

Message from Tom

I'm not sure who said it first, but it rings true: "Alone we can do so little; together we can do so much." This is true in life, and especially true in what each and every one of you do at MF&B Marine daily. What exactly does this mean? For each of us it may mean something different, however for me it means we all have different skill sets, abilities, and attributes to contribute to the team. All of you are needed for MF&B Marine to be successful. This may mean showing a newer employee the proper use of a tool, how to look at a blue print, and even more importantly how things are done safely and correctly. I know what you're thinking, "Every time Tom speaks it's about safety! All I hear about is safety!" Well, truthfully there is a good reason. Personal experience has shown me the safer we are, the more work and profitability we have. In knowing each and every one of you personally the last thing I would ever want to see is anyone of you hurt. Especially to the point you could not go home and enjoy all the things outside MF&B that make you happy. So yes, I am crazy when it comes to safety and I hope you all are too. Please heed and remember there is no such thing as an accident. Everything is either avoidable or preventable. Enjoy your spring and thank you for everything you and your family do for MF&B Marine each and every day.

Tom Taylor
President

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 #, emergency contact or life insurance beneficiary please email Nikki at:

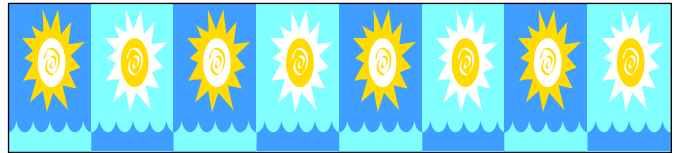
Courtney@mfbmarine.com

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

Calendar of Events

Monday May 30th: Memorial Day: MF&B Marine's office will be closed.

Monday July 4th-MF&B Marine's office will be closed in observance of Fourth of July



MF&B Marine and the Foodbank of Southeastern VA

In 2015 we collected donations to provide 9,232 meals for people in need! Thank you everyone for your continuing support!



SAFETY CORNER

By: Nikki Nuckols

Eye injuries in the workplace are very common. The National Institute for Occupational Safety and Health (NIOSH) reports about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment each day. However, safety experts and eye doctors believe the correct eye protection could have lessened the severity or even prevented 90% of these eye injuries.

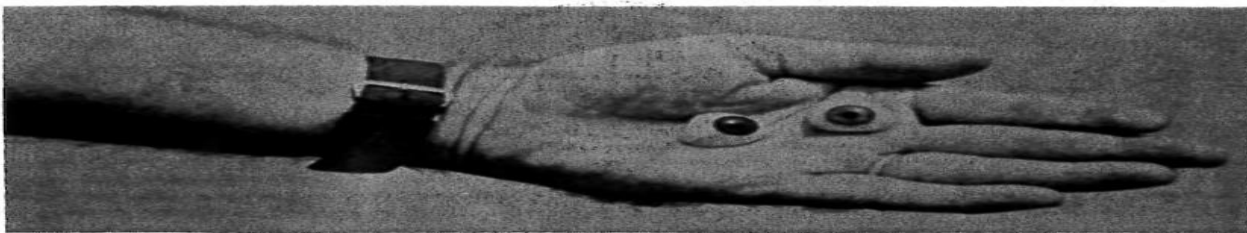
Two major reasons workers experience eye injuries on the job are because they were:

1. Not wearing eye protection or
2. Wearing the wrong kind of protection for the job.

Below is an article about wearing the proper eye protection from 1965. It is a good reminder for you to always wear your eye protection, and to always look out for your co-workers eye protection. Your eyes are priceless!

JUNE 1965

SELECT YOURS NOW WHILE YOU CAN STILL SEE



By M. P. Redford, Safety Supervisor

Have you ever known a fellow who has a glass eye? If you have then you are probably aware of the fact that he is very careful not to drop, scratch or mar it. He's got a good reason too. Glass eyes are expensive.

Now, take the fellow with two good eyes. Did you ever see him doing a job where there was an eye hazard without wearing the safety goggles provided for the job? I am sure you have many times. Ask him why he is not wearing them sometime and he will probably say, "They're uncomfortable." True, but so are glass eyes. Another reason he will give you is, "It takes more time to put the darn things on than it does to do the job." That may be true but he won't always be lucky, and someday the inevitable accident will happen.

When you see a fellow taking a chance with such a precious gift as eyesight, don't you feel like saying to him, "Get with it, chum?" Don't let anyone make that remark to you. Wear your safety goggles and keep your eyes eyeing.

Below are some of the most common eye hazards:

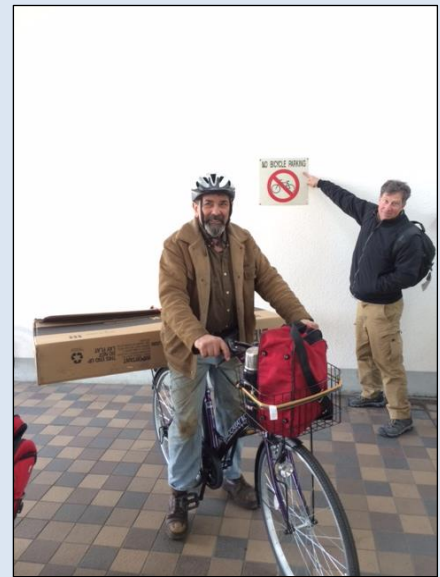
1. Chipping metal, concrete or paint.
2. Handling acids, caustics or other chemicals.
3. Working on machine tools, where there is a flying chip hazard.
4. Welding or burning.
5. Handling molten metal.
6. Sand or shot blasting.
7. Spray painting.
8. Working in dusty areas or when you are near any of the above operations.

Don't make the mistake of not using eye protection because an eye injury has not occurred on that job in the past. Instead, use eye protection if an eye could be injured on any job.

Consider the protection of your fellow workers eyesight. Also, screen your work when you can.

Remember - the other fellow's eyesight is just as priceless to him as yours is to you.

MF&B Marine sent a small team to Yokosuka, Japan to work on the USS Stethem. Great job to Josh Adams, Matthew Thompson, Luke Tilghman, Vince Vandyke, and Ivan Slatter for your dedication and hard work to get the job done!





Welcome Aboard!



Please welcome all of our newest employees to the MF&B Marine Team!

Joshua Adams

Michael Adams

Monteil Anderson

Timothy Banton

Russell Christe

Antonio Green

Melvin Hunter

Steven Lehmann

John Love

Saul Martinez-Rivera

Henok Merhawi

Anastacios Paulidis

Joshua Phillips

Brandon Purvis

Christopher Snead

Matthew Sparck

Anthony Spratley

John Swastek

Clinton Thompson

William Waggoner

Herbert Ward

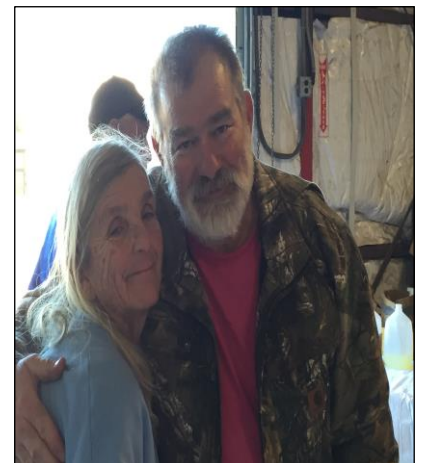
In Memory of Larry Banton

We lost a member of the MF&B Marine family in August of 2015. Larry was a wonderful coworker but more importantly he was a great friend. He is truly missed by everyone that knew him.



Happy Retirement!

Ellen Lesoine and Robert Fleming both have worked for MF&B Marine since the company started back in 2008. They both have been dedicated employees for the past 8 years. We will miss working beside you every day and we wish you all the best in your retirements!



Southside Heart Walk

MF&B Marine supported the American Heart Association again in 2015 by collecting over \$1700.00 for the Heart Walk. Thank you everyone who walked and/or contributed to this wonderful cause!



Southside Heart Walk Team MF&B Marine



MF&B Marine 2015 Ton of Fun Holiday Party

