



## High Five Program Awards First Two \$2500 Raffle Winners

Last week, two QP employees had their names drawn as the first winners of the 2023 High Five Program raffle. Each employee was awarded \$2,500.

Dylan Slezak, who recently accepted a position as a Pipe Welder in D904 received his High Five recognition earlier this year while working for Adam Philbin in D922. Dylan was recognized for his high quality of work in the Hanger Shop, as well as his commitment to train and mentor the new hires coming into the department. Additionally, he continues to support our hiring and outreach efforts by serving as an ambassador to Coventry High School.

Dylan and Michael are two of nearly 300 Quonset employees that have received a High Five coin since this program was officially launched in January of this year.

The High Five Program, which is exclusive to Quonset Point employees, was developed by the QP leadership team as a way to recognize the great work that our employees do every day. Customized High Five challenge coins have been distributed to all levels of management to be issued to employees at any time they are going above and beyond in support of our mission – to deliver submarines to our NAVY.



Michael Scurka of D951 was issued a High Five from his manager, Steve Donahue, for his dedicated support in all aspects of Metrology as it relates to both Virginia and Columbia engine room outfitting. Additionally, Mike serves as a Subject Matter Expert for Official Circularity & Hull Fairness surveys, which are a critical part of submarine construction.



Any employee that receives a High Five coin will be entered into a raffle to win one of six \$2500 awards. The remaining four raffle winners will be drawn sometime in early December. If you have already received a High Five coin since January, you will still be eligible for December's drawing. Any High Five recipients between now and December will also be entered in the drawing.

There are still plenty of High Fives to go around and I encourage the management team to continue to recognize your employee's hard work and commitment to our purpose. Additional coins are available as needed, so please reach out to me directly.

Thank You for all that you do!

A handwritten signature in black ink that reads "Brian".

**Brian Howard**

Director of Human Resources - Quonset Point



# Why and How to Get Involved With Your Department's Continuous Improvement Effort

## Why? What's in it for me?

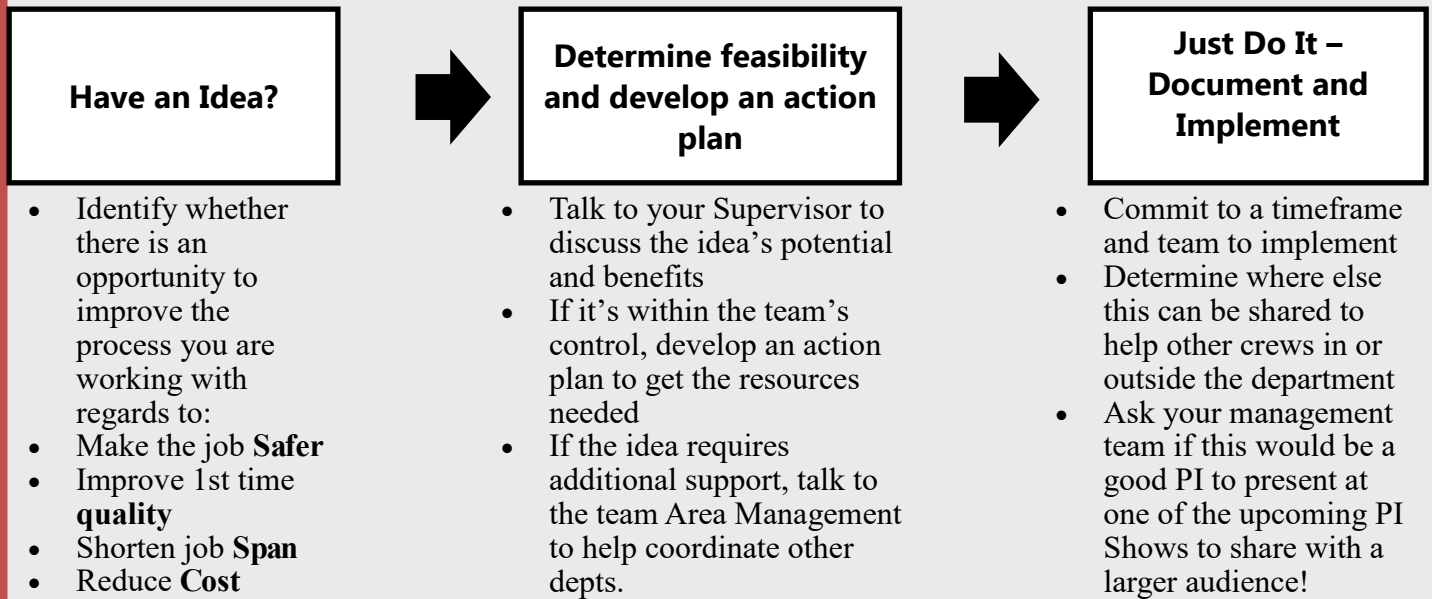
- Your job can become Safer / Easier – reducing aggravation and addressing pet peeves
- Help your crew and your department achieve their goals
- You can contribute to **your** company's success
- Personal satisfaction through mastery and leaving the process better for the next person.
- Opportunity to collaborate with peers and supporting departments



## How? How do I Successfully Participate?

- Challenge the Status Quo and ask yourself *“Why is the job done that way?”*
- Do not accept the answer *“That’s how we always do it”*
- Learn to identify the 8 Types of Waste and defeat them!
- Generate new ideas that can make your job safer, improve 1<sup>st</sup> time quality, schedule, or cost
- Lead the implementation of at least one of your ideas per year??????
- Submit your idea through your Supervisor to get buy-in and to help get it documented

Together  
Everyone  
Achieves  
More



**Have a process improvement idea, or simply just want a board to bounce ideas off? Discuss your idea with your Supervisor. If additional resources are required for implementation, your Supervisor can contact Process Engineering for direction / support.**

## **\$200 is Waiting for You**



**It All Counts** is the Benefits and Wellness organization's portion of the company-wide Employee Incentive Program. In order to receive the \$200 bonus for 2023, you will need to complete two qualifying health-related activities as outlined below.

**Completing one activity does not award \$100, you must complete two activities in order to receive the bonus. This is not the usual 85% company-wide goal that has been used in the recent past, this is an individual participation goal.**

### **Qualifying Activities:**

- ⇒ Complete your annual physical (EB occupational surveillance exams do not count)
- ⇒ Complete a Smoking Cessation program
- ⇒ Complete a Know Your Numbers biometric screening
- ⇒ Participate in one Optum Coaching session
- ⇒ Attend an EB sponsored fitness class
- ⇒ Get your annual flu shot
- ⇒ Complete your preventive colonoscopy exam
- ⇒ Complete your preventive mammography exam
- ⇒ Visit the EB Family Wellness center for any kind of appointment
- ⇒ Fill your prescription at the EB Family Pharmacy
- ⇒ Attend an EB Sponsored Community Health Event (Heart Walk, Run to Home Base, Army Ten-Miler)
- ⇒ Complete an EB Sponsored Hands only CPR training
- ⇒ Donate blood at an EB Sponsored blood drive

### **What if I am not on an EB Medical Plan?**

If you completed a physical, flu shot, colonoscopy, mammogram, or breast cancer screening, in 2023 and **you are not on an EB medical plan** but would like to be "counted", please fill out the It All Counts Proof of Qualifying Activity Form (84-08-0735) and email to [ebwellness@gdeb.com](mailto:ebwellness@gdeb.com) or bring a copy to the Benefits Office. Activities completed in 2022 do not count for 2023.

If you have any questions on how to participate, please reach out to your site's Wellness lead.

**Quonset Point:** Erik Teter, [eteter@gdeb.com](mailto:eteter@gdeb.com)





- **New!! Now Carrying ROCKY Brand Boots!! Styles Made In The USA!!**
- **Show Support, EB Breast Cancer Awareness Apparel ½ Proceeds Benefiting Pink Heals RI!!**
- **Explore Our Selection Of Seawolf Apparel!! Adult & Youth Sizes Available!**
- **We Build Freedom Sport Shirt Made in the USA Back in Stock!! Going Fast!!**  
**Hours of Operation**  
**7:30 am to 4:00 pm**



**QP Weekly Safety Briefing**  
**10/01/23 – 10/07/23**

**200%**  
**ACCOUNTABILITY**

**Electrical Safety Stand Down**  
Inspection to take place  
**October 05, 2023**



Week 41

**GENERAL DYNAMICS**  
Electric Boat

EBP-02852: EB has established health and safety as the company's number one priority.

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**Deadline to order custom clothing from the Fairwater Store to arrive before shutdown is October 16th @ 4PM!!!**

**2023 Seasonal Flu Vaccine Schedule for Quonset Point**

Date	Time	Location	Shift
Mon, 10/2/23	11:30AM	B60 Hallway Outside Cafeteria	1
Mon, 10/2/23	3:00-4:00PM	B60 Hallway Outside Cafeteria	2
Wed, 10/4/23	3:00-4:00PM	B2019 Muster Room or Outside	1/2
Thurs, 10/5/23	12:00PM	9A/9B Outside picnic tables (inside if raining)	1
Thurs, 10/5/23	3:30PM	9A/9B Outside picnic tables (inside if raining)	2
Wed, 10/11/23	11:00PM OR 6:00AM	Dispensary	3
Thurs, 10/12/23	12:00PM	Outside 2003 Cafeteria (inside if raining)	1
Thurs, 10/12/23	3:30PM	Outside 2003 Cafeteria (inside if raining)	2
Wed, 10/18/23	12:00PM	Bay 4 West Outside Picnic Tables (inside if raining)	1
Wed, 10/18/23	3:00PM	Bay 4 West Outside Picnic Tables (inside if raining)	2
Thurs, 10/19/23	6:30AM-11:30PM	Dispensary - Make up day	All

**Please note: This is NOT the Covid 19 vaccine/booster, only the seasonal flu vaccine!**

**Please contact the QP Dispensary with any questions: 401/268-2244**