



# LABOR'S MTC VIEWS

114 Poquonnock Rd, Groton, CT 06340

August 2024

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MTCNLC.ORG

Recently the Company conducted Focus Groups in an attempt to determine why the attrition is so high with employees who have less than 5 years. Twenty percent of employees with up to 4 years of service were randomly selected and about half of those attended the sessions.

The Union reluctantly participated with the understanding that we would receive the same debriefing as upper management.

I am so glad we did. The members did not disappoint or hold back. They were allowed to speak freely and they did.

There was almost no part of work life that they did not touch on. What was not surprising is that on numerous subjects the rank and file talks about the same things the

Union has been telling the Company for years. The Company has said it will address these issues. With some there can be immediate fixes and others will take time.

Plans are currently underway for Management to address the members about the concerns that were identified. I am so far pleased with the outcome and proud of the members candor.

Before the next article is published schools will be open.

Please use extra caution when traveling through the surrounding neighborhoods. Give yourself a few extra minutes in case you get stuck behind a bus.

As Always, I Am  
Fraternally Yours  
Peter E. Baker  
President



## Phone List

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

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

**Richard McCombs** 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

**Richard (Chick) McCombs**  
Local 261 445-2224

**Jim Spencer** 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

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### **LETS TALK RAISES**

The “normal” and “automatic” progression is listed in Article XII of 2023 – 2028 Agreement. Section G. on page 30 states “Employees may be promoted more rapidly than the established time increments.” Feel free to discuss this with your supervisor.

### **ACCIDENT & SICKNESS BENEFITS PROCEDURE**

First: Contact Sedgwick 1-800-416-1808 or [www.Claimlookup.com](http://www.Claimlookup.com) . State “Short-term Disability.” Second: **Immediately Contact Aflac for Connecticut Paid Family Leave** 1-877-449-8606 or [CTPFL@Aflac.com](mailto:CTPFL@Aflac.com) . This is for the first 12 weeks of payment before Sedgwick will pay.

### **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.

### **INCREASE YOUR 401(K)**

This would be a great time to increase your 401(K) deductions. Years from now you will be thankful that you did this!!!!

**NEW HIRES:** Within the first 30 days after you start you must enroll yourself and your dependents in the benefits package. There are many choices for you to review and time limits for you to apply for these benefits. 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 or dependent coverage. 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, Nate Newhouse Union Insurance Representative: 401-688-6852..

### **[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.

### **LABOR’S VIEWS ONLINE**

LABOR’S VIEWS may be seen on [opeiulocal106.org](http://opeiulocal106.org) and the new Metal Trades Council web site [mtcnlc.org](http://mtcnlc.org). LABOR’S VIEWS is also accessible on EB computers link to the MTC website to Homeport.

### **UNION COMMUNICATIONS**

UNION STEWARDS: Nate Newhouse D438 401-688-6852 1st Shift / Arlene Allard D221 X37797 2nd Shift / Cory Jacobson D321 X35569 3rd Shift.

Phone # 860-445-1216, FAX # 860-446-0175, E-mail [prof.emp@snet.net](mailto:prof.emp@snet.net) (I do not get e-mails in the shipyard.) [opeiulocal106.org](http://opeiulocal106.org) / [opeiu.org](http://opeiu.org) / [UnionPlus.org](http://UnionPlus.org) / [mtcnlc.org](http://mtcnlc.org)

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

### **“Weingarten” Rights**

Visit: Youtube Weingarten Rights: Training for Shop Stewards. Take ten minutes to see a brief video from OPEIU Local 8 about your 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**. **THIS INCLUDES CRITIQUES, “DECKPLACE” OR ANY OTHER INVESTIGATION.**

**UNION MEMBERSHIP MEETINGS HAVE BEEN SUSPENDED FOR JUNE, JULY & AUGUST. THE LOCAL 106 EXECUTIVE BOARD WILL STILL MEET AND IF SOMETHING DEVELOPS THAT REQUIRES A MEMBERSHIP MEETING THE UNION WILL NOTIFY EVERYONE.**

### **SEPTEMBER UNION MEMBERSHIP MEETING**

Monday, September 9, 2024, at 5:30 p.m. at the Union Hall, 171 Thames Street, Groton, Connecticut.

Paul A. Bruno Jr. -President/Chief Steward



# Local 1871

July and August meetings have been canceled for this year. Enjoy your summer and be safe! Please watch out for the motorcycles.

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. Whoever is messing up on the toilets please stop. It's no joke.

This November we will be having our nominations for the upcoming Delegate and Eboard positions. If you have any questions about any of them please let us know. You can get involved in many different ways and we are always looking for more help. Mailings for the election will go out in October so make sure your address is up to date with us.

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](http://Mtcnlc.org) Also join our facebook Local Lodge 1871iam where we can also communicate with each other.

**CHANGE OF ADDRESS OR PHONE NUMBER? PLEASE** inform a union representative. The company is not allowed to share this kind of information with us, so we only know if you tell us.

In case, there is anyone that does not know where they can check their 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 see Christopher Wasilewski 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: James Spencer 860-705-2266

Union Hall: 860-445-8619

First Shift OSM:

Mark Sousa 401-743-3033

Larry Donn 860-608-8226

Randy Branche 860-215-5384

Mike Fantacci 860-884-7339

Pat Frankopolous 860-608-1584

First Shift ISM:

Ernie Richard 860-381-9213

First Shift All Other Areas:

Richard Gingerella 860-710-5815

Kevin Mizer 401-580-0400

Ed Mctigue 860-463-7680

Second Shift OSM:

Bill Ericson 860-705-6739

George Blanchette 860-908-4149

Dustin Bennett 860-300-6164

Second Shift ISM:

Sherry Mullins 860-876-3723

Second Shift All Other Areas:

Jasmyne Harris 860-938-6276

Nick Banker 860-917-4182

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

United Way Contact - Nate Newhouse 401-688-6852

MTC Benefits Rep - Nate Newhouse 860-445-6383

## 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 meetings will be June 13th, and September 12th, at 3:00p.m. at 18 Pleasant St Groton, CT 06340.



# Local 1122

There might be a road job in the works for the New Port News, VA area. While we do not have all the details as of yet, your steward will inform you as soon as more information becomes available.

I would like to remind everyone that we will have new hires starting soon. Please be on the lookout for them and help them as needed. If you see any new hires struggling, please offer your assistance.

**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 : 1st:** Allen Claar All Nuclear issues 860-237-1114, Ron Ingves 860-334-8141, Alts- Matthew Fauquet 860-381-9196, Dan Sager 860-941-4236, Christopher Wilson 860-961-2930 **2nd:** Matthew Cassidy 860-989-9600 Alt- Reggie Setts 401-363-1954 **3rd:** Jose Mendes Alt- 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:** 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.

**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

Want to be Involved in  
the Union?

We are looking for MTC  
Safety Back-Ups,  
Grievance Committee,  
Political Action, and  
Community Service.

If you are interested  
please contact your  
local steward for how  
you can get involved.

As always don't forget  
to attend your local  
unions meetings!

Advertise Your Business Here!!!

If you wish to advertise with us,  
please contact the Metal Trades  
Office either by -

Phone: 860-445-6383

Or

Email:

metaltradescouncil@gmail.com  
Please Put Labor View ad in the  
subject line.

Thank You and look forward to  
hearing from you!



## 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 - Scott Partosan 860-433-5816

2nd Shift -John Ogden 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

Mark Kelliher - 860-271-3748 - 1st Shift All Areas

Mike Campi - 860-309-6422 - Fire Dept

Brandon Caisse - 860-227-5893 - 2nd Shift All Areas

The contract is available for viewing and downloading on the MTC website -  
[mtcnlc.org](http://mtcnlc.org)

Please reach out if you need anything, and continue to work safely.

Thank You,

Danny Sanchez



**Laszlo Rivero Prince, DDS**  
**Carolyn Crump, RDH**

**Family General Dentistry**

Participant in MTC/MDA Dental Plan

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**860-222-7500**

**56 Whitehall Ave.**

**Stonington, CT. 06378**

**Email: [contact@mysticdentistry.com](mailto:contact@mysticdentistry.com)**



# Local 261

**Attention: At the recommendation of the Executive Board the membership voted to suspend the July and August meeting for vacation purposes Permission to suspend the July & August meeting was granted by Vice President Monahan of the 2nd District IBEW. As directed the Executive Board will continue to meet to handle any business that may come up. If necessary, any business that needs the attention of the membership will be done by calling a "special membership meeting"** The next regularly scheduled meeting of IBEW Local Union 261 will be held Tuesday September 10, 2024, 2:45 P.M. at the IAM Lodge 1871 Union Hall located at 18 Pleasant Street.

**Please note: It has been officially agreed that we will continue to observe our floater week by changing our meeting date to the following week.** If you cannot attend the meetings any issues should be brought to our attention by contacting your Steward or this office. Please call me if you have any problems at any time. Send me an e-mail and let me know your issues. The Local's phone numbers are as follows: **860-445-2224** main line, **860-445-8360**. E-mail address: **ibew261@com** IBEW International web site: **http://ibew.org**

## **Old Business:**

The employee "focus group" program has been completed. I would like to thank all that participated and appreciate your willingness to provide input that will help us and the company to serve you better. Although it is too early to get the results, I have been told that information provided will help us to understand your needs and concerns. I would hope that the company will continue to provide programs like this.

Our by-law changes have finally been completed and sent to the 2nd District Office for approval. Hopefully we will get their approval soon. Please be aware that our committee made several changes to streamline our business that include steward responsibilities, retirement gifts, financial reporting, and a very modest dues increase that goes directly to the local's treasury. All these changes were voted on in our membership meetings and were unanimously approved.

## **New Business:**

I am pleased to report that I have assigned stewards in the following areas:

Sebastian Vine #161369 1st shift Dept 241 Columbia Building

Kyle Mayer # 160563 1st shift Dept 272 STO

Sharon Kelly- Ajazi # 164874 1st shift Dept 241 North Yard (alternate for Lea while she is on maternity leave)

Each will be available for all areas and be responsible for handling any issues, but they have been positioned for their respective areas. I would like to appoint a Union representative for our growing third shift team. It appears that our members at NSSF will not be impacted by the reduction because of some attrition in the area. But please be aware that openings there will not be available for some time. It is still necessary to submit IRMs' if you are interested in going there. We have been told it could be up to a year before it becomes necessary to increase the manpower.

## **We are still experiencing unnecessary injuries to our new hire work force.:**

I would like our experience members to help by reminding our young members about the various hazards and the importance of their wearing PPE. If you have any recommendations please talk to the Department Safety Committee, MTC Safety Committee, Safety Department, your supervisor, or me. We need to fix this problem.

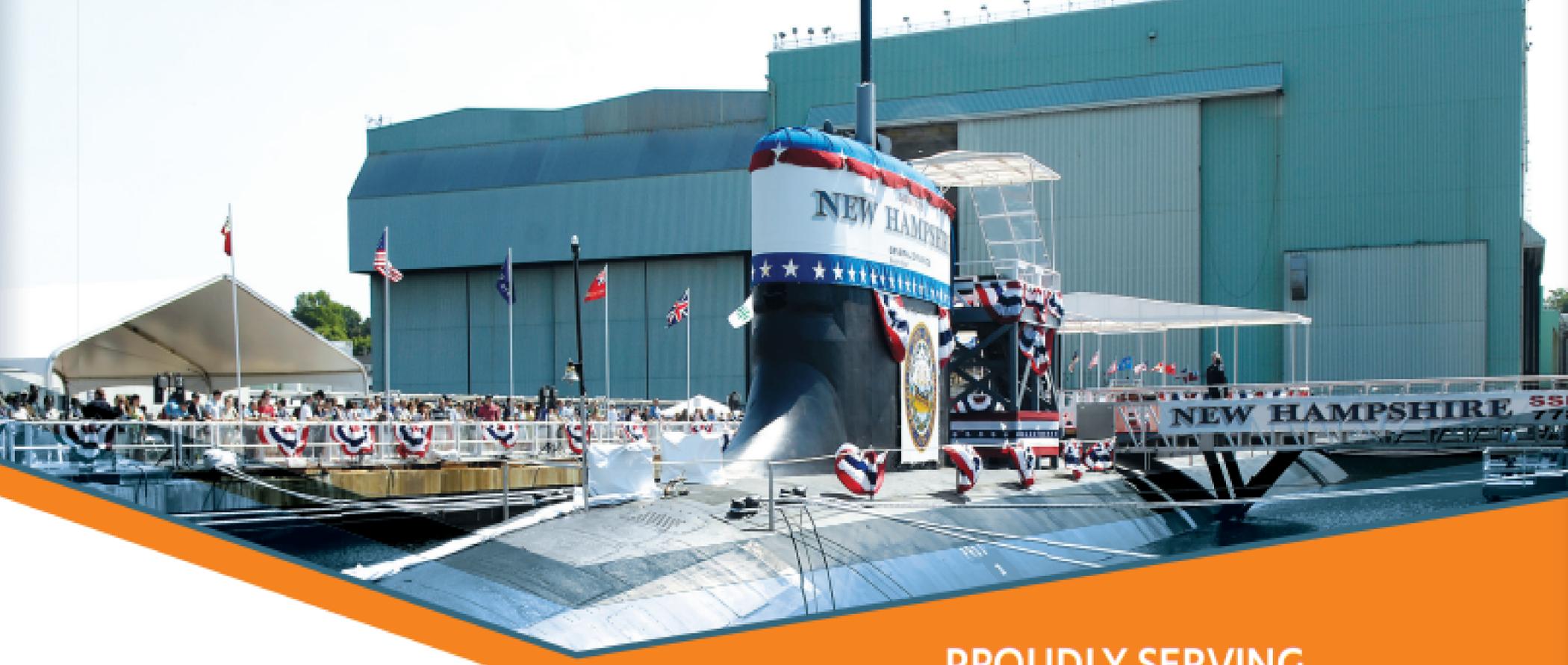
Another serious safety concern. We have disciplines that work with and around energized circuits all the time. The Company and Union has established electrical safety rules that are based on OSHA, Building codes and Naval regulations. The Company Safety Manuals lists and explains these guidelines in F-18 for non-shipboard & F-6 shipboard. These procedures are essential in keeping our workers safe from injury or death. No one should be working with live power unless they understand these rules. No one should be promoted to supervision unless they know and understand these rules. Our vetting for supervision must be based on knowledge not being a "good old boy". What ever happened to the time in grade rule for supervisor? **STO concurrence and or proper documentation is required before entering any electrical panel**

Thank you, Continue to Work Safe!!

Fraternally,

Richard L. McCombs

President / Business Manager



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**Electric Boat**  
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Another Reason... Members Bank Better.

\*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-DIV. This offer may be withdrawn at any time.

\*\*APY = Annual Percentage Yield. 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 transferable 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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**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, August 7, 2024  
Wednesday, September 4, 2024  
Wednesday, October 2, 2024

**Late afternoon sessions start at 4PM**  
**Great Neck Country Club, Waterford, CT**  
Wednesday, August 21, 2024  
Wednesday, October 16, 2024

**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

Our next Union negotiated paid holiday is on Monday, September 2, Labor Day.

Remember the meaning of the day and also use the opportunity to float the 8 hours, especially for the newer members whom don't get a lot of entitlement time off. I wrote last month that there is a lot more discipline to our members than usual. It isn't just for attendance issues, I want to remind everyone again, while on company time, and especially while on company property, treat each other with the respect you would want to be treated.

There is currently an audit being conducted regarding insurance dependents. If you are selected, follow through with providing the information requested in the time allotted, if you don't, your dependent will be dropped from the insurance and you will have to wait until open enrollment in the fall to re-enroll them.

The company continues to hire in certain areas, and doesn't in others where you think they would. There isn't as much work here as people would like, and they have started cutting back on our numbers of members at the sub-base. If anyone of the membership is asked to give a statement to security, HR, or any member of management, be sure to request a copy of it for yourself and the union.



# Local 614

Hello Brothers and Sisters:

In the last few months, we have had an ongoing issue with our brothers and sisters working as tank/fire watches falling asleep while doing their jobs. This is something that raises a lot of concern because it's a serious safety issue for the people involved in the tanks or needing these individuals to watch over them. If you are fire/tank watching someone and feel tired or drowsy, please do the right thing and pull the people out of the tank or let the person your fire watching know your condition and that you need a break. It's better to be safe than sorry.

## Retirees

Roger Crider D226- 50 years  
Luther Bethel D229 (Wire Room Attendant)- 42 years

## Important

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

## Union Communications

Union Stewards: Chief Steward- Mike Bushek 860-884-0765 Business Manager- Shane Gilligan 860-817-4341. Please don't forget to notify the Union Hall (860) 445-1120 if you change your address or name. When you notify the company, they do not give the Union the new information.

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

During our July Union meeting, the membership voted to cancel the August Union meeting and International has approved our request. There will be no Union meeting on August 13, 2024, or informational meeting for 3rd shift on August 14, 2024.

See you all at our next scheduled Union meeting on Tuesday September 10, 2024, at 2:45 pm at the Boilermakers Union Hall. In addition, we will hold an informational meeting for our 3rd shift members on Wednesday September 11, 2024, at 7:00 am at the Boilermakers Union Hall.

Sincerely,

Patrick Joyce

President

## Back to School Tips from the Electric Boat Family Wellness Center

Getting ready to go back to school is an important time for families. It marks the switch from relaxed summer days to the busy school routine. Here are a few back-to-school tips to make sure your kids have a safe, happy, and healthy year!

- **Make the first day of school easier for kids:** If possible, take your kid to visit a new school or classroom before the first day of school! Many kids get nervous about new situations, and it can help to talk to your kids about their concerns before the first day of school. Focus on the positive aspects of school starting, like getting to see old friends and meeting new ones.
- **Develop a healthy sleep routine:** Help your kids adjust to an earlier bedtime a week or two before school starts. It is important to have a consistent bedtime routine like a bath or shower, reading with them, tucking them in and saying goodnight. It's also important to have you kids turn off electronic devices well before bedtime!
- **Consider backpack safety:** choose backpacks with wide, padded shoulder straps and a padded back. Help your kid use all of the compartments of the backpack and pack heavier items closer to the center of the back – it should never weigh more than 10-20% of their weight! Remind your kid use both shoulder straps and go through the backpack weekly to remove any unneeded items.
- **Provide healthy food options:** Kids who have a nutritious breakfast do better in school and have an easier time concentrating. Some healthy options include eggs, yogurt, cheese, peanut butter, fruit, and veggies. For drink options, water is always the best choice!
- **Make sure school forms are up to date:** Make sure that you have a copy of your kids most recent physical exam. If medications need to be given at school, the medication authorization form needs to be updated every year.
- **Get up to date on vaccines:** routine vaccines are a great way to keep kids healthy, in school and ready to learn! Vaccines help to increase immunity, prevent disease outbreaks, and reduce the number of sick days. *Vaccines are always free of charge to EB employees and your dependents on the EB health plan at the Electric Boat Family Wellness Center and Electric Boat Family Pharmacy!*
- **Take care of yourself:** Back to school transitions can be difficult for parents too! Make sure you are getting enough rest, eating well, and finding time to relax. Managing your stress effectively can help you support your kids better. *If you need additional support, the Electric Boat Family Wellness Center is one of your Employee Assistance Program providers. EB employees and their dependents have access to up to 8 free counseling sessions per year!*

Appointments can be scheduled online at [MyPremiseHealth.com](http://MyPremiseHealth.com) or by calling (860) 629-8272



	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-6:00PM*	6:00AM-6:00PM*	Closed	Closed

## Insurance Update

HMS/Grinnell is General Dynamics 3rd party dependent verification auditor. The annual enrollment dependent audit began on 7/8/24. The audit is to make sure that your dependents are still eligible to stay on our medical plan. They check a random percentage of our membership. The initial letters/emails have already been sent out and you have 30 days to complete the audit and submit the necessary documents. The documents include a marriage certificate or tax form for your spouse and a birth certificate for your children.

Please make sure that you submit all the documents on time, or they will take your dependants off of our medical plan. If this happens, you will not be able to put them back on the plan until the open enrollment period next year.

Note: If you have questions regarding documentation, the verification program, or to check to see if your documents have been received, visit [://www.verifyOS.com](http://www.verifyOS.com) or call GD verification help line. Representatives are available Monday-Friday 8 a.m. - 8 p.m. at 1-877-321-0791

Nate Newhouse - Union Insurance Representative - 401-688-6852

# MTC Safety Report

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

Before you start any job know it's important to have a pre-job brief and go over any and all potential hazards before starting a job.

The company's position on the matter is you can not start work until you have a pre-job brief and a safety analysis (JHA), make sure to enforce it.

Thank you and continue to work safe!

Sean Banks  
1st Shift  
860-326-4832

Jim Palmer  
1st Shift  
860-326-4341

Bill Zaks  
2nd Shift  
860-326-4353

Safety Office  
860-433-2811

Metal Trades  
860-445-6383