

Message from Tom

It's been a long, cold winter and we are finally seeing signs of summer. With warmer weather comes all of the outdoor fun we enjoy and the celebration of summer holidays. The last Monday in May is Memorial Day, which honors all the men and women who have fallen while serving and defending our great nation. I choose to speak to you about this day for many reasons but mostly because of what we all do for a living. We work on this nation's greatest war ships and we meet many of the men and women who serve. Our work will greatly enhance their ability to complete their mission stronger than when they started. This country has been at war for over a decade and we have all seen and heard of the sacrifices these brave men and women make in defense of this nation. As a veteran myself, I can tell each of you that they serve with great pride and devotion. Our veterans want nothing in return but a single "Thank you." Lastly this day means much more to my family as my nephew, Roy Lewsader Jr., made the ultimate sacrifice doing what he loved. He was killed June 16, 2007 in Afghanistan. So as you enjoy this long Memorial Day weekend, please take a moment to remember those who gave all so that we may enjoy the freedom that we have.

**Army Staff Sgt. Roy
P. Lewsader Jr.**



MF&B Reminders

☞ Remember this is *your* employee newsletter. If you have any ideas or suggestions we would love your input! Email Nikki at

Courtney@mfbmarine.com

☞ If you need to make any changes to your address, phone # or emergency contact please email Nikki at: Courtney@mfbmarine.com

☞ Remember **AMH Clinic** and Pharmacy is available to all full time employees, and it's conveniently located right across the street!

Hours: Monday-Friday 7:00am-4:00pm

Phone: 757-233-9055

☞ **Nikki is now a Notary Public. If you need something notarized contact her to schedule an appointment.**

Calendar of Events

Memorial Day: Monday May 26, MF&B Marine's offices will be closed.

Independence Day: Friday July 4, MF&B Marine's offices will be closed.

Heart Walk- October 25, 2014. Team MF&B Marine is going to participate in the Heart Walk again this year. If you would like to join our team or make a donation please see Nikki!

Employee Spotlight

Welcome **Steven Craft, Ken Wilson, Barry Adams, Lavell Moseley** and **Tyler Leitman** to the MF&B Marine team!

Congratulations to the following employees:

Margaret Marinelli raised \$1300 for Muscular Dystrophy.



Matthew Romo & Ronnie Williams are certified as a Shipyard Competent Persons

Brian Scott completed the Crestcom Leadership Program

We still have employees hard at work in Florida. Give them a call or send them an email to let them know you are thinking of them over the summer holidays.

SAFETY CORNER

By: Santiago Vallee and Gary Wyatt

Heat Stress

Summer is just around the corner and we need to remember heat stress in the work place can be a killer.

Symptoms of Heat Exhaustion

Headache, dizziness, fainting, weakness, wet skin, irritability or confusion, thirst, nausea or vomiting

Symptoms of Heat Stroke

May be confused, unable to think clearly, pass out, collapse, seizures (fits) or may stop sweating

Smart Safety Rules

- Don't wear dark, tight-fitting clothes
- Don't eat heavy meals before working in the heat
- Cover as much of your body as possible
- Keep drinking water close by
- Don't drink alcohol or drinks with caffeine
- Know and react to symptoms of heat-related health problems

Drinking Water

During a day's work in the heat, a person may produce as much as 2 to 3 gallons of sweat. It is important that water intake during the workday be about equal to the amount of sweat produced. If you are thirsty, then you are probably already dehydrated. Don't depend on thirst to signal when and how much to drink. Instead, drink 5 to 7 ounces of fluids every 15 to 20 minutes to replenish the necessary fluids in the body.

For more information concerning Heat stress Prevention please contact the MF&B Safety Dept.



Wellness Note:

Sun is the primary cause of skin cancer, and that means that construction laborers, who work outside most of the time, are at high risk for this disease. Remember to put on sunscreen (SPF15 or higher) in the morning before work, and to apply it throughout the day as needed. This small bit of protection could save your life!

Recent stack replacement for local customer prefabricated in the MF&B Marine shop.



Old Stack being removed



Newly fabricated stack leaving MF&B Shop



Painted New Stack being put into place