

Refit Review

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NAVIMFAC PACNORWEST

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**NATIONAL ASIANTHAI AMERICAN/PACIFIC
ISLANDER HERITAGE MONTH**

**STRIVING FOR EXCELLENCE IN
LEADERSHIP, DIVERSITY and
INCLUSION**

IMF Color Guard in Action



The IMF Color Guard recently performed in a ceremony in late April 2012, at the NBK Bangor Chapel for the Memorial Service honoring HT2(SW) Corey J. Sayers. GSM2(SW) Anthony Brusatori (left), C/832, Captain of the IMF Color Guard, and ET1(SS) Phillip Lanzarotta (right), C/873, are illuminated by the sun as they proudly parade the colors at the beginning of the event.

The IMF Color Guard consists of seven sailors all demonstrating exceptional pride and dedication. “We have a simple task; we practice every week for an hour and we perform at all events in which we are requested. All of us take pride and joy in what we do; we go places and see people we usually don’t get to see or meet at work,” says GSM2(SW) Anthony Brusatori, IMF Color Guard Captain. If you would like to volunteer and be part of your IMF Color Guard, contact GSM2(SW) Brusatori at 315-1186 or anthony.brusatori@navy.mil.

REFIT REVIEW

The Newsletter of Naval Intermediate
Maintenance Facility, Pacific Northwest

Commanding Officer.....Capt. Charles E. A. Baker
Executive Officer.....Cmdr. Ralph Lydick
Command Information Officer.....Katie Eberling
Editor.....AO3(AW) Shante' Lancour
Asst. Editor.....MT1(SS) Ivan Richardson II

Next Issue: May 24, 2012
Deadline: May 21, 2012

On The Cover

The month of May is National Asian American / Pacific Islander Heritage Month. This years' theme is **Striving for Excellence, Leadership, Diversity and Inclusion**. For more information refer to the Rhumb Lines on Page 9.

BRAVO

ZULU




On April 27, 2012, Paul Kelley, C/823, was presented his retirement certificate by Ed Ingles, IMF Program Director, in a ceremony held in the Main Conference Room in Bldg. 7000. Kelley retired with more than 43 years of federal service.



On May 1, 2012, Lt. Christopher Cottrell, C/801.2, was pinned to his current rank by Capt. Chuck Baker, IMF CO, at a ceremony held at the NBK Bangor Plaza, Khaki Lounge.



On May 4, 2012, YN2(SS) David Lavenbarg, C/811, re-enlisted for five years and was presented his re-enlistment coin by Lt. John VanOver, C/810, in a ceremony held in the Executive Conference Room, in Bldg. 7000.

IMF Command Library Refreshes its Look

By: AO3(AW) Shante Lancour, PSNS & IMF Bangor Public Affairs Office

Whether you're brand new to the command or you've been here for many years, did you know that IMF has its own Command Reading Library? It was established more than 10 years ago to house professional development books for loan to our work force.

It is located in Bldg. 7000, Room S-211, in the Manpower Office, and has recently been through new furniture renovations. Debbie Backrak, C/ 815, has been running the IMF Library for the last three years. She is in charge of what comes into the library as well as keeping an inventory of what is held there.

The Library's inventory has grown to approximately 300 to 400 books (some of the more popular books do have multiple copies). IMF's Library works hand in hand with the Bremerton library located in Bldg. 850, on the second floor. If you happen to see something that interests you there or on the PSNS & IMF Command Library webpage, <https://homeportnw.psns.navy.mil/dept/1100/1140/1143/default.aspx>, let Ms. Backrak know and she can order it for you. She is always open to suggestions as well of additional books to add to the library.

The IMF Command Library offers both military and civilians great training resources, such as books on transitioning from military to civilian life, and how to enhance your leadership skills. Our library can acquire software from the Bremerton library to help you further your education, such as learning Japanese with Rosetta Stone. "It's a value and a big asset, especially when you have some downtime," said Backrak. She continued, "It holds a great deal of resources and has an abundance of material."

The IMF Library operating hours are Monday through Friday, from 7 a.m. - 3 p.m. For more information about utilizing the IMF Library's resources, contact Debbie Backrak, at 315-1813 or deborah.backrak@navy.mil.



On April 23, 2012, Debbie Backrak (right), C/815, shows AO3(AW) Shante Lancour (left), C/801.1, one of the many military rate training manuals available for use in the newly renovated IMF Bangor Command Reading Library, in Bldg. 7000, Room S-211, in the Manpower Office.

IMF ESO Promotes Navy College Fair

By: AO3(AW) Shante Lancour, PSNS & IMF Bangor Public Affairs Office

On Wednesday, April 25, 2012, IMF Bangor Education Services Office (ESO) partnered up with Navy College for the third year in a row to hold a College Fair, just outside the Naval Base Kitsap-Bangor Theatre. Despite the windy, cold, wet weather, ETC(SS) Joshua Hodges, C/810, IMF Bangor Education Services Officer, assured me that, "Rain wasn't going to end this fair."

More than 25 colleges came out to answer questions and discuss potential degree majors with current and prospective students, both military and civilian. When asked why we wanted to be part of the IMF ESO, GSM1(SW) Gianni Hawks, C/810, Assistant Education Services Officer, replied, "This was a way for me to promote colleges and different degrees to my fellow shipmates and that they could attend college while here on shore duty and get the most out of it." He continued, "The most important goal here at IMF Bangor ESO is helping Sailors achieve education."



On April 25, 2012, Cmdr. Ralph Lydick, IMF XO (left), NDC(DSW) James Parker, C/760 (center), and Divers Institute of Technology Representative, Sam Green (right), discuss the benefits the Institute holds for the military.

Making his first appearance at our Navy College Fair was Sam Green, a representative from the Diver's Institute of Technology of Lake Union, in Seattle, Wash. Green was there to discuss what benefits the college had for military members. "We can turn you into a commercial diver, with having no pre-requisites. We're a highly competitive Diver's Institute," said Green.

Even our very own Cmdr. Ralph Lydick, IMF XO, was out and about talking with representatives from various colleges. "It is very important to put yourself in the best position to advance in today's Navy. In my younger years in the Navy education wasn't that important; education today now is extremely important. But I'll also say it goes beyond the Navy into your next career, because the Navy isn't guaranteed forever. These College Fairs give amazing exposure to our Sailors to see what is out there, to make informed decisions about colleges.

For more information on furthering your education contact GSM1(SW) Gianni Hawks at (360) 315-1463, gianni.hawks@navy.mil, or ETC(SS) Joshua Hodges at (360) 315-1463, joshua.hodges@navy.mil.



On April 25, 2012, ETSN(SS) Joseph Deleonardis (right), USS MAINE (SSBN- 741), consults with Richard Hughes (left), Representative of Coastline Community College, about an Electrical Engineer Degree.

Taking Corey Home

By Lt. Jeremy Smith, Code 833 Electrical Officer

“As a tribute to naval personnel who die on active duty, an escort is provided by the Department of the Navy to accompany each remains to its final resting place. The escort is responsible for the dignified handling and safe delivery of the remains to the next of kin. The escort also serves as the personal representative of the Department of the Navy in his or her relations with the bereaved family” –*Manual for Escorts*

I was assigned as the escort for the remains of HT2(SW) Corey Sayers who had died as a result of a motorcycle accident and for whom a memorial service was held to honor him on April 27, 2012 at the NBK Bangor Chapel. This was an official military duty complete with a set of orders, regulations, and prescribed Service Dress Blue Uniform. It was a duty I was tasked to perform, but it was also the single most humbling thing I have had the opportunity to do in my nineteen years of service. For the 48 hours I was away from my home all other duties and responsibilities were insignificant in comparison to the task at hand.

My day started Monday at 0400 with a trip to Tuelle McKee funeral home in Tacoma. I then traveled in the hearse to Delta Cargo terminal at SeaTac airport, where the casket packaged in a shipping crate was loaded into a cargo container for secure tie down in the plane. I was then driven to the passenger departure terminal to check into the flight.

What many might not realize is that cargo is ticketed by location, not by flight. In the event of problems with the plane, excess weight, or time constraints the cargo can be bumped to another flight later in the day. If a passenger gets bumped to another flight, the airlines generally ensure your bags get moved to the right plane. Since this portion of the trip was the first time I had been separated from Corey it was vitally important that I ensure we meet back up for the flight. Moments prior to the final boarding call, a Delta employee escorted me to the window where I could watch Corey loaded onto the plane.

Upon arrival in Atlanta, the flight attendant made the usual welcome announcement, and then followed it with an announcement that there was a military member on this flight escorting a fallen sailor home. She requested that everyone stay seated until I had the opportunity to make it to the front of the plane. Everyone did just as she asked; as I reached the front of the plane I looked back to see tears in the eyes of many, and a few people clapping. This was awkward, because I certainly didn't deserve any applause- but I realized the applause was really out of appreciation of Corey's service- and most people just don't know how to express gratitude and sorrow together.

As I exited the plane Brian McConnell of the Delta Honor Guard, and two airport chaplains greeted me. They escorted me onto the tarmac beside the plane, where the delta honor guard transport was waiting. We stood by for a few minutes while they got all the equipment in place, and removed the flag draped crate from the cargo container. Then, the most amazing thing happened- everything came to a stop. The refueling team, the service crew, and the cargo handlers stopped what they were doing, removed their hats and stood motionless. Even in the airport terminal I could see droves of people standing by the window mournfully respectful of the event that was unfolding.

As the casket made its way across the cargo platform to the honor guard I saluted and Brian offered a prayer honoring Corey's service, praying for my safety as his escort, and asking God's blessing on Corey's life. Then, as we drove the tug to the terminal it was an amazing site to behold. Every vehicle we passed came to a stop, people carrying out their duties uncovered and stood still, even one plane taxiing out to take off held short for us to cross. I could see in the plane, the Captain was even saluting while we passed. For that brief moment, everything at the Atlanta terminal seemed to stop in honor of Corey.

The final leg at the airport was the most emotional; this is where Corey was re-united with his family. I met YNC Chenoweth, the Atlanta CACO (Casualty Assistance Calls Officer), in a private area of the cargo warehouse. There we removed the flag draped casket from the shipping crate to ready it for the transfer to the hearse in Atlanta. Brian wheeled it into a private room, and then invited the family to enter. For the family it was now all too real. No longer was it just the devastating words of a Chief Petty Officer in dress blues; now there was a real casket with a real person coming home to rest. When the family was ready, YNC Chenoweth and I flanked the casket as we rolled it into the hearse for the trip to the funeral home.

Tuesday morning we all met again at Flannigan Funeral home for the final honors. Following two hours of visiting, the Atlanta Reserve Center Funeral team folded Corey's flag, and presented it along with two others to Corey's mom Donna, father Wade, and brother Dennis. It was a beautifully simple ceremony in the presence of his family and friends honoring his service and a life that ended abruptly all too soon.

It's a horrible thing to deal with the loss of any life, however after this experience I can proudly say that between the tireless work of the CACO network, selfless duties of people like Brian McConnel at Delta, and the professionals in the funeral industry our brothers and sisters in uniform are treated with every honor they deserve for their service to our country. I was truly honored to be a part of Corey's homecoming.



NAMTS / QA Classroom Dedication



On April 30, 2012, a new NAMTS/QA Training Classroom was officially opened for business in a dedication ceremony held in Bldg. 7003. The new classroom can be used as one big classroom or as two smaller classrooms, and will replace Trailer 16. Both NAMTS and QA personnel were present for the ceremony. Pictured (L-R): Rob Paquette, C/843.5, Kevin Buyer, C/843.3R, David Kerr, C/816, Rick Atkins, C/816, Capt. Chuck Baker, IMF CO, EMC(SW/AW) Veronica Mikulewicz, C/816, ETC(SS) James Creighton, C/843.6, Lt. John Jernigan, C/843, James Kohnke, C/843.6, Bill King, C/843.6, and EM2 Jennelle Hartman, C/816.

VPP Passport 1 Completions

Susan Giese	C/873	ET1(SS) Edward Sharp	C/871
Jonathan Hagen	C/832	Martin Strozier	C/872
MT2(SS/DSW) Craig Miller	C/871	Daniel Vandatta	C/873
FT1(SS) John Peters	C/872		

VPP Passport 2 Completions

MM1(SS) Anthony Annable	C/832	Bryce Guadan	C/872
Juanito Boydon	C/841	Sandra Sampson	C/843

Voluntary Protection Programs
An OSHA Cooperative Program

Fun in the Sun Safety Tips

Sun Safety for Babies

- Babies under 6 months of age should be kept out of direct sunlight. Move your baby to the shade under a tree, umbrella or stroller canopy. It is okay to apply a small amount of sunscreen on infants under 6 months if there is no way to avoid the sun. Remember it takes 15-30 minutes to be effective.
- Dress babies in lightweight clothing that covers the arms and legs, and use brimmed hats.

Sun Safety for Kids

- Choose sunscreen that is made for children, preferably waterproof. Before covering your child, test the sunscreen on your child's back for an allergic reaction. Apply carefully around the eyes, avoiding eyelids. If a rash develops, talk with your pediatrician.
- Select clothes made of tightly woven fabrics. Cotton clothing is both cool and protective.
- When using a cap with a bill, make sure the bill is facing forward to shield your child's face. Sunglasses with UV protection are also a good idea for protecting your child's eyes.
- If your child gets sunburn that results in blistering, pain or fever, contact your pediatrician.

Sun Safety for the Family

- The sun's rays are the strongest between 10 a.m. and 4 p.m. Try to keep out of the sun during those hours.
- The sun's damaging UV rays can bounce back from sand, snow or concrete; so be particularly careful of these areas.
- Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will screen out both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant or waterproof sunscreen and reapply every two hours.
- Zinc oxide, a very effective sunblock, can be used as extra protection on the nose, cheeks, tops of the ears and on the shoulders.
- Use a sun protection factor (SPF) of at least 15.
- Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- Put on sunscreen 15-30 minutes before going outdoors - it needs time to work on the skin.
- Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.



Use of tanning salons

- The intensity of UVR radiation produced by some tanning facilities can be 10 to 15 times higher than the midday sun.
- The AAP supports legislation prohibiting access to tanning salons or use of artificial tanning devices by children under 18 years of age.

Beach Tips

- Drink plenty of water, non-carbonated and non-alcoholic drinks, even if you do not feel thirsty.
- Stay within the designated swimming area and ideally within the visibility of a lifeguard
- Never swim alone.
- Be aware of rip currents. If you should get caught in one, don't try to swim against it. Swim parallel to shore until clear of the current.
- Seek shelter in case of storm. Get out of the water. Get off the beach in case of lightning.
- Watch out for traffic – some beaches allow cars.

<http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Spring-Break-Safety-Tips.aspx>

Leaving the Country??

By: Emily Parkhurst, C/1123, PSNS & IMF Bangor Assistant Security Manager

IMF Security holds Foreign Travel Briefs once a month for both official and leave foreign travel. All DoD civilian and military personnel are required to receive a Foreign Travel Brief prior to departing the country as per The Department of Defense (DoD) Foreign Clearance Manual. All country requirements including passports, entry visas, country clearances, and theater clearances vary. Even requirements for different areas within the same country can change from day to day. Some countries require entry requests, including individual's specific travel information that must be submitted 30 days before travel.

New policies and procedures have been put into place. These policies are to ensure travelers are aware of, and remain alert to possible dangers and/or emerging threats to their personal safety while traveling, as well as providing commands with immediate geographic locations and notification capability to, and of its personnel to help determine those in need of assistance.

For the most up-to-date information you must visit the Electronic Foreign Clearance Guide site <https://www.fcg.pentagon.mil/fcg.cfm> for each country/area that you plan on visiting.

You need to be familiar with the areas you plan on visiting. We also understand that there can be special circumstances for some travel, such as emergency leave, or day trips to Canada. If you plan on traveling outside of the U.S. please contact the PSNS & IMF Bangor Security Office for travel requirements at least one month before you travel, whenever possible.

Here are upcoming dates of Foreign Travel Brief schedule for IMF Bangor, located in Bldg. 7000 2nd deck Main Conference Room:

- May 10, 2012, at 1:00 p.m.
- June 14, 2012, at 1:00 p.m.
- July 17, 2012, at 1:00 p.m.

Did you know?? Traveling to the majority of Mexico, including Puerto Vallarta and Mazatlan is **PROHIBITED** to all DoD personnel, military and civilian. If you chose to ignore travel restrictions and enter prohibited areas you will be **traveling at your own risk** and potentially forfeiting assistance that the government could have provided you.

For more information please visit: <https://homeportnw.psns.navy.mil/dept/1100/1120/1121.4/Requirements/default.aspx>.

Asian / Pacific Heritage Month "Man on the Street"

What is your favorite traditional dish your mother would make you?



GSM3(SW) Sam Torres, C/832, Philippine Heritage

"Longanisa, just the smell of it brings back my childhood, I use to ask my mom to cook it all the time. She would get mad because I was always wanting to it eat it."

"In the summer, my mother would make me halo, halo; it shaved ice with fresh fruit. It was the best on hot days."



EM2(SW) Lee Montefalcon, C/833, Philippine Heritage



Debbie Santos, C/814, Guamanian Heritage

"My favorite is taro stew with coconut milk. My mother would make it, so when I came home from school it would be ready for me. That brings back so many great memories."



Asian and Pacific American Heritage Month

“Diversity is important for a lot of reasons, but the most important is that we are better warfighters when we have a diversity of ideas, experiences, expertise, and backgrounds to fulfill our variety of missions.”

Secretary of the Navy Ray Mabus

National observance of Asian and Pacific American Heritage Month began in May 1992 as an expansion of the previously celebrated Asian and Pacific Heritage Week. The 2012 theme of “[Striving for Excellence in Leadership, Diversity, and Inclusion](#)” focuses on increasing appreciation and understanding of the contributions of Asian and Pacific Americans to our nation. This month is also a time to recognize the significant achievements of people of Asian and Pacific heritage in the Navy.

Striving for Excellence in Leadership

Sailors of Asian and Pacific American heritage have been serving in the Navy since the early 1800s. Those who served include many flag officers, master chiefs and other leaders who have embodied the Navy core values of honor, courage and commitment. Some notable Asian and Pacific Americans in our Navy include:

- [Vice Adm. Harry B. Harris, Jr.](#), assistant to the Chairman of the Joint Chiefs of Staff and the highest ranking Asian American flag officer in the Navy.
- [Rear Adm. Eleanor Valentin](#), commander, Navy Medicine Support Command and the [2010 National Women of Color Technologist of the Year](#).
- Allen G. Lim, Principal Assistant Program Manager for Mission Systems at Naval Sea Systems Command, and Jae-Yoo Ko, Deputy Assistant Program Manager for Construction at Naval Sea Systems Command, selected as [Engineers of the Year](#) at the [2012 Asian American Engineer of the Year Awards](#) in Albuquerque, N.M.

Diversity and Inclusion

During [World War II](#), Chinese and Japanese American men and women enlisted for military service in great numbers. More than 20,000 Chinese Americans – or one out of every five in the United States – served in the U.S. Armed Forces. Filipino and Korean Americans also participated in the nation’s war effort. Asian Pacific American Navy men and women continued to serve honorably in the U.S. Navy and participated in the [Korean and Vietnam wars and throughout the Cold War](#). In 1971, the Navy formally lifted the restrictions that had previously limited [Philippine-born recruits](#) in the Navy to the steward rating only. [Asian Pacific Americans](#) continue to serve in our Navy today, with more than 20,000 represented in our [Navy Total Force](#). Today, the Navy remains strongly committed to [diversity and inclusion](#), creating a culture where everyone can give their best efforts to carry out the mission.

Key Messages

- Our Navy is strengthened by the diversity of our people. To be an effective fighting force, diversity must be reflected at all levels, including top leadership.
- Diversity of the thoughts, ideas, and competencies of our people keeps our Navy strong and empowers the protection of the freedoms and opportunities we enjoy every day.
- Diversity has made our nation and Navy stronger. To benefit the most from that diversity, every individual, military or civilian, must be encouraged and enabled to reach his or her full potential.

Facts & Figures

- Nine admirals, 11 members of the senior executive service, and 191 master chief petty officers of Asian and Pacific American heritage are currently leading the Navy.
- There are more than 340,000 veterans of Asian and Pacific American heritage, approximately 1.5 percent of the 23 million American veterans.
- The Navy History and Heritage Command’s website, <http://www.history.navy.mil/index.html>, features photos and biographies of many Asian and Pacific American Sailors who have served in the Navy.