



SALUTE

May 2, 2019
Vol. XI No. 9

Puget Sound Naval Shipyard & Intermediate Maintenance Facility



Detachment Everett USS Sampson SRA finishes ahead of schedule

Story on Page 3



Armed Forces Day spotlights our Sailors

Team PSNS & IMF,

Each year on Armed Forces Day, the local community turns out in force to pay tribute to the men and women in uniform who defend America. Now in its 72nd year, the Bremerton's Armed Forces Day Parade is widely regarded as the largest and longest-running Armed Forces Day parade in the nation. Our neighbors in the Kitsap region come out by the thousands for this and other events in the area, all intended to say a hearty thanks to our service members.

The vast majority of our workforce are civilians. I've written in this space many times that civilian service in the shipyard is more than just a job; we are a critical part of our nation's defense infrastructure, and what we do directly supports the mission of our Navy and our national security. But the way in which our civilian teammates serve is very different from the service of our uniformed members, and I'd like to take this opportunity to shine a light on our Sailors as Armed Forces Day approaches.

Many Americans who've never served in uniform may never fully grasp the demands that Navy service places on Sailors and their families. Packing up and moving every couple of years; missed birthdays, anniversaries and holidays; long days and nights of training while in port; long weeks or months of operations and training while at sea—these are sacrifices that those who haven't served in uniform will never fully understand. Most important, our Sailors make these sacrifices knowing that—at any time, without warning—they could be placed in harm's way to defend the nation. I know that each of you are well aware, are appreciative of their service and again, should be equally proud of you and your family's sacrifices and service to our Nation.

More than 6,000 of our employees have served in uniform before joining our team and we honor their service each year on Veteran's Day. But Armed Forces Day honors

service members like our PSNS & IMF Sailor of the Year, Navy Diver First Class Jason L. Peters. Peters, a standout performer in our Detachment Everett, has supervised almost 65 hours of ship husbandry repairs in support of 22 maintenance availabilities. In addition, as deck boss for master diver prescreening, he led 27 divers from six commands in executing 50 complex emergency procedure drills for 10 master diver candidates. He's been instrumental in supporting six destroyers, two Coast Guard cutters and Naval Station Everett.

And Armed Forces Day celebrates the service of Sailors like the Detachment Everett's Interior Communications Electrician Second Class Ashley L. Johnson, our Junior Sailor of the Year. Johnson led 27 Sailors in execution of 168 work packages that were critical to completion of nine availabilities on five destroyers. She also contributed 382 hours of victim advocate support for 12 Naval Station Everett tenant commands. You can read more about her on page 5.

We are deeply proud of these two Sailors, and it was my special privilege to recognize both of them at our Employee of the Year ceremony. They are tremendous examples of the outstanding young men and women serving in today's Navy in our shipyard, and we are lucky to have them all.

This Armed Forces Day, take a moment to say thanks to the Sailors in our command, as well as those assigned to the ships we serve and the installations we share. They're the reason we do what we do, and we can never forget that.

To the Sailors assigned in our command, thank you for your willingness to serve and the remarkable quality of your service. I'm proud to be your commander. And, to the rest of our team, thanks for your service performing the important work of maintaining, modernizing and retiring the fleet.

Captain Howard Markle
Commander, PSNS & IMF

On the cover

USS Sampson (DDG 102) at Naval Station Everett (PSNS & IMF photo by Scott Hansen)

PSNS & IMF is on a **mission** to maintain, modernize and retire our Navy's fleet.

Detachment Everett completes USS Sampson work ahead of schedule

Daryl Richey, Code 451, Project Manager USS Sampson (DDG 102) was returned to the fleet one day ahead of schedule thanks to the teamwork of Puget Sound Naval Shipyard & Intermediate Maintenance Facility Detachment Everett, Vigor Marine and ship's force. This was despite the project facing numerous scheduling challenges.

"Planning and teamwork were instrumental," said Cmdr. Mark Schuchmann, PSNS & IMF Detachment Everett officer in charge. "All the stakeholders came together shortly after contract award to review the schedule and identify areas of concern."

Their continuous dialogue and teamwork throughout the availability

was evident as they were able to "aggressively resolve issues as they came up in order to maintain the schedule," Schuchman said.

Major work for the Drydocking Selected Restricted Availability included port and starboard shafting, controllable pitch propeller systems resets, structural repairs and preservation of 59 tanks and voids among many other projects. In addition, the team completed refurbishment of three crew complexes and installed new scullery equipment.

"The focus on the mission and culture of open discussion between the government project team, private industry partners and ship's force was a key factor in addressing and overcoming

a number of major challenges that came up during the availability," said Chris Corley, PSNS & IMF Detachment Everett director of waterfront operations. "(This) allowed the team to complete highly successful and on time sea trials and to deliver the mission-ready ship back to the fleet one day early and on budget."

The impressive work done by the project team earned accolades including a Bravo Zulu from U.S. Pacific Fleet.

"CNO availabilities are foundational to readiness and our ability to win the high-end fight," said Adm. John C. Aquilino, commander, U.S. Pacific Fleet. "Congratulations to the entire northwest team on a job well done."



"This win is a direct result of the teamwork and professionalism on the part of the crew and Northwest Regional Maintenance Center project management. Successful Chief of Naval Operations availabilities are foundational to readiness and our ability to win the high-end fight and they have my full attention. Congratulations to the entire northwest team on a job well done in achieving two wins in a row and I look forward to a third with the upcoming USS Momsen availability."

Admiral John C. Aquilino
Commander, U.S. Pacific Fleet

USS Sampson (DDG 102) sits piersonside April 19 at Naval Station Everett. (PSNS & IMF photo by Scott Hansen)

SALUTE

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Building standard work methods is a recipe for success

Tom Real, Code 100PI Master Black Belt

An article on page 7 of the March 7, 2019, issue of Salute identified standard work as documentation of the current best sequence and methods for consistently achieving safety, productivity and quality. Through standard work we create the baseline for future process improvements.

Well, how do you get there? That is, how do you build standard work? It's similar to a recipe. When you read a recipe, it provides steps, the tools and materials needed, and tips and things to check along the way. The same goes for standard work. Also, who hasn't improved upon a recipe to make it better? And who doesn't like pictures that show how the steps are supposed to look? All those pieces make up this document, the recipe for how to do the work.

Where standard work begins

Creating standard work first starts with those who do the work, the subject matter experts. Think of it as capturing their knowledge and ability to be shared with others. It is important for the people doing the work to have ownership in the documentation process. This is done by engaging others in the process, empowering them to test steps and improvements in a "safe to fail" environment. Standard work is a living document. Using it as it is intended and documenting all improvements will keep the command's efforts of increasing efficiency moving forward, delivering the ships back to the fleet on time, every time—if not sooner. You will create a consistent method ensuring everyone is performing the work the same way. Without standard work, all improvements roll back with time. The tendency will be to go back to what you knew.

Product Book library

The command has been documenting and creating a library of standard work that can be found in the Product Book accessed from the SharePoint homepage under "Other Links." When in the Product Book, click on the "Help" tab in the upper right corner and select "Standard Work Document" for directions. The document contains the purpose of standard work, definitions and the procedure for documenting your process. In addition, a document entitled "The Overview Of The Five Elements Of Standard Work" can also

be found under the "Help" tab. You can find more information on the basics of standard work and some helpful tools to share with teammates on the Code 1000 product line SharePoint page.

Can standard work benefit you?

There are still processes yet to be documented. Take a moment to think about your areas of responsibility and how standard work can benefit you and your team. Use POEM to remember

what makes up standard work (Process, Operator, Equipment and Material).

Standard work is the most powerful tool for process improvement. Everyone in the organization needs to support the command's standard work initiative by fulfilling their roles and responsibilities, at all levels. Remember, even if you don't work in a shop or on a project, you can apply standard work to your job—it can define any process.

STANDARD WORK
To support the non-stop execution of work.

Standard work is: Think POEM

- Process**
The steps of the task, start to finish, in the right sequence at the right time.
- Operator**
The knowledge, skills, and abilities needed to start, execute and complete the job.
- Equipment**
The necessary tools, machines and infrastructure needed to start, execute and complete the job.
- Material**
The necessary parts and consumables needed to start, execute and complete the job.

The benefits are:

- » Clarifies the process
- » Documents the best way to do a job
- » Ensures operating consistency
- » Expedites employee training
- » Provides the baseline for improvement
- » Results in injury reduction
- » Predictability in schedule

Safety . Quality . Efficiency . Cost . Schedule

Meeting the mission

New people, places, experiences equals best Navy job

PSNS & IMF Public Affairs

Interior Communications Electrician 2nd Class Ashley Johnson is assigned to Puget Sound Naval Shipyard & Intermediate Maintenance Facility Detachment Everett's Shop 51, Electrical, Shop 52, Calibration Laboratory and Shop 06, Tool Issue. She's been in the U.S. Navy for eight years and is the PSNS & IMF 2018 Junior Sailor of the Year. She's been assigned to Detachment Everett for one and a half years.

What appealed to you about the Navy?

Following in my grandfather's footsteps, who was a boatswain's mate senior chief with 40 years of service from 1942 to 1982 and getting to see more than what my small town in West Virginia had to offer, all while serving for something greater than myself.

Briefly describe the job you do

Since I have been here, I have worked between two different shops, (calibration lab and electric shop). For my first year I worked with the electrician's mates, learning skills outside my rate, which was an awesome experience. I then went to the calibration lab where I learned to calibrate in the area of torque but, since our calibration lab is now closed due to construction, we process equipment from the ships and several tenant commands over to Bremerton in a timely manner to be calibrated and then returned for issue to the customer. Now that I am efficient in both shops within my

division, I work wherever I am needed for the day depending upon production needs.

What is the best part of your Navy experience?

Getting to work with a huge team that is focused on the same goal and working together to accomplish them. I also love getting to experience new places and meet new people, whether its foreign countries on deployment or moving to a new state and seeing things that I had never even dreamed of seeing.

Is there a specific experience that showcases how you feel when something good is accomplished through team effort?

I think every job that I can be a part of, in which I and my team can work together to solve a problem is rewarding, no matter how big or small. Anytime anyone from my division gets recognized, whether it's a Bravo Zulu, Sailor of the Quarter, Junior Sailor of the Year, or even advanced.

Anything else you'd like to share?

I don't feel like I did any one thing that was extraordinary! I only come to work to do my best and I try to keep a positive attitude and a smile on my face. Everyone has their bad days but no one likes to work with someone with a negative attitude.

Detachment Everett Junior Sailor of the Year

Interior Communications Electrician 2nd Class Ashley Johnson was selected as the 2018 Puget Sound Naval Shipyard & Intermediate Maintenance Facility Junior Sailor of the Year.

Johnson was recognized during the PSNS & IMF Employee of the Year Ceremony held April 10 at the Admiral Theatre in Bremerton.

Interior Communications Electrician 2nd Class Ashley Johnson builds a piece of conduit—used to protect electrical cables at PSNS & IMF Detachment Everett, April 19. (PSNS & IMF photo by Scott Hansen)



Nation's longest running Armed Forces Day Parade still going strong

Silvia Klatman, PSNS & IMF Public Affairs

First celebrated on May 20, 1950, Armed Forces Day was created by President Harry S. Truman as a way to show solidarity of the newly-formed Department of Defense. Since every branch of the military had its own anniversary or birthdate they recognized, the idea was to have a single day to celebrate those defending our nation whether on land, seas or skies.

Showing the nation that all of the services were "Teamed for Defense," the first Armed Forces Day was also used to broaden understanding of and appreciation for the work of uniformed personnel. Open houses, equipment demonstrations and parades were held throughout the country so the general public could see the state-of-the-art technology being used and meet the men and women serving.

Although Armed Forces Day became a national observance in 1950, local lore is that Bremerton actually began celebrating two years earlier in 1948. With the establishment of Armed Forces Day, the shipyard partnered with community volunteers to help organize the parade—which formed inside the shipyard gates—and hosted public tours of shops and vessels. Businesses held window decorating contests, civic organizations hosted galas and thousands of residents participated in events to learn more about the military.

Many communities held events in the years immediately following the establishment of Armed Forces Day, however, most of these commemorations faded away over the years. Bremerton is one of a small number of communities that continued marking the third Saturday of May with festivities and takes pride in its reputation as a welcoming place for military personnel and their families.

For many years, Medal Of Honor recipient Sgt. John "Bud" Hawk led the parade. Hawk was recognized for his heroic actions in Germany during World War II and went on to graduate from the University of Washington before launching a career in education. A humble man, many of his students and their parents weren't even aware that he had earned the nation's highest honor.

The elementary school near Naval Base Kitsap's Jackson Park housing area is named after him.

Bremerton's parade is now known as the nation's largest and longest-running Armed Forces Day Parade annually attracting 20,000 to 30,000 spectators to view the 150 marching units, bands, vehicles and floats. This year's parade, led by Adm. James "Frank" Caldwell, Jr., director, Naval Nuclear Propulsion Program, starts at 10 a.m. on May

18 in downtown Bremerton and is the highlight of numerous festivities including a military culinary arts competition, scholarship program, golf tournament and interfaith patriotic concert.

For a complete list of Armed Forces Festival activities, visit www.bremertonchamber.org or contact the Bremerton Chamber of Commerce at 360.479.3579 or chamber@bremertonchamber.org.



Color guard flag detail march in the 2018 Armed Forces Day Parade, May 19, downtown Bremerton. (Photo by MC2 Jacob G Sisco)

Page 3 from the May 22, 1953, issue of Salute.

PSNS & IMF pay tribute to the armed forces with the May 9, 2002, issue of Salute.

A R M E D FORCES

FESTIVAL EVENTS

Saturday, May 4
Armed Forces Festival Military Culinary Arts Competition
10 a.m. - 2 p.m.

Olympic College Student Center, Bremerton
Culinary specialists battle for top honors in cake decorating, hors d'oeuvres and other categories. After judging, the fruits of their labors can be enjoyed by attendees. (free event)

Wednesday, May 8
Bremerton Central Lions Club Foundation Armed Forces Ambassadors' Scholarship Program
6:30 p.m. - 9 p.m.
Olympic College Instruction Center
1600 Chester, Building 7, Bremerton

Patriotic scholarship competition featuring five outstanding Kitsap students. (free event)

Armed Forces Day - Saturday, May 18
Bremerton Central Lions Club Pancake Breakfast
7 a.m.
downtown Bremerton (prices vary)

72nd Annual Armed Forces Day Parade
10 a.m. - noon
downtown Bremerton

The nation's largest and longest-running Armed Forces Day Parade, features dozens of military units, marching bands, big rigs and more.

Armed Forces Festival Heroes' Barbecue
11 a.m. - 2 p.m.
Fourth & Pacific, Bremerton

Active duty personnel, reservists, retirees and dependents can enjoy a free hot dog, chips and beverage.

Armed Forces Festival Street Fair
noon - 7 p.m.
Fourth Street (between Pacific & Washington)
Event features a variety of booths and live music.

Navy League Armed Forces Day Gala
6 - 10 p.m.
Admiral Theater
Keynote speaker: Adm. James F. Caldwell, Jr., Director, Naval Nuclear Propulsion Program (\$65 per person)

For information about any Armed Forces Festival activity, visit bremertonchamber.org or contact the Bremerton Chamber of Commerce at 360.479.3579 or chamber@bremertonchamber.org.

Command, schools commemorate Earth Day

PSNS & IMF Public Affairs

Capt. Kenneth Shepard, Puget Sound Naval Shipyard & Intermediate Maintenance Facility, Code 900 production resources officer, participated in the annual Earth Day planting event at the shipyard's partner school, Naval Avenue Early Learning Center Academy on April 24.

Shepard and volunteers from the command's Naval Civilian Managers Association greeted students outside the school and explained why it is important to honor Earth Day and described some ways the command recycles. Planting flowers with these students is one event the NCMA members look forward to every year as part of their environmental stewardship.



Students from Naval Avenue Early Learning Center plant flowers for Earth Day with the assistance of Capt. Kenneth Shepard, Puget Sound Naval Shipyard & Intermediate Maintenance Facility production resources officer. (PSNS & IMF photo by Robin Lee)



Students from Naval Avenue Early Learning Center plant flowers for Earth Day with the assistance of Walter Channell, a volunteer from the command's Naval Civilian Managers Association. (PSNS & IMF photo by Robin Lee)



A student from Naval Avenue Early Learning Center plants flowers for Earth Day with the assistance of Shane Hall, a volunteer from the command's Naval Civilian Managers Association. (PSNS & IMF photo by Robin Lee)



To view additional Earth Day photos and other command images go to the PSNS & IMF Flickr page.



A student from Naval Avenue Early Learning Center smells flowers about to be planted for Earth Day. (PSNS & IMF photo by Robin Lee)

Teammates observe Earth Day with lunchtime cleanup walk

Michael Skaar, Environmental Office

In honor of Earth Day, April 22, teammates from the command took a few moments during lunchtime April 24 for a spring cleanup around the command.

Their efforts provided the entire shipyard team a moment to reflect on the impact each person makes on the environment—and to improve our efforts to keep our work environment clean.

Thanks to the efforts of those who participated in the event, significant change was accomplished in a short amount of time and was clearly evident throughout the shipyard.

Code 106.3, Environmental Office, worked diligently to provide this particular opportunity to improve our work area and is looking for insights or ideas from teammates on additional ways to improve the command's environmental footprint. Send your environmental suggestions to:

M_BREM_PSNSGreenTeam_UD@navy.mil

Results from the cleanup

- Total of 1,187 pounds of trash and recyclables collected
- 891 pounds of trash
- 296 pounds of recyclables



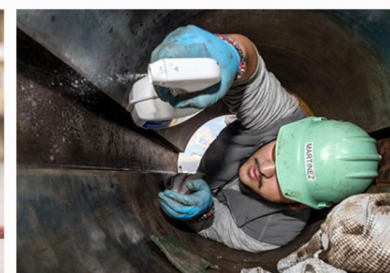
Erin Wells, left, and Jennifer Eddy, right, both of Code 105.4, pick up trash along Dry Dock 5, April 24, during the annual PSNS & IMF Earth Day clean up event. (PSNS & IMF photo by Scott Hansen)



Paul Otero, a document controller for Code 105, picks up trash along Farragut Avenue, April 24. (PSNS & IMF photo by Scott Hansen)



Check out and download our great photos!
[flickr.com/photos/psnsandimf](https://www.flickr.com/photos/psnsandimf)



ETHICS

Your responsibilities

Contractor employees are not government employees and it's important to remember that they are treated differently than government employees.

Government employees should not supervise contractor employees, approve their leave or other absences, give them awards, provide performance appraisals or other evaluations, or tell a contractor whom to hire or fire.

Doing any of these acts may create an illegal "personal services" contract and could also expose the command to other potential legal liabilities.

For example, treating a contractor employee like a government employee in some form or fashion has caused the Equal Employment Opportunity Commission to hold the government, rather than the company, liable for discrimination complaints about the contractor's actions.

Contractor employees have their own supervisors who supervise, appraise, reward, hire and fire them. Those supervisors don't need your help, and shouldn't ask you for it.

In addition to the personnel liability it raises for the government, the Navy is already paying the contractor to supervise their own employees and they should not fund it twice by also doing any part of their work for them.



Interested in seeing an article in Salute?

If you are interested in submitting information for Salute:

1. Obtain authorization from your chain of command.
2. Prior to starting, contact Salute by emailing psns.pao.fct@navy.mil, or call 360.476.2544 to reserve space—the sooner, the better.
3. Visit the Salute sharepoint page for more information.

March retirees

During March 2019, 30 employees with a combined 976 years of corporate knowledge retired.

The following employees retired in March.

Sonny B. Abustan, Shop 38	Lawrence E. Luben, Code 1213
David J. Bauld, Code 2305	John C. MacKay, Code 105
Oscar C. Bautista, Shop 38	Gary L. Martell, Shop 31
Arno T. Birts, Code 2320	David J. McCrary, Shop 64
Jeffery C. Dillon, Shop 31	Andrew F. Miller, Code 106
Alvin C. Durban, Code 900	Leon J. Nelson, Shop 38
Jeffrey W. Erickson, Code 720	Jeffrey A. Ogaard, Code 900
Thomas A. Gesicki, Code 900	Marcus C. Olivas, Code 244
Ann C. Hawk, Code 200	Dennis H. Pattee, Code 2340
Michael A. Heesacker, Code 2300	Thomas G. Record, Code 105
Mark K. Heistand, Code 900R	Bernard L. Strub, Code 300 WIM
Brenda R. Johnson, Shop 38	Dana D. Willsie, Code 244
Penny S. Jones, Code 106	Debra L. Woodard, Code 1141
Jay E. Kluth, Code 2308	James E. Zerbest, Shop 64
Dale D. Leighton, Shop 64	

SUCCESSION TRAINING OF THE NEXT GENERATION PROGRAM

STRONG

Learn what it takes to be a future leader

Apply now for STRONG program

What is STRONG?

Succession TRaining Of the Next Generation, or STRONG, is intended to bring people together in teams to learn from each other and from senior leadership. The shipyard is forming 10 STRONG teams (eight in Bremerton, one in Yokosuka and one in San Diego).

To apply

Supervisory GS-13s and GS-14s may apply by sending an email to their department head no later than **May 6, 2019**.

For more information, contact your department head or call 360.476.0940.

"I think the STRONG team experience is very beneficial to the command for many reasons ... First, it brings together future leaders from different organizations to interface, network and develop professional relationships. Second, it provides an environment for junior and senior leadership to interact on a more personal level, which makes the communication more effective and improves the learning environment."

Jason Fraser
Code 246 Operations Manager

Recreation & Rideshare

Recreation opportunities

Department of Defense civilians and their escorted guests can enjoy a variety of recreational services on base including bowling alleys and restaurants. Check out these opportunities and more at kitsap.navylifepnw.com.

Upcoming activities

- Mother's Day Brunch - Bangor Plaza, Sunday, May 12
More than 20 delectable items. Call 360.396.5466 for reservations. Visit kitsap.navylifepnw.com for prices.
- Whidbey Island Winery and Garden Tour, June 22 (register by June 20). Visit local wineries, gardens and points of interest including the Chocolate Flower Farm. Visit kitsap.navylifepnw.com for prices.

Upcoming movies

- May the Fourth be with you! Watch the original Star Wars trilogy for free at Bangor Cinema Plus Theater on May 4.

- 12:30 p.m. – A New Hope (Episode IV)
- 3 p.m. – The Empire Strikes Back (Episode V)
- 5:30 p.m. – Return of the Jedi (Episode VI)

Rideshare

TACOMA 6TH AVE VANPOOL needs rider/back-up driver. Departs Tacoma at 5:20 a.m. and Z Lot around 4:10 p.m. Call Dante Brown, 360.471.4863.

399 VANPOOL HAS SEATS, Lacey, Tacoma, Bremerton, 6 a.m. - 2:30 p.m. Call 253.232.2050.

KING COUNTY/PIERCE COUNTY VANPOOL has opening for driver/rider. Arrives at 5:45 a.m., departs at 3:35 p.m. Parks inside the CIA. Call 360.340.0851.

Rideshare ad policy

To post a Rideshare ad, email to psns.pao.fct@navy.mil, or come to Building 850, floor 5, Congressional and Public Affairs Office and fill out an ad form. All information included in correspondence is subject to be used in Salute-print and online.

Voluntary Leave Transfer Program recipients

This program authorizes federal service employees to donate annual leave to other federal service employees who are experiencing a medical emergency or medical condition for themselves or a family member. If you wish to donate annual leave or have questions about leave donation, please contact Human Resources Office, 360.476.5386 or visit Bldg. 850, floor 5, room 506; or fax your donation form to 360.476.6669.

Teammates currently in need of donations:

Code 105 Billy Sprague	Code 900 Sierra Morrell	Shaun Yeadon
Code 109 Fay Escobedo	Code 1000 Lawrence Kalcso	Shop 38 Nicholas Clemente
Kendra Fitch	Code 1100 Rebecca Phillips	Sandra Hayman
Marselles Jefferson	Code 1180 Britany Ashley	Kevin Martin
Code 130 Annikkia Bryant	Code 2300 Karl Druschke	Jeremy Walker
Richard Petrone	Julia Martinez	Shop 51 William Kiendel
Code 200 Caitlin Earl	Marty Sampson	Shop 52 Bonnie Eicher
Shane Hamre	Shop 06 Teresita Callaway	Shop 57 Christina Deitch
Phillip Hartline	Shop 11 Jessica Hammons	Shop 64 Colleen Ellis
Tyler Jackson	Shop 17 Vanessa San Gil	Mercedes Flerx
Michaela Raymond	Shop 26 Joshua Hubbell	Shop 71 Breanna Spracklin
Code 300 Melissa Jaskinia	Luis Rivera	Michael McDowell
Code 400 William Abare	Joshua Wagner	Ryan Garrison
Code 600 Shannon Burgess	Shop 31 Rebecca Elkins	Jamie Ruth
Code 700 Andrea Abrams	Gilead Rose	Shop 99 Marian Baca
Jesse Hannawacker	Corey Wooten	Bianka Curtis
Chelsea Weber		Sarah Hustis
Jonathan Yette		Kristy Peterson
		Frank Yulfo

Use of cannabidiol, more commonly known as CBD prohibited

Brian Bodaly, Drug Program Coordinator

Use of products containing cannabidiol, better known as CBD products, is still illegal under federal law. The Navy follows current federal law, The Controlled Substance Act, regarding marijuana; thus, use of any cannabis-related product, regardless of local and state laws, is still prohibited for all Department of Navy personnel.

An increasing number of health and wellness related products contain CBD, an extract from the cannabis plant, are being promoted to consumers as products rich in potential medical benefits.

Bottom-line:

- Use of CBD products or products infused with CBD in any form by DON military and civilian employees is prohibited, regardless of state or local laws.
- Use of a hemp product that contains THC is prohibited.

- CBD products lack the quality control of other supplements regulated by the FDA and could land DON personnel in trouble for using it.

CBD is emerging in the marketplace as a popular wellness ingredient. The plant extract, often consumed as an oil under the tongue, is now the featured ingredient in many high-end products including:

- coconut oil.
- body lotion.
- cold-brew coffee.
- lip balm.
- gummy snacks.
- pet treats.

For additional information concerning CBD and the Puget Sound Naval Shipyard & Intermediate Maintenance Facility Drug Free Workplace Program, call 360.476.9183.

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH • MAY

UNITE OUR MISSION

BY ENGAGING EACH OTHER



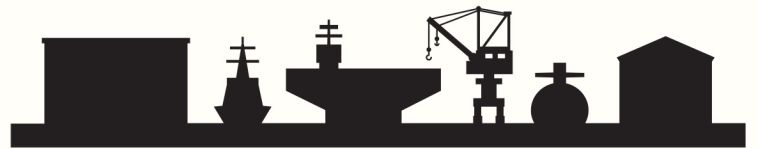
If you are interested in participating in the command's Filipino American Employee Resource Group page on the command SharePoint page.

SAVE THE DATE

PSNS & IMF

Change of Command

June 12, 2019 at 10 a.m.



Knowledge Share Fair

Wed., June 12

11 a.m. - 1 p.m.

4:30 - 5:30 p.m.

Save the Date

(time allowed outside of lunch with supervisor's approval)

Outside of Buildings 850 & 850A

Lunch available through Employee Food Services

chicken wrap, spam musubi, teriyaki chicken, sodas, chips

