

# REFIT REVIEW



TRIDENT REFIT FACILITY, BANGOR



**THE TRFB  
IMPACT**

**Team Member  
Wins Instructor  
of the Year**

**+PLUS**

**AND:**

**SAILING TOWARD RECOVERY:  
MORE THAN A CAR**

**OBSERVANCES &  
BZs**



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MEMBER  
WINS  
INSTRUCTOR  
OF THE  
YEAR



Bobbi Worden (center) manipulates a virtual reality scenario with Adm. James Caldwell Jr. (right), director, Naval Nuclear Propulsion Program. (Photo illustration by MC2 Adora Okafor based on courtesy photo)

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## 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. Lonnie Collier



Public Affairs Specialist .....Mr. Nicholas Scott  
Public Affairs Specialist .....Mr. John Wayne Liston  
Mass Communication Specialist 2nd Class Adora Okafor  
Mass Communication Specialist 2nd Class Sarah Christoph

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# CAPTAIN'S CORNER

## Team TRF Bangor,

Happy belated Thanksgiving to all of you! I hope some time with family and friends has helped us all unwind, and all the rich food will keep us warm as the weather continues to cool.

If you have not signed up for Group Cast Alerts, I highly encourage you to. There is also a weather line and our Facebook page. We put out an all-hands email after the last Captain's Call with step by step instructions on how to sign up for alerts on your phone.

That being said, and whether we shut down due to weather or not this winter, please do not put yourselves in danger. If you cannot make it or you know you are going to be late due to weather and road conditions, please reach out to your direct supervisor and let them know. Basically we can't help you if we don't know what is going on.

I stress this in nearly every issue of the Refit Review, but I'll say it again; safety first!

As we now are rolling into December we are going to be in celebration mode. I ask that you please exercise caution when you are off the clock as well. There are several ride share apps and taxi services here in Kitsap County. I remind everyone we have zero tolerance for drunk driving, especially with so many alternatives available to us all.

If you plan on taking leave, which most of will I'm sure, please make sure you get your leave in as early as possible. We want everyone to spend this time with their loved ones, but we do need to plan ahead as well.

I hope our last Captain's Call and the HR Call we had has answered some of your questions. Please keep in mind, as I said before, this is not a forum personal gripes or individual accusations. This is a forum for your voice to be heard so that I know what needs to



change here to make TRFB the best place to work in the Navy.

I am excited for the future of this command and also looking ahead to welcoming the new Columbia class to our pier.

Please stay vigilant and keep safety in mind as we continue to roll through the winter. Spring will be here before you know it!

As always 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



# SAILING TOWARD RECOVERY: MORE THAN A CAR

Article by MCC Ty Connors, TRFB Public Affairs, TRFB Public Affairs, photos courtesy of Justin Reinhardt and Throtl.



Evan Beckerman (left), Hull Technician 1st Class Justin Reinhardt (center), and Gary King Jr. (Right) stand in front of Reinhardt's car prior to the remodel.

Hull Technician 1st Class Justin Reinhardt, a Sailor assigned to Trident Refit Facility, Bangor, (TRFB) walks proudly around his 2012 MazdaSpeed3 on a beautiful day in Bremerton, Washington. He shares his aging pride and joy, his car, with Evan Beckerman, cofounder of Throtl, an online retailer for performance car and truck parts, and Gary King Jr., one of the hosts at Hoonigan, an automotive apparel and lifestyle brand.

Beckerman and King listen attentively as Reinhardt passionately describes his bond with his vehicle and his endeavors to tailor it to his lifestyle.

"I love this car," said Reinhardt. "My kids call it 'daddy's race car' and we love going on adventures in it together. I use this 'hot hatch' for all the things I used to use my truck for, and it does great!"

Like most car enthusiasts, Reinhardt dreamed of how he would renovate his car.

"As a dad, you know, my priorities aren't the car first," said Reinhardt. "It's my family first. So, it was going to take me a long time to do

what these guys will do in about a month!"

Reinhardt is the winner of the inaugural "Tactical Transformations" car makeover by Throtl. He was selected from a pool of over 4,000 active duty, reserve and veteran applicants to have his personal vehicle completely renovated and revealed to him at a ceremony Nov. 11, Veterans Day 2023, in San Diego.

"We are all indebted to the men and women of the military for all the sacrifices, and everything that they have done for us as a country," said Beckerman. "We have done several transformations for people within the automotive community, and we thought, what better, more deserving group than the military, whether it is active, reserve or veteran."

The selection was a long and arduous process.



Hull Technician 1st Class Justin Reinhardt, was selected from a pool of more than 4,000 active duty, reserve and veteran applicants to have his personal vehicle completely renovated.

"As you can imagine, after more than 4,000 submissions, it was really hard to dwindle it down to one winner," said King. "For Justin, it was the story. Justin's story was a story of redemption and his contributions to his country. Seeing him do better, and knowing he wants to continue to do better, sticks with all of us. His car and his story are just going to continue to make him a better person and we are excited to be part of that."

Beckerman, King and the sponsors felt that Reinhardt was the clear choice for the transformation.

"I put a lot of myself into the entry," said Reinhardt. "I think they chose me because I was genuine, because I was human."

In 2019, Reinhardt discovered an untimely heart condition which disqualified him from continued submarine service. The harmful coping choices he made in the face of stress and uncertainty led him to realize he had an alcohol problem. After realizing TRFB prioritizes Sailor welfare, he self-referred to the command Drug and Alcohol Program Advisor (DAPA) who set him up with the appointments and an introduction to the Substance Abuse and Rehabilitation Program (SARP) at the Naval hospital.

"It was the hardest decision for me to make, but it was the best decision for me to make," said Reinhardt. "When I came to TRFB and started in-processing, one of the briefs we got was from the DAPA. The DAPA's brief was passionate and was the final push I needed to seek help. It kept me alive. If I hadn't had access to the resources the Naval hospital provided, I wouldn't be here today."

What followed his self-referral was six weeks of intensive outpatient treatment followed by a year of continuous care. This care includes counseling sessions, understanding the science of addiction, and equipping Reinhardt with the tools he would need on his journey to

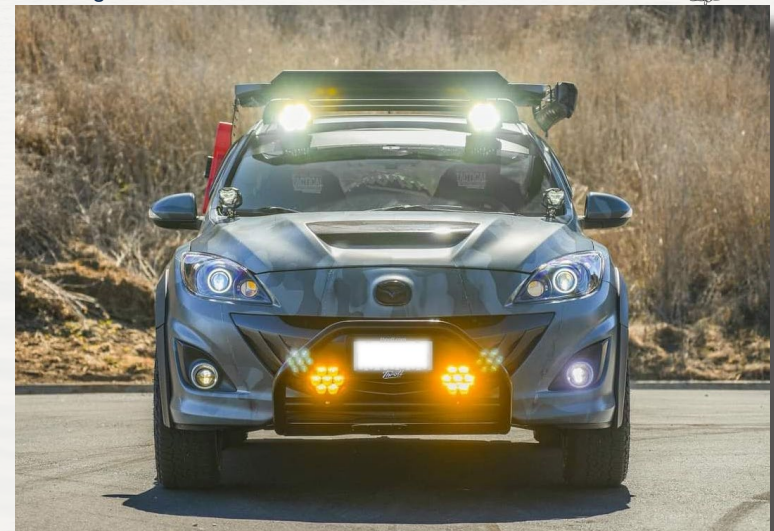
recovery.

Reinhardt decided to use his submission for the contest as an opportunity to tell his story of recovery and inform others of the resources available to Sailors and others alike.

"The car is awesome, but I don't need the car," said Reinhardt. "If I can help just one person have their hope restored, put their life back on track, I will be satisfied. I really think they selected me because by giving this gift to me and my family, perhaps they will give a gift to a lot of people out there who need to hear my message. If you find yourself in a place where you think you are alone, you are not. There is help."

If you or some you know is struggling with substance abuse, there are resources. Please contact your command DAPA or visit the Substance Abuse and Mental Health Services Administration website at [www.samhsa.gov](http://www.samhsa.gov).

SAMHSA's National Helpline, 1-800-662-HELP (4357), is a free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders. 🌿



Hull Technician 1st Class Justin Reinhardt, was selected from a pool of more than 4,000 active duty, reserve and veteran applicants to have his personal vehicle completely renovated.



# THROUGH THE LENS

U.S. Navy Photos by MC2 Adora Okafor, MC2 Sarah Christoph and John Wayne Liston, TRFB Public Affairs



U.S. Navy Capt. Michael Eberlein (left), commanding officer, TRFB, tours the Hazardous Materials Department (Hazmat) at TRFB during a Gemba.



John P. Coffey, general counsel, Department of the Navy, tours Delta Pier with local commanding officers.



Stormie Long (right), department head, business and maintenance management, TRFB, hugs fellow team members after a retirement ceremony celebrating her 25 years of civil service.



Machinist Mate (Nuclear) 1st Class Jake Feldman (right) takes the oath of enlistment administered by Chief Warrant Officer 4 Jason Senecal (left), quality assurance officer, TRFB.



U.S. Navy Capt. Michael Eberlein (left), commanding officer, TRFB, tours the Hazardous Materials Department (Hazmat) at TRFB during a Gemba.



TRFB team member, Bobbi Worden (left), receives a coin from TRFB commanding officer Michael Eberlein (right), during the 2023 Washington Women in Trades "Dream Big Dinner", Nov. 11, 2023, Shoreline Community College, Shoreline, Washington.



# THE TRFB IMPACT: TRFB TEAM MEMBER WINS INSTRUCTOR OF THE YEAR

Article by: MC2 Adora Okafor, photo by Lonnie Collier, TRFB Public Affairs and additional courtesy photos.

Traditionally, careers in trades and industrial environments such as manufacturing, construction, and engineering have been male-dominated. Women have been underrepresented in these sectors, both in blue-collar and white-collar roles. As women’s roles in the workforce continuously evolve, there are many initiatives and efforts to facilitate gender diversity in industrial fields. Programs like Women in Apprenticeship and Nontraditional Occupations (WANTO) and Washington Women in Trades help to expand and promote career paths that are less likely for women.

Bobbi Worden, a crane operator instructor at Trident Refit Facility, Bangor (TRFB), is not just an expert in her field, but can also be considered an inspiration for women in trades. This year, her dedication and excellence throughout her career have earned her the 2023 Washington Women in Trades: Instructor of the Year award. The Washington Women in Trades “Dream Big Dinner” awards program recognizes, celebrates, and validates the successes and challenges of working women, as well as students, advocates, and workplace leaders. Worden was recognized at the dinner, along with other leaders, on Nov. 11, 2023, at Shoreline Community College, Shoreline, Washington.

Worden’s journey into the world of crane operations

began after working in the childcare sector for 13 years. Reflecting on her decision to make the transition to government work, Worden said she sought a career path that was more stable and could offer her benefits. Both longevity and the possibility for retirement fueled her decision to explore a career in trades.

“I worked outside of the shipyard for 13 years at one specific job,” said Worden. “We didn’t have retirement, we didn’t have leave, we didn’t have things that would help me in my future. I was getting paid hourly; if I took a day off, I didn’t get paid.”

After looking into government work, Worden saw that Puget Sound Naval Shipyard (PSNS) had job openings for riggers. While she had no experience and knew very little about the job, she knew how to work hard. In 2007, Worden began working as a rigger at PSNS, and a year later was offered a position as a crane

operator. Her progression into crane operation was fueled by her desire to learn, work hard and mentor others.

“As a crane operator, I mentored a lot of new hires,” Worden shared. “I really enjoyed it. I loved it. I cared about my job, and I was very proud of being a crane operator, so I wanted to share that with new crane operators.”



Bobbi Worden poses with her family.



Bobbi Worden (right) poses with award at the Washington Women in Trades Awards.

This passion for mentorship led Worden to consider the role of an instructor, a transition she embraced with determination. While she admits that becoming an instructor was very different than mentoring her peers one-on-one, Worden embraced the new challenge of instructing, and has since helped more than one thousand students become qualified.

Amid her accomplishments in her professional journey, Worden says that her biggest accomplishment is being a great mom to her three children Drew (23), Elizabeth (19), and Jace (12). Worden credits her core support system and her supervisors at TRFB for allowing her to navigate the challenges of being a single mother and having a career.

“I have been very blessed to have this job, put two kids through college, and be there for all of their sporting events and everything,” said Worden. “I don’t like talking about myself. I don’t like saying I’m the greatest, but I am a good mom and I’m really proud of that.”

Worden has participated in many career fairs hosted by TRFB and WorkSource Washington, a statewide partnership of state, local and nonprofit agencies that provides employment and training services to job seekers and employers. In the future, Worden hopes to recruit more women into various roles at TRFB.

“Work here and see what a good place it can be for you and your future,” said Worden. “Hopefully I can inspire someone, even if it’s just one person, to come in and try something different and learn a trade. Everything here is on the job training. If you’ve never done this work before, they’re going to train you how to do it.”

TRFB supports the nation’s strategic deterrence mission by repairing, incrementally overhauling, and modernizing Pacific Fleet SSBNs during refits. To learn more about career opportunities, benefits, and hiring requirements at TRFB, please visit <https://www.navsea.navy.mil/Home/TRFB/Careers/>.



Bobbi Worden (center top) poses with the other awardees at the Washington Women in Trades Awards.



# BRAVO ZULU!

U.S. Navy Photos by John Wayne Liston, TRFB Public Affairs



Business Maintenance, Code 900, pose for a photo with U.S. Navy Capt. Michael Eberlein, commanding officer, TRFB, during an awards ceremony at TRFB.



Machinery Repairman 2nd Class John Jones (right) receives an award from U.S. Navy Capt. Michael Eberlein (left), commanding officer, TRFB.



Andrew McLendon (right) receives an award from U.S. Navy Capt. Michael Eberlein (left), commanding officer, TRFB.



Mass Communication Specialist 2nd Class Adora Okafor (left) receives an award from Lonnie Collier (right), public affairs officer, TRFB.



Francis Sanchez (right) receives an award from U.S. Navy Capt. Michael Eberlein (left), commanding officer, TRFB.



On August 3, 1990, President of the United States George H. W. Bush declared the month of November as National American Indian Heritage Month, also referred to as Native American Heritage Month. The bill read in part that "The President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities".

## Veterans Day

Veterans Day (originally known as Armistice Day) is a federal holiday in the United States observed annually on November 11, for honoring military veterans of the United States Armed Forces. It began, and now coincides with other holidays, including Armistice Day and Remembrance Day, which are commemorated in other countries, marking the anniversary of the end of World War I.

## Marine Corps Birthday

The United States Marine Corps Birthday is an American holiday celebrated every year on November 10 with a traditional ball and cake-cutting ceremony. On that day in 1775, the Continental Marines were established. Prior to 1921, Marines celebrated the recreation of the Corps on July 11 with little pomp or pageantry. On October 21, 1921, Major Edwin North McClellan, in charge of the Corps's fledgling historical section, sent a memorandum to Commandant John A. Lejeune, suggesting the Marines' original birthday of November 10 be declared a Marine Corps holiday to be celebrated throughout the Corps.

## Thanksgiving

Thanksgiving, celebrated on the fourth Thursday in November since 1941 due to federal legislation, has been an annual tradition in the United States by presidential proclamation since 1863 and by state legislation since the Founding Fathers of the United States. Traditionally, Thanksgiving has been a celebration of the blessings of the year, including the harvest.

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 0800-0900. 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.



# VETERANS DAY

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
SPACE FORCE  
COAST GUARD



NOVEMBER 11, 2023

HONORING ALL WHO HAVE SERVED

[WWW.VA.GOV](http://WWW.VA.GOV)

