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On the Cover:

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NAVSEA CMC VISITS TRFB: CMC Schimmel Meets with Sailors and Leadership



SS Seawolf (SSN 21) participates in NATO exercise Odin-One, an anti-submarine warfare exercise conducted in the North Sea region, August 2003.

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Bremerton
continues some
walk-in services

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pg.3 Captain's Corner pg.10 Bravo Zulu!

REFIT REVIEW

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CAIL IN'S CAIL IN'S TURKER

Team TRF Bangor,

We had a great Independence Day in July and I want to thank everyone for staying safe as we celebrated the birth of our nation. Seeing all the celebrations on the 4th of July, particularly the participation of the western Washington community in a massive fireworks display, is always a treat for me, and represents much more than an officially (sometimes) sanctioned chance to launch explosives from off-base residences.

Although August is officially back to school month (for families with school-aged children), the days of summer continue. Please exercise good ORM when partaking in outdoor activities like camping, hunting and fishing. I encourage everyone to stay hydrated and please keep an eye on campfires and backyard firepits during the dry season, and ensure you are following any local guidance ("burn bans").

Safety is not only paramount in our personal lives, but our professional lives as well. As our workload has picked up from previous levels, we are seeing more injuries at TRFB.

Every injury concerns me – particularly those that are due to lack of awareness or correction of hazards in our environment, such as unattended open hatches or grates.

Please continue to correct and report safety issues if and when you see them, regardless of who may have created the hazard. We need that data to best focus on areas to improve, and we don't receive enough "near miss" reports.

I hope many of you had a chance to participate in the walk and see other ways we can make ourselves safer and more effective; many solutions that help with an ergonomic hazard may also make it easier to get the job done faster and better. The best ideas come from the people doing the work – please keep pushing them forward.

July and August share an important event in Navy submariner history. It was 66 years ago, July 23, 1958, when the USS Nautilus (SSN 571), departed Pearl Harbor, Hawaii under top secret orders to conduct "Operation Sunshine". At 2315 on August 3, 1958, Nautilus sailed



under the geographic North Pole, 90 degrees North, a feat that had been called impossible.

This was possible because of the hardworking Sailors and civilians who never gave up, and who recognized how new technologies could rapidly change "the art of the possible."

This is something I think about as we are facing challenges with submarine maintenance we've never seen before. I am firmly convinced that we – the TRFB team – as custodians of the oldest SSBNs that have ever been put to sea, can provide effective solutions that have thus far not been able to be fielded. Most problems have solutions, sometimes you might need to take a pause and consider all options.

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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Naval Hospital Bremerton continues some walk-in services

Article, photos & graphic by Douglas Stutz, NHB Public Affairs



which daily acknowledged the approximately 95 nurses assigned – including nearly 50 Nurse Corps officers - at her command which culminated with recognizing the Navy Nurse Corps 116th birthday from their initial date May 13, 1908.

Walk-In Contraception Clinic services - available since 2021 - at Naval Hospital Bremerton's OB/GYN Clinic continues to be provided for all active duty service members and eligible beneficiaries.

No appointment is necessary, every Wednesday, for short-acting reversible contraception clinic needs from 8 a.m. to 11 a.m. and for the long-acting reversible contraception clinic, 8 a.m. to 12 p.m.

The long-acting reversible contraception clinic is for ages 13 and up, with same-day placement of implants and IUDs [hormonal and non-hormonal].

The short-acting reversible contraception clinic for ages 13 and up, with Depo-Provera injections, prescriptions for birth control pills, ring, patch, or emergency contraception.

The OB/GYN Clinic also offers walk-in availability, Monday through Thursday, 8 a.m. to 11 a.m., for the Nurse-Run Self-Swab Clinic, for ages 18 to 65 with complaint(s) of abnormal vaginal discharge.

The walk-in PAP clinic has been discontinued, as of August 2, 2024. For those in need of

cervical cancer screening, it is recommended to contact their provider for a referral.

The walk-in clinic services will be on a first-come, first-served basis and available to all eligible beneficiaries — active duty, retirees, family member — in need of birth control services. Wait times and appointment availability may vary due to clinic volume.

"Patients can receive new prescription requests for contraceptives such as the contraceptive pill, patch, ring or injectable shot, refills of a previously used contraceptive, and same day placement of contraceptives requiring a procedure, which would include an implantable contraceptive device

or an IUD – intrauterine device, as long as no contraindications exist. Patients can also come in for removal or replacement of these contraceptive devices or receive emergency contraception. For patients who are uncertain of what type of birth

control they are interested in, educational resources will be provided along with in-person counseling," said Cmdr. Jacqueline Lamme, OB/GYN staff physician.

Beneficiaries visiting the clinic will have the opportunity to learn about a range of birth control options:

Intrauterine Device (IUD) - a progesterone only or non-hormonal copper that is used to prevent pregnancy for 3-12 years, depending on which IUD is chosen.

Birth control implant – a flexible implantable rod that is placed in the inner upper arm that releases progesterone over four years to prevent pregnancy.

Contraceptive injection – an injectable form of progesterone that is given every three months to prevent pregnancy.

"For patient's choosing a form of contraceptive that requires a prescription – pills, patch, ring – the order will be placed at the time of their request to be picked up at the main pharmacy, or a retail pharmacy if they choose that option. Patients will receive a 12 month supply of their birth control

per Defense Health Agency instruction. Depo-Provera shots will be provided in the OB/GYN clinic without requiring a pharmacy visit. For patients desiring emergency contraception, this will be supplied in the OB/GYN clinic at the time of their visit without requiring a stop at the pharmacy. Please note that for patients desiring Plan B within 72 hours of unprotected intercourse, they may access this from any pharmacy without requiring a prescription or visit with a provider first," detailed Lamme.

If there is a specific caveat to bear in mind for dependents of active duty and retirees, it's that there are age restrictions to consider.

"Per Washington State law, minors of any age may receive birth control services without the consent of a parent or guardian. However, sexually transmitted

infection testing and treatment may only be provided without parental consent for minors 14 years and older. Any female of reproductive age may come to the clinic for birth control. However, placement of an IUD is only available for patients 14 years and older without parental consent as STI testing is required for this procedure.

Additionally, while minors may receive birth control services through the clinic without parental consent and the clinic will not notify or share information, we strongly encourage any minor patients to discuss their wishes with their parent or guardian.

We are also unable to block documentation of their visit or prevent Joint Outpatient Experience (JOE) surveys from going out for patients seen at the clinic and therefore cannot guarantee complete privacy for minor patients," clarified Lamme.

"We are unable to accommodate well woman exams, acute GYN complaints or infertility services within the walk-in clinic at this time," Lamme added.

For further questions, beneficiaries are requested to contact the OB/GYN clinic at 360-475-4995.





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U.S. Navy Photos by MC2 Adora Okafor and Lonnie Collier, TRFB Public Affairs.









Sailors from TRFB assisted with carrying canoes from the water onto shore during the Suquamish Tribe's hosted portion of the 2024 Canoe Journey.



U.S. Navy Capt. Michael Eberlein, commanding officer, TRFB, speaks with TRFB Sailors at Seattle Fleet Week, 2024.



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CMC Schimmel Meets with Sailors and Leadership

Article & photos by: Lonnie Collier, TRFB Public Affairs.

aval Sea Systems Command (NAVSEA)
Command Master Chief (CMC) Blake
Schimmel traveled to Trident Refit Facility
Bangor (TRFB) last week to tour facilities,
meet Sailors and receive a command brief by
TRFB's leadership team.

The visit to TRFB was part of a week-long trip to various NAVSEA commands in the Pacific

Northwest region to include Puget Sound Naval Shipyard and Naval Undersea Warfare Center-Keyport.

While at TRFB, CMC Schimmel held a series of town hall style meetings with TRFB's enlisted workforce. Topics ranged from local healthcare to the importance of TRFB's

strategic deterrence mission to the U.S. Navy.

"TRFB ensures our submarines are maintained and are ready to fulfill their critical mission and protect our national security," said Schimmel.

"Ensuring Sailors have a high quality of life and the opportunities to train and develop is a key component of that mission. Schimmel toured TRFB's production and waterfront areas to see the improvements and upgrades to facilities that are currently planned or underway, and toured a submarine in maintenance to observe onboard repair and sustainment efforts.

"I think that this was an important trip for CMC

Schimmel," said TRFB's Command Master Chief Chase Krause.

"He was able to speak to our Sailors and speak on how important they are to our Nation, as well as, see what our operations look like on the ground and what we do to ensure the Navy has submarines that are ready for whatever the future holds."

Before departing, Schimmel spoke to other senior enlisted leaders at TRFB.

"Train, guide and mentor, but do the right things yourself," he said." You have to lead from the front and appreciate your Sailors for the tremendously important work that they are doing every day."

Master Chief Blake G. Schimmel is a native of Wheaton, Illinois and graduated from St. John's Military Academy in 1989. He enlisted in the Navy in 1990 and completed basic training at Recruit Training Command, Orlando, Florida. Over his career, he also completed Electronics Technician "A" and "C" schools, Naval Special Warfare Combat Crewman (SWCC) School, Special Operations Radio Operators Course and the U.S. Army Basic Airborne Course.







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



Bravo Zulu to everyone who volunteered to represent TRFB at Seattle Fleet Week, 2024.



Bravo Zulu to everyone who participated in TRFB's annual Safety and Health Walk, 2024.



Bravo Zulu to Cmdr. Jesse Gaskell for his outstanding meritorious service while stationed at TRFB.



Bravo Zulu to Autry Watts, Jr. on his well-deserved retirement from TRFB after 38 years of service. Fair winds and following seas!

OBSERVARES



Independence Day, known colloquially as the Fourth of July, is a federal holiday in the United States which commemorates the ratification of the Declaration of Independence by the Second Continental Congress on July 4, 1776, establishing the United States of America.

Canada Day

Canada Day is the national day of Canada. A federal statutory holiday, it celebrates the anniversary of Canadian Confederation which occurred on July 1, 1867, with the passing of the British North America Act, 1867, united into a single dominion called Canada.

Bastille Day

Bastille Day is the common name given in English-speaking countries to the national day of France, which is celebrated on July 14 each year. It is the anniversary of the Storming of the Bastille on July 14, 1789, a major event of the French Revolution.

Disability Pride Month

Disability Pride Month occurs worldwidein July. It originated in the United States to commemorate the passing of the landmark Americans with Disabilities Act (ADA) in July, 1990.

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.



