## Irident Refit Facility, Bangor Refit Review

Volume 35, Issue 5



TRFB TEAM MEMBER SETS STANDARD Amanda Jones Wins COMPACFLT EEO Award



NAVY PROGRAM HELPS MILITARY FAMILIES NAVIGATE KITSAP PRENATAL CARE

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The Ohio-class ballistic missile submarine USS Nebraska (SSBN 739) transits the Strait of San Juan de Fuca escorted by U.S. Air Force A-10 Thunderbolt II aircraft and U.S. Coast Guard screening escort vessels. (U.S. Navy photo courtesy of COMSUBGRU 9)

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### **REFIT REVIEW**

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## CAIL IN'S CAIL IN'S TURKER

#### **Team TRF Bangor,**

On May 27th we celebrated Memorial Day. Though most of you already know this, Memorial Day is not a day of celebration, but a day of reflection. Veterans Day is a day to celebrate those of us who serve and have served; Memorial Day is a day to reflect on those who never came home. I ask that we all honor those who gave the ultimate sacrifice in the name of service, not just in May, but every month, by continuing to serve to the best of our abilities both here at TRFB and in the Navy overall. Whether you wear a uniform or not, if you report to work at TRFB, or anywhere in the Department of Defense, you are serving something greater than yourself and I thank you all for that service.

Also as many of you may know, we have had a lot of distinguished visitors come through our command over the last month. Every single one of them has been very impressed by the work you are all doing here. We are one of the top performing maintenance commands in the Navy and I am proud of the work that you do each and every day to keep our nation safe and our submarines at sea.

I know many of you have raised concerns over the last few CO's Calls as it pertains to parking and gate closures. Rest assured, I actively communicate with the base CO about these issues whenever possible. In the meantime, I encourage everyone to observe the rules. Don't park where you know you shouldn't, even if you see others doing it. We will continue to work toward a more effective parking solution using all available means – there is quite a bit more teamwork on the issues than we've seen in the past, and there is overall recognition that parking is not only an inconvenience but also a safety issue.

We're still finalizing discussions on the future of OHIO class Extended Refit Periods (ERPs). While I don't have anything official to announce yet, it is highly likely that we're going to be conducting the next ERP at Bangor. That's going to impact a lot of things, and we'll push out a more formal brief to the workforce, but all of you should take that as a sign of the confidence in which your work is held.



Finally, as we cruise into summer, the hottest months are ahead of us. As before, we'll work in the buildings that get hot to make working conditions as habitable as possible – to get ahead of this I'd like to emphasize we neither have a blanket prohibition on shorts (or other attire) nor a formal dress code. Appropriate attire is subject to safety and good taste; please talk this issue over with your supervisor and be ready for when it gets challenging. Hopefully next summer we'll have significantly improved air conditioning across the campus. In a related note, we do have multiple summer holidays coming up and I want to remind everyone to exercise good operational risk management both at work, and at home.

As usual please continue to exercise the good decision-making skills I have come to expect from such an exceptional team, stay safe and I'll see you on the "deckplates"!

V/R.

CAPT Mike Eberlein Commanding Officer Trident Refit Facility Bangor

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## Navy program helps military families navigate Kitsap prenatal care



Cmdr. Teri Ryals, Naval Hospital Bremerton OB/GYN clinic department head and certified nurse midwife discusses the pap smear/pap test procedure provided at the Walk-In Cervical Cancer Screening Clinic held every Friday from 8 a.m. until noon, for those 21 and older in NHB's OB/GYN clinic.

As a shortage of OB-GYN providers in Kitsap County has made it increasingly difficult for expecting mothers to find prenatal care, staff at Naval Hospital Bremerton have piloted a new program to help military beneficiaries more quickly secure a provider.

The Obstetrics Navigator Program, started about a year ago, is one of the ways NHB is trying to mitigate the shortage of obstetric providers in the region, said Carolyn Ellison, the hospital's director for public health.

"We do have military families coming in and out of here every few years and it can be challenging for them to come on board," she told the Kitsap Public Health Board this month. "The navigator provides an opportunity for us to help with facilitating getting them into those challenging OB clinics that are limited in capacity."

Traversing the health care system and accessing prenatal care can be difficult in Kitsap. Many local health officials say the system is overstretched and understaffed, with only 52% of Kitsap mothers receiving adequate prenatal care in 2021, according to a report from the Kitsap Public Health Department.

NHB launched its OB navigator program last spring, after many patients began reporting difficulties securing appointments for prenatal care, said Michelle Van Overbeke, a NHB staff nurse in the OB-GYN department.

Through the navigator program, nurses in the military hospital's OB-GYN department help guide patients on Tricare, the military's health care insurance, into a civilian health care appointment.

"We can't add capacity in town, so we're trying to make it easier," Van Overbeke said. "We want to make it a smooth transition."

The navigator program was launched a year after NHB

announced its labor and delivery unit was being put on divert status and would stop delivering babies. The hospital has since asked for its delivery unit to be permanently closed, citing declining births and safety concerns.

A hospital spokesperson said at the time they shuttered delivery, the hospital lacked the volume of births and experienced staff necessary to safely deliver a baby. The hospital now diverts all of its patients into the civilian health care system for delivery. The majority of its beneficiaries give birth at St. Michael Medical Center in Silverdale.

While the hospital still has an OB-GYN department - which can offer prenatal care up to the point of delivery - hospital staff say it's more appropriate for their beneficiaries to be transferred to a civilian provider.

Each of these visits prior to delivery provide important information about the mother and her baby, said Cmdr. Teri Ryals, a certified nurse midwife who is head of NHB's OB-GYN Department.

"Starting prenatal care at their assigned facility as soon as possible will allow for the patient and the OB provider to establish rapport and continuity of care within a practice," she said. "Not only are they building a relationship with their assigned care but if there are any concerns about the pregnancy, there is quick access to records to identify trends and any plan of care updates to facilitate continuity of care."

> Once patients confirm a positive pregnancy test with their primary provider, nurses at the NHB's OB-GYN clinic can begin helping beneficiaries navigate their obstetric referral network. They continue to work with and care for the patient until they access another provider and can ensure a "warm handoff."

> Ryals says the navigator program at NHB is a more hands-on approach where staff are actively involved in helping the mother secure an appointment. At some other hospitals, she said, patients may only receive a list of providers who accept military insurance that they have to call on their

NHB staff will also serve as an in-

person resource for patients who continue to experience challenges getting appointments or want to change providers. Without the navigator, patients would be left to call the generic Tricare hotline, said Cmdr. Heather Kirk, chief nursing officer and director of healthcare business.

"We're not only guiding them through what options they have but helping them after the fact," she

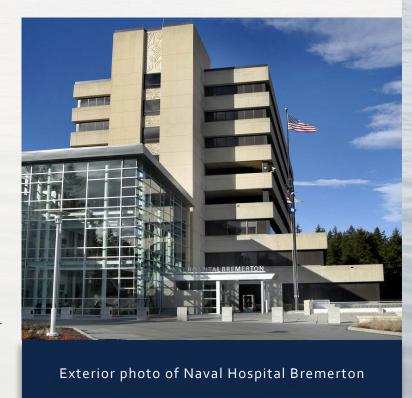
As of this month, the navigator program has helped 378 patients, according to the hospital. Most patients are able to get an appointment within 30 days of a referral, a process that used to take about six weeks, Kirk said

If a patient cannot immediately access a provider or has moved to Kitsap in the middle of their pregnancy, NHB continues to provide those patients with routine prenatal care until they are connected with another clinic. It's a process they refer to as

"We are your provider until you find a provider," Van Overbeke said.



Naval Hospital Bremerton OB/GYN staff, (from left) certified medical assistant Brenda Gonzales, Hospitalman Ruby Rodriguez, Hospital Corpsman 2nd Class William Brown and registered nurse Shaleen Cronin ensure an exam room is ready for cervical cancer screening.



U.S. Navy Photos by MC1 Adora Okafor, MC2 Sarah Christoph, Nick Scott, Mike Hatfield, Kristin Carver and Lonnie Collier, TRFB Public Affairs.

On May 31, we bid farewell to our longtime Executive Director, Mr. Ed Ingles, as he begins his well-deserved retirement. Ed's leadership over the years has pushed TRFB into the forefront of submarine maintenance and his remarkable accomplishments will continue to be felt for years to come. Ed served the United States Navy for more than 40 years both in and out of uniform.



Ed Ingles, executive director of Trident Refit Facility Bangor (TRFB) discusses the capabilities of the command's periscope shop with Capt. Mark Parrella (right), program manager for the Columbia class ballistic missile submarine and Capt. Tim Clark, program manager for in-service ballistic missile submarines.



Rear Adm. Wesley R. McCall, commander of Navy Region Southeast, left, and Edward Ingles, executive director of Trident Refit Facility, Bangor (TRFB), examine USS Kentucky (SSBN 737) during McCall's tour of TRFB.



Ed Ingles, executive director, TRFB, receives an award from U.S. Navy Capt. Michael Eberlein, commanding officer, TRFB, during a retirement ceremony, May 31, 2024.



Ed Ingles, executive director of Trident Refit Facility Bangor (TRFB), tours the Information Technology Submarine Repair Shop during a gemba at TRFB.



talks with with Capt. Robert Figgs (left), Commanding Officer, Trident Refit Facility Bangor (TRFB), and Edward Ingles (center), Executive Director, TRFB, during a tour at TRFB



Bangor (TRFB), discusses shop operations with Capt. Robert Figgs, commanding officer, TRFB, (left), and Edward Ingles, executive director of TRFB, (center), during a gemba walk at TRFB.



Amanda Jones (left) receives and award from Kay Wakabayashi (center), COMPACFLT EEO director, and U.S. Navy Capt. Michael Eberlein, commanding

## TRFB TEAM MEMBER SETS STANDARD: Amanda Jones wins COMPACFLT EEO Award

Article & photos by: MC2 Sarah Christoph, TRFB Public Affairs.

Trident Refit Facility, Bangor's (TRFB) Technical Information Specialist Amanda Jones was recognized as the recipient of a Fiscal Year 2023 Commander, U.S. Pacific Fleet (COMPACFLT) Equal Employment Opportunity (EEO) Recognition Award for her volunteer work as an advocate within TRFB's Individuals with Disabilities (IWD) Special Emphasis Program (SEP).

The award is given to specific individuals who have gone above and beyond in their local workforce, and across the Department of the Navy, to foster equal opportunity for individuals under protected classes.

"I know this recognition award is important because folks who

are a part of these programs do it beyond their job," said Jones. "Organizations need people committed to supporting existing, healthy, cultural framework and sometimes even rebuilding what has crumbled away due to complacency, lack of accountability, and lack of care in the workforce.

I see TRFB as a great place to work, but it does not get to be that way without people stepping up and supporting a healthy culture that benefits every individual.

The EEO is a needed and integral piece of the people part of our jobs. This is a collateral that people find value in. I firmly believe that the folks who are a part of these programs truly care about

The COMPACFLT EEO Award Jones received specifically highlights her collaboration with the EEO Northwest office in hosting two, hands-on assistive technology events that were designed to display and educate the workforce on technology available that can assist IWD within the command. Jones promoted the events for maximum participation by ensuring that it was physically accessible to the entire command. Her support As a testament to her dedication to her volunteer work as well of both events helped identify needed assistance and made a

positive impact on command operations by promoting TRFB as an inclusive workplace for IWD.

"The event was well attended and we received overwhelmingly positive responses from people who attended," said Jones. "The technology we have available is a game changer for many people.'

Jones' describes how TRFB's Reasonable Accommodations (RA) Specialist Brianna Logg's presence at the event was critical in ensuring all individuals understood how to both use and acquire the technology to assist them while at work. She notes Logg's face time with the participants was integral to their understanding of RA. Logg recognized Jones' contributions

> as well, which prompted her nominate Jones for the award.

"Along with working her day-today job, Amanda has volunteered her time to working with the EEO office and with the IWD SEP," said Logg. "The IWD SEP group is an Affirmative Employment Program focused on hiring and retaining individuals with disabilities here at TRFB. In the short time Amanda has been a part of this group, she has thought critically about improvements to accessibility for individuals with disabilities here at the command, partnered with the EEO office to host two events

to showcase assistive technology for individuals with disabilities in the workplace, and has spearheaded an initiative to work with Security and her leadership to acquire assistive technology for her department. Amanda is constantly thinking of ways to improve the command for individuals with disabilities and bringing these ideas to leadership and EEO to see if her ideas could spark positive changes that impact many. Amanda is smart, caring, thoughtful, driven, and an amazing team player. These are all qualities of someone deserving of

as her caring nature, Amanda gravitated toward discussing the

this award. We are lucky to have her."

Kay Wakabayashi (left), COMPACFLT EEO director, presents U.S. Navy Capt. Michael Eberlein, commanding officer, TRFB, with an award for TRFB.

impact of disability. For the average, able person, living dayto-day can be a challenge. But for individuals with disabilities, added layers of challenges are piled on to the roster. These challenges often go overlooked and unnoticed by able people. Many daily tasks able people have no second thoughts about, such as reading, grooming oneself, and walking, can be an agonizing and uphill challenge for a disabled person. Amanda also mentions the benefit of being vulnerable about disability and self-identifying within the workplace to better both the disabled person's quality of life as well as the command's functionality.

"I know that folks are not real confident in self-identifying." said Jones. "But your response gets turned into a number. No information is associated with you identifying. The more folks who self-identify, the more info is given to the Navy, which will provide more funding for programs like ours. Doing this also gives us a 30,000 foot view of TRFB. It helps us with demographics and with supporting the Navv's goals of assisting and hiring disabled individuals. We know that folks with disabilities are here at TRFB. They can choose to be completely anonymous about it all while getting them the aid they need. You can self-identify through Human Resources and through the website civilian employees use called MYBIZ."

Vulnerability is one of the most difficult states of being a person

can go through, but with the assistance of advocates like Jones and programs such as the IWD SEP, a helping hand is extended to those with disability.

"Sometimes disabilities make your vulnerable, and being vulnerable is very uncomfortable," said Jones. "You don't want to admit you need help. I can say that courage is key and trust is essential. The courage part comes from within, and the trust comes from people showing that they care. And that is what we are here for."

Amanda reflected on the volunteer work at TRFB that brought her the award, and how it has helped encouraged her to stay at TRFB until retirement.

"This program is the best tasting icing on the cake of my job," said Jones. "I love the regular work I do, but I cannot tell you how wonderful it is to do the volunteer work that I do. The effort I put in goes beyond me in so many ways I will probably never now. We've helped a lot of people. I am in it for the long haul here at TRFB- doing my job and helping others!"



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## BRIVO ZULU

U.S. Navy Photos and graphics by MC1 Adora Okafor and MC2 Sarah Christoph, TRFB Public Affairs



Bravo Zulu to the entire TRFB Team! Thanks for the hard work and thank you for serving your country!



Bravo Zulu to the new graduates of the Leadership Development Program, Matthew Richards, Weapons Repair Department Eduardo Santana, Quality Assurance Department and Jonathan Anderson, Repair Department.



We bid farewell to Stephanie Nelson, TRFB Comptroller. Stephanie will be embarking on a new, exciting chapter at her next job opportunity in Bahrain. Bravo Zulu Stephanie!



Join us in congratulating Cmdr. Morris Hampton on his promotion from Lieutenant Commander to Commander in the United States Navy Bravo Zulu Cmdr. Hampton!

## OBSERVARGES



Memorial Day is one of the federal holidays in the United States for honoring and mourning the U.S. military personnel who died while serving in the United States Armed Forces. It is observed on the last Monday of May. Memorial Day is also considered the unofficial beginning of summer in the United States.

#### Mother's Day

Mother's Day is an annual holiday celebrated in the United States on the second Sunday in May. Mother's Day recognizes mothers, motherhood and maternal bonds in general, as well as their positive contributions to their families and society.

#### Mental Health Awareness Month

Mental Health Awareness Month (also referred to as Mental Health Month) has been observed in May in the United States since 1949. The month is observed with media, local events, and film screenings.

#### Cinco de Mayo

Cinco de Mayo is an annual celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza.

Looking for portrait or photo support, public affairs guidance, graphic or flyer design, or other command-related media requests?

Stop by the Public Affairs office to make a request or appointment today!

Studio portrait walk-ins are held on Wednesdays from o800-0900. Studio times may be adjusted to suit your schedule.

Remember to bring the prescribed uniform, cover, and package instruction for the specific type of studio portrait requested.

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