

# Labor's Views

114 Poquonock Rd. Groton, CT

March 2026

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MTCNLC.ORG

The Metal Trades Council recently signed a Memo of Agreement with the Company which will provide percentage for vacation pay for employees up to 10 years of service.

Members will still receive their vacation pay based on years of service as they normally would. At the end of 2026 the percentage based on years of service will be calculated on your gross income for the 2026 calendar year. If that amount is higher than what you received for vacation pay, you will be paid the difference.

This is a real incentive to get people to work more overtime. No lotteries, No raffles. No gimmicks. You work you get paid and now you can get paid more.

This is a pilot program. If it does not prove to be an effective incentive it is doubtful it will continue into next year.

Also, members with 30 years or more will have an additional 2% added to their vacation pay calculated the same as described above.

This is a significant change that affects more than 3000 members.

PPE compliance:  
Compliance with wearing required PPE has become lax again. It's required, wear it. It's too late when you can't see, lose a finger, crush a foot, or be able to hear your grandchild when they speak to you because all you hear is ringing and crickets.

Thank you to all those who worked endlessly after Blizzard Calvin to get the yard open and get people back to work.

As always, I appreciate the good work you do. Please work safely and watch out for the other guy.

## Phone List

**Peter E Baker** 445-6383  
MTC President

**John Adamson** 445-6383  
MTC Vice President

**Nathan Newhouse** 445-6383  
MTC Rec. Sec'y

**Janet Orr** 445-6383  
MTC Sec'y Treasurer

**George Nowosielski** 445-8170  
Local 777

**Dennis Urquhart**  
Local 1122 401-573-6956

**Sean Banks**  
Local 261 445-2224

**Mark Sousa Jr** 445-8619  
Local 1871

**Pat Joyce** 445-4973  
Local 614

**Danny Sanchez** 448-2577  
Local 547

**Rob Hill** 575-1384  
Local 493

**Paul Bruno** 445-1216  
Local 106

**Janet Orr** 445-6383  
MTC Benefits Rep

MTCNLC.ORG

**For information about  
storm cancellations and  
what to do visit**

**[www.eblanding.com](http://www.eblanding.com)**

**A pop up will show  
once opening the page  
if anything comes up**





# Local 1871

We have more T-shirts available for \$15 each. Stop by the hall to get one. Call your steward to let us know you'll be stopping by.

The company and union signed a memo for Phase 3 memo. For details go to <https://mtcnlc.org>

During the winter time please check EB Landing for any potential cancellations during snow storms.

I'd also like to remind people that there is an MTC website that has our labor views on it along with other information. [Mtcnlc.org](https://mtcnlc.org)

Also join our facebook Local Lodge 1871iam where we can communicate with each other.

Please remember to poll weekly for overtime if you want to work.

In order to check your pay stub online, you need to login to your fidelity netbenefits page. On the home page, halfway down, click on the link titled "GD ESS". On the next page click "Go to GD ESS". This will bring you to the Employee Self Service homepage where you can find a link to your paystub.

**INSURANCE UPDATE:** If you are out for more than 30 days and need to pay insurance, the General Dynamics Service Center will mail you a form and instructions. If you do not receive this letter in a timely manner, please call (888)432-3633.

Before you retire, please contact the union, and let us know. You **DO NOT** need to submit a withdrawal card. Retirees can receive a union jacket and/or watch. 40 years or more will receive both. 15-40 years will receive a watch.

**Make sure to inform the union if you will be out of work for an extended amount of time so that we can make sure your dues are adjusted.**

If you are a Military Veteran, please contact Randy Branche (860-215-5384) on first shift for support.

**New Members:** Between days 0-30 days after your date of hire you must log onto the General Dynamics Service Center website at [www.gdbenefits.com](http://www.gdbenefits.com) to enroll yourself, and your dependents, in the benefits package.

As always, do not forget to use the safety boot and eyeglass program that was negotiated by the MTC. A list of the different shoe manufacturers and times that they will be outside the front gate is available. The eyeglass store is open on both the inside of the main gate and the outside entrance for your convenience, check bulletin boards for the times they are open.

**IMPORTANT:** If you are put on notice, going to be disciplined, or sent to Security to give a statement of any kind, you have the right to have a steward present. Your first words should be, "**I want to talk to a Steward**".

Union Hall Phone Number: 860-445-8619

Chief Steward: Mark Sousa

Union Hall: 860-445-8619

First Shift OSM:

Larry Donn 860-608-8226

Randy Branche 860-215-5384

Mike Fantacci 860-884-7339

Tyler Qualley 860-514-6596

Lermaine Carter

First Shift Machine Shop:

Mike Shell 860-790-9136

First Shift All Other Areas:

Ian Marchetti

Kevin Mizer 401-580-0400

Ed Mctigue 860-463-7680

Janet Orr 860-608-8528

Second Shift OSM:

Bill Ericson 860-705-6739

George Blanchette 860-908-4149

Dustin Bennett 860-300-6164

Ryan Butler 860-333-7618

Second Shift ISM:

Sherry Mullins 860-876-3723

Second Shift All Other Areas:

Nick Banker 860-917-4182

Third Shift All Areas - Nate Cook 401-688-6852

United Way Contact - Janet Orr 860-608-8528

MTC Benefits Rep - Janet Orr 860-608-8528

## MEETING NOTICE:

Meeting dates for the year will be posted on one notice in all areas. Take note of dates that fall on months with floaters. Next regular meeting will be March 12th at 3:00 p.m. at 18 Pleasant St Groton, CT 06340.



# Local 1122

This winter has been one of the most severe we've experienced in years. When driving to work, please allow yourself extra time for road conditions. As you travel to and from your job site, stay alert to your surroundings. If you encounter anything that appears unsafe, report it to Safety immediately.

At this time, we still do not have an exact date for when members will receive payment for the Phase 2 proposals that were signed off on, including Blasting, Spraying, and NACE. Once the company provides a confirmed timeline, I will share that information immediately. Additionally, the company and the union have reached an agreement on vacation percentage payouts for members with fewer than 10 years of service who were hired or rehired before December 31, 2025. Members with 30 years of service or more will receive an additional 2% payout. All updated percentage information is available on the MTC website for members to review.

We've got new hires joining us soon. Please keep an eye out and extend a warm welcome. As they get settled in, they may need some guidance navigating the job.

**Debit Card Replacement** : If you happen to lose your Fidelity Health Savings Account (HSA) Debit Card, log onto FidelityDebitCard.com to request a new one.

**Subbase NSSF and ARDM Shippingport request form** : The Department will no longer survey, you will have to fill out a form. See your steward for this form.

**Stewards** : First shift Stewards: Allen Claar All Nuclear issues 860-237-1114, Ron Ingves 860-334-8141, Chris Wilson 860-961-2930,

Alternate Dan Sager 860-941-4236

Second shift Stewards: Matthew Cassidy 860-989-9600 Dan Alger 860-639-1983

Third shift Stewards : Jose Mendes Alternates Elaine Key 860-460-7621

**SAFETY** : Just a reminder that safety is everyone's concern. If you see an unsafe act you should report it to your Union Steward or M.T.C. Safety Steward. They will take the necessary actions to correct the situation. Contact MTC safety at 860-445-6383.

If you are sent to Security for any reason or are being questioned by any Management, **YOU SHOULD REQUEST A STEWARD !!!**  
**REMEMBER, YOU HAVE THE RIGHT TO UNION REPRESENTATION, AND YOU DON'T HAVE TO ANSWER ANY QUESTIONS WITHOUT THIS REPRESENTATION.**

**IMPORTANT**: Members who are out of work on any leave of absence such as Workers Compensation, Sedgwick short term disability insurance, FMLA, etc. it is your responsibility to pay your portion for medical, dental, and vision. You can be dropped from your benefits if you don't keep up your payments.

Please don't forget to notify the Union Hall (860-442-8281) if you change your address, phone number, or name. **We need to have the correct information!**

When you notify the company of these changes they do not give the Union this new information. We appreciate your cooperation in this matter.

**REMINDER**: If you are out of work on compensation or accident & sickness insurance or any unpaid leave it is your responsibility to pay your dues. If your dues fall behind more than three months, your membership could be suspended. If you are out of work and have any questions regarding your dues, please call the Union Hall at 860-442-8281.

**IMPORTANT**: It is advised that you notify me one week in advance or as soon as you know when you will be returning to work from any Medical, Compensation or unpaid leave. The company doesn't know if you kept your dues paid up while you were out. It is important that I know your return date so I can submit a letter to the company to have your dues zeroed out under non collected. Once the company takes out your dues it will take me at least a month to return your money.

The monthly Union meeting of Painters' Local #1122 will be held every 4th Monday of each month at the Union Hall 597 Broad St., New London, Ct. at 7:00 PM. Second shift employees please give your foreman 24 hours notice if you plan to attend the meeting. If you have any problems/issues to discuss, the union meeting is the place to do this.

If I can be of any assistance to you, please don't hesitate to contact me. My numbers are 401-573-6956 and my email is painters.union@yahoo.com.

Thank you for your ongoing support.

Fraternally yours,

Dennis Urquhart

President/Chief Steward

Painters' Local #1122



# Union-Made Easter Shopping Guide



# Local 493

REQUEST A STEWARD If you are being sent to Security for any reason or are being questioned by management you have the right to have a Steward present. You don't have to answer any questions until you have union representation.

### STEWARDS

- 1st Shift - Keith Coppin 860-433-4657 Scott Harris 860-574-0208
- 1st Shift Alt - Jonathan Vogt 860-433-4657
- 2nd Shift - Ray Deptulski 860-433-4657

**SAFETY:** Safety should be everyone's first priority when working in the shipyard. If you see something unsafe or are being asked to do something that you feel is unsafe, please contact a steward for guidance. You can also contact MTC Safety at 860-445-6383

Reminder when operating forklifts or machines please be careful. Be aware of your surroundings. Watch for hazards inside and outside the machine - people, other moving machines and vehicles, objects in your path.

Please Work safe - Robert Hill /Chief Steward

# LiUNA! Local 547

Feel the Power

Here is a list of our current stewards -

- Daniel Sanchez - 860-857-2224 - Chief Steward
- Mike Campi - 860-309-6422 - Fire Dept
- Brandon Caisse - 860-227-5893 - 2nd Shift All Areas

Please reach out if you need anything, and continue to work safely.  
Fraternally yours,  
Danny Sanchez

## Candy

- Peeps
- Cabury
- Jelly Belly
- Tootsie Pops
- Mike and Ike
- Ghirardelli
- Hershey Kisses



## Eggs

- Alta Dena
- Eco
- Clover Sonoma



## Dinner

- Boar's Head
- Appleton Farms
- Tyson
- Hormel
- Farmer John
- Kunzler Brand
- Del Monte
- Dole
- Kraft
- Ore-Ida



## EB Family Pharmacy – New Hours

To best support our employees, both EB Family Pharmacy locations have updated their hours of operation in Groton and Quonset Point. The new hours starting February 2nd are as follows:

### Groton

1-888-578-6457

- Monday 6:00am – 7:00pm
- Tuesday 6:00am – 7:00pm
- Wednesday 6:00am – 7:00pm
- Thursday 6:00am – 7:00pm
- Friday 6:00am – 7:00pm
- Saturday 8:00am – 3:00pm
- Sunday CLOSED

### Quonset Point

1-800-891-4235

- Monday 6:30am – 7:00pm
- Tuesday 9:00am – 7:00pm
- Wednesday 9:00am – 7:00pm
- Thursday 9:00am – 7:00pm
- Friday 6:30am – 5:40pm
- Saturday 8:00am – 1:00pm
- Sunday CLOSED



# LiUNA!



If you want to receive email notices from the Union, please email [MetalTradesCouncil@gmail.com](mailto:MetalTradesCouncil@gmail.com) and provide the following information.

Name: \_\_\_\_\_

Badge: \_\_\_\_\_

Local Union: \_\_\_\_\_

Email: \_\_\_\_\_

Your information will not be shared or sold.



# Local 261

Dear Brothers and Sisters,

We have had a tough week with Blizzard Calvin. I hope everyone feels well after all the shoveling and clearing.

Keep heads up and on a swivel in the morning when you cross the road. Everyday when I drive by the shipyard between 5:15 & 6:15 it's dark and the roads are icy. People keep walking in front of my car with their heads down, some looking at cell phones, some just in a rush.

It's pitch black and people are wearing dark clothing. Remember it's icy and if a car doesn't see you until the last minute you won't win that collision.

There is a dire need for people to work overtime and bring our hours up. To help this the MTC and The Company have made a temporary trial agreement. Overtime percentage is being offered to everyone.

Up to 2 Years - 2%

3-5 Years - 3%

6-10 Years - 4%

10-15 Year - 5%

15-20 Years - 6%

20-25 Years - 8%

25 Years or more - 10%

and now 30 Years and additional 2% more

This is a way to get more people to support. For the newer and younger workers they are willing to pay more towards your commitment. This would not only give you more money in Vacation Pay, but it would also help lower the Lease Labor Numbers.

We are continuously trying to hire and build up our workforce for present and future work. Poll for overtime and support so we can control our future.

Work Safe and Stay United!

Fraternally,

Sean P. Banks

President/Business Manager IBEW 261



# Electric Boat Employees

## EB Checking *is here!*

- ✓ \$200 Cash Bonus<sup>1</sup>
- ✓ 3.00% APY\*
- ✓ ATM Rebates<sup>2</sup>
- ✓ Early Pay<sup>2</sup>  
get your EB paycheck up to 2 days early

New Mortgage  
Refinance  
Home Equity  
HELOC

**Save**  
**\$475**

on applicable origination fees.

\*(APY = Annual Percentage Yield)

- The one-time \$200 bonus will be awarded after the account has met required conditions for three consecutive months within a six-month period from account opening. This offer applies to new memberships or existing memberships that qualify for the account with a new direct deposit. The \$200 Bonus is considered dividends and will be reported on IRS Form 1099-INT. This offer may be withdrawn at any time.
- The EB Checking Account is a "Split Rate Tiered" account for General Dynamics Electric Boat employees who qualify for membership. Proof of employment may be required. 3.00% APY is paid on balances up to \$10,000. Balances over \$10,000 earn 0.25% APY. All Charter Oak foreign ATM fees will be rebated. Surcharge fees charged by other financial institutions or networks will be rebated up to \$9.99 each to a maximum of \$20 a month and rebated at the end of the month. The default APY of 0.05% will be applied to all tiered balances if account conditions are not met and ATM fees will not be rebated. Rates are variable and can change at any time. To earn the stated APYs your account must have e-Statement, Online Banking, 10 Debit Card transactions posted per month (excluding ATM transactions) and have a Direct Deposit of \$2,000 or more posted in each calendar month. Existing checking accounts are not transferrable to an EB Checking Account. Existing members may open a new EB Checking Account under their existing account and must meet the account conditions to qualify. Only one EB Checking Account, Sun Checking Account or Go Checking Account per qualified member number. APY effective May 15, 2023. This offer may be withdrawn at any time.



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CREDIT UNION



Scan to open  
your account!  
or visit  
[charteroak.org/eb-checking](http://charteroak.org/eb-checking)



**Embry, Neusner  
& Arscott<sup>LLC</sup>**

ADVOCATING FOR WORKERS SINCE 1985

## Injured? Work Making You Sick?



### PERSONAL INJURY

- AUTO COLLISIONS
- DANGEROUS PRODUCTS

### WORKERS' COMPENSATION

- BONE & JOINT INJURIES
- CANCER CAUSED BY CHEMICALS OR ASBESTOS
- HEARING LOSS

**EMBRYNEUSNER.COM**

• 860.449.0341

  @ENASlawCT   Embry Neusner

• help@embryneusner.com • 118 Poquonnock Road • Groton, CT 06340

Celebrating our 25th year  
supporting Electric Boat  
Retirees!!



**Beacon**  
Retiree Benefits Group LLC  
AN ALERA GROUP COMPANY

Call our office today  
for more information  
at 1.888.484.0414 or  
email us at  
[info@beaconmedicare.com](mailto:info@beaconmedicare.com)

## SPECIAL INVITATION

Beacon Retiree Benefits Group invites  
Electric Boat Retirees to participate in a  
special Medicare Medical & Prescription  
Drug Plan...

## PROGRAM DETAILS

- This special group program is **ONLY** available to **Medicare eligible Electric Boat retirees and spouses**.
- This program was created in 1999 by your friends at the MTC, the MDA, Carpenters Union and the RSEA.
- Over 2,500 retirees & spouses participate!
- All plans, rates & benefits are the same in all 50 states!
- There are no individual plans comparable to these unique group options.



## EDUCATIONAL SESSIONS

**Morning sessions start at 10AM**  
**The Hilton Mystic Hotel, Mystic CT**

Wednesday, February 4, 2026

Wednesday, March 4, 2026

Wednesday, April 1, 2026

**Late afternoon sessions start at 4PM**  
**Great Neck Country Club, Waterford, CT**

Wednesday, February 18, 2026

Wednesday, April 15, 2026

**Refreshments will be served!**

**To reserve your seat, call us at**  
**1.888.484.0414 or email us at**  
**[RSVP@BeaconMedicare.com](mailto:RSVP@BeaconMedicare.com)**



## Local 777

I hope everyone made it through the recent blizzard ok,

without too much disruptions to our everyday lives. Work is plentiful in the yard so everyone has the chance to make up for some of the lost wages, while the shipyard was shutdown.

Overtime opportunities will be abundant for the future, especially with the leased labor still in the shipyard. Take advantage of it while you can, because we have all seen it come and go. Hiring continues on, and even though, our numbers are roughly the same because of termination and transfers. Remember, it is your responsibility to notify the company and union of any change in address, and it is also your responsibility to pay any insurance premiums owed while out on illness, injury, or leave of absence increase. Our next contractual raise comes April 12th, a 5%.



# Local 614

Hello Brothers and Sisters:

In lieu of our March 10th, 2026, meeting we will be holding our election at the Gate House, across from the main gate. I hope everyone takes the opportunity to vote. The voting will take place from 5am until 5pm.

For calendar year 2026 employees with less than 10 years of experience are eligible to earn vacation percentage. Employees hired or rehired between January 1, 2016 and December 31, 2025, with less than 10 years of service time are eligible to earn vacation percentage. Eligibility for percentage will be calculated as outlined in Article XVI Section 2A in the collective bargaining agreement. Employees hired after December 31, 2025, are not eligible for this pilot program.

Cold weather has arrived, and we still have plenty of zip ups, pullover hoodies and crewnecks in green and red. We also have some sizes left of the original black hoodies and zip ups.

If you don't already know we have a Facebook page. Please follow us @ Boilermakers Local 614 to get updates and news from our International.

For anyone who doesn't know already, Electric Boat has a website listing discounts and perks for EB employees. It is [Gdeb.perksconnection.com](http://Gdeb.perksconnection.com). Check it out when you get a chance.

If you are getting ready to retire, please call the union hall at 860-445-1120 to let us know.

## Important

If you are going to be put on notice, disciplined, or sent to Security for any reason, you should request a Union Steward!! It's your right to Union representation, and you don't have to answer any questions without Union representation present.

Please remember, if you are sent to the Yard hospital and they send you home, you will have to use your own time, unless it is a work-related injury.

## Retirees

- Susan King Dept. 237
- Charles Frant Dept 244
- Ronald York Dept, 229

## Union Communications

- Chief Steward- Mike Bushek 860-884-0765
- Business Manager- Shane Gilligan 860-817-4341
- Union Hall- 860-445-1120

Please don't forget to notify the Union Hall if you change your address or name. When you notify the company, they do not give the Union the new information.

Please remember for members who are out on any leave of absence such as Workers Compensation, Sedgwick short term disability insurance, FMLA, etc., it's your responsibility to pay for your medical, dental and vision. They can drop you if you fall behind.

Due to our election in March, the next Union Meeting will be on April 14, 2026.

Patrick Joyce  
President

## EB Optical Shop - Temporary New Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shipyard Side	1:00-6:00PM*	6:00AM-6:00PM*	Closed	Closed	6:00AM-1:30PM	Closed
Street Side	Closed	Closed	6:00AM-3:00PM*	6:00AM-6:00PM*	Closed	Closed

Appointments remain by appt – they can be made via phone 860-433-6934 or accessible link at home: [EB-OPTICAL-GROTON.BOOKAFY.COM](http://EB-OPTICAL-GROTON.BOOKAFY.COM)  
We've also updated the [gdeb.com](http://gdeb.com) website with this information under Employee Information



# Local 106

## NEW MOU FOR BETTER VACATION PAY

New and senior employees will have an opportunity for a greater vacation pay due to a new MOU signed on February 2 nd . Check the MTC web site for more details.

## OPEIU SCHOLARSHIP APPLICATIONS NOW AVAILABLE

Applications now are being accepted for the 2026 OPEIU educational scholarships, and all members are encouraged to apply. Full details, rules and applications can be found at OPEIU.org under the Members Resources link, as well as on the OPEIU app. Apply by March 31.

## DIGNITY AND RESPECT

These are the two words and actions you should think about when you are addressing any matters with coworkers or supervision. If there is any issue speak to your Union Steward.

## WORKERS' MEMORIAL APRIL 28th

The Workers' Memorial Day Ceremony to remember those who have suffered and died on the job and to renew our efforts for safe workplaces will be on Tuesday, April 28th at 6:00 a.m. rain or shine. The ceremony will be held at Washington Park, City of Groton.

## 5% GENERAL WAGE INCREASE APRIL 12TH & YOUR 401(K)

Regretfully most of you do not have a Pension plan for your future. You will be relying on your 401(K). Therefore, this would be a great time to make a small increase in your 401(K) deductions.

Years from now you will be thankful for what you did.

## UNION REMINDERS:

NEW HIRES YOU must stay on top of your insurance coverage. You are now eligible to join the insurance **between days 0-30 of your date of hire**. This is the only 30 days to execute access to the health plan. If you do nothing you will automatically get medical but will not receive dental, extra eye care, and additional life insurance. If you are married or married with children, they will not be covered. **Do not be late**. I suggest that you call to make arrangements for health insurance since all calls are recorded. In the past, there were problems with online enrollments. Contact General Dynamics Service Center (1-888 432-3633) Monday – Friday 9am to 9pm. OR [www.gdbenefit.com](http://www.gdbenefit.com) (24hrs/7days). Any questions call EB Benefits: 860-433-4201 or, call the Metal Trades Council Union Hall and ask for the benefits rep 860-445-6383.

## “Weingarten” Rights

If **YOU** are sent to **SECURITY** for any reason or are being questioned by **MANAGEMENT**, **YOU** should request a **STEWARDS**. **YOU** do not have to answer any questions until you have **UNION REPRESENTATION**.

**Youtube Weingarten Rights: Training for Shop Stewards. Take ten minutes to see a brief video from OPEIU Local 8.**

**[www.opeiulocal106.org](http://www.opeiulocal106.org)**

Visit this site and search the many links of valuable information. The Media Center is one example that is updated by our International Union with new information on Union Benefits and current issues of interest.

## MARCH UNION MEMBERSHIP MEETING

Monday, March 9, 2026, at 5:30 p.m. and will be held at the Union Hall, 171 Thames Street, Groton, Connecticut.

## APRIL UNION MEMEBRSHIP MEETING

Monday, April 13, 2026, at 5:30 pm and will be held at the Union Hall, 171 Thames Street, Groton, CT.

## STEWARDS FOR EB:

1st Shift: Nate Newhouse D438 401-688 & 6852 Brian Hubbard D274 860-213-6733

2nd Shift: Arlene Allard D221 X37797

3rd Shift: Cory Jacobson D321 X35569

## UNION COMMUNICATIONS:

Local 106 Web Site [opeiulocal106.org](http://opeiulocal106.org)

Local 106 Phone 860-445-1216 FAX 860-446-0175 e-mail [prof.emp@snet.net](mailto:prof.emp@snet.net)

Do not send e-mails to any EB addresses. We may not get them.

**If you have sent an e-mail and did not get a response in a day or two please call the Union Hall.**

International Union Web Site [opeiu.org](http://opeiu.org)

International Magazine      OPEIU CONNECT

Union Benefits              UnionPlus.org

Metal Trades Council      mtcnlc.org

If you change your home address, phone number, or e-mail do not forget to notify the Union.

**PLEASE, TRY TO ATTEND UNION MEETINGS.**

Paul A. Bruno Jr.

President/Chief Steward

# MTC Benefits

## Benefits Highlight: **Optum**

### Quiet Time Challenge – March 1-31

In this challenge, we're challenging you to take a few minutes each day to stop, listen and reflect. Quiet doesn't have to mean complete silence - As a preview of what you can track during the challenge, here are some easy ways in which you can calm your mind for some "quiet time"...

- Mindful meditations
- Turn off the music during your commute.
- During work breaks, don't look at your phone. Go for a short walk instead.
- Avoid screens for the first few minutes of your day. Instead, picture a peaceful and calming image in your mind.
- After finishing a work call, spend a moment focusing on your breath for a deep breathing exercise.

Complete the challenge during any two-week period in March and submit your tracker for a chance to win a \$100 Amazon® gift card.

Sign up with your badge number and your personal email address to your health promotion specialist, Don Black, today: [Donald.Blackjr@optum.com](mailto:Donald.Blackjr@optum.com)

Visit the [Benefits](#) Homeport page to view more Benefits and Wellness info at any time.

Please share with those team members that do not have EB email access.

No shop order provided for events above other than Blood Drives.

Electric Boat Benefits and Wellness Fidelity 1:1 In-Person Retirement Planning: Attend an in-person session on February 23, 24, 25 or 26 from 9:00 a.m. – 5:00 p.m. The sessions will take place in the first-floor conference room of Building 45A in Groton. Click the hyperlink to register. Optum Quiet Time Challenge: We're challenging you to take a few minutes each day to stop, listen and reflect. Quiet doesn't have to mean complete silence. Practices like mindful meditations, turning off music during a commute or avoiding phones during work breaks are easy ways to calm your mind for some "quiet time," and examples of things you can track during this challenge. Click the hyperlink to connect with your health promotion specialist and receive a tracking sheet. Those who complete this challenge during any twoweek period in March and submit their tracker will be entered for a chance to win a \$100 Amazon® gift card. EB Family Pharmacy New Hours: To best support our employees, both EB Family Pharmacy locations have updated their hours of operation in Groton and Quonset Point. EB Family Wellness Center Care Management Program: Available to support you, both in person and virtually, at no cost. EB Family Pharmacy Vaccinations: Available daily for those enrolled in an EB health plan. Questions? Email EB Wellness at [ebwellness@gdeb.com](mailto:ebwellness@gdeb.com) or visit the Benefits Homeport page to view more Benefits and Wellness info at any time.

# MTC Safety Report

Painters - Boilermakers - Electricians - Laborers  
Machinists - OPEIU - Pipefitters - Teamsters

When shoveling be sure to lift with your  
knees and not your back

Take breaks, and work with someone if  
you can.

Watch out for ice on your way to work  
and on the way to the job.

Thank you and continue to work safe

Brandon Winter  
1st Shift  
860-627-7037

John Adamson  
1st Shift  
860-917-7121

Jim Palmer  
1st Shift  
860-326-4341  
Safety Office  
860-433-2811

Scott Harris  
1st Shift  
860-574-0208  
Metal Trades  
860-445-6383

Bill Zaks  
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