



BUILDER

BULLETIN

A MONTHLY PUBLICATION OF THE APPRENTICE SCHOOL STUDENT ASSOCIATION

JUNE 2009

SNAME Boat Competition

Cynthia Newton Smith, X18

On April 18th, I could hear the Rascals in my head singing, "It's a beautiful morning..." as I walk with my children across the Lions Bridge overlooking the Mariner's Museum's Lake Maury. We excitedly watched the festivities gain way. Water sparkled under the clear sunny sky. The first sunburned shoulders of the year began to glow as children watched a big white balloon overlook the water. They dangled their tiny bare feet from the side of the bridge as everyone including Apprentice students, Faculty, and Staff watched the boats preparing to race. It could not have been a more perfect day. The 2008-2009 SNAME Boat Competition was about to begin.

This is the second year the SNAME Boat Competition has been held. High School students from the surrounding areas entered it by registering in September before the competition last month. Technical Mathematics, Science, Engineering, and all that goes into building a ship including leadership is what these students had in store for close to seven months, with the help from The SNAME Design Competition Team and participating apprentices. These high school students were able to design a boat and watch it come to life. A number of Newport News Shipbuilders came together to pull this together under the instruction of SNAME member, Dr. Richard Boutwell, Team Faculty Advisor.

On the Apprentice School's SNAME link, a short explanation of the judged vessels main tasks is explained,

"What the boat is supposed to do is captured in the Guidelines by how it will be judged on competition day. Therefore, considering that the only judging criteria that

isn't just based on matching calculated values involves being as maneuverable and fast as possible, those are your design criteria (tasks). How your team goes about trying to achieve

the best mix of maneuverability and speed is entirely up to you (the high school student)."

I was able to contact one of the team members for some of his insight. Adam Knowlton, Design Apprentice working for Mr. Dean Royal in Submarine Naval Architecture, has been part of SNAME for a little over a year with this being his first year participating with the boat competition. He was the Guidelines Team Lead where he developed the design criteria, judging rubrics, calculations package, and other tools for the students to design their boats. He basically, put the entire competition on paper. He was also involved with the construction, propulsion, and judging teams. He commented on his most challenging part of the whole competition, "There are many challenges when trying to organize and manage a statewide design competition. The biggest challenge is trying to plan for every possible situation and go from a general idea to a highly detailed breakdown of all the events that have to occur for the competition to be successful." And his favorite part was, "My favorite part of the competition is not so much what gets put into it, rather what comes out. All the stress and hours of voluntary time to get the student boats from lines on paper to vessels of steel is forgotten the instant I see the excitement on the high school students' faces. Knowing that we can inspire a passion for our work in tomorrow's shipbuilders is the most rewarding aspect of the competition."

For more on SNAME and the boat competition, go to <http://www.apprenticeschool.com/SNAME/>

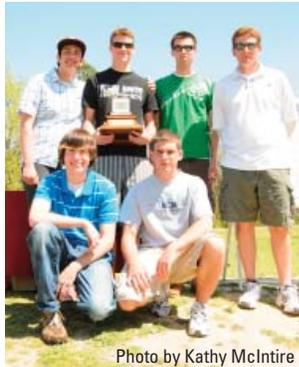


Photo by Kathy McIntire

Safety Comes First

Carlton Ballard, X11

Joe was your average hard worker. He didn't have any problems with helping others that needed help with their job. He always came to work with a positive attitude. After a hard week at work Joe decided that it was time for him to take a break. Joe and some of his friends decided to go out to the club that Saturday night. Joe friends decided that it was getting too late and they needed to get home. The only problem was that Joe wasn't ready to go home. Joe friends ended up leaving him at the club. After drinking very heavily and running out of money, Joe decided that it was time to go home. As Joe started his car he didn't realize that it was going to be his last time he will ever turn the key in the ignition. Safety comes first in everything that you do. This situation could've been easily avoided. Joe friends could've stayed a little longer to make sure that he gets home safely. Also, Joe should've drunk more responsibly. The point behind this story is don't drink and drive. Avoid riding with someone who has been drinking. You have a right and a responsibility to say "No!" Think of other ways of getting home for BOTH of you. Don't feel embarrassed or afraid to call your home for help. Or call a friend, or a taxi. Your life may be at stake. Your chances of being involved in a fatal collision are many times greater if you ride with a driver who has been drinking. Always remember, "Safety Comes First!"

Self-Motivation

Carlton Ballard, X11

Staying motivated is a struggle. Our drive is constantly assaulted by negative thoughts and anxiety. How do we overcome these negative thoughts? In order to overcome our negative thoughts we must first find the root cause of the problem. The first problem could be lack of confidence. You don't believe that you can succeed, so you stop trying. When you only think about what you want, your mind creates explanations for why you aren't getting it. This creates negative thoughts. Past failures, bad breaks, and personal weaknesses dominate your mind. The way to get out of this thought pattern is to focus on gratitude. Set aside time to focus on everything positive in your life. The second problem can be lack of focus. If you don't know what you want, do you really want anything? We normally think in terms of fear. I'm afraid of being poor. I'm afraid no one will respect me. I'm afraid of being alone. The problem with this type of thinking is that fear alone isn't actionable. Instead of doing something about our fear, it feeds on itself and drains our motivation. To overcome this problem, set goals for yourself. By defining a goal, you automatically define a set of actions. If you have a fear of poverty, create a plan to increase your income. The third problem could be lack of direction. You don't know how to get started in what you want to accomplish, so you feel less motivated in doing that task. A lack of direction kills motivation because without an obvious next action we succumb to procrastination. The key to finding direction is identifying the activities that lead to success. Make a list of all your activities and arrange them based on results. Then make an action plan that focuses on the activities that lead to big returns. If you don't discipline your mind, you may never have the self-motivation needed to complete your goals.

Empower to the People

Frances Maston, X15

To empower someone is to enable them to reach their full potential, to give them the opportunity to excel, to explore their talents – this includes you!

Empowerment can take many forms, but the end result benefits both parties involved. Too often, however, our tunnel-like focus on our own tasks can cause us to miss opportunities to empower each other and ourselves. Here are a few simple ways to spread the empowerment:

Having decision making power

Sound too basic? The key to this ability is not being afraid to make mistakes. Sometimes it is too easy to second-guess yourself and seek out someone to make the decision for you. Go with your own decision: making mistakes is how we learn and develop ourselves. On that same note, when in a group situation, allow others to make decisions as well: your team will not reap the benefits of all their members if only one or two people dictate the team's progress.

Having a positive attitude and believing that you CAN make a difference

Ever heard of the power of positive thinking? The quickest way to defeat any venture is to go into it with a negative attitude. No problem can get solved if every possible solution is met automatically with "That will never work." Likewise, if you face a problem with the attitude "I can't change anything," you never will. Keep in mind that the only reason the problem still exists is that the right mind has not given it thought

yet, the one that will have the "I've got it!" spark. That mind could be yours, or your teammates'. When working on teams, you also need to make sure you keep an open mind: don't shoot down an idea before the contributor has a chance to have their say. Even if the idea doesn't seem feasible at first, look at it as something to build off of.

Learning skills for personal growth

Learning – it's why we're here. As apprentices, we have pledged to go beyond the training we would receive as waterfront personnel and expand our knowledge to become the future leaders of this company. Within this is the goal to not only increase our own skills set, but that of our classmates. As I was once told, when I commented that I had 'my ducks in a row', "as a leader, it is your job to make sure everyone else does too." The benefits go both ways: for every time I have assisted someone in their training and taught them something new, they have taught me something in the process.

In the end, the byproducts of empowerment are priceless: confidence and enthusiasm. These traits are also highly contagious: as you progress in your work, you grow more confident in your ability, and it is only natural that you bring people in on the project with you, as you see potential within that person, not only to expand what you are working on, but their own potential. After all, you know how powerful it makes YOU feel, why wouldn't you share this with someone else?

An Introduction to the Apprentice School's Advanced Programs

Emily Spitzer

The Apprentice School offers a great opportunity for people of all ages to learn a trade and get an academic education. For the apprentices who excel in their academic courses, the advanced program might be an option. The program allows ambitious students to further their education and graduate the Apprentice School with an Associate's Degree, as well as get a chance to train on a job that other students in their trade would not.

The advanced programs are always changing. The following is a list of the programs available to students in the advanced track: Advanced Shipyard Operations, Marine Designer, Production Planner, Modeling and Simulation, Nuclear Test Technician, and Cost Estimator, Cost Estimation is the newest program in the lineup. The Apprentice School Administration develops programs as a need arises within NGNN.

Students following the advanced track of classes can request to go through one of three academic programs: Business Administration, Engineering Technology, and Engineering. The academic path an apprentice chooses might have an effect on the advanced program s/he gets into. An example of that is if a student chooses to go on the Business Administration track, s/he will not be able to go into the Design program. The advanced programs are a stepping stone for any apprentice. The programs prepare apprentices to become leaders in the company as well as in their own lives. These programs will not only develop job skills, but they will also develop character.



Emotional Intelligence

Emily Spitzer

To be a successful student, you must learn to deal well with your emotions. To have a successful and happier life, you must make the choice to take responsibility for your emotions. Let's say you are working on the boat and you realize that you need a specific tool to complete your job. You go down to the tool room and ask for the tool. The person behind the desk tells you he cannot give you that tool. You start to get angry because you need that tool to do your job. Here is where the choices come in. You can choose to let your anger escalate, throw your safety glasses at the person, and yell at him. What is the end result of such an action? You probably will not get the tool you need and you might even be fired or written up. You can also choose to recognize that you are getting upset. Acknowledge that you are angry and remind yourself of your goal: to get a tool. You can ask the person behind the counter if there is a way for you to get the tool: do you need a foreman's order? Can you get it from another tool room? The end result of this choice is that you accomplish your goal and get the tool.

To practice emotional intelligence, you need to learn a few good skills. First you must learn to recognize your emotions. Without recognition, you cannot begin to learn to deal with your emotions. Second, learn to take personal responsibility for your actions. The actions you take, even during the heat of an emotional outburst, are your choice. Finally, learn to empathize with the people that affect you daily. You can accomplish this by improving your listening skills as well as by learning to put yourself in other people's shoes. You can learn to deescalate your anger towards someone if you are able to replace some of the anger with empathy.

For further reading on the subject see: Emotional Intelligence: Why It Can Matter More Than IQ by Daniel Goleman.

National Conference

Emily Spitzer

Seven apprentices were selected to go the National Conference on Student Leadership this year in Boston: Dar Deerfield, Billy Callis, Kim Dalrymple, Rodney Hoffman, Houston Jacobs, Roger Miller, Rickey Jones. The students attended lectures about improving leadership skills within organizations, as well as within the everyday life of a student. The speakers included Jermaine Davis who is a Certified Diversity Professional and Dr. Kathy Humphrey who has a Ph.D. in educational leadership.

Apprentices learned skills to improve themselves as well as their organizations. To improve personal leadership, apprentices learned skills in negotiation, personal finance, activities/ time management, emotional intelligence, and communication. Students learned about negotiation through participating in a live negotiation in a workshop. To improve their leadership skills within an organization, apprentices learned how to establish efficiency in meetings, promote and publicize events, build teams, encourage open communication, resolve conflict, and promote diversity tolerance. Student leaders were encouraged to better understand issues related to race, culture, and gender that may cause a rift within an organization through a workshop on community building. The conference was a good opportunity for like-minded students to come together and learn. The Apprentice School students returned to Newport News with new motivation and new knowledge, ready to lead.

Personal Responsibility

Paul Norton

What does it mean to be personally responsible? We all know of course that we are responsible for our own actions, but what about beyond that? Personal responsibility is about choices, the decisions we make for ourselves. Most of the time decisions are simple and do not affect much of our lives. Decisions such as: What am I going to wear today, Should shop at this store or that store? Really though it is all about the long term decisions we make in our lives. Ever heard the phrase "You made your bed now sleep in it"? That is a way of saying we are responsible for ourselves. As apprentices we must take responsibility for the decisions we make. It is easy to blame others for our own shortcomings. Most of the time though if we buckle down and do what is best, like getting enough sleep, studying that extra 2 hours instead of going out with our friends, saving some of our paycheck for a rainy day, it will pay off in the long run. So let us not play the "Blame game", accept responsibility and make good sound decisions!

Take Me Out to the Ball Game!

Frances Maston, X15

As apprentices, too often we find ourselves caught in the daily grind of work and homework, balancing personal and family life in the mix, while leaving little time for a break from it all. This outlet is necessary, however, as we all need to take time to enjoy life's simple pleasures. Like baseball!

On May 9th, members of the Apprentice School faculty, staff, and student body gathered in Baltimore at Campden Yards to see the Baltimore Orioles face off against the New York Yankees. Some Oriole fans, some Yankee fans, and some who simply sought the good times that are to be had by all at the ball park on a spring evening. They were undaunted by the smattering of raindrops that fell before the game, their confidence rewarded by clear skies throughout what turned out to be a spectacular game – for fans of the home team at least! By the end of the second inning, the Orioles led 8-0, maintaining their lead through the ninth inning, ending the game 12-5.

Whether garbed in black and orange or in blue pinstripe, this annual event brought joy to all who attended. The seats were amazing – they were located right next to the bull pen, so at one point I was no more than four feet away from a major league baseball player! This has definitely become one of my must-attend events - hope to see you there next year!

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APPRENTICE PAINTBALL AT
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 Executive Council Meeting 11am Relay for Life 7pm Todd Stadium Adv. Tony Jones	6 Cont. Relay for Life until 7am Todd Stadium
7	8	9	10	11	12 Executive Council Meeting 9:30am Delegate's Meeting 11am	13
14	15	16	17	18	19 Executive Council Meeting 11am Sara Bonwell Summer Special Olympics Camp 8:30am - 12noon	20 Golf Tournament POC: Billy Callis Advisor:
21	22	23	24	25	26 Executive Council Meeting 11am	27
28	29	30				

For any comments and/or suggestions please contact Darlene "Dar" Deerfield – darlene.c.deerfield@ngc.com

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