



# Refit Review



September 2020

TRIDENT REFIT FACILITY, BANGOR

Vol. 31, Issue 4



The new Trident Refit Facility Bangor Support Services team (clockwise from left) Amanda Galeote, Lorie Lund, Warrant Officer Brian Curran, Frank Ellman, Clemmie Williams, Debra Bute and, Amanda Schendel. The Support Services office helps TRFB team members with: phones, instructions, records management, mail, printing, and many other services. This production improvement allows the TRFB workforce to focus on executing the TRFB mission by reducing administrative support requirements.

## Support Services team is ready to assist

Story & photos by Marie Schult-Slosser  
TRFB Public Affairs

The Support Services Division now provides a full array of services to support the Trident Refit Facility Bangor (TRFB) team, replacing what was once a tired, understaffed, and dysfunctional mailroom. . Support Services Division takes on special projects in order to allow the

TRFB workforce to focus on repairing, incrementally overhauling, and modernizing Pacific Fleet Trident Submarines, in support of the nation’s strategic deterrent mission.

“We are here to help people drop the pens and pick up the wrenches,” said TRFB Administrative Officer, Warrant Officer Brian Curran, who spearheaded this expansion when he first arrived, two and a half years ago.

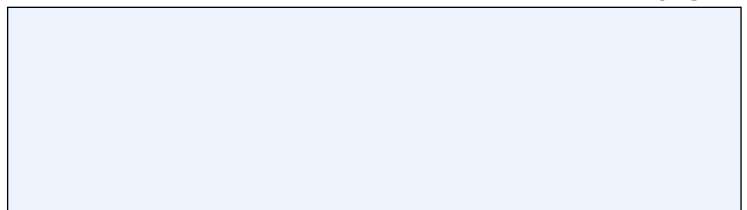
As a result of the realignment from Puget Sound Naval Shipyard & Intermediate Maintenance Facility (PSNS & IMF), the Support Services Division was expanded, and its capabilities fleshed out; moving from two staff members to five plus a supervisor, to fully support TRFB’s administrative needs.

Just don’t call it the mailroom, you will

See **SUPPORT**, page 7

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# Captain's Corner



Welcome Aboard! We have had many new members join the Trident Refit Facility Bangor (TRFB) team over the past month. Sixty-two of the 118 Surge Main Sailors are onboard to support increased workload during USS Nevada (SSBN 733) ERP and COVID-19 response. Check-ins, training and medical qualifications are being processed. Thank you to all of you who have helped facilitate and ease their transition into our command.

In addition, congratulations to Nicholas Beber and Shawn Poppleton, our two newly selected Ship Superintendents to the Repair Department.

Finally, I'm particularly excited to welcome aboard our new Command Master Chief T.R. Glazner; you can learn more about him by reading the article on page 3. Special thanks to Electricians Mate (Nuclear) Senior Chief Scott Koenig who stepped in to fill the void as acting CMC since May 2020.

Bravo Zulu!  
USS Maine's (SSBN 741) refit was completed on time with 629 jobs/4,693 man days executed and she is ready for a deep dive! This included a Buoy Submarine Transmitter (BST-1) cradle replacement, which was a first-time accomplishment at TRFB. Well done to each and every one of

you who contributed to this work.

In addition, TRFB supported the completion of the CNO availability certification on USS Jimmy Carter (SSN 23). Alan Keiser, Paul Hamilton, and the Information Technology and micro/miniature (2M) repair (shop 67L) completed emergent maintenance through a weekend to test and repair a circuit card assembly on the shaft revolution counter.

We recently honored many of our longtime employees. In particular, our sole plank owner, Mr. Thomas Cox, Jr., a technician from the work control division (Code 350), earned his 40-year Federal Length of Service pin. Read more about his career here at TRFB on page 4. We celebrated Length of Service awards for 55 other employees whose career milestones range from 10 to 50 years! Congratulations and thank you for your enduring loyalty to TRFB and professional contributions to the federal service over these many years.

I'm also proud to announce our Junior Sailor of the Quarter (2nd Quarter), Machinists Mate Auxiliary 2nd Class Leo Zhang from Military Personnel (MILPERS) (Code 101); Sailor of the Quarter (2nd Quarter), Electricians Mate 1st Class Ryan Brotonel from Electrical Division (Code

330); and our Civilian of the Quarter (3rd Quarter), Ms. Laurie Lund from Support Services Division (C140). (See page 5)

Congratulations to Courtney Bundang, Electronic Surveillance Monitoring (ESM) (Shop 67A), for completing her VPP Passport #2. She reported to TRFB in November 2019, so this is quite the accomplishment in such a short time. We are proud of TRFB's VPP Star Worksite status, which we've maintained since 2008. Safety is an All Hands effort - keep up the good work!

Lastly, we had an animal rescue by our very own TRFB "Navy Beekeeper," Chris Baldwin, superintendent hull division (Code 310), who successfully removed a large bee colony from crane 83, keeping people safe and enabling the crane's restoration to service. (See page 5)

Please continue to self-screen, wear your masks, practice good hand hygiene and stay home if you feel sick.

Thank you for all you do to meet the TRFB mission.

Warm regards,  
Capt. Robert D. Figgs  
Commanding Officer  
TRF Bangor

# TRFB welcomes the new CMC



It is my proud pleasure to join this command as your command master chief. After 22 years of serving Sailors in the Navy, I am excited to be a part of this team, to share my experiences and knowledge with you, in order to move our mission forward and make TRFB event better.

We are the greatest nation on the planet. What we do matters and you matter. Ensuring a safe and efficient environment for you to work is my top priority. How we work as a team to get things done is just as important. Below are some things I briefed our chief petty officers regarding how I think.

Enthusiasm: We don't hear this often, but it's important for leaders to nurture their personnel's passion for the service

and desire to contribute. The best way to do this is to encourage them when they show initiative and enthusiasm. Even if their ideas are underdeveloped or not quite realistic. Guide them into more productive areas without crushing their spirit. No one likes to get excited about an idea only to hear that it is not relevant.

Teamwork: Teamwork is the ability to work together toward a common vision or goal. The ability to direct individual accomplishments toward operational objectives. It is the fuel that allows common people to attain uncommon results. We cannot do what we do without effective teamwork.

Supervisors: Getting after, finding out why our people are distracted. Whether it is personal issues, pay and entitlements issues, housing issues, whatever the case is, this is what supervisors exist to do. Get in there. Solve problems. Remove distractions. And provide our personnel the opportunity to practice their craft. When our workforce has problems, they are not effective in their workspaces.

Just to give you a little background on me, so you know where I am coming from. I grew up dirt poor, in Lexington, North Carolina, as one of five children. With such a large family, my father had to work hard, and it is from him that I get my work ethic. He taught me to work hard and always do my best. Along the way, I realized I was exceptional at teaching people and getting them to work well as a team. That was one of the catalysts that created the Sailor and leader I am today.

As a leader, I identify with Colin Powell.

The former secretary of state and chairman of the Joint Chiefs of Staff once said, "All work is honorable. Always do your best because someone is watching." Powell is right, someone is always watching. And that's you! Are you watching yourself doing your best and being your best, or are you seeing your own half-hearted and lazy workmanship? Forget who else might be watching. If you see yourself doing poorly and acting poorly, your self-esteem will suffer. How can you impress others if you don't impress yourself?

Be willing to take on challenges and mess up, but learn from your mistakes. My Chief of the Boat "COB" tour was the hardest and most rewarding thing I have done in the navy. The operational challenges that I faced were lifelong lessons.

Finally, be a "Chief Energy Officer". Don't be a positive energy vampire. Be the leader that your people need. Care about them like you would a brother or sister.

Like some of you I find support in my family, and I try hard to find that work/life balance. I enjoy running, bike riding, and hiking with my family. I like coaching and playing basketball with my son, making social media videos with my daughter, and doing home improvement projects with my wife. I encourage all of you to make the time to step away from work and take care of yourselves and your family.

Thank you for the warm welcome!  
CMDM (SS) T.R. Glazner  
Command Master Chief  
Trident Refit Facility Bangor

**TRFB TAKE THE FEVS SURVEY**  
YOUR VOICE MATTERS!!

Participation is confidential  
Starts September 14th

**CHECK YOUR EMAIL** - SUBJ: 2020 OPM Fed Emp Viewpoint Survey

Office of Personnel Management  
**Federal Employee Viewpoint Survey** Empowering Employees. Inspiring Change.

## TRFB disciplinary report

In an effort to inform the TRFB team of the local discipline actions, we are publishing a roll-up of these actions. To protect the identity of those involved, no specific details are provided. This report is produced by the Northwest Human Resource Office.

June: During the month of June, the command had two disciplinary actions resulting in one suspension and one reprimand. One non-supervisor was suspended for unacceptable conduct. The employee made disparaging remarks regarding employees and management.

One supervisor was issued a letter of reprimand for unacceptable conduct. The supervisor made unacceptable comments to employees.

During the month of July the command had four non-disciplinary actions resulting in letters of caution; and eight disciplinary actions resulting in five letters of reprimand, one suspension, one indefinite suspension, and one removal. The following is a general description of the misconduct resulting in these actions:

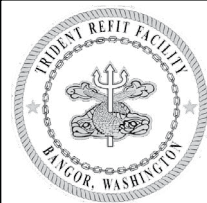
One non-supervisor was issued a letter of caution for failure to follow instructions by not wearing personal protective equipment. Two non-supervisors were issued letters of caution for failing to follow technical work document and work step tracking. One non-supervisor was issued a letter of caution for behaving in an inappropriate manner on several occasions making a co-worker feel uncomfortable.

Four letters of reprimand were issued to non-supervisors who failed to follow technical work document/work step tracking. One non-supervisor was issued a letter of reprimand for entering an incorrect date into the logistic data system when performing a 90 day verification.

One non-supervisor was given an indefinite suspension for failure to maintain a condition of employment, specifically, access to classified information and assignment to a sensitive position.

One non-supervisor was removed for absence without leave.

One supervisor was suspended for failure to follow instructions and unacceptable conduct. The supervisor failed to follow CO's instructions and the response to the request was unacceptable.



## Refit Review

Commanding Officer ..... Capt. Robert D. Figgs  
Executive Director ..... Mr. Ed Ingles  
Executive Officer ..... Capt. Kenneth Holland  
Command Master Chief ..... CMDM T.R. Glazner  
Public Affairs Officer ..... Sonja Hanson

TRFB Public Affairs  
7000 Finback Circle  
Room W216  
Silverdale, WA 98315-7000  
(360) 315-1807

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# Last plankowner receives LOS for 40 years service

Story MC 3rd Class Emilia C. Hilliard  
NPASE PNW

Trident Refit Facility Bangor (TRFB) Commanding Officer Capt. Robert Figgs presented Thomas Cox Jr., the last plank owner and a technician in the work control division (Code 350), the Federal Length of Service Award for 40 years of employment during a ceremony at Naval Base Kitsap-Bangor, Aug. 5.

Due to COVID-19, the ceremony was a small, in-person event held at TRFB and was extended to friends and family via video conference.

“When I was a sophomore at North Kitsap High School, I heard about a program at Bangor to work on submarines,” said Cox.

Cox got his start with federal service in 1980 as an industrial trainee. He said he was a little reluctant at first from lack of information surrounding the Navy and the civil service realm, but after some encouragement from a then-girlfriend, he applied and never looked back.

“I started in the machine shop (31A) and every three months rotated to another shop,” Cox recounted. “The next was shop 11A/26A/17A (ship fitters, welders, sheet metal) at the Delta Pier, then shop 56A (pipefitters), and finally shop 51A/51B/92A (inside electrical repair, outside electrical repair, formerly sound analysis). My final and current position is C/350 (Work Control Group) at the Delta Pier.”

After his rotation through the different shops, Cox chose to work in the electrical shops for the next 25 years because he found the work interesting, challenging, and rewarding. His quest for knowledge on the job would assist him throughout his continuing career, and when he transitioned into the work control group.

“My brain was like a sponge, going to after-hour trade theory school and then being able to apply it,” said Cox. “The best part was on-the-job training where I would shadow a mechanic to a job on the submarine and put hands on the equipment.”

A couple of years after his time as a trainee, Cox briefly met a future friend and co-worker when they were going through the same program. Wade Bissell, Cox’s future friend, recalls the name ‘Mike’ was on the baseball cap that Cox was wearing, and for a while afterward he had called him Mike, only later learning his name was Tom.

“I recall thinking that was it was strange to have a baseball cap with your name on it but I didn’t think much of it,” said Bissell, TRFB electrical superintendent for Electrical Division (Code 330). “So, after that, when I saw him, I’d repeatedly greet him with my learned name for him and he’d respond with a wave or a ‘Hi’. It wasn’t until after I began working for 51A that I learned his name was Tom.”

Bissell later realized he had misread the hat and it was actually ‘Nike’ and not Mike. This was an early example of Cox’s easygoing nature that is recognized by people throughout the command along with his commitment to the job. Prior to the length of service award, Cox was selected as Employee of the Quarter in 2018.

“He is a pleasure to have in the shop; always positive, helpful, and completely unflappable under pressure,” said Douglas Miner, Work Control Group Division (Code 350) supervisor at TRFB. “Working with Tom has made me smarter about the Trident submarine platform. That goes for his co-workers in the shop as well – they look up to him for his take on how to do certain things.”

Being an expert in his field and having years of experience under his belt, he shared lessons learned or things not necessarily written



Photo by YNS1 Kevin Elizaire, TRFB

Trident Refit Facility, Bangor (TRFB) plankowner, Thomas Cox, with the Repair Department (Code 300), is recognized for his 40 years of honorable service to the U.S. Government by the Repair Department Superintendent Mike Carpentier, in a small ceremony Aug. 5. Carpentier gave Cox a copy of the USS Ohio Class product line fact-book, an artifact from the launch of the submarine that Cox has spent his career maintaining.

down, like tips and tricks, with the younger workers. Cox is the last plank owner still working at TRFB. His experience has contributed to passing down much of the history at the command.

“I like to tell stories to younger workers of what it was like in the 80’s when I used to park my car next to my shop on the Delta Pier, watching the [USS] Ohio (SSBN 726) first come in with the small craft protesters in the Hood Canal, and that the dry dock wasn’t quite finished in the summer of 1980.”

As time went on, security requirements evolved. Because of TRFB’s integration with Puget Sound Naval Shipyard & Intermediate Maintenance Facility and subsequent reversal to becoming TRFB again, the force was different and Cox had grown throughout his career alongside TRFB. After a couple of years of night school and shop training, Cox’s dedication paid off and led to one of his proudest moments of rising to the level of a wage grade (WG)-10 mechanic.

“Tom is very comfortable in all things electrical on the Trident class subs and it was second nature for him to perform his assigned tasks,” said Bissell. “He would typically be assigned the more challenging jobs because of his knowledge and experience.”

Cox’s job progression led to a time of him being pushed out of his comfort zone to another satisfying moment. He applied and received a position in the work control group, an intermediary between ship’s force and TRFB workers that assures proper work controls.

“I was so comfortable working in the electric shop knowing all the ins and outs of my work and was a little nervous to make a change,” said Cox. “Once again, a lady, my wife of 29 years, convinced me to go for it. I really like my current job and co-workers a lot and get to interact with more people from all the TRFB shops.”

Cox said that he stayed here for so long because of the people, the fascination of working on submarines, and the knowledge that comes with the job while also not forgetting about the benefits and job security.

“I can’t imagine leaving here,” said Cox. “Who knows? Maybe I’ll stick around for a 50-year pin.”

# Bravo Zulu!



Photo by YNS1 Kevin Elizaire, TRFB

Trident Refit Facility, Bangor Commanding Officer Capt. Robert Figgs recognizes Laurie Lund, a program analyst with Support Services (Code 140), as the TRFB Employee of the 3rd Quarter, Aug. 3. Lund stepped up and adopted the non-radiation weapons thermoluminescent dosimeter (TLD) program enduring the health and safety of TRFB personnel, and enabling TRF to keep their permissions and certification to continue to provide TLD to workers, otherwise work stoppages would have occurred. In addition to this new takes Lund continued managing her normal duties and took on the training of six sailor and two new civilian employees into the Support Services staff.



Photo by YNS1 Kevin Elizaire, TRFB

Electricians Mate 1st Class Ryan Brotonel, Electrical Division (Code 330) was recognized as the Trident Refit Facility, Bangor Sailor of the Quarter (2nd quarter) for managing seven leading petty officers across four shops, encompassing 4,400 production hours. In addition, as the command sponsorship coordinator he organized two command-wide sponsorship trainings for 37 sponsors, ensuring the smooth effortless onboarding of 49 new personnel; as well as mentoring 14 Sailors in earning their inside electrical Navy Enlisted Classification U40A.



Photo by YNS1 Kevin Elizaire, TRFB

Trident Refit Facility, Bangor Commanding Officer Capt. Robert Figgs, recognizes Machinists Mate Auxiliary 2nd Class Leo Zhang as the TRFB Junior Sailor of the 2nd Quarter, Aug. 3. Zhang’s accomplishments include: being responsible for the career development, guidance, and assistance of 500 Sailors as the Command Career Counselor, directly resulting in more than \$300,000 in navy retention bonuses. He is also the TRFB Command Financial Specialist, providing crucial information and training earning him the 2020 Command financial Specialist of the first quarter for the region.



55 people recognized for Length of Service milestones with a total of 1,125 years  
60 Time-off awards, totaling 466 hours  
197 Special Act Awards in the amount of \$109,000  
433 Thank You bucks worth \$3,316.16



A man of many talents: Trident Refit Facility, Bangor (TRFB) Hull Division Superintendent (Code 310) Chris Baldwin, and hobbyist beekeeper, carries a bee box full of bees that he rescued from one of the TRFB cranes on the Delta Pier, Aug. 5. Baldwin arrived early, while the bees were still sleepy and calm and simply scooped them into the hive box. This swarm had been on the crane for a few days, and Baldwin was happy to collect them, protecting both his fellow workers and providing a good home for the bees. His latest report is that the bees are settling into their new home, picture far right. Baldwin may even bring some honey to share next season.

# TRFB News Briefs

## Federal Employee Viewpoint Survey

The Office of Personnel Management is scheduled to launch its annual Federal Employee Viewpoint Survey (FEVS) starting Sept. 14. Once the survey is distributed, we will have six weeks to complete it. TRFB has a command goal of 80% return rate and we need your help to accomplish this. The survey results help shape workforce policy. Dedicated time during working hours will be provided to complete the survey to help increase participant rates. More information on the survey will be communicated in the next few weeks. Thank you in advance for your participation.

## Disability self-identification

This year marks the 30th anniversary of the Americans with Disabilities Act (ADA), signed on July 26, 1990, to prohibit discrimination and to promote inclusivity and equal opportunities for individuals with disabilities across our communities. To honor the ADA's 30th anniversary, the Department of the Navy (DON) is launching a campaign to encourage civilian employees to voluntarily self-identify as having a disability. In support of this campaign, please

take a moment to verify and update your disability status using the DCPDS MyBiz+ self-service portal or by filling out a hard-copy of the Standard Form (SF) 256.

All information relating to disability status is strictly confidential and is used only in aggregate form for statistical analyses. If you have questions please contact Anya Fishbaugh at [anya.fishbaugh@navy.mil](mailto:anya.fishbaugh@navy.mil).

## Voluntary Leave Transfer Program

The VLTP permits employees to donate annual leave to other employees experiencing medical emergencies. If you wish to transfer annual leave or have questions for the Human Resources Office please contact: TRFB HR 360-315-2008. Bldg. 7000, 2nd floor, room W202.

TRFB employees who are seeking leave donations are: Jeff Hall, Heather Squier, Kristina Carpentier, Ashley Clark, Kymberly Castillo

## Election Season Hatch Act Reminder

Military service members and federal employees acting in their official capacity may not engage in activities that associate the DOD with any partisan political

campaign or elections, candidate, cause or issue. The limitations of participation can be found in DOD Directive 1344.10, Political Activities by Members of the Armed Forces, and the Hatch Act.

Active duty members are permitted to express their personal opinions on political candidates, make a monetary contribution to a campaign, sign a petition to place a candidate's name on the ballot, and attend a political event as a spectator. Members on active duty may not participate in partisan activities such as soliciting or engaging in partisan fundraiser activities, serving as the sponsor of a partisan club, or speaking before a partisan gathering. In addition, all military members, including National Guard and Reserve forces, are prohibited from wearing military uniforms at political campaign events.

The Hatch Act allows most federal employees to actively participate in political activities on their own time and outside of the federal workplace. There are, however, significant restrictions on fundraising, running for office in partisan election and using one's official authority in the political arena

## SUPPORT, cont. from page 1

quickly be corrected, as the team now provides support for numerous things, such as, directives, forms, key control, naval messaging, correspondence, print service requests, all TRFB phone support, weapons thermoluminescent dosimeter (TLD) issuance, bulletin boards, and yes, they even sort and deliver mail.

"When we separated, administrative support and connections were severed," said Curran. "We had employees who were struggling to meet expectations. We were not structured properly; we didn't have the upward mobility to keep talent, as we had position descriptions from the 1980's," he said.

Curran focused on what he considered to be the most important part of developing the Support Services Division.

"The first thing I did was create a command records manager who is responsible for all Secretary of the Navy records requirements," said Curran about the position, now filled by Amanda Schendel.

"Does anything slip by me – no. Because Amada set up a good distro list," said TRFB Submarine Safety (SUBSAFE) Program Manager Chris McNeil, who was extremely pleased with the tracking system Schendel set up, enabling him to review and comment on all directives that have anything to do with SUBSAFE. For McNeil, having accurate documentation is one crucial element to ensuring the TRFB SUBSAFE program is working, and having Support Services there to help has made a positive impact.

"I believe where we are going...we will have the best managed directives program in the Navy. We will have excellent annual reviews," said McNeil, who can now focus on other areas of the SUBSAFE program. This is what Support Services is all about, allowing people like McNeil the space to focus on their mission for TRFB.

"At the end of the day, it's all about customer service. We exhaust every possible means to take care of the customers," said Support Services Supervisor Clemmie Williams, who noted there are now

multiple people trained on TLD issuance and message distribution.

After establishing the command records manager, Curran and his team sought a big win that would positively affect nearly everyone at TRFB. That win was the common access card (CAC) reset capability.

"A lot of people are very happy with CAC reset. On average we save the command the equivalent man-hours equaling two FTE [full time equivalent or two full-time employees] per year from not having to go to PSD [Personnel Support Detachment]," said Curran. As a further improvement upon the initiative, Kathleen Dorr the ad-hoc support services supervisor throughout the last year, and official TRFB support agreements manager, said the next phase will include a CAC reset machine at Bldg. 7452, on the Delta Pier.

Support Services strives to make customer service a cornerstone of their function, although it did not happen overnight. Dorr, who is also the TRFB 2019 Supervisor of the Year, logged more than 300 hours of compensation time while working side-by-side with Curran, to lay the foundation of those services.

"They told me there would be challenges," said Dorr with a laugh, about the disclosure she received when she was hired. When she arrived, the mailroom was not customer service oriented, and it was a single point of failure for many items.

"I dug in and figured out what programs we actually had," said Dorr. "There was no history, it was just Lori (Lund) and I doing the work of five people. But we built a lot of good foundational resources," in addition to doing the day-to-day work. Their hard work paid off and recently Dorr was able to turn over the supervisory reins to Williams, and return to her own TRFB focused mission as the TRFB support agreements manager.

"We are just getting started, you ain't seen nothing yet," said Williams, who is proud of the Support Services team, and is looking forward not only to the developments in the division throughout the next year, but also being part of the support team that enables TRFB to focus on the mission.

## Support Sept. selfies for suicide awareness, prevention

As the Command Suicide Prevention Program representatives, we are committed to giving personnel the ability and opportunity to reach out for help for themselves and others. As each person is unique, we have a multitude of paths and sources available.

September is Suicide Prevention month, with COVID-19 restricting our ability to join together as groups (in close quarters at least), little acts go a long way. The TRFB team is promoting the 1 Small Act's "Small ACT Selfies" available through [www.suicide.navy.mil](http://www.suicide.navy.mil), Every Sailor, Every Day. The 1 Small ACT Photo Gallery allows you to post selfies of the little things that can help keep you and others going.

If you are in need please use the below resources to reach out to someone for help.

### Resources

TRFB Command Suicide Prevention Program

Command Cell: 360-340-2515

Electricians Mate 1st Class Kain Martin: 605-670-3919

Machinists Mate 1st Class Yara Heinks: 701-330-0542

Electricians Mate 2nd Class Jonathan Ray: 619-319-8623

Military One Source: 1-800-342-9647

National Suicide Prevention Lifeline:

Call: 1-800-273-8255

Text: 838255

Veterans Crisis Line Call: 1-800-273-8255 and Press 1 to reach the Veterans/Military Crisis Line

Call: 1-800-799-4889 (Support for deaf and hard of hearing)



Chat Online: <https://www.veteranscrisisline.net/get-help/chat/>

Fleet and Family Services

Call: 866-854-0638 / 800-562-3301

DSN: 744-4115

Schedule an Appointment with a Chaplain:

Naval Base Kitsap: 360-396-6005 (0730-1600 M-F)

Email: [nbkchapels@navy.mil](mailto:nbkchapels@navy.mil)

Department of the Navy civilians can access virtual counseling through Department of the Navy Civilian Assistance Program (DONCEAP). Field consultants offer telephonic and/or computer counseling sessions. Call 1-844-366-2327 or 1-800-366-7848 for hearing impaired to make a confidential appointment with a licensed counselor or to speak with a work-life specialist. You can also call Ms. Laura Baker the local DONCEAP Counselor at 360-476-5673, if you need assistance. If she is not in the office, employees/supervisors can leave a message and she will return your call.

## Disaster preparedness month, are you ready?

Courtesy article by Jonathan Hagen  
TRFB Voluntary Protection Program  
Coordinator

Occupational Safety and Health is not just something to be mindful of at work, but also at home too. Part of that is being prepared for the unexpected. In observance of Sept. as National Preparedness Month Trident Refit Facility Bangor encourages all of you to take steps to be prepared.

National Preparedness Month is sponsored by the Federal Emergency Management Agency (FEMA) within the Department of Homeland Security (DHS), with the goal of encouraging Americans to take steps to prepare for emergencies in their homes, businesses, schools, and communities. Many people are now prepared for weeks or months at home alone, due to initial COVID-19 restrictions. However, it is also important to remember



and prepare for the other disasters, which may include explosions, earthquakes, hurricanes, tornadoes, hazardous/toxic material releases, radiological and biological accidents, civil disturbances and workplace violence.

Emergency evacuations are more common

than many people realize, including evacuations in the workplace. According to the DHS and FEMA, the most frequent causes of evacuations in the U.S. each year are fires and floods. In addition, a wide variety of emergencies, both man-made and natural, may require a workplace to be evacuated.

To help you plan TRFB will be putting out information, on a weekly basis via the Public Affairs Soundbites, for how you can plan throughout the month.

Week 1: Make a plan

Week 2: Build a kit

Week 3: prepare for disaster

Week 4: Teach about preparedness

Just this year the Washington State National Guard has been called to help with civil unrest, currently there are wildfires in various places throughout the state, and we are still responding to COVID-19; you might need to ask yourself, "Am I really prepared?"

# Are you or someone you know on a path to suicide?

# Know the **WARNING SIGNS!**



	<b>I</b>	<b>I</b> deation	Thoughts of suicide (expressed, threatened, written).
	<b>S</b>	<b>S</b> ubstance Abuse	Increased or excessive alcohol or drug use.
	<b>P</b>	<b>P</b> urposelessness	Seeing no reason for living, having no sense of meaning or purpose in life.
	<b>A</b>	<b>A</b> nxiety	Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping.
	<b>T</b>	<b>T</b> rapped	Feeling as though there is no way out of current circumstances.
	<b>H</b>	<b>H</b> opelessness	Feeling hopeless about oneself, others or the future.
	<b>W</b>	<b>W</b> ithdrawal	Isolating from friends, family, usual activities, society.
	<b>A</b>	<b>A</b> nger	Feelings of rage or uncontrollable anger, seeking revenge for perceived wrongs.
	<b>R</b>	<b>R</b> ecklessness	Acting without regard for consequences, excessively risky behavior.
	<b>M</b>	<b>M</b> ood Change	Dramatic changes in mood, unstable mood.

## What to do:

### ASK

Ask your shipmate questions that will help you get help: "Are you thinking about killing yourself? Do you have a plan to kill yourself?"

### CARE

Tell your shipmate that you are concerned about him or her. Without judgment, express why you're concerned. They may not show it, but they likely appreciate that someone cared enough to say something.

### TREAT

Take your shipmate to get help immediately by seeking a Navy chaplain, medical professional or trusted leader. Call 911 if danger is imminent.



**You don't have to see every sign to ACT.**

Help is always available through the Military Crisis Line.  
 Call 1-800-273-TALK (press 1), text 838255 or visit [www.militarycrisisline.net](http://www.militarycrisisline.net)

