



## Family Day and Open House Returns to QP

After a long 5 years (including 2 plus years of a global pandemic), and roughly 10 years since we held an open house inviting our counterparts from Groton and New London, Quonset Point is hosting a Family Day/ Open House event for our employees on Saturday, September 24, 2022. Events like this are a great way to show your families the type of work you do here and be extremely proud of the role you play in our nation's defense, and possibly see parts of our facility you don't normally get to see on a daily basis. This is also a great opportunity to involve yourselves in something fun with your coworkers and get to know each other more outside of the usual work environment, whether it's related to their jobs here, or what they enjoy outside of work.

Throughout the day, your families and our colleagues from CT will be able to get a tour of our manufacturing shops in Building 60, the steel fabrication area in Building 17, and parts of our outfitting facility in Building 9A. Along the way, there will be demonstration stations that show what certain aspects of the work we do entails, as well as activity stations for your children (or yourselves!) that relate to the different aspects of the shipbuilding industry. Also included in family day will be various tents that include other activities from other departments here such as Benefits and Wellness (Know Your Numbers, etc), Employee Resource Groups, and more. Our Talent Acquisition team will also be hosting a booth for those family members looking to join our team! Family Day will run from 9am to 4pm on September 24th. Please make sure you sign up and submit your RSVP sheets by August 26th. If you need a sign-up sheet and you do not have computer access, you can get one from your supervisor or department admin.

Please also keep in mind that the same rules apply for all Electric Boat events:

- Guests must be US Citizens (Green Card/ Permanent Resident Cards do not qualify), and adults must be able to provide a valid ID
- No Photography/Video (There will be an area to have photos taken by a photographer)
- Closed toe and flat sole footwear is strongly recommended, as tour routes go through production areas

We are extremely happy we are able to host this event for you all and look forward to seeing you there!

**Brian Howard**

Director of Human Resources

### FOLLOW ELECTRIC BOAT SOCIAL MEDIA CHANNELS

Facebook:  
General Dynamics Electric Boat

YouTube: GD Electric Boat

Twitter: @GDElectricBoat

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Instagram: gdelectricboat

EB Landing:  
www.EBLanding.com



## Continuous Improvement Effort and the QP Incentive

Continuous Improvement (CI) is a response to a challenge. A “work around” is an example of a CI. The schedule sets the goal, and we here at EB find ways to meet it regardless of the roadblocks thrown up in our way. It can be as simple as a new tool in your locker or tool bag that helps you do your job better. It can be as easy as identifying something that is easier to assemble off hull and working with another department to make happen.

***So how can you help?*** You should take credit for your efforts! Anything you do / plan to do that makes your job easier, makes you / your environment safer, saves you time and betters the business, it all counts. Write it down on an IDEA Card and discuss it with your Supervisor so it can be put in the CIAD.

***So what does this have to do with the Incentive?*** The incentive program has given the Quonset Point team a goal of 80% employee participation in EB’s continuous improvement effort. That means at the very least eight out of every ten employees has to contribute (1) Idea to the database to meet this goal. We will either succeed or fail as a TEAM in this effort.

### **Facts:**

- EB’s Goal is (2) continuous improvements per person – (1) Initiated + (1) Implemented
- The QP Incentive Goal is 80% of individuals contribute (1) Idea each
- This is based on Unique Contributors – NOT CREWS / DEPARTMENTS
- For the Improvement to count towards this goal it needs to be good for you and the business
- Your participation / lack thereof directly affects the incentive check

### **An example of how to get (2) credits from (1) idea -**

- Idea 1: I have a way that helps me install hangers quicker and better
- Idea 2: I can use it on (10) more hangers
- You do not get credit for each hanger it is used on so do not repeat Idea 1 for all (10) hangers

Successful people strive to better themselves every day and a successful business also needs to continuously improve, but this requires a team effort.

**Supervisors:** if you’d like to see where your team is in the effort follow these steps:

- Open the **Continuous Improvement Action Database** (HOMEPORT – Popular Resources)
- Click the **HELP** tab on the CIAD Home Page and select **Link To Metrics**
- Click the **Refresh Icon** (bottom Right corner – when prompted click OK)
- Under Input Controls scroll down to **Supervisor Full Name\_CIAD** – select your name and click OK
- Scroll up to the top and select **Employee Summary** to see who has and hasn’t contributed
- For more on what they contributed select **Employee Detail Summary**

**REMEMBER:** Only individual contributions count. If you find entries are not under the name of the person who contributed it then contact your department Administrator or Process Engineering (D931) for assistance.



## COACHES' CORNER

### Tips for Budgeting Your Grocery List

Did you know that your grocery budget doesn't have to stand between you and your health? Here are some shopping tips:

- Write it out. Make a grocery list before hitting the store. Once there, stick to your list! You'll save money by skipping impulse buys.
- Snack before you shop. Plan a healthy snack before heading out the door. If you shop hungry, you may spend more than you planned, or buy fewer healthy items.
- Peruse the perimeter. Healthy food options, such as vegetables, fruits, dairy and lean proteins, are often located along the perimeter of grocery stores. Wherever they are, seek those out before moving on to the other aisles.
- Eat local. Visit local farms, farmers' markets and ethnic markets. You may often find better deals and fresher produce there than in grocery stores.
- Go generic. Store or generic brands can offer great savings, and are usually just as nutritious as their name-brand counterparts.
- Buy in bulk. Purchase beans, rice, oatmeal and other grains in bulk to save big. Buy lean meats, poultry, some dairy products and breads in large portions as well. Divvy these up into individual servings and freeze.
- Be season-savvy. Buy seasonal fruits and veggies — they can be less expensive than out-of-season options. Pair them with your next meal or eat them as a snack.
- Shop sales. Look for sales on shelf-stable items and foods you use regularly. If you buy large quantities of something on sale, make sure you have enough storage space and can use it all before it goes bad.

*For individualized support for planning healthy meals on a budget (or any other health topic). Consider working with a health coach as a free benefit for EB employees and their spouses.*

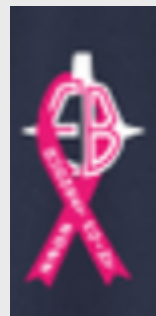
Jennifer Fine - 401/465-1067 - Jennifer.Fine@plusone.com

### Electric Boat Breast Cancer Fundraiser 2022

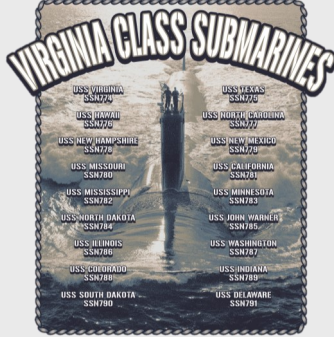
The EBQP FMO is raising money this year for Breast Cancer Awareness through shirt sales with a new design on them for 2022! You can get a view of all products and order online at: <https://ebcares.itemorder.com/>

The available products and prices are as follows:

100% Cotton short sleeve T-Shirt:	\$20
100% Cotton Long Sleeve T-Shirt:	\$24
Carhartt Midweight Hooded Sweatshirt:	\$63
Heavy Blend Hooded Sweatshirt:	\$34
Heavy Blend Zip-Up Sweatshirt:	\$38



Ordering is open now through Friday, September 9th. Please allow 2 business weeks lead time after ordering is closed for production and/or shipping time.



- Just in! Virginia Class short & long sleeve T-Shirts!
- Fully Stocked Reebok RB4327 Composite Toe Boots!
- 12' Engineering tape measures!
- Red White & Blue EB Logo Pint Glasses!

Hours of Operation

7:30 am to 4:00 pm

7 am on Wednesdays 8/10 & 8/24



**Quonset Point Weekly Safety Briefing**  
Wk-34 08/21/22 – 08/27/22



Is your eye wash ready for an emergency?



Week 34

**GENERAL DYNAMICS**  
Electric Boat

Policy Statement # 13: Electric Boat Corporation has established Occupational Health and Safety as the Company's Number One Priority.

**COVID Vaccines (Primary and Boosters) available in the Dispensary every Friday from 8:00am to 4:30 PM. No Appointment required.**



**PROVIDENCE CHILDREN'S MUSEUM**



Providence Children's Museum tickets are available for ECSA members on a limited basis. Each year your generous donations support a hands-on creative learning environment with active programs & a focus on play for young children. The museum is located at 100 South St, Providence and is open 7-days per week from 9am – 5pm .. Your department admins can contact Stephanie Vandervoste 1<sup>st</sup> shift or Jeanette Hughes 2<sup>nd</sup> shift on the Waterfront in 9A or Patricia Roy on the 60 side in D901 for tickets.