100 percent from the previous year! The Earth is our home; by caring for it we help ourselves, the beautiful forms of life that the Earth sustains, and help to secure a bright future for many generations to come. Thank you to all who participated and supported the 3rd Annual Earth Day event!



EHSMS CERTIFICATION SUCCESS

By: **Clint Spivey**
EHSMS Specialist

NASSCO-Norfolk’s Stage II Environmental, Health and Safety Management System (EHSMS) certification audit was completed in April by the American Bureau of Shipping – Quality Evaluation’s (ABSQE) division. The company is pleased to report a current status of “recommended for certification” for both ISO 14001 and OHSAS 18001. The certificates should be issued any day now and are a testament to the hard work and dedication of all our shipyard employees. It took the whole team to achieve this goal!

business model within the ship repair industry on the East Coast.

Properly managing EHS issues is vitally important for maintaining a good business that earns a fair profit, protects the environment, and sends employees home safe and sound. Thanks again to all who helped achieve these important certifications for the company.

Successful certification marks the end of a giant Environmental, Health and Safety (EHS) milestone for NASSCO-Norfolk. However, there is little time to “rest on the laurels” of success. The EHS Department staff are busy identifying areas for continual improvement based on the audit results. Additionally, NASSCO’s Integrated Management System (NIMS) continues to be honed as the company’s integrated management system that comprises ISO 9001, ISO 14001, and OHSAS 18001. NIMS represents three ISO management systems under one roof and is a trendsetting



NASSCO-NORFOLK NAMED “FIT-FRIENDLY WORKSITE” FROM AMERICAN HEART ASSOCIATION

By: **Jason Nicholas**
Program Manager, Health & Fitness Center



On March 26, General Dynamics NASSCO-Norfolk’s Health and Fitness Center was awarded the American Heart Association’s Gold-Level Fit-Friendly Worksite designation. This award is tangible evidence of the dedication NASSCO-Norfolk has towards its employee’s health and wellness.

With the building of the fully-staffed fitness center, monthly and quarterly fitness challenges, and programs such as blood pressure testing, stress reduction and nutritional counseling, NASSCO-Norfolk has put itself in a unique position to provide preventative care for the long and short-term health of its employees.



The partnership with The American Heart Association will allow an even stronger development of our employee wellness program, and we look forward to providing even more avenues for our employees to increase their overall health and wellness.

At NASSCO-Norfolk we believe a healthy workforce is a productive workforce, and we will continue to provide the programs necessary to achieve that goal.

GOLD AWARD FOR HAMPTON ROADS SANITATION DISTRICT

By: Dawn Kriz
Environmental, Health & Safety Director

On April 23, 2015, General Dynamics NASSCO-Norfolk (Harper facility) received a Gold Award from Hampton Roads Sanitation District (HRSD) signifying perfect compliance with its wastewater discharge permit for calendar year 2014. This is the second year in a row this facility has won a gold award.

On this same date, NASSCO-Norfolk (Ligon facility) received HRSD's Pollution Prevention (P2) Award. This award honors industrial discharges to HRSD for outstanding multi-media P2 efforts. In 2014, NASSCO-Norfolk accomplished significant energy reduction, several clean-ups resulting in tons of trash removed from parking lots and wetland areas, and significant recycling of industrial waste (oils, metals, grit, and electronic waste). Congratulations to Team NASSCO for recognition as an industry leader in compliance and pollution prevention!



NASSCO-NORFOLK SECURITY TEAM EARNS "SUPERIOR RATING"

By: Kerri Linkenhoker
Assistant Facility Security Officer

Congratulations to NASSCO-Norfolk's Security Team for earning a "Superior" rating during their recent Defense Security Service (DSS) Assessment! The team worked extremely hard to ensure NASSCO-Norfolk continues to meet its critical obligations in safeguarding classified information, heightened employee security awareness while fostering a spirit of leadership within the security community. There are approximately 13,000 cleared contractor facilities under the National Industrial Security Program (NISP) of those only eight percent achieve a "Superior" rating for their Security Program during their DSS assessment. Elevating to this level was achieved through implementing innovative enhancements, and through the interactive and collaborative involvement of all NASSCO-Norfolk employees in the security process. "It is recognition that we are proud and honored to receive," said Leigh Kennedy, Facility Security Officer. Congratulations again to NASSCO-Norfolk for this significant achievement!

NASSCO-BREMERTON EARTH DAY CLEANUP

NASSCO-Bremerton completed its first Earth Day event in cooperation with the City of Bremerton's Public Works Department on Saturday, April 18. Fifteen participants removed approximately 500 pounds of trash from the beach and surrounding areas of downtown Bremerton. In addition to trash collection, this event involved placing new stormwater placards at storm drains around the city. In total, the team placed 33 of these placards to remind the public of the importance of protecting our waterways.



NASSCO-BREMERTON SPONSOR AT ARMED FORCES FESTIVAL

NASSCO-Bremerton was the major sponsor of the 67th Armed Forces Festival in downtown Bremerton. The parade is the nation's largest and longest running festival and parade which honors the men and women who wear, or who have worn, the uniform of our Armed Forces.

NASSCO's sponsorship included being an Ambassador for a young high school student, Miss Emily Zwolfer, who competed with other outstanding High School students for a Chamber of Commerce scholarship. Julie Sudlow, NASSCO-Bremerton's Contracts Manager, supported Emily at several events during the Festival. NASSCO representation at other festival events included: the annual U.S. Navy

League's GALA at the Admiral Theatre, a golf tournament, the "Fast Attack" 5K fun/run and of course the 67th annual parade. Representing NASSCO in the lead vehicle of the parade was HM1 Matthew Colson and his family, the son of Randy Colson, Bremerton's Deputy Program Manager. HM1 Colson is a purple heart recipient and is serving on active duty at the Great Lakes Naval Hospital. The Bremerton Chamber of Commerce and local community were extremely grateful for NASSCO's involvement as a new Chamber Member. NASSCO-Bremerton's active participation contributed in making this year's festival a huge success.



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