



# Trident Refit Facility, Bangor Refit Review



September 2022

Volume 33, Issue 8

**DELTA PIER  
UPDATES** Bringing  
TRFB  
into the  
Modern Era

**+PLUS**

**SUICIDE  
PREVENTION  
SEPTEMBER**

**&**

**REMEMBERING  
SEPTEMBER 11, 2001**



# CONTENTS

On the  
Cover:  
pg.4  
TRFB/  
DELTA  
PIER  
UPDATES



pg.3 Captain's  
Corner

pg.5 Safety  
Bulletin

pg.6 Through  
the Lens

pg.8 Suicide  
Prevention  
September

pg.10 BZs and  
Observances

## 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.....Ms. Kristin L. Carver

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.



Public Affairs Specialist .....Mr. Michael Hatfield  
Public Affairs Specialist .....Mr. Nicholas Scott  
Mass Communication Specialist 2nd Class Adora Okafor  
Mass Communication Specialist 2nd Class Sarah Christoph

# CAPTAIN'S CORNER

## Team TRF Bangor,

With Labor Day now in the rear view mirror, summer is almost over and the end of 2022 is in sight. Looking forward to 2023 and beyond I want to emphasize the pivotal role this command has to the defense of our Nation and its allies. TRFs are unique within the Navy's maintenance enterprise, and as the only TRF on the West Coast, Bangor's critical role continues to grow in importance as we face modernizing, near peer competitors in the Pacific.

The upcoming decade will be an important one for the Navy and for the submarine community, with numerous significant investments required to support the COLUMBIA class SSBN program to provide the next 60 years of strategic deterrence. TRF Bangor will prepare for COLUMBIA while continuing to maintain the OHIO class operational as a reliable, credible strategic deterrent. This job will not get easier as the fleet ages, but I am truly impressed by the dedication and skill the team has displayed meeting today's challenges.

Admiral Mike Gilday, the Chief of Naval Operations, outlined these challenges and opportunities in his 2022 "Navigation Plan", which noted that "the ultimate backstop of integrated deterrence is a secure and reliable strategic nuclear deterrent. Our Navy operates and maintains the most survivable leg of the Nation's nuclear triad, representing approximately 70% of America's deployed nuclear arsenal." The majority of this force is and will likely remain in Bangor, and its credibility requires the ships to deploy on schedule – they cannot accomplish their mission in port.

To keep delivering deterrence into the future, TRF will continue to focus on the areas outlined in the 2021-2024 strategic plan: improving SSBN availability performance, making our command the most desirable place to work, and shaping the future of SSBN maintenance. To accomplish this, we cannot rely on past performance and must follow the CNO's call to "get real, get better" through ruthless self-assessment, deliberate self-correction, and a consistent learning mindset.

Ultimately it is the people of TRF, in partnership with the fleet, SWFPAC, NAVSEA and the SSP enterprise, and all of the strategic stakeholders, who will ensure we meet our mission now and in the



future. We owe it to our uniformed and civilian personnel to create an ecosystem that recruits and retains a diverse and talented workforce, educates them to out think our adversaries, trains them to work with new technology, and provides them with the resources to prevail in competition, crisis, and conflict. Our job over the next decade will not get any easier, and we can only meet the challenge by keeping our best team on the field; then (and only then) will the numerous projects for future deterrence reach their full value.

It has truly been a privilege being part of the TRF team for the last two months, and I cannot overstate how impressed I have been by your dedication and accomplishments. I look forward to continuing to work with you as we make the best maintenance facility in the Navy better.

V/R,

CAPT Mike Eberlein  
Commanding Officer  
Trident Refit Facility Bangor



## TRFB-TRFKB Forward Together

Members of Trident Refit Facility, Bangor (TRFB) and Trident Refit Facility, Kings Bay (TRFKB) pose for a photo at TRFB. TRFB supports the nation's strategic deterrence mission by repairing, incrementally overhauling, and modernizing Pacific Fleet strategic ballistic missile submarines during refits. (U.S. Navy photo by Mass Communication Specialist 2nd Class Sarah Christoph/Released)



# BRINGING TRFB INTO THE MODERN ERA

Article by Nick Scott, Infographic by MC2 Sarah Christoph, TRFB Public Affairs

Trident Refit Facility, Bangor (TRFB), in partnership with Puget Sound Naval Shipyard (PSNS), continues to modernize Delta Pier at Naval Base Kitsap (NBK) under the Infrastructure Strategic Planning and Modernization plan laid out by TRFB throughout fiscal year 2022 and beyond.

According to TRFB, the project's goal is to bring Delta Pier facilities into the modern era while improving both regular working conditions and safety.

Fiscal Year 2021 and 2022 projects include new water fountains with bottle fillers, updates and modifications to HVAC system in order to improve cooling and heating in building 7450, bathroom repair and updates throughout Delta Pier, new flooring on mezzanines, and various walkway, stairwell and in-ground crosswalk updates for easier transit around Delta Pier and its buildings.

Future slated projects are an installed rain shelter for team members waiting on vehicles at the WRA security check point, re-pavement of Delta Pier to repair uneven traveling surfaces, reconfiguration of workspaces in building 7450 in order to optimize administrative spaces and a dry dock cover to provide additional layout capacity.

Other improvements include improvement of services such as janitorial services to increase hygiene and cleanliness in bathrooms and other shared spaces and a falconer for seagull abatement to reduce bird excrement at Delta Pier.

Current estimates of all projects combined total to nearly \$11M dollars.

Though many of these projects were and are scheduled from fiscal year 2021 to fiscal year 2024, there is no official end date as many projects are ongoing.

"There will always be projects as we are mandated to perform facility maintenance to ensure TRF's Mission is successful," said Daniel Stoneburner, a Facilities Planning and Maintenance employee for PSNS representing TRFB.

Stoneburner said that safety is the primary concern when

planning out these projects and when they are to be scheduled.

"All of the projects are vetted through TRF Leadership based on urgency of need," said Stoneburner. "If I were to rate the projects, the first concern would be life safety, second is the mission, third is facility maintenance and last would be tenant Improvement."

According to Stoneburner, improvements such as lighted crosswalks will improve safety conditions immediately when installed for team members transiting Delta Pier in low-light conditions.

"Senior leaders are engaged and genuinely interested in the execution of these quality of life projects on Delta Pier," said Hayley Keolanui-Bradshaw, a Facilities Planning and Maintenance employee for PSNS representing TRFB.


"These types of projects increase the likelihood of safely tending to our personnel while reducing the risk to mission readiness," said Keolanui-Bradshaw.

"Any and all of the projects conducted at Delta Pier are extremely challenging due to the relatively small area and the need to temporarily displace personnel and equipment while still maintaining mission objectives," said Stoneburner.


"TRF leadership, building managers and personnel are extremely receptive and very helpful when the challenge is put forth to them to ensure mission capabilities are not impacted during disruptions of projects," Stoneburner continued. "If it weren't for the incredible personnel down there that make all that happen, the Facility Maintenance Program would fail."

TRIDENT REFIT FACILITY, BANGOR


QUALITY OF LIFE PROJECTS




HEATING AND COOLING  
UPGRADED




FALCONER HIRED TO  
PREVENT SEAGULL WASTE




FLOORING REPLACEMENTS  
MADE




JANITORIAL SERVICES  
UPGRADED




IN-GROUND CROSSWALKS  
INSTALLED




PORTABLE RAIN/DRY-DOCK  
COVERS INSTALLED




REPAIR AND REPAVE OF  
DELTA PIER




REPAIR AND UPGRADE OF  
STAIRWELLS



REPAIR AND UPGRADE OF  
RESTROOMS



UPGRADES OF ROOMS AND  
COMMON SPACES



BOTTLE FILLING /WATER  
FOUNTAINS INSTALLED



## Code 08 Safety Briefing

September 2022  
Topic: **Confined Space  
Familiarization**

### Code 08 Contacts

Joe Maute  
OSH Director  
(360) 315-1030

Mike Wright  
Division Head, Monitoring/  
Surveillance  
(360) 315-1791

Eric Carlson  
Division Head, Technical  
Programs  
(360) 315-2966

Code 08 B7000  
Jeremy Dowlearn  
(360) 315-1408

Clarence Rushing  
(360) 315-1279

Code 08 Delta Pier  
Dennis Williams, GFE  
(360) 315-1296

Ryan Mills, GFE-IT  
(360) 315-1296

Kelly Flynn, GFE-IT  
(360) 315-1296

# SAFETY FIRST

Confined Space Program  
Familiarization:  
What you don't know will hurt you

What is a Confined Space?

A confined space is a space large enough and configured in a manner that a worker may enter to work and that:

- Has limited or restricted means of entry or exit.
- Lacks natural ventilation.
- May contain or produce contaminants or have an oxygen deficient or enriched environment.
- Is not intended for continuous personnel occupancy.

The Confined Space Program also includes poorly ventilated enclosed spaces and voids and hollow structures.

Requirements to enter a Confined Space: You must be trained and successfully pass the Confined Space Awareness Training (PS-S9041) and this training must be current per ATMS.

This training is the same for TRF Bangor employees, Military Officers and Enlisted assigned to TRF Bangor, and Forces Afloat prior to entering confined spaces while at TRFB.

Additionally, prior to entering spaces internal to the boats stop by MOC (Maintenance Operations Center), ensure the Tank Entry WAF is open, your shop and job is listed on the TWD Record

Sheet, and you have SDO's permission to enter tank.

For External spaces the tank coordinators (Code 350TC) commonly request 24 hour permissions from the SDO. To find out if this has been completed stop by MOC, or contact the Code 350 Tank Coordinators.

Examples of areas governed by the Confined Space Program:

- Voids
- Tanks
- Stanchions
- Battery Well
- Missile Tubes
- Topedo Tubes
- Reactor Compartment

Read and Understand the Certificate Prior to Entering:

Entrants must review the following information each time prior to entering the space the certificate is posted on:

- Submarine
- Compartment/Space
- Expiration Date and Time
- Is the space Safe for Entry?
- Is the space Safe for Hot Work?
- Is any Specific work authorized?
- Requirements for Work Permitted (e.g., ventilation, respirator, fire watch)
- Remarks (Note: If bringing any hazardous material into the space, is it listed and permitted)
- Number of accesses

If any of the information on the certificate is wrong, conflicting, or doesn't make sense, do NOT enter the space, and contact 25D or the Code 08 confined space program staff.



## September is Suicide Prevention Awareness Month

Helping others who may be in crisis can make a difference.

- Talk about the situation as openly as possible. Tell the person that you don't want them to die or to harm another person.
- Show understanding and compassion. Don't argue with the person or deny their feelings.
- Contact the National Suicide Prevention Lifeline (NSPL) at 988 via call or text.

Call your DON CEAP at 1-844-DON-CEAP (TTY 711) or visit [MagellanAscend.com](https://www.MagellanAscend.com) for helpful resources.

Magellan  
HEALTHCARE.

For questions concerning the Confined Space Program, please contact Dennis Williams, Ryan Mills, or Kelly Flynn at (360) 315-1296



# THROUGH THE LENS

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



The TRFB color guard parades the colors during the National Anthem at TRFB's Family and Friends Day.



Command Master Chief Chase M. Krause (far left), command master chief, TRFB, Cmdr. Zachary D. Harry (center-left), executive officer, TRFB, and Ed Ingles, executive director, TRFB, listen as Chris Baldwin (right), Code 310 department head, TRFB, discusses shop productivity for Shop 57A, also known as the insulator shop. Shop 57A provides insulation and lagging on submarines.



Family and friends of a TRFB team member learn about Navy dive helmets during TRFB's Family and Friends Day.



TRFB team members assigned to shop 51R (Rubber and Plastics) pose in front of a model of Delta Pier during TRFB's Family and Friends Day. The model was created by 51R using three dimensional printing.



The Deputy Assistant Secretary of the Navy for Sustainment, Erica Plath, tours TRFB's electrical shop during a visit to better understand how TRFB is modernizing its facilities and processes in preparation for the delivery of the Columbia-class ballistic missile submarine (SSBN).



TRFB team member poses for a photo with his family during TRFB's Family and Friends Day. Family and Friends Day gives TRFB team members an opportunity to bond with each other and their families.





Article and Graphics by:  
MC2 Sarah Christoph, TRFB Public Affairs  
Additional Photo courtesy of:  
MC3 Alana Langdon

# SUICIDE PREVENTION SEPTEMBER

You feel trapped. Surrounded by walls of loose sand with incomprehensible height. It's dark, and you want nothing more than to get out of the depths. You dig your fingers deeply into the cold sand, attempting to pull yourself up and out of the mess. The grains gently fall over your hands, down your arms, and to your feet. There is no leverage. It is hard to muster more energy. You feel deep in your gut that one day the sand walls will collapse.

These feelings may be difficult to cope with, but don't lose hope.

"We are here to pull you out of the darkness," said MM1 Heinks, a suicide prevention coordinator at Trident Refit Facility, Bangor (TRFB). "Sometimes it takes a team to heal."

TRFB provides Sailors and civilians who are struggling with suicidality a hand to help pull them out of hardship.

"We have multiple Sailors, including myself, who are coordinators in the

Suicide Prevention Program at TRFB," said Heinks. "The program helps Sailors at risk of suicide. Civilians who are struggling with suicidality have access to the Department of the Navy Civilian Employee Assistance Program (DONCEAP) instead of the Suicide Prevention Program. But, of course, if a civilian were to come to me asking for help, I would never turn them down. I would help them contact the DONCEAP. I encourage everyone to direct those in need to the right path."

According to a news release by the Navy Sailor Assistance and Intercept for Life (SAIL), an intervention program for Sailors at risk of suicide, suicide is one of the Navy's top three causes of death annually. A small act of kindness could have an impact on this statistic.

"The last command I was at had three suicides in a two week period," said Heinks. "One of those suicides was my chief. It really hit home with me. So when I got to TRFB I became more involved with the Navy's

Protective Factors are resources and aspects of life that promote healthy stress navigation and good coping skills. They can be personal, external or environmental. Protective factors against suicide include:

- Strong sense of community
- Belonging, purpose and fulfillment
- Strong connections with family and friends
- Spirituality
- Good problem solving and coping skills
- Access to health care
- Reduced access to lethal means of suicide

Suicide Prevention Program. I feel if I can help someone who is struggling in some way, even just giving them someone to talk to for a little bit, I feel like I am doing something helpful. It's always a good feeling when you see your actions making a difference in someone's life."

Making connections with people can help you recognize suicidal risk factors. These risk factors include events that may lead an individual to feel hopeless, and filled with despair. Being aware of these risk factors can help save a life.

"We do a lot of preventive work," said Heinks. "Anytime someone is going through a stressful period, such as financial or disciplinary issues, they are encouraged to reach out for mental health help. We make sure to give them resources so they know how they can manage that stress. This prevents a lot of possible mental health issues. If they haven't hit that dark period yet, we can be there to make sure they never do."

A few may slip through the cracks when it comes to recognizing risk factors. When this happens, it is important to recognize warning signs of suicide. Warning signs are behaviors that indicate an immediate risk of suicide. Some of these behaviors include ideation, substance abuse, anger, and withdrawal.

"A lot of people tend to close themselves off and avoid help," said Heinks. "Withdrawing from others is common for someone who is suicidal. The signs need to be recognized by others in order to help. We have had people turn around once we see the warning signs and then helped them. When people realize they have a supportive network and resources, it really encourages them to get better. They end up feeling like they can see a positive future."

A positive future is something we all can work toward. When in a time of darkness, remember the helping hands. TRFB's Suicide Prevention Program and DONCEAP will always be there for you. When presented with a supportive grip that will pull you out of the darkness, reach back and hold on tight. 🙌



Risk factors for suicide are complex but consist of a chain of events leading an individual to feel anguish and hopelessness, with the capacity to be lethal (due in part to impacted judgment and access to means).

Risk factors may include:

- Disruption in primary relationship
- Loss of status
- Feelings of rejection or abandonment
- Increased substance use or abuse
- Pending legal or disciplinary action
- Transition periods (permanent change of station (PCS) move, geobachelor, separation or retirement)

Are you or someone you know on a path to suicide? Know the warning signs.

**YOU DON'T HAVE TO SEE EVERY SIGN TO ACT.**

**I S**  
Ideation Substance Misuse

**P A T H**  
Purposelessness Anxiety Trapped Hopelessness

**W A R M**  
Withdrawal Anger Recklessness Mood Change

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)

Project 1 Small ACT



# BRAVO ZULU!

# OBSERVANCES

## PROMOTIONS:

Curtis Baldwin  
Trenton Binford  
Thomas Brady  
Sheryl Bratcher  
Rachelle Bumgaardner  
Swey Dean  
Ethan Diego  
Daniel Hall  
Elizabeth Higdon  
Joshua Kelly  
Sharon Laboy  
Joshua Longfellow  
Thomas Madden  
Mauricio Matamonis  
Bryan McAfee  
Domenick Miller  
Zachary Nelson  
Austin Nolder  
Karl Otto  
Michael Patterson  
Matthew Raymond  
Tara Rose  
Jason Sanders  
Eduardo Santana  
Vincent Soiles  
Joshua Solada  
Brian Williamson



U.S. Navy Capt. Michael D. Eberlein, commanding officer, TRFB, presents Melissa L. Van Datta, shop 67G work lead, with a certificate of achievement for the completion of the TRFB Leadership Development Program. The TRFB Leadership Development Program provides extensive training encompassing fleet maintenance functions for current and future leaders at the command. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Adora Okafor/Released)



U.S. Navy Capt. Michael D. Eberlein, commanding officer, TRFB, presents Nicholas D. Allen, shop 35A supervisor, with a certificate of achievement for the completion of the TRFB Leadership Development Program. The TRFB Leadership Development Program provides extensive training encompassing fleet maintenance functions for current and future leaders at the command. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Adora Okafor/Released)



U.S. Navy Capt. Michael D. Eberlein, commanding officer, TRFB, presents Ryan M. Pont, shop 38C mechanic, with a certificate of achievement for the completion of the TRFB Leadership Development Program. The TRFB Leadership Development Program provides extensive training encompassing fleet maintenance functions for current and future leaders at the command. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Adora Okafor/Released)



## Patriot Day

In the immediate aftermath of the attacks, carried out by terrorists from Al-Qaeda, President George W. Bush proclaimed Friday, September 14, 2001, as a National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. A bill to make September 11 a national day of mourning was introduced in the U.S. House on October 25, 2001, by Rep. Vito Fossella with 22 co-sponsors. The result was the resolution to proclaim September 11, 2002, as the first Patriot Day.

## National Preparedness Month

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. In 2021, FEMA's Ready Campaign and the Ad Council broke ground by producing the first-ever national preparedness campaign.

## National POW/MIA Recognition Day

In the United States, the third Friday in September honors National POW/MIA Recognition Day. In 2022, it falls on September 16. Each year since 1989, a presidential proclamation brings the nation together to remember and honor the members of the Armed Forces who remain missing in action or are prisoners of war.

## Labor Day

Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.

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.





**Magellan**  
HEALTHCARE®

# Suicide Risk: Awareness and Prevention



Learning how to spot warning signs and get help for someone at risk for suicide is vital. Register for this live webinar on Wednesday, September 14 at 1:00 pm CT to:

- Recognize the warning signs of potential suicide.
- Learn how to speak to someone about suicide concerns.
- Identify available resources and how to get help for someone at risk.

Call your DON CEAP at 1-844-DON-CEAP (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.