From the Helm

Jeff Geiger, President, Bath Iron Works

This month I want to devote this space to a subject that impacts every one of us and one that can never be over emphasized. That subject is safety.

Stop for a moment and think back to just a few years ago. Then ask yourself if BIW is a safer place today than it was back then. I firmly believe we are and I hope you feel the same. Our Five Star Compliance Program is helping create better working conditions. Investments in new machinery, equipment, tooling and ergonomics are making a difference. The work of the CREST and other safety committees continues to be effective in addressing safety matters. We have made measurable progress in creating a safer working environment within the shipyard and we should take great pride in that achievement.

However, we have much more to do to achieve our goal of ensuring everyone goes home from work in the same condition they arrived. People are still getting injured on the job. Our injury statistics shed light on what is happening, but safety is not about statistics. Safety is about people – fathers, mothers, sisters, brothers, friends and coworkers avoiding unnecessary risks and living their lives safely and in good health. Said another way, safety is personal, as we are the key to our own safety and that of our coworkers and families.

Achieving our goal will require all of us to think differently about safety and more importantly to behave differently when it comes to safety. I want everyone at BIW to clearly understand my commitment to safety in the shipyard.

• Nothing is of a higher priority at BIW than safety – there can be no compromise.
• I will continue to drive to make safety part of BIW’s Bath Built is Best Built culture; I need your support.
• I will continue to seek out unsafe working conditions and unsafe work habits and will act to eliminate any I observe; I need you to do the same.

If we all actively engage to protect ourselves and our coworkers, I know we will be a safer shipyard. Being safe requires action. No one plans to get injured, but all too often failing to think through the risks of our actions results in an injury that could have been prevented. We can each do more to ensure the safety of those around us. Lend a hand when someone is lifting a load, share the benefit of your experience when someone is taking a risk or take the time to report an unsafe condition. You will make a difference in someone’s quality of life.

Help me fulfill my commitments to you by making them your commitments as well. Every one of us needs to make the conscious decision to think, plan and act to be safe. We need to make it personal - because it is.

TOGETHER WE CAN MAKE A DIFFERENCE.

On the cover: The first gun magazine for DDG 1001 arrived in August by barge and was offloaded to the Land Level.
Performance Safety

July 2012

**Recordable Injuries**

Cumulative Through July 2012

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<th>Actual</th>
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**Lost-Time Injuries**

Cumulative Through July 2012

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Environmental

Year to date (YTD) progress toward achieving our environmental performance goals under the Maine DEP STEP UP and other environmental programs is displayed as follows:

- **Equal to or better than YTD goal**
- **Above YTD goal; improved from prior year**
- **Above YTD goal; not improved from prior year**

Year to date (YTD) progress toward achieving our environmental performance goals under the Maine DEP STEP UP and other environmental programs is displayed as follows:

- **Equal to or better than YTD goal**
- **Above YTD goal; improved from prior year**
- **Above YTD goal; not improved from prior year**

**Cumulative Through July 2012**

- **Hazardous Waste**
- **Energy**
- **Total Disposed Waste**

September Red Cross Blood Drive at BIW

The next Red Cross Blood Drive at BIW will be held the week of September 3 at the locations described here. You can pre-schedule an appointment by calling Kathy Nadeau at ext. 1635.

On Tuesday, September 4, a Double Red Cell machine will be available at the Fitzgerald Conference Center during second shift hours, 5-10 pm. For more information about this option, contact Kathy Nadeau.

Looking ahead to fall and a lot more baseball, the Red Cross is giving all donors a Red Sox 100th anniversary t-shirt.

Looking back to the June blood drive at BIW, Elizabeth Elliott, Red Cross Account Executive, sent Kathy Nadeau a note at that time, saying, “I think I’ve mentioned it before, but if we could clone your BIW donors, we’d be a huge success. The support from everyone there is absolutely amazing!”

**September Blood Drive**

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<thead>
<tr>
<th>Date</th>
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<th>Location</th>
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<td>Sept 4, Tues</td>
<td>9:30 am—2:30 pm</td>
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<td>Sept 5, Wed</td>
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<td>FCC</td>
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<tr>
<td>Sept 5, Wed</td>
<td>9:00 am—2:00 pm</td>
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<tr>
<td>Sept 5, Wed</td>
<td>8:00 am—1:00 pm</td>
<td>Hardings</td>
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<tr>
<td>Sept 7, Fri</td>
<td>9:00 am—2:00 pm</td>
<td>FCC</td>
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Goodrich Family Visit

James F. Goodrich, BIW’s seventh president (1965-1975), passed away in July in Falmouth, Maine at the age of 99. In early August, his family gathered in Maine for a memorial service and during that period, three generations of Goodrich descendents visited the shipyard as guests of Jeff Geiger. Many shared stories of previous visits to the shipyard, proving that they were well acquainted with the tradition of Bath-built ships.

Jim Goodrich presided over a ten-year period of change and modernization in the shipyard. Personally selected by John Newell to succeed him, Goodrich arrived after serving as General Manager of the Todd shipyard in San Pedro, California which, among other vessels, built DLGs as the follow-on shipyard to BIW. This experience with BIW was apparently the beginning of Goodrich’s appreciation for BIW and Bath shipbuilders.

Out of BIW’s failed DX bid in 1970, Goodrich focused the company’s efforts on commercial work and entered the developing market of overhaul and modernization of naval warships. Goodrich also recognized the need to modernize the shipyard in order to remain competitive, resulting in additional pier space, steel and concrete building ways, expansion of the assembly building, a new blast and paint facility, increased Hardings capacity with new equipment, and most visibly, the addition of the 220-ton level-luffing crane, #11, which is today the landmark of not only the shipyard but the Bath region.

The basis for this modernization, which Jim Goodrich convinced the BIW Board of Directors to undertake with little in the way of contracts in place to support it, was the concept of modular construction which has only grown and expanded in years since.

Goodrich’s vision as well as that of the Board of Directors was affirmed by winning significant commercial work, including the Maine class of Roll-on/Roll-off vessels and the competitive award of the lead ship contract for the FFG 7 Oliver Hazard Perry which in turn, led to the shipyard building 24 of these vessels in the years 1965—1987.

After resigning as president in 1975, Goodrich served as Chairman of the Board until 1978. In 1981, he was named UnderSecretary of the Navy by President Ronald Reagan and served 6 years in this capacity.

Mr. Goodrich and his wife, Helen, had three children, James and John Goodrich and Nancy Goodrich McGraw. James and John led the family group that visited BIW in August which included many of the grandchildren and great-grandchildren of Jim Goodrich as well as nieces and nephews.

Jeff Geiger is shown far right with the Goodrich family group that visited the shipyard in August, including Jim Goodrich’s sons Jim, center (in white shirt) and John (sixth from right in blue shirt).
Wellness and Benefits

Education – the Key to Financial Wellness

Do you know what kind of shape your savings are in? Do you know how your investments are doing? How much savings you should have for emergencies? For retirement?

Don’t just stand around waiting for your ship to come in. You can get answers to these questions and others and help yourself get on the right track to financial wellness with a free class from the BIW Benefits Department. The goal of the financial education program is to provide information, tools and confidence to help you make educated financial decisions around saving, investing and retirement readiness.

Kurt Caswell (D 49), BIW retirement specialist says “The program is designed to not only provide tools to help prepare employees for retirement, but to also address other present-day financial issues to assist all BIW employees and their families in achieving financial wellness. We also welcome employee suggestions.”

Classes are led by Leslie Whitney, an outside financial adviser who has spent more than 20 years in the retirement planning and employee education industry. She enjoys helping organizations and employees make the most of their retirement plans and finances. Leslie may also be joined by guest presenters from organizations such as the Social Security Administration and local credit unions.

“Nobody cares about your financial future the way you do” says Leslie. “In today’s world it is important to have some basic understanding of financial principals to make the many decisions we are all asked to navigate for ourselves. It is never too late or too early to learn more about finances.”

The financial education classes are held at lunch time and after hours. Classes are held at the Main Yard and the Employee Development Center and are offered at no cost to BIW employees and spouses. If you are interested in hosting or attending classes at one of BIW’s Brunswick facilities, please contact Kurt Caswell at ext. 3415 to discuss. The first fall financial education class to be offered addresses Social Security. Additional classes will follow and will be announced in advance.

Social Security Overview
Wednesday, September 12; 3:45 p.m.
Location: Employee Development Center
Sign up: Call Benefits at ext. 2527 or email biwbenefits@gdbiw.com.

For example, if you want to walk more, try wearing a pedometer to see how many miles you walk today. Taking 2,000 to 2,500 steps will equal about one mile.

Or, if you want to run more, try getting up in the morning and just putting on your running shoes. That’s all you have to do—just put on your running shoes. See where that takes you.

Want to improve your eating? Get more colors.

Track what you eat for one day and list out the colors. What do you notice? Are they mostly brown foods?

Eating more fruits and veggies is a great way to get more color. Try baby carrots, sugar snap pea pods or cherry tomatoes and add more fruit with a box of raisins, piece of fresh fruit or 1/2 cup of canned fruit in its own juice. No preparation required!

Maybe you would like to quit smoking. It’s tough. We know it and you know it. Try one of these small steps today:

- Try cutting out one cigarette a day.
- Not ready to cut out a cigarette a day? At home, try lighting up outside. This will reduce second-hand smoke for your family members and yourself.

For a pedometer or food journal, call Anthony Anderson at ext. 2915.
Two World War II veterans recently visited BIW to see the shipyard that, like them, played a role in the events of WWII.

Edward R. Dow
In late July, Edward R. Dow, visited the shipyard with the desire to see Michael Murphy (DDG 112) which he had heard and read so much about. Mr. Dow was escorted by Tom Curtis (D20), a 32-year BIW employee and Navy veteran. Tom made prior arrangements with both BIW and ship security and the group was met onboard DDG 112 by Logistics Supply Chief Dartri Clay, USN.

Mr. Dow served on the USS San Pablo (AVP 30) as part of the 7th Fleet in the South Pacific in 1943-44 where they participated in actions in Eastern New Guinea, the Admiralty Islands, Western New Guinea and the Philippines. His ship was called the “Floating Coffin” because it supplied planes, PT boats and submarines with bombs, gas and bullets.

Paul Lusty (D08) helped with arrangements for the tour and described Mr. Dow as an incredibly lucky man in a traditionally unlucky job. Mr. Dow was first a loader and then a gunner’s mate. At one point, a bomb went down a smoke stack and the stunned crew waited for the explosion, only to realize that the bomb was a dud. Another time, a smoke stack was hit by a bomb and shrapnel struck Mr. Dow and two others nearby. All three received Purple Hearts.

LSC Clay said, “Mr. Edward Dow was truly an amazing man with plenty of stories to tell about WWII battles. He and his guests had a great time onboard Michael Murphy—this was a tour they will never forget. It was an honor and a pleasure conducting the tour.”

Herbert M. Oyer, Jr.
Another amazing story came our way in August by way of Mr. Herbert M. Oyer, Jr., an 88-year old WWII veteran and plankowner of the Bath-built USS Laffey (DD 724), nicknamed “the ship that would not die.” Mr. Oyer will attend a reunion of his ship in September where it is now a museum ship at Patriot’s Point in Charleston, South Carolina. He wanted his picture taken alongside a BIW ship so that he could show his comrades that he was at the shipyard where their ship was built.

Mr. Oyer arrived in Maine just days before DD 724 was delivered to the Navy and commissioned on the same day, February 8, 1944. The ship performed escort duty across the North Atlantic and was present off Normandy on D-Day. In the South Pacific in 1945, it was hit by 7 kamikaze and 4 bombs in a period of 80 minutes but it did not sink. Mr. Oyer said the aft portion of the ship looked like Swiss cheese. Laffey was towed into Okinawa for repairs that allowed it to return to the U.S. under its own power. Later, the ship extended its career in two more wars in Korea and Vietnam. The Laffey sailors expected at the reunion next month are drawn from multiple decades of Navy conflicts but all share an appreciation for their Bath-built ship which often sailed into harm’s way but never gave up, fighting and surviving amid some of the era’s most well known sea battles.

2012 Interns Finish their BIW Summer

BIW’s Summer Intern Program recently concluded with 14 students wrapping up jobs in Engineering, Planning, Manufacturing and Quality. Mike Ross (D49), Program Coordinator, said, “Students get a close look at a large manufacturing environment and a broad overview of how the company operates, put their skills and knowledge to work, network with their fellow interns and coworkers, and develop a solid basis for considering whether they are interested in a career at BIW.”

Interns shown right, 1st row, l to r: Eric Anderson, Mark Boucher, John Ahern, Dan Reynolds, Mike Cloutier, Carlo Vaccari, Kristian Wright, Annie Fisher and Grant Karr. 2nd row: Nick Pooler, Brian Huynh, Bobby Hood, Brian Cain and Aaron Hyatt.
In August, the first of two DDG 1001 MT 62 M magazines built by BAE for DDG 1001 arrived at BIW by barge and was lifted by #11 crane onto the land level. From there, the leveled ways on the west bank of the Kennebec helped facilitate a smooth transfer to PO2 for storage (below). In September, the magazine will be installed on the 1400 Ultra Unit in the Ultra Hall.

In three photos right, the DDG 1000 composite Helo Hangar with steel framing was lifted onto the ship on the ways in late July. From arrival in the shipyard in May until final erection, a BIW/Navy team worked to ensure a successful erection sequence associated with the first joining of composite and steel structures on the DDG 1000 program. BIW shipfitters, welders, riggers, engineers and quality personnel were engaged in preparation for and execution of the lift which paves the way for installation of the deckhouse later this fall.

Shown right, the distinctive bow of DDG 1000 is nearly formed on the ways. Below, the Ultra Hall at night shows the last DDG 1000 Ultra Unit which will complete the stern of DDG 1000 on the left, and the first DDG 1001 Ultra Unit on the right.
From the Fleet

Two Bath-built FFGs Decommissioned

Two Bath-built Oliver Hazard Perry Class frigates were decommissioned in 2012 after 30 years service, the USS Stephen W. Groves (FFG 29) and USS John L. Hall (FFG 32). Of the 24 frigates of this class built by BIW, ten remain in US Navy service, two of which are identified for decommissioning in 2013 (USS Underwood, FFG 36 and USS Klakring, FFG 42). By the Navy’s schedule, all frigates will be out of service by 2015.

FFG 29, the 21st ship of the Oliver Hazard Perry class, was named for Ensign Stephen W. Groves, a native of East Millinocket, Maine and naval aviator who was posthumously awarded the Navy Cross for heroism at the Battle of Midway during WWII.

The family of Ensign Groves and Maine’s congressional delegation have long advocated to have another ship named for him. In May of this year, Secretary of the Navy Ray Mabus announced that one of the JHSV ships will be named the USNS Adrianna-Jean in honor of the towns of East Millinocket and Millinocket. The previous USS Millinocket, a freighter, was torpedoed and sunk in the Atlantic Ocean off Cuba in June 1942. While pleased that his home town will be honored again, Congressman Michaud, as well as Congresswoman Pingree and Senator Collins have pledged to continue the work to have another US Navy ship named for Ensign Groves.

USS John L. Hall was decommissioned at Mayport Naval Station in Florida in March 2012.

As reported by a Jacksonville newspaper, CDR Mike Meyer, CO of FFG 32, said, “The ship made 19 deployments, participated in anti-mining operations, wars in the Middle East and anti-piracy and drug-interdiction patrols and stopped $300M in illegal drugs from reaching the U.S.” Speaking at the same event, Captain Paul Flood, commander of Destroyer Squadron 14 said, “This is not a sad day, just a transition. We are going to move on from frigates to a newer class of ships, and that’s just how it should be.”

The following employees recently joined BIW. Please welcome them.

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<tr>
<td>Steinman, Geoffrey</td>
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</table>

* Returning employees

Two Bath-built Oliver Hazard Perry Class frigates were decommissioned in 2012, including FFG 29, Stephen W. Groves above, and FFG 32, John L. Hall, below. Photos courtesy US Navy.
On a Saturday in late June, the BIW Fire Department conducted an 8-hour, live fire training session on City of Bath property attended by 24 BIW Fire/Rescue personnel drawn from Bath and Harding first and second shifts and ten instructors and volunteers from nearby fire departments.

BIW’s full-time fire department of six individuals is supplemented by a Brigade comprised of trained, dedicated volunteers, many of whom are volunteer firefighters in their own communities. Dan Sutton (2602) said, “I’ve worked here over 30 years, and this practice of a small full time staff supported by an on-call volunteer force has been in place all that time. It works well for us and we are also part of a network of local fire departments which provide back-up.”

When needed, volunteers are contacted by Main Gate Security to report for duty and they are released back to their regular jobs when the incident is over. Volunteers meet every other week for two hours of training, supplemented by periodic events such as this live fire session.

Instructors Chris Cummings and Mike Drake, Bath FD firefighters/paramedics and certified trainers, and Dan Sutton (D2602) led the training. They were supported by the Arrowsic Fire Department which provided a tanker truck, the Woolwich Fire Department, which provided a fire engine, and by BIW’s Fire Inspectors who brought another fire engine and monitored safety and medical aspects of the training.

Participants formed groups and rotated between five training stations established for Fire Attack, Back-up Line, Safety Line, Ventilation, Search and Rescue, and a sixth for Rehab (rest break). The purpose of the training was to refresh members’ knowledge and experience in the principles of attacking a live fire, including controlling, extinguishing, ventilation and overhaul to ensure the fire is completely extinguished. Throughout the training, members practiced using the Incident Command System, basically the chain of command to be followed when responding to a fire or emergency, and wearing full fire turnout gear with a Self Contained Breathing Air Pack.

While all members participated in the exercise, for nine of the newer volunteers, it was their first live fire training session and their first opportunity to practice fire knockdown procedures.

At the conclusion of the exercise, everyone pitched in to separate, wash and dry gear back at BIW and air bottles were charged and refilled at the Woolwich Fire Department.

Dan Sutton (D2602) said, “This was a valuable training experience for our members and we are grateful to the BIW Fire Department as well as the Arrowsic and Woolwich Fire Departments for making it possible.”

Above and below: Members of the BIW Fire Department participate in Live Fire Training exercises in Bath, assisted by Woolwich and Arrowsic Fire Departments.

BIW Fire Department
Dave Witas, Fire Chief

Fire Inspector Specialists
Larry Call
Don Hill (2nd shift)
Richard J. arrett
Dale Prior
Dan Sutton

BIW Fire Department Brigade Members

Bath 1st Shift
Oddie Cunningham, CPT
Jeremy Best, LT
Mitch Adams
Norm Bossie
Norman Edwards
Alex Hatherly
Tim Lee
Marty Maxwell
Bob Mesimer
Bob McNally
Albert Ouellette
Jeremy Redlon
Randy Scott
Kendall Whitehill

Bath 2nd Shift
Troy Bouchard, CPT
Craig Barrows, LT
Aric Gott, LT
Blaine Demmons
Scott Poland
Ron Rancourt
Chance Raymond

Harding 1st Shift
Phil Skillin, CPT
Tim Welsh, LT
Marc Gregoire
Sean Hinds
Lenny LeBrun
Mark Mitchell
Randy Russell
Ryan Wech

Harding 2nd Shift
Clayton McLaughlin, CPT
Don Murphy, LT
Matt Drouin
Tom King
Gary Norton
### Service Anniversaries

**July 2012**

#### Dept. Name

- **45 Years**
  - 06 Lemieux, Marc Bruce
  - 10 Martin, Steven Roger
  - 81 Paradis Jr, Armand James
  - 84 Berube, Raymond Rene
  - 84 Paradis Jr, Armand James
  - 84 Soucie, Edward John

- **40 Years**
  - 09 Landry, Gary Vern
  - 10 Johnson, Randolph William
  - 11 Gorman, Timothy Peter
  - 17 Fournier, Wayne George
  - 17 Rhoades, William Harold

- **35 Years**
  - 07 Leblanc, Giles Normand
  - 09 LeBlanc, Giles Normand
  - 10 Martin, Ronald Bertrand
  - 10 Johnson, Randolph William
  - 13 Hardacker, Brett Scott

- **30 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah
  - 10 Johnson, Randolph William

- **27 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah
  - 10 Johnson, Randolph William

- **25 Years**
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah

- **20 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah

- **15 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah

- **10 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah

- **5 Years**
  - 01 Murphy, Laurie Ann
  - 09 Landry, Gary Vern
  - 10 Blethen II, David Noah

#### Performance Period

**April 2, 2012 - September 30, 2012**

**Period 5 Goals:** Status as of July 29, 2012

1. Achieve 1,975,000 manufacturing earned hours by September 30, 2012
2. Receive 1,000 additional suggestions to the Employee Suggestion Program that reduce costs and/or improve safety on all programs by September 30, 2012
3. Achieve 100% of the Housekeeping stars within the existing 5-Star Program by September 30, 2012
4. DDG 1001: Complete 9 of 12 Ultra Unit 2200 erections by September 30, 2012
5. Planning Yard: Complete the engineering and design for all currently funded ship availabilities on schedule, including DDG 57 and DDG 59 HM&E modernizations
6. Achieve Release to Kit cycle times of 5 days or less by September 30, 2012

#### Performance Incentive

**Goal 1 Earned Hours**

- **Planned**
- **Actual**
- **On Track**
- **Behind Plan**
- **Did Not Complete**

#### In Remembrance

**July 2012**

- Elino H. Abbott
  - Active
  - J July 10, 2012
  - 23 Years
  - Shipfitter

- James F. Goodrich
  - Retired
  - J July 16, 2012
  - 14 Years
  - President

- Ronald E. Blake
  - Active
  - J July 3, 2012
  - 25 Years
  - Outside Machinist

- Vincent D. Lewis
  - Retired
  - J July 13, 2012
  - 14 Years
  - Carpenter

- Terry L. Connolly
  - Active
  - J July 13, 2012
  - 31 Years
  - Shipfitter

- Kenneth F. MacDonald
  - Retired
  - J July 26, 2012
  - 38 Years
  - Pipefitter

- Gonzague G. Desrosiers
  - Active
  - J July 13, 2012
  - 27 Years
  - Shipfitter

- Robert R. Douglass
  - Retired
  - J July 10, 2012
  - 40 Years
  - Material Clerk

- Arthur R. Douglass
  - Retired
  - J July 10, 2012
  - 40 Years
  - Material Clerk

- Robert J. Wheeler
  - Active
  - J July 16, 2012
  - 34 Years
  - Insulator

**Note:** Years = years of service
Medals Count

Long Distance Runners at Beach to Beacon (B2B)

On August 4, 2012, over 7,000 runners participated in the 15th annual B2B 10K (6.2 mile) road race in Cape Elizabeth, Maine which attracts elite, international racers as well as hometown runners. Among them were six members of the BIW Long Distance Running Team which claimed first place in the male Team Corporate Challenge, besting teams from some big name Maine companies like TD Bank, LL Bean, Hannaford and IDEXX.

BIW’s runners, in order of finish, were Rob Ashby (D-43), Blane Fenderson (D-10), Lance Guliani (D-84), Mark Salafia (D-86), Eric Kruger (D-24) and Richard Bissett (D50). Although retired from BIW, Cheryl Gilbert has not left the BIW Track Team behind. She continues to coordinate the team’s activities as well as participate in events as part of an active retirement.

The BIW team received the B2B Corporate Challenge Trophy which it will hold onto for a year before returning the cup to the race committee prior to next year’s race. Taking justifiable pride in their accomplishment, the team is sending the trophy on a trip through BIW where it will spend time in each division represented by the winning runners. First stop is Jeff Geiger’s office, then on to the Materials Division.

The trophy has been BIW’s to enjoy more times than any other team since the inception of the race, including 2002, 2003, 2007, 2009, 2010 and now 2012. Team members hope that while on tour, the trophy will catch the attention of potential new team members, cause them to join the team next spring and help bring the trophy back to BIW yet again.

Race runner Mark Salafia reports that “It was extremely hot and humid, but we pushed the limits and achieved success!” Eric Kruger, a Cape Elizabeth resident says, “It is always an exciting time because runners from across the country and around the world descend on my home town for the B2B. The heat and humidity were a concern but the cheering crowds helped reduce anxiety and made it easier to focus on the end goal. This was my 13th consecutive B2B and it never gets old.”

Interested in joining next year even before you see the trophy? Contact Cheryl Gilbert (contact information at end of article) or any of the runners mentioned here.

Track and Field and Long Distance Runners at Nationals

In July, eight members of the BIW Track Team represented BIW at the U.S. Corporate Athletic Association Corporate Cup Relay, otherwise known as “Nationals.” This year the event was held in San Ramon, California, but the location varies to make it attractive to all and it has twice been held in Maine (1994 and 2004).

To create a sense of community around the event, team members decided to raise money for the Maine Adaptive Sports and Recreation (formerly known as Maine Handicapped Skiing) / Veterans No Boundaries program based at Sunday River in Maine. Through a combination of efforts, they donated about $1,500 to the program which helps veterans participate in outdoor summer and winter sports using adaptive equipment.

The Team sent eight people to Nationals this year and they came home with a handful of medals. The BIW team of Mike Snyder (D10) and Matt Brown (son of Sereno Brown, D17) were two time gold medalists and record-setters, placing first in shot put and first in discus and setting a National record in both.

In Long Distance Running, Robert Ashby (D43), Jim Snipe (D95) and Gary St. Laurent (D15) were third in the Men’s 5K and Robert and Gary placed third in the Men’s Mile. Mark Fochesato and Wendy Greenbaum (both D40), Jim Snipe and Gary St Laurent finished third in the 3-lap Spring Relay.

The Team’s season typically starts in April with practices aimed at both Nationals and the State Meet in July. Each year there are other potential events, such as Beach to Beacon and Harvard Pilgrim (Portland) in August and the Maine Marathon in October.

Cheryl said, “People participate for many reasons, and physical fitness is an important one, but one benefit that people don’t find in a lot of other places is the opportunity to compete. I urge anyone who has an interest to come out and join us next spring.”

You can reach Cheryl at 207 443-3923 or by email at cher@gwi.net.

Winners of the B2B Corporate Challenge shown with Jeff Geiger, far right, are, l to r: Mark Salafia, Blane Fenderson, Rob Ashby and Eric Kruger. Not shown: Lance Guliani and Richard Bissett.
## 5 Star Compliance

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<th>August 21, 2012</th>
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