



TRIDENT TRIBUTE

Fiscal Year 2022

Volume 5 - SEPT/OCT

Inside

**Kings Bay Dry Dock
Meets New Milestone**

**Easterling Wins VPP Recert
Campaign Poster Contest**

**Introducing TRF-KB OSHE
Director, Erik Swanson**



Captain's Corner



Capt. Mark W. Yates
Commanding Officer

We're well into the '100 Days of Summer' and I'm thrilled we've lost absolutely ZERO folks to the common causes of over exertion, alcohol use, or fatigue. Great Work!

I have had the privilege of being your Captain for the last five months and I have had the opportunity to speak with many of you. During these interactions, I've understood that what we do here is important, but what is truly inspiring... is the 'why'.

Why are we up in the predawn hours? Why do we leave our warm bed, a loving spouse, or a pet, to drive in heavy traffic toward our base? Why do we grab our tools and, for many, toil all day out in the hot summer sun, often working late 'braving' through lightning storms? Why would over 2,000 individuals commit to this routine day in, day out for years? From speaking with many of you, I would submit it's because we value freedom...plain and simple.

We know, implicitly, freedom isn't easy to gain and is just as difficult to keep. We value freedom and the guarantees it provides us and those we love. It directly translates to our lives in the assurance of peace here at home and the capability of choice.

And above all, we recognize our work directly contributes to the constitutional preamble of 'provide for the common defense' all while at least two communist countries, who dislike our way of life and want us to join them, are banging at our Nation's door. Each of you, with whom I've spoken, simply reply "Nope, not on my watch."

I want to also address the important topic of mental health. As a Navy, we have grown to realize our mental health welfare is just as important, if not more so, than our physical fitness. Remember...asking for help is a sign of strength.

The Navy-Marine Corps team has been creating and advocating for resources and systems that will give you options to get the care you may need in an accessible way through means such as expanded online counseling services and the addition of more mental health resources. The programs and services offered by our Fleet and Family Support Centers, and Civilian Employee

Assistance Programs that are critical to preventing suicides and improving force resiliency, are also being enhanced through improved staffing and mental health counselor training.

Did you know 988 is the new designated number for the National Suicide & Crisis Line? Moving to an abbreviated number 988 will not replace the Suicide Prevention Lifeline, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. You can access the Suicide Prevention Lifeline via 988 or by 1-800-273-TALK (1-800-273-8255) (which will not go away).

Now, on to the topic of command performance. We've been excelling by executing our Refits and Voyage Repair Period Availabilities with a nearly 100% 'On Time' completion record!! Executing our maintenance availabilities safely, at cost, and on time is the TRF-KB standard...let's maintain this momentum as we ramp up for next year's combination of Refits, the GEO MMP and the WVU's ERP.

Discussing the Dry Dock...many long hours have been put in by the men and women of our testing team. They flooded the Dry Dock three times and validated all the piping and pumps throughout. The distributed systems were in full working order.

Their selfless dedication and hard work embodies the very essence of what it means to be 'TRF Tough' – a fundamental trait that is uniquely ours because we welcome and 'live' in a world where the work is hard.

We know by meeting the challenge of hard work, we also enjoy the victory of keeping our warships ready as this Nation's front line of defense.

I'm blessed and proud to stand beside you as we work to protect our freedom and our Constitution, guiding the course of our country.

As both a charge and a plea, continue to bring your 'A' game. Our Navy and the Sailors who sail from our piers need your best work, every day. ~



Keeping our Warships – War Ready!
Character, Competence, Connections and Service
Every Person Vital – Every Job Important!



CMC's Message

CMDM(SS) Jeff Hiscocks
Command Master Chief



With the complexity of the TRF & NRMD-KB Organization, different Codes with varying degrees of upper, middle and deck-plate management, working together to accomplish a common mission, understanding “perspective” is critical to our organization’s effective communication. We are routinely evaluating for process improvements or critiquing events that did not go exactly as planned.

A large part of this process is understanding the “perspectives” of those involved and how they differ from beginning to end and what could be changed to improve. As the team charges forward, bringing the Dry Dock back online, aligning our “perspectives” for the myriad of complex daily evolutions associated with having it in use, will be key to the continued success of TRF and NRMD-KB.

One of the Guiding Principles from the Commanding Officers leadership philosophy is Connections.

“CONNECTIONS – We fully grasp the tactical strengths of working as a unified team. We purposely develop and invest in both our personal and work-family relationships. These connections are not only part of our duty, but are essential to achieving our highest levels of performance.”

In order to achieve the type of Connections described above, our TEAM must commit to understanding each other’s “perspectives”. We need to routinely take a step back and think about the impact of a decision or tasking.

This practice provides an opportunity to see the evolution or tasking from multiple points of view and to take the safest route toward mission execution. “Every person is vital! & Every job is important!” To that end, every “perspective” is important because it ensures for the accomplishment of every job.

The article excerpt details the three big takeaways of understanding “perspectives” with regard to employee relations. The link to the full article is listed at the end for a more in-depth read.

Why Understanding Other Perspectives Is a Key Leadership Skill
by Steffan Surdek, Forbes Councils Member

There’s great value in recognizing different perspectives in conversations because this enable us to hear and react to things very differently. What is the distinction between perspective and reality? There are a lot of fun expressions around this topic. The easiest one is “my perspective is my reality,” but is this really true? Or is there a difference between the two?

Perspective is the way individuals see the world. It comes from their personal point of view and is shaped by life experiences, values, their current state of mind, the assumptions they bring into a situation, and a whole lot of other things. Reality can be different things. We can easily say that my perspective is my reality. There is truth to that statement. When we look at the shared reality of an event, though, the more perspectives you get, the closer to reality you get.

What Is Perspective-Taking?

The first key skill is called perspective-taking. One beautiful skill we have as human beings is the capability to take a different perspective. Imagine yourself taking the point of view of one of your employees. Once you reach that point, ask yourself: “As an employee, what do I want?”

Then take the time to ask yourself: “As an employee, what do I fear?” What do the answers to these questions look like? If you take a different perspective, such as a manager or an executive, how do these answers differ? Perspective-taking is about being able to understand a situation from the point of view of another person. The nice thing about this skill is in how it allows us to better explore a situation that happened in the past — or it can support you in making an upcoming decision.

What Is Perspective-Seeking?

The second skill is what I refer to as perspective-seeking. Now that you can consciously listen to the perspective of others, can you see it simply as a perspective? Not something good or bad? This skill is about reaching out to people and better understanding their point of view on a specific topic or situation. It is about being truly and authentically curious about hearing and learning more about their perspective.

The biggest trap of perspective-seeking is reaching out to people who have the same point of view as you as a way

Continued on page 13

Easterling Wins VPP Poster Awareness Contest

By TRF-KB Public Affairs

Highlighting the theme, “Work Safe and Prosper,” Ms. Stephanie Easterling crafted the winning poster that will now serve as the graphic foundation for TRF-KB’s Voluntary Protection Program (VPP) Recertification Awareness Campaign.

Ms. Easterling’s artistic talents edged out several other outstanding artists in a contest sponsored by the TRF-KB Safety Department in preparation for the upcoming VPP recertification process.

A native of Fernandina Beach, Fl., and a Work Leader/Machining Instructor in Shop 31A, Ms. Easterling said that she’s been drawing for many years, primarily as a hobby, and the inspiration for the drawing came from a TRF-KB colleague.

“Mr. Bruce Redding heard about my drawing ability and asked if I would be interested in helping him turn his idea into reality,” said Easterling. “We knew that the famous Star Trek phrase ‘Live long and prosper’ and hand gesture were widely recognized, and turned that phrase into one geared toward safety.”

VPP Star Status is not granted indefinitely. The Occupational Safety and Health Administration (OSHA) periodically re-evaluates Star Sites to determine if organizations continue to meet the requirements to remain in the program.

A variety of benefits are afforded VPP Star Sites. In addition to exemptions from some OSHA inspections, and access to a national network of sites that have achieved safety excellence, VPP Star Sites enjoy lower direct and indirect costs, report fewer accidents and injuries, and employees typically enjoy greater job satisfaction.

For TRF-KB to continue to enjoy these benefits, the command must demonstrate to OSHA the ability to maintain a world-class safety and health management program. The OSHA recertification inspection is approaching quickly, about 12-months away.

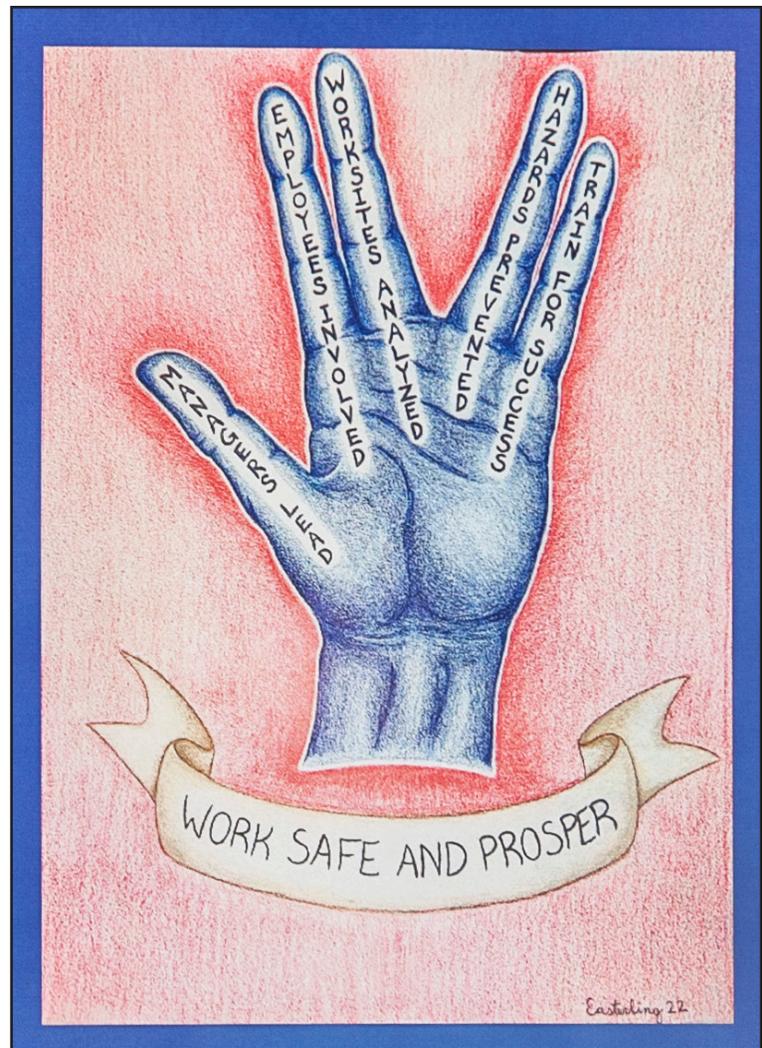
Easterling’s winning poster will now be dis-

played in every major building on TRF-KB in conspicuous areas alongside an infographic that is full of information that employees need to know about VPP.

Other great entries for the contest were submitted by Mr. Joe Davis, Shop 56A; Ms. Tara Wingate and Mr. Zach Johnson, Shop 57A; Mr. Romelo Wright and Bruce Redding, Shop 31A; and Mr. Craig Nelson, Code 610.

All entries were judged by a panel of TRF-KB Safety Committee members. For the winning poster, Ms. Easterling will receive a time off-award and will be featured throughout TRF-KB and published on some select social media sites.

“I’m so pleased that the message is strong enough to share with the rest of the TRF community,” Easterling said. “I’m grateful to have been selected ... My thanks to Bruce for suggesting the idea and to all those who made this possible!” ~



Dry Dock Reaches Milestone



For the first time in more than a year, the TRF-KB Dry Dock was flooded with thousands of gallons of water in July to test newly installed systems that move water in and out of the basin. (Photos by Keith R. Boydston)

This initial phase of testing is part of a \$592 million Alberici-Mortenson, Joint Venture, Dry Dock Recapitalization Project that began in the summer of 2020 and is scheduled for completion in the spring of 2023. ~





MOVING UP! Congratulations to these outstanding Sailors who were promoted to their present rank during a ceremony June 27 at TRIDENT Refit Facility, Kings Bay. Promoted to First Class Petty Officer: ETV1(SS) Eli Bair, HT1(SW) Caleb Burpo, ITS1(SS) Abraham Duverge, MMN1(SS) Kyle Parden, MMN1(SS) Matthew Read, EMN1(SS) Aaron Smith, and ETN1(SS) Barry Tew Jr. Promoted to Second Class Petty Officer: ND2(DWS) Bryce Bulderbergs, ND2(DWS) Chaddum Galary, MMA2(SS) Philip Hession, ND2 Jason Marshall, and MMA2(SS) Kian Perrette. BRAVO ZULU and WELL DONE! (Photo by Keith R. Boydston)

Command Quarterly Award Recipients

Tyler Chalk <i>Production Employee of the Quarter</i>	Code 700	Jonathan Aviles <i>Production Supervisor of the Quarter</i>	Code 700	ND1 Steven Starner Jr. <i>Sailor of the Quarter</i>	Code 300
Jeffrey Pitts <i>Production Support Employee of the Quarter</i>	Code 300	John Distler <i>Production Support Supervisor of the Quarter</i>	Code 500	LSS2 Tristan Bollinger <i>Junior Sailor of the Quarter</i>	Code 500
Sara Bennett <i>Administrative Employee of the Quarter</i>	Code 300	Lawson Stanfill <i>Apprentice of the Quarter</i>	Code 300	ND3 Chaddum Galary <i>Blue Jacket of the Quarter & Year</i>	Code 300

Special Achievement

CWO3 Jose Castilla <i>Code 300</i>	ND2 Matthew Bolt <i>Code 300</i>	TM2 Andrew Hoffman <i>Code 700</i>
ETV1 Shane Hugaboom <i>Code 700</i>	ND2 Simon Dibble <i>Code 300</i>	YNS2 Douglas Mulder <i>Code 105</i>
ITS1 Darius Hutchins <i>Code 700</i>	YNS2 Miguel Fernandez <i>Code 105</i>	HT2 Timothy Reel <i>Code 300</i>
MM1 Brand McIntosh <i>Code 300</i>	ND2 Luke Foster <i>Code 300</i>	ND2 Tristan Still <i>Code 300</i>
MMA1 Dale Ramirez <i>Code 300</i>	ND2 Nicholas Gardner <i>Code 300</i>	EM2 Austin Wagner <i>Code 300</i>
ETV2 Eli Bair <i>Code 700</i>	ND2 Devon Gilman <i>Code 300</i>	ND3 Bryce Bulderbergs <i>Code 300</i>



Meet Erik Swanson, New TRF-KB OSHE Director

By TRF-KB Public Affairs

TRIDENT Refit Facility, Kings Bay is excited to introduce to you a new addition to our Team. Erik Swanson, the Occupational, Health and Environmental Director (Code 108), a native of Oregon, joins us with over 25 years of combined military and civil service.

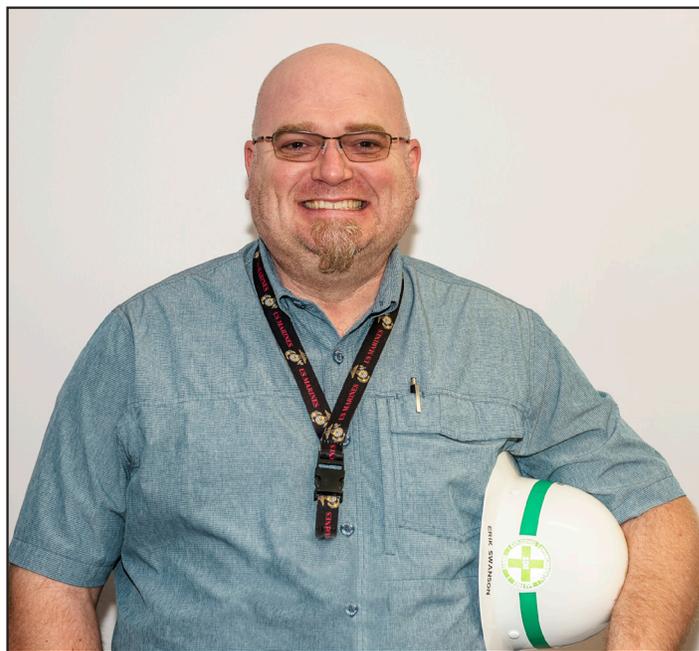
During his years of service, Erik garnered experience in many Quality Assurance, Safety and Occupational Health program management disciplines. Swanson's service journey began with deciding to join the U.S. Marine Corps. Erik enlisted and served as an Aviation Ordnance Technician and Quality Assurance Representative from 1995 to 2008.

He was in multiple deployment rotations with four F/A-18 squadrons home-based with 3rd Marine Air Wing aboard Marine Corps Air Station Miramar in San Diego. He led Marines on a combat tour in 2004 as a platoon sergeant assigned to Charlie Company, 3rd Low Altitude Air Defense/Provisional Security Battalion, Regimental Combat Team 7, while in Al Anbar Province, Iraq.

After leaving active duty in March 2008, Erik was hired into civil service and he began working with the U.S. Navy.

"My background in quality assurance is able to cross over into many different industries," stated Erik. "I was drawn to the familiarity of the organizational makeup. Some days it feels like I never really left the military, I just changed uniforms."

Swanson began his civil service working as an Explosives Safety Officer for Naval Air Facility El Centro, Calif.



In June 2010, Erik was tasked with ensuring the best work was being completed as a Quality Assurance Program Manager for Navy Munitions Command Unit, Seal Beach, Calif.

Erik accepted a position in 2012 to be the Training Instructor for the Portsmouth Naval Shipyard Point Loma Detachment in San Diego.

He continued to ensure only the best was being provided for Sailors as the Environmental, Safety & Health Quality Assurance Auditor at Puget Sound Naval Shipyard and Intermediate Maintenance Facility (PSNS & IMF/TRF) Bangor, Wash.

Continued on page 14



Leadership Development Program Educates Future Leaders

Three aspiring leaders from TRIDENT Refit Bangor (TRFB) visited Kings Bay in July where they were immersed in five-days of production meetings, information sharing, and discussions across all facets of TRIDENT Refit Facility, Kings Bay (TRF-KB).

As part of a continuing Leadership Development Program (LDP) created by TRFB in 2014, the program aims to prepare future leaders for new challenges, provide employees an opportunity to experience areas outside of their normal work-related functions, and to meet with senior-level managers to talk directly about difficult topics.

In 2018, TRFB partnered with TRF-KB for an exchange program with future leaders from each command.

The program includes a one week site visit at each location to learn about similar work processes and to build relationships that encourage collaboration and teamwork between two of the U.S. Navy's premier maintenance facilities. ~



KINGS BAY, Ga. - (Pictured from left): Douglas Head, TRF Kings Bay, LDP Sponsor, Division Head, Code 720; Ryan Pont, TRF Bangor, Marine Machinery Mechanic, Code 320; Melissa Van Datta, TRF Bangor, Work Leader, Shop 67G, Code 720; Nicholas Allen, TRF Bangor, Integrated Electronics Systems Mechanic, Shop 35A, Code 730; and Michael Badorf, TRF Kings Bay, Deputy Department Head, Weapons Repair Department, Code 700. (Photo by Kimberly K. Menzies)

TRF-KB Comptrollers Move to New Offices

By TRF-KB Comptroller Office

Allow us to "re-introduce" ourselves! We are Code 800! Our amazing staff is here to handle all of your financial needs. This includes questions/concerns you may have with your payroll, travel inquiries, leave/benefit questions, and even information on how you can buy back your military time. Yes, we are that awesome!

CODE 800 MISSION STATEMENT:

"Provide financial support in compliance with financial laws, regulations, and policies, ensuring that we maintain financial transparency in order to ensure stewardship of taxpayer dollars and provide premium support to our customers."

CODE 800 VISION STATEMENT:

"Our vision is to be the premier Comptroller within the DON and DOD, to be leaders in our financial

community, provide knowledgeable and accurate financial reporting to our customer, to continually embrace/pursue opportunities for growth, and to provide effective and efficient support to the Warfighter/mission."

LOCATION:

We used to be in Building 4030 but have relocated as of Nov. 2021. Our new location is in Building 2012, Room 203. Our office hours are: 0600 – 1530 Monday – Friday.

WAYS YOU CAN COMMUNICATE WITH US:

Email, Microsoft Teams, via phone, or you can stop by in person. If you need to drop something off after hours or before hours, there is a drop box outside the building. This box is locked and checked daily. ~



CONTACT INFORMATION

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Accounting: TRFKB-C820-Accounting@us.navy.mil
Payroll: TRFKB-Payroll@us.navy.mil
Travel: TRFKB-Travel@us.navy.mil

DO YOU KNOW HOW TO DINE SMART?

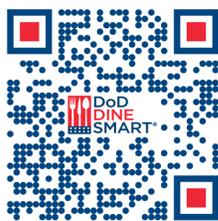


DoD Dine Smart Traveler Rewards Program Fact Sheet

Preferred Dining Program Info for Travelers



DoD travelers are invited to enroll in the DoD Dine Smart Traveler Rewards Program, an easy way to earn rewards for dining at quality restaurants when on official travel.



Scan QR code to go to dod.dinova.com

The Defense Travel Management Office introduced the Traveler Rewards Program as an extension of DoD Dine Smart, a preferred dining program that earns the DoD rebates on meal expenses whenever travelers use their Government Travel Charge Cards to pay at participating restaurants.

DoD Dine Smart Traveler Rewards is all about adding value for DoD travelers. It operates through Dinova, a dining network of restaurants. Here's how easy it is to participate:



ENROLL

Visit dod.dinova.com to register through myDinova Rewards



SEARCH

Use Dinova's mobile app to search 20,000+ participating restaurant options



DINE+CHARGE

Enjoy your meal and pay with your travel card – no coupons, codes, or IDs required



EARN

Get 1 point for every \$1 you spend on your travel card at in-network restaurants

The points you earn are yours to keep – and are redeemable for gift cards from retailers (like Amazon and Target) and restaurants (like Outback and Jersey Mike's).

Dinova's 20,000+ restaurant network includes DoD traveler favorites like:

- BJ's Brewhouse
- Bonefish Grill
- California Pizza Kitchen
- Carrabba's
- Dave & Buster's
- Einstein Bros. Bagels
- Jersey Mike's
- Outback Steakhouse
- Panda Express
- Pizza Hut
- Potbelly Sandwich Shop
- Red Lobster and more!

Only in-network dining transactions paid with your Government Travel Charge Card count. The DoD earns rebates and travelers earn rewards; everyone gains something from the experience.

Good to Know

- DoD travelers can find participating restaurants by visiting Dinova's online search tool (search.dinova.com) or by using the mobile restaurant locator app on personal or work devices; the app is approved by the Defense Information Systems Agency for download on DoD-issued smartphones and Blackberries.
- Dinova search tools reflect the latest information on in-network restaurants' COVID-related safety protocols and service level offerings.
- Your Traveler Rewards points are based on your entire check total – tip and beverages included.
- The only data shared as part of this rewards program is the name of the restaurant, its location, and the final cost.
- There's no need to show your military ID, your CAC, or take any other action to activate the program benefits. Once you're enrolled, your points will be awarded automatically when you use your Travel Card.
- Although you aren't required to eat at program restaurants, you are required to use your Government Travel Charge Card for all official travel expenses, including meals, per the Joint Travel Regulations (JTR) paragraph 010204 and Government Travel Charge Card (GTCC) Regulations in DoDI 5154.31, Vol. 4.
- If your favorite restaurant isn't already part of Dinova's network, email support@mydinova.com to request that

April 2022

Defense Travel Management Office
defensetravel.dod.mil/site/dinesmart.cfm

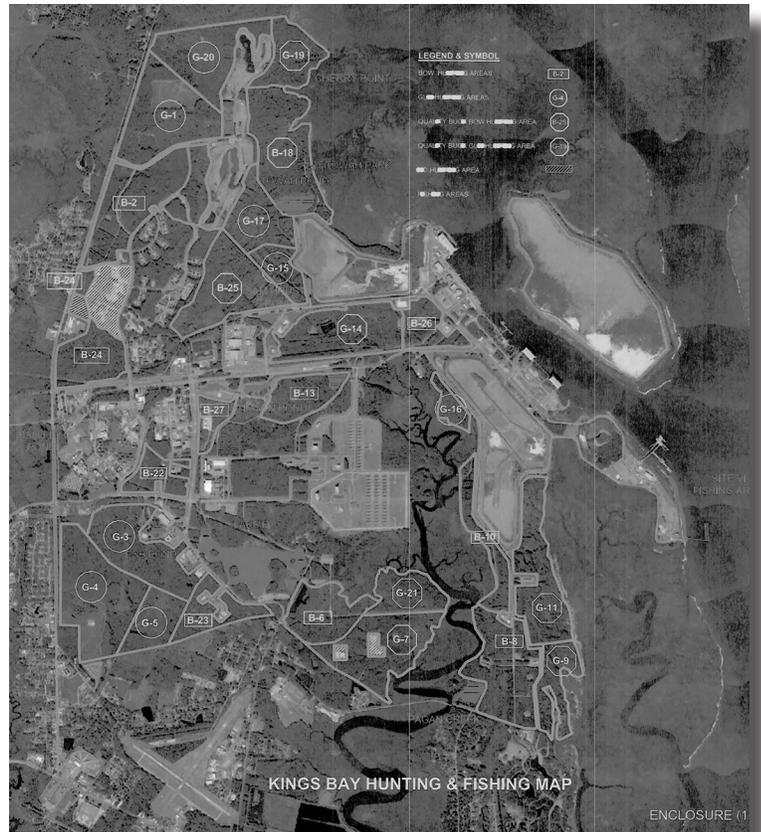
Hunting and Halloween Safety Message

By Myron Ramirez, TRF-KB Safety Training Administrator

The State of Georgia Hunting Season opens September 3 for some types of wild game, while the Georgia Deer Season opens September 8 and will remain open until January 31, 2023. For more information about hunting in Georgia, and to verify season dates and limits, go to: <https://georgiawildlife.com/>

General Hunting Safety:

- Know your surroundings, locations of other hunters and individuals in the area.
- Always transport firearms unloaded.
- Always keep your firearm pointed in a safe direction.
- If hunting from an elevated stand, firearms shall not be loaded until in the elevated stand
- Always use three points of contact while climbing into and out of the elevated stand.
- While hunting from elevated stands, use an approved safety harness/lanyard to prevent falling.
- Hunters and their companions pursuing deer, bear and feral hogs must wear 500 square inches of blaze orange visible above the waist as an outer garment during firearm deer season.



Halloween Safety Tips

Halloween is rapidly approaching so thought we would share the below safety tips from the National Safety Council!

“Kids love the magic of Halloween: Trick-or-treating, classroom parties and trips to a neighborhood haunted house. However, for moms and dads, often there is a fine line between Halloween fun and safety concerns, especially when it comes to road and pedestrian safety.”

NSC offers the following safety tips for parents - and anyone who plans to be on the road during trick-or-treat hours:

SAFETY TIPS FOR MOTORISTS:

- Watch for children walking on roadways, medians and curbs
- Enter and exit driveways and alleys carefully
- At twilight and later in the evening, watch for children in dark clothing

TRICK-OR-TREATING:

- Instruct your children to travel only in familiar, well-lit areas and avoid trick-or-treating alone
- Tell your children not to eat any treats until they return home
- Teach your children to never enter a stranger's home

COSTUMES:

- All costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape to their costumes and bags to make sure they are visible
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
- Remove all makeup before children go to bed to prevent skin and eye irritation ~



Shop of the Month



SHOP 06B

Industrial Plant Equipment and Maintenance Shop

Code 316

(Photos by TRF-KB Public Affairs)



Shop 06B, the Industrial Plant Equipment (IPE) and Maintenance Shop, boasts 24 personnel like Air Conditioning and Refrigeration Mechanics, Electrical Equipment Repairers, Electronics Industrial Controls Mechanics, Production Machinery Mechanics, Production Controllers, Training Lead, Work Leader and Maintenance Supervisors.

The Team provides preventive and corrective maintenance on all Industrial Plant Equipment (IPE), Minor Property, and Berthing Support Equipment utilized throughout TRIDENT Refit Facility, Kings Bay.

Shop 06B supports a wide assortment of machines and equipment ranging from a simple bench grinder to the complex Computer Numerical Control (CNC) Machining Centers. These machines can have a replacement cost of well over \$2 million. The shop provides equipment removal, installation, relocation services as well.

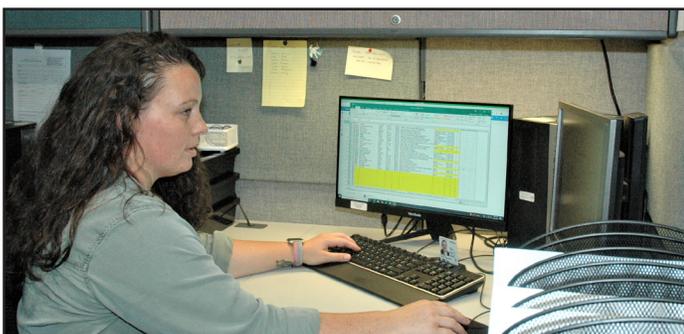
Air Conditioning and Refrigeration Mechanics provide maintenance services for the 21 portable 10 and 30-ton packaged air conditioning units used for cooling and dehumidifying tended unit work spaces, and the 11 refrigerated containers for storing perishable stores located at the refit wharfs and Dry Dock. They also maintain various electronic enclosure air conditioning units, a vital part of maintaining CNC machines in working order.

Production Machinery Mechanics provide troubleshooting and repair services for over 1000 industrial machines such as lathes, milling, boring, grinding, cutting, and honing machines, plate rollers and bending machines, burn off ovens, media blast facilities, vacuum pumping systems, high pressure stripping systems, abrasive waterjet systems, and diesel generators.

Their Electricians and Electronics Mechanics provide troubleshooting and repair services for equipment such as portable welding and plasma cutting equipment, robotic welders, CNC and other computer controlled machine systems, Rotating Machinery Laboratory monitoring and control systems, motor generators, and motor test sets as well as equipment electrical connection and removal.

The Team's Shop Production Controllers routinely schedule, track, and document maintenance activities. They write service contracts to support Software/hardware upgrades for IPE as well as research obsolete parts, issuing daily reports to the command, and maintaining historical files.

Shop 06B also maintains and repairs a fleet of 80 Electric and Gasoline Utility Vehicles used by the numerous waterfront shops and codes, providing a safe and efficient method of transporting craftsmen, tools and equipment to and from the job site. ~



Leading the Way in Safety

**BRAVO ZULU to the TRF-KB Rubber and Plastics Shop (Code 735/Shop 57B)!
Thank you for making SAFETY a top priority!**

Congratulations TRF-KB Rubber and Plastics Shop (Code 735/Shop 57B) for earning the Captain's Quarterly Safety Recognition Award for the 3rd Quarter, Fiscal Year 2022.

The shop excelled during the quarter in meeting one of the command's primary safety goals of reducing leg injuries by 25% reporting no injuries for the year.

The shop also had zero incidents or near misses involving property damage.

Shop 57B completed 100% of their Safety Inspections for the quarter/year and participated in all scheduled command Safety Committee meetings. The shop received 35 positive "safety kudos" during the quarter and had no overdue inspection deficiency reports.

Additionally, a shop Safety Committee member volunteered to provide the Code 700 Safety Committee with training on workplace safety, specifically ergonomics integration, using the TRF Safety Handbook as a reference guide. This resulted in increased productivity and a safer work environment.

This training is an outstanding example of how Shop 57B supports the command in achieving outstanding employee involvement while promoting beneficial safety initiatives. ~



Capt. Mark Yates, Commanding Officer, TRIDENT Refit Facility presents the Captain's Quarterly Safety Recognition Award Aug. 22 to Code 735/Shop 57B (Rubber and Plastics Shop). The award marks the shop's outstanding safety accomplishments during the 3rd Quarter, Fiscal Year 2022. (Photo by Keith R. Boydston)



Excellence in the Workplace

Shop 67D (Code721) was recognized Aug. 5 for their dedication and outstanding troubleshooting/repair efforts recently on USS Florida (SSGN 728).

The Team selflessly put in some long hours to identify and correct a series of material issues onboard the guided-missile submarine.

BZ and congratulations to Shop 67D ... A huge win in "Keeping our Warships - War Ready!"



The TRF-KB Spherical Array SUPPORT Team were recognized for their outstanding performance June 23 during a ceremony in the High-Bay of the Command and Control Systems (CCS) facility.

The Team conducted work on the USS FLORIDA (SSGN 728) in challenging conditions, and they proactively identified and rapidly resolved planning, safety and staging issues.

Additionally, they demonstrated exceptional technical ability, flexibility, and a mission-focused attitude during emergent repairs on the USS FLORIDA spherical array.

BRAVO ZULU to the TRF-KB Spherical Array SUPPORT Team. Thank you for your outstanding professional performance and dedication to duty! ~

Excellence in the Workplace

Bravo Zulu Spherical Array Repair Team (C700)!

The TRF-KB Spherical Array Repair Team (C700) were recognized for their outstanding performance June 23 during a ceremony in the High-Bay of the Command and Control Systems (CCS) facility.

The Team demonstrated exceptional technical ability, flexibility, and a mission-focused attitude during emergent repairs on USS FLORIDA (SSGN 728).

BRAVO ZULU to our Spherical Array Repair Team! Thank you for your outstanding professional performance and dedication to duty!



HMCS Windsor Visits Kings Bay

Recently the HMCS Windsor, a Canadian Victoria Class diesel-electric submarine, visited the Magnetic Silencing Facility (MSF) Kings Bay to undergo magnetic treatment. HMCS Windsor's visit involved two "firsts" – first of class and the first diesel-electric submarine to undergo treatment at MSF Kings Bay. As such, it took over 18 months of planning due to the complexity of the task and the number of different organizations involved. The visit saw the culmination of extensive preparatory work including pier modifications and development of new procedures, data models and tools. In the end, this hard work paid off with a successful magnetic treatment and mission objectives met for the port call. ~ (Courtesy Photos)



NEW Suicide and Crisis Lifeline – Dial 988

**** EVERY PERSON VITAL -- EVERY JOB IMPORTANT ****

988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline.

Support is available 24/7 for anyone experiencing mental health-related distress - whether that is thoughts of suicide, mental health, substance abuse, or any other kind of emotional distress.

Individuals can also dial 988 if they are worried about a loved one or someone else who may need crisis support. You can also call or text 1-800-273-8255.

For more information:
<https://www.samhsa.gov/find-treatment>

**REMEMBER ASKING FOR HELP
IS A SIGN OF STRENGTH**

**988 SUICIDE & CRISIS
LIFELINE**

No matter where you live in the U.S., you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to chat with a caring counselor.

We're here for you.



CMC's Message (cont. from page 2)

to validate a hard decision you want to make. The richness of using this skill is actually hearing from the people who may have a different point of view than you and discovering potential blind spots or new things to consider.

What Is Perspective-Coordinating?

The final key skill is what I refer to as perspective-coordinating. Now that you can take perspectives of others and seek them out as well, what can you do with all the information you received? The first thing you can do is observe what you can learn from the perspectives you received. What does it tell you about each person you spoke to and how they see their world? What will be the impact of a decision or a situation on them? How can you communicate back to them using the information they gave you about their

perspective? How does considering these different viewpoints contribute to your understanding of the situation and help you in your decision making? Another thing you can do is observe how wide or small their perspective is. Are they seeing the bigger picture? Can you give them any information to help widen their perspective? If so, what change does this create to their point of view?

Conclusion

We live in a professional world that goes fast and where people do not always take the time to step back. When going fast, leaders often confuse their perspectives with reality and have difficulty truly understanding the point of view of others. A perspective is not right or wrong by default. It just is what it is: the point of view of a single person based on their life experiences and values, among other things. We each have one; sometimes we share

it with others, and sometimes we do not. Our perspectives shape how we act or react in a situation. What could be different in your leadership if you chose to be more generous in your interpretations of perspectives? What could be different in your personal leadership if you could better take, seek and coordinate perspectives? ~

To read the entire article,

visit: <https://www.forbes.com/sites/forbescoachescouncil/2016/11/17/why-understanding-other-perspectives-is-a-key-leadership-skill/?sh=6a927e566d20>



Meet New Code 108 Director (cont. from page 6)

"I was very fortunate to have been mentored by someone with experience in a lot of the applied safety disciplines," he said. "The knowledge I gained while working at Puget Sound Naval Shipyard most definitely set me up for success and prepared me for where I am in my career today."

In 2018, Erik accepted a position as the Safety and Occupational Health Director at Marine Air Ground Task Force Training Center/Marine Corps Air Ground Combat Center, in Twentynine Palms, Calif.

Swanson's most recent adventure prior to coming to Kings Bay began in 2019 where he served as the Regional Safety and Occupational Health Program Director for Commander, Navy Region Japan, in Yokosuka, Japan.

Erik was welcomed into the TRF-KB community in June.

"I am so happy to be here at TRF-KB," he shared. "I am so humbled by the family dynamic and kindness here. I am so honored to be part of making sure at the end of the day we are able to go home to our families."

Erik and his wife, Lourdes, are "empty nesters" with three wonderful adult children.

While off and enjoying his free time, he, a self-proclaimed rocker, loves to make music as a guitarist. Able to play a little bit (actually a lot) of several different genres and being new to the community, Erik is currently a man without a band.

Though he is a solo musician at the moment, we couldn't be happier to welcome Erik to the TRF-KB Family. ~

TRF-KB Building Strong Partnerships!



Leaders from TRIDENT Refit Facility, Kings Bay (TRF-KB) visited Trident Refit Facility, Bangor (TRFB) in Washington state in late August where they partnered with their counterparts to collaborate and learn about the similarities and differences between two of the Navy's premier maintenance facilities. Many thanks to TRFB for your hospitality! We'll see you in Kings Bay! (Courtesy Photo)

Contact and Location Information for the Labor and Employee Relations Program Specialists, and Equal Employment Opportunity Specialists

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