

and vigilantly staying SUBSAFE



# CARACTER S CORRER

### Team TRF Bangor,

Spring has sprung! We are officially entering the springtime months which means (hopefully) more sunlight and the end of inclement weather events here in the Pacific Northwest. For those of you who love spending time outside, this is the time and definitely the place to do it. Few places in the nation can match the stunning natural beauty we have here in Washington State. Please continue to observe our high safety standards both on and off duty – and remember that additional daylight doesn't mean we need less rest.

I've had the privilege of highlighting all of your accomplishments to a variety of leaders, including Gen Cotton, the Commander of U.S. Strategic Command whom we all support. The Department of Defense is in the progress of modernizing all three legs of the nuclear "triad", with new SSBNs, bombers, and ICBMs. His visit made it very clear that he was interested in making sure we adequately plan for and purchase the facilities needed to sustain operations of the triad, and the great work we do today sustaining OHIO and planning for the COLUMBIA class demonstrated that the mission is in good hands. Thank you for all you do.

Work on the drydock continues and will continue until at least late May to make sure the dock is in thesafest condition possible. We are continuing to work with the contractors on minimizing disruption to operations – and parking – on the Delta area – no system is perfect, but please let us know if what is being executed is not meeting the standard. This is still a rapidly evolving issue – please avoid speculation and spreading rumors. I'll give you the facts as I get them during the all-hands call, through the Delta Dispatch or an all-hands email (or video!). Most likely all three.

I also want to wish a happy birthday to the U.S. Navy Chief Petty Officers! Chiefs run the Navy and havesince April 1st, 1893.

Finally, I would like you all to join me in the celebration of Women's History Month. We have so many great women working at this command, both Sailor and civilian. Let us please make

### **DISCIPLINARY REPORT**

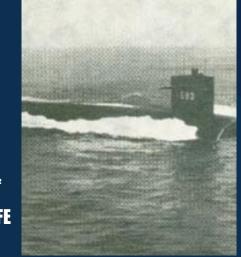
### March Discipline

- Termination during Probationary Period Security (non-supervisory)
- 3-Day Suspension Failure to Follow Instructions (non-supervisory)
- · 3-Day Suspension Failure to Follow Instructions (supervisory)

### On the Cover:

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Through the Lens

### YOU GOT THIS! pg.16 Preparing for the PRT

pg. 12 DOD News

pg.14 Women of

TRFB

### **REFIT REVIEW**

Commanding Officer.....Capt. Michael D. Eberlein Executive Director.....Mr. Ed Ingles Executive Officer.....Cmdr. Zachary D. Harry Command Master Chief......CMDCM Chase M. Krause Public Affairs Officer.....Mr. Nicholas Scott



Mass Communication Specialist Chief Ty Connors Mass Communication Specialist 2nd Class Adora Okafor Mass Communication Specialist 2nd Class Sarah Christoph

Highlighting

This newsletter is published for members of the Trident Refit Facility, Bangor (TRFB) workforce. Views and opinions expressed in the Refit Review are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Navy, or TRFB. The Refit Review is produced in accordance with SECNAVINST 5720.44C -- Department of the Navy Public Affairs Policy and Instructions. Editorial content is gathered, prepared, edited, and provided by the TRFB Public Affairs Office. All photos are property of the U.S. Navy unless otherwise credited.



sure they get the recognition they deserve! I hope you have enjoyed the stories of some of our teammates that the public affairs team has shared on social media as much as I have.

Women's History month is also a great opportunity to highlight of the pioneers of computer science, RDML Grace Hopper, USNR, whose Naval career spanned over 4 decades. Describing the nascent field of "data processing", she noted that "The most dangerous phrase in the language done it this way.'", and later advised do ahead and do no challenges that lav ahead of US at TRF uniaue

CAPT Mike Eberlein Commanding Officer Trident Refit Facility Bangor

	To protect the identity of those involved, no cific details are provided. This report is produced by the Northwest Human Resources Office.
•	10-Day Suspension - Conduct Unbecoming (non-supervisory)
•	10-Day Suspension - Conduct Unbecoming (non-supervisory)
•	Removal – Misuse of Government Property



## REMEMBERING THRESHER ΈΗΕ STAYING SUBSAFE

USS Thresher (SSN 593) was the lead ship for the world's most advanced class of nuclear submarines during the Cold War. Equipped with the latest fittings and technology, she was designed with the capability of operating not only deeper, but also quieter than her predecessors. Thresher was official declared "lost" on April 12, 1963, and it left a lasting impact on the Navy community.

On April 10, 1963, following an overhaul, April 10, 2023, marks the 60th anniversary Thresher went out to sea for routine deepdiving tests along with USS Skylark (ASR 20), a submarine rescue vessel. The test ensued nearly 220 miles east of Boston, MA. Skylark received "garbled" communications from Thresher, which eventually stopped. After many ships, aircraft, and submarines searched the location that Thresher was last reported, it became apparent that the submarine had sunk, claiming the lives of the 129 men onboard, both military and civilian.

Since the Thresher loss, the Navy has made great strides to ensure that a tragedy like Thresher's never happens again. Less than a year after the loss of Thresher, the SUBSAFE (Submarine Safety) program was created. This quality assurance-based program has stringent requirements to confirm a submarine's structural integrity before she makes her way to the fleet.

Article and Layout by MC2 Adora Okafor

MEMORIAM (

Memoriam Graphic by MC2 Sarah Christoph

of the loss of the USS Thresher, the deadliest incident in the silent service.

Trident Refit Facility, Bangor (TRFB) team members always keep SUBSAFE principles at the top of their mind while repairing, incrementally overhauling, and modernizing Pacific Fleet strategic ballistic missile submarines during their refit periods.

TRFB Deputy Quality Assurance Director (cont. on pg. 6)

ALLEN, Philip Harcourt BABCOCK, Ronald Clare **BIEDERMAN**, Robert Donald BILLINGS, John Hilary COLLIER, Merrill Francis DINOLA, Michael John GARNER, Pat Mehaffy GRAFTON, John Gilbert HARVEY, John Wesley HENRY, James John, Jr. KRAG, Robert Lee LYMAN, John Sheldon, Jr. MALINSKI, Frank John PARSONS, Guy Carrington, Jr. SMARZ, John, Jr.

BELL, John Edward

BOBBITT, Edgar Solon

BOSTER, Gerald Charles

BRACEY, George

BRANN, Richard Paul

CARKOSKI, Richard James

CARMODY, Patrick Wayne

CLAUSSEN, Larry William

CLEMENTS, Thomas Edward

CUMMINGS, Francis Michael

DAVISON, Clyde Elcott, III

DUNDAS, Don Roy DYER, Troy Earl FORNI, Ellwood Henry FOTI, Raymond Peter FREEMAN, Larry Wayne FUSCO, Gregory Joseph GALLANT, Joseph Andrew GARCIA, Napoleon Tomas GARNER, John Edmond GAYNOR Robert William **GOSNELL**. Robert Howard GRAHAM, William Edward

HALL, Richard Charles

IN MEMORIAM WILEY, John Joseph **USS THRESHER SSN 593** "ON ETERNAL PATROL" ARSENAULT, Tilmon J. 10 APRIL 1963 BAIN, Ronald Eugene

> HAYES, Norman Theodore JOHNSON, Edward Albert JOHNSON, Richard Lee JOHNSON, Robert Eugene

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**KEARNEY**, Robert Dennis KEILER, Ronald Dean KIESECKER, George John KLIER, Billy Max KRONER, George Ronald LANOUETTE, Norman Gilbert LAVOIE, Wayne Wilfred MABRY, Templeman Norwood, Jr. MANN, Richard Herman, Jr. MARULLO, Julius Francis, Jr. McCLELLAND, Douglas Ray McCORD, Donald James McDONOUGH, Karl Paul MIDDLETON, Sidney Lynn

SCHIEWE, James Michael SHAFER, Benjamin Nathan SHAFER, John Davis SHIMKO, Joseph Thomas SHOTWELL, Burnett Michael SINNETT, Alan Dennison SMITH, William Harry, Jr. SNIDER, James Leonard SOLOMON Ronald Hal STEINEL, Robert Edwin VAN PELT, Roger Edwin WALSKI, Joseph Alfred WASEL, David Allan WIGGINS, Charles Louis WISE Donald Edward WOLFE, Ronald Eugene

MUISE, Ronald Arthur MUSSELWHITE, James Alton NAULT, Donald Emery NOONIS. Walter Jack PHILLIPPI, James Frank PHILPUT, Dan Andrew RUSHETSKI, Anthony Alexande

ZWEIFEL, Jay Henry ABRAMS, Fred Philip BEAL, Daniel W., Jr. CHARRON, Robert E. CORCORAN, Kenneth Ray CRITCHLEY, Kenneth James CURRIER, Paul Chevalier DesJARDINS, Richard Roy DINEEN, George J. FISHER, Richard Kaye GUERETTE, Paul Alfred JAQUAY, Maurice Frank KUESTER, Donald William MOREAU, Henry Charles PRESCOTT, Robert Dan STADTMULLER, Donald T WHITTEN, Lawrence Eugene





force experienced the greatest peacetime loss of life when USS Thresher sank while conducting deep dive testing 220 miles off the Massachusetts coast with 112 Sailors and 17 civilians aboard on April 10, 1963.

A formal Court of Inquiry identified multiple weaknesses in the design of Thresher that contributed to either a flooding casualty or complicated the submarine's ability to combat a casualty.





Less than two months after Thresher's loss, the Navy took its first steps in building the Submarine Safety (SUBSAFE) Program. This program is devoted to ensuring the safety of the nation's submarines and submariners by creating strict requirements for the design and construction of all future submarines, and the retrofit and maintenance of existing submarines.

Since its inception, no SUBSAFE-certified submarine has been lost - an unparalleled safety record. For comparison, the United States Navy lost 16 submarines between 1915 and 1963 to non-combat issues



Lyndee Cowan says the SUBSAFE Program has been near and dear to her heart since she started working as a welder apprentice at Puget Sound Naval Shipyard (PSNS) in 2001. As a welder apprentice, she didn't have much experience, but was trusted by her supervisors to do her job both proficiently and correctly. Cowan felt a huge responsibility, simply knowing that submariners' lives were at stake if she did not do her job properly.

"Without people we don't have submarines," said Cowan. "The SUBSAFE Program really is about making sure that they can go out, complete the mission and come back. Personalizing the SUBSAFE program is really what's important. This is about people."

Later in her career, Cowan transitioned from welding to working in quality assurance. One of her many responsibilities was conducting



SUBSAFE surveillances and work processes.

"Every time we take apart a valve and put it back together, every time we add new material, when we weld, they're all SUBSAFE components," said Cowan. "There are extra controls so that we're making sure, and we're triple checking that what we're doing is safe, correct and we're not going to have problems. If there is a problem, we can recover from that problem." Since the loss of Thresher, there have been

LEFT: Photo of the USS Thresher (SSN 593) Commemorative Monument at the Arlington National Cemetary in Washington, D.C.

**RIGHT**: Steven Chmielewski, a Sailor onboard the USS San Franscisco (SSN 711) when it collided with an underwater sea mountain, speaks about his personal SUBSAFE experience at TRFB's USS Thresher Memorial held April 10, 2023.

**BOTTOM RIGHT:** Capt. Eberlein speaks at TRFB's USS Thresher Memorial held April 10, 2023.



"Have you ever watched when a ship comes home, and all of the families are excited, waiting for their loved ones to come off of the ship?" said Cowan. "We have to make sure that those people who are waiting at home while their loved ones are out to sea are okay. That they are confident that their loved ones are going to return. That's the SUBSAFE Program."



# THROUGH THE LENS

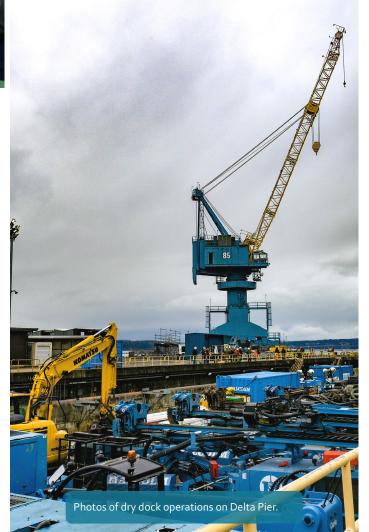


TRFB leadership meets with Sail Shop team members to discuss shop productivity during a gemba.



TRFB leadership meets with Sail Shop team members to discuss shop productivity during a gemba.













# THREEDED TO BE ADDREEDED TO BE

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### DOD Official Says Sub Agreement Will Help Guarantee Free, Open Indo-Pacific

Article by: Jim Garamone, DOD News Photos (in order): Courtesy of Australia Department of Defense Navy Chief Petty Officer Amanda R. Gray



U.S. defense officials believe the Australia-United Kingdom-United States enhanced security partnership will go a long way to guaranteeing stability and security in the Indo-Pacific region.

Mara E. Karlin, performing the duties of deputy undersecretary of defense for policy, said the agreement spells out the pathway for Australia to acquire a conventionally armed, nuclearpowered submarine capability. The so-called AUKUS agreement is the latest example of how close the alliance is among the three nations.

"The three nations took 18 months to identify pathway for Australia to the optimal acquire capability while setting the highest this non-proliferation standard," nuclear she a Pentagon news conference today. said at

"This plan will deliver on that commitment and lift all three nations' submarine industrial bases and undersea capabilities, enhancing deterrence and promoting stability in the Indo-Pacific," Karlin said.

Australia, the United Kingdom and the United States have been firm and dependable allies since 1917, when soldiers of the three nations fought side-by-side in the trenches of France. It is hard to exaggerate how close the alliance is among the nations, she said.

The AUKUS agreement is the next logical step in the partnership among the nations and should help the United States pursue a free, open and secure world and protect U.S. national interests and those of allies and partners, she said. "AUKUS advances this goal by building our military capabilities, and those of two of our very closest allies, enabling closer military planning and cooperation," she said. "It is a generational opportunity to enhance the national security of all three nations."

The AUKUS pathway is broken into phases fleets operating in the Indo-Pacific," Karlin said. with the first starting immediately. "The The final phase revolves around the SSN-United States and the United Kingdom will AUKUS - a next generation conventionally immediately increase port visits of conventionally armed, nuclear-powered submarine that will nuclear-powered submarines be designed and constructed by Australia and armed. in the United Kingdom and incorporate cutting Australia, and then as early as 2027, will begin rotating through Australia under the edge American technologies in their propulsion Submarine Rotational Force West," Karlin said. plant, combat control and in weapon systems. deployment will Australian This ensure Australian members can continue familiarizing sailors sailing service should he submarines with how these vessels operate. nuclear-powered themselves built in are properly maintained, and how their own vards bv the early 2040s. how they to safely operate together. "The increased AUKUS will diversify U.S. posture in the Indoof U.S. buttress presence submarines will stability Pacific, offering new locations from which American regional and support the safe



development of Australian stewardship of its forces can operate, Karlin said. "AUKUS will own sovereign, conventionally armed, nuclearstrengthen U.S. and allied submarine industrial powered submarine enterprise," she said. capacity, which is key to modernizing, innovating Under the next phase the United States will sell and maintaining our military and economic three Virginia-class submarines to Australia, competitive edge today and in the future." with the potential for two more submarines depending on conditions. This will provide This close partnership will also help Australia with a conventionally armed, nuclear-"modernize our information sharing and export powered submarine capability prior to building control systems, which is necessary for the their own. This will mean there will be "three effective implementation of AUKUS," she said. allied, and highly interoperable [submarine]

# Highlighting Nomen of TRFB



### CRANE OPERATOR TRAINING INSTRUCTOR

*"I was always amazed with the crane operators."* 

Watching them pick something up and make it look so pretty and so smooth."



### PROGRAM SUPPORT ASSISTANT

*"My biggest wish is that everybody love their job here as much as I do!"* 

### DEPUTY QUALITY ASSURANCE DIRECTOR

"Fun fact- last year me and my husband owned and managed a men's professional football team. It was a non-profit. The team was part of a league that had 32 teams nationwide. Our team went to the final playoff before the championship game.

That was really exciting!"





MA "l that

### LEAD MECHANIC PAINT SHOP

"I know it sounds old-fashioned, but I'm an American, I'm proud of my country!

My father was in the Navy, my uncles were all in the Army. I think my family would be very proud of me for what I'm doing as a woman, and my career."



### MATERIAL COORDINATOR & ORDERING OFFICER

"I want my daughter to know that there are no limits to what she can do.

*The more stories she hears to demonstrate that, the better.*"



## YOU GOT THIS! PREPARING FOR THE PRT

Article and photo by MC2 Adora Okafor, TRFB Public Affairs Graphic by MC1 Isabel Wences, NATO

Trident Refit Facility, Bangor (TRFB) recently announced the 10-week notice for the Physical Fitness Assessment (PFA). The official PFA cycle will be conducted from July 10th through July 28th, with the make-up dates scheduled for July 31st through August 10th.

TRFB Sailors should start preparing for the PFA by exercising, eating healthy, and knowing the scores they need to succeed.

Machinist's Mate (Nuclear) 1st Class Taylor Hough, command fitness leader (CFL), has always had a passion for physical fitness, staying active, and helping others. In 2016, while on staff duty, Hough qualified as a CFL and has been a part of all his commands' fitness leadership team since.

"I really enjoy helping people better themselves," said Hough. "Keeping them on track, suggesting workouts, leading and aiding them to a healthier, better life so that they live longer."

As the PFA approaches, Hough says the best thing Sailors can do is start preparing now. The physical readiness test (PRT) consists of three events which include cardio, pushups, and planks. There are currently five options for cardio: running a mile and a half, running on a treadmill, an approved fitness bike, the rowing machine, or swimming. If Sailors are looking to find which option works best for their goals, they should explore each option and record their scores. Sailors can also download the Official Navy PFA app to check their scores and see what areas may need improvement.

"If you're going to come to the PRT and hop on a bike that you haven't been on in a year, yes, there is a chance you will pass but there's also a chance you will fail," said Hough. "Just practice! Get out there and exercise."

Sailors can also prepare for the PRT is by attending the Fitness Enhancement Program (FEP) led by TRFB's command fitness team. FEP is offered Monday through Thursday at the upperbase gym three times a day. During FEP, Sailors practice planks, pushups, cardio, and strength building core exercises.

Nutrition is another key aspect of preparation. While the CFL team cannot provide nutritional guidance, they can point Sailors who are looking for nutritional support in the right direction. A common resource that many Sailors may find useful is the Navy Physical Readiness Program, Guide 14, the Nutrition Resource Guide. Sailors can also utilize the Shipshape program, the Navy's only approved diet and nutrition program, and Navy Operational Fitness and Fueling System (NOFFS).

"The upper base gym offers mission nutrition classes and NOFFS that all Sailors can go to," said Hough.

Since the last PFA, the Navy released NAVADMIN 042/23, a notice resetting all past PFA failures. Due to the challenges of preparing and executing PFAs throughout the pandemic, the Navy recognized that this may have potentially placed some Sailors at a disadvantage. This announcement is intended to level the playing field, by ensuring every Sailor with the drive to continue service, has an opportunity to meet their fitness standards. Resetting PFA failures could allow nearly 1,500 Sailors to continue serving. While this one-time reset will not change any records, it will empower commanding officers to restore a Sailor's retention and advancement recommendation.

For Sailors who may need assistance preparing for the upcoming PFA, please visit the CFL team at their office located in the lower base gym.

331/07/11/

**PROMOTIONS** 

Kenneth Lane Alexandra Pittman Joshua Bell Adam Ferguson lan Mateikat Nicholas Beber Domenick Miller Ryan Linton Chad Holtquist Paula Knight James Brine Justin Sala

Jason Halverson Christopher McGurren Seth Leggett Harry Watson Joseph B Trevino III Samuel Spears Christopher Andrews Daryl Kent Natasha Pundyke Christopher Higgins Ryan Petersen Roy Schell

Jerrod Pearce Michael Appel Nathan Bezotte Andrew Nelson Mason Belvea Mathew Norman Jeanoelle Emery Allan Hritz Derek Eaton III John Carr III Michael Mullins Jonathan Bickle

Curtis Weston Nathaniel Glick Montgomery Mutu Alexander Lee David Standish Owen Votroubek Andrew Freeman Matthew Ventura Brian Olalia

### USS THRESHER MEMORIAL AWARD RECIPIENTS

Congratulations to the USS Thresher Memorial Award Recipients (top of next page from left to right): Machinist's Mate (Auxilary) 1st Class Blaine E. Bard, Anthony E. Gunderson (Code 613 QAI Work Leader), and Steven D. Jones (Code 611 Supervisor).

The annual USS Thresher memorial award recognizes the outstanding performance of the TRFB workforce within the SUBSAFE program. Awardees displayed and sustained and significant contribution to the SUBSAFE primary mission to maintain the safety of the submarine fleet.

### SAILOR SPOTLIGHT

Congratulations to TRFB'S Sailor of the Year Hull Technician 1st Class Jamila Habibullah, Junior Sailor of the Year Hull Technician 2nd Class Austin Buckner, and Blue Jacket of the Year Machinist's Mate (Nuclear) 3rd Class Danika Rhodes. Also, congratulations and thank you to the WRC Sailors who helped plan TRFB's Christmas Party!

### C/400 NEW DEPARTMENT HEAD

After 34 years of dedicated government service, Norm Randall has retired as TRFB's C/400 Department Head and Chief Engineer. It is with great pleasure that we announce the selection of Mr. Ryan Linton as his replacement! Ryan was chosen at the conclusion of a rigorous selection process and will no doubt continue doing great work for TRFB, just as he has for the past 13 years. Starting as an engineer from PSNS&IMF C/260.1, a position he held for seven years, Ryan came to TRFB and served as an engineer for three years before becoming the lead mechanical engineer in 2013. He then was promoted to the Engineering Division Head in 2016. We are proud to add him to the Department Head leadership team - congratulations Ryan!

### **BZ WEAPONS REPAIR!**

Weapons Repair Department Code 700, successfully completed the 2023 Maintenance Activity Evaluation (MAE). The MAE is an audit conducted by the Strategic System Programs they check for a culture of technical competence, procedural compliance and professionalism in the Strategic Weapons Systems Repair and SWS Quality Assurance Divisions.

The 2019 MAE completed with TRF receiving 13 cards including 3 significant findings. In 2023, the MAE lead inspector, Tony Martin, said, "I brought the "A" team... whatever you are doing keep it up." The 2023 MAE completed with TRF receiving 6 cards, all minor. Mr. Martin went on to say that SSP inspects 44 facilities and TRF is one of only two facilities that demonstrated improvement.





