

THE PERISCOPE

Portsmouth Naval Shipyard news and information since 1942

April 2025



USS HAMPTON DOCKS



CAPTAIN'S CORNER

Spring is finally here and with it, comes a new season of celebrating the amazing work being done at Portsmouth Naval Shipyard in support of our critical mission.

I would like to congratulate USS North Dakota (SSN 784) on receiving the 2024 Battle Efficiency "E" Award. The boat's crew has continued to exceed expectations and has maintained an exceptional and collaborative relationship with the project team throughout its availability. Bravo Zulu to North Dakota for earning the Battle "E" award and exemplifying a Portsmouth-quality maintenance and overhaul availability!

On March 8, PNSY successfully docked USS Hampton (SSN 767) to begin the next stage of its modernization period. I am incredibly proud of the Hampton crew and project team for their hard work in seeing this task through despite the challenges of cold temperatures and high winds.

The Navy and the nation demand that we do our part to

enhance stability, promote security cooperation, deter aggression, and WIN any conflict. We cannot carry out this essential mission without the safe and skillful execution of every milestone throughout the availability of critical assets like Hampton. From the boat's arrival to its departure, every action is critical. Bravo Zulu to all who facilitated this success!

This month we celebrate the 125th Navy Submarine Birthday, which marks the acquisition of USS Holland (SS-1), the first modern submarine, which occurred on April 11, 1900. Holland marked the beginning of a time of innovation and progress in submarine history, and paved the way for the age of naval warfare in which we live in today.

This month also marks the anniversary of the tragic loss of USS Thresher (SSN 593). Even 62 years later, the loss of Thresher and the 129 souls on board reverberates through PNSY, just as it did on that April morning in 1963.

The loss of Thresher led to the development of the Navy's Submarine Safety Program, known as SUBSAFE. The SUBSAFE certification provides maximum reasonable assurance of the watertight integrity and recovery

capability of a submarine, helping to ensure that no other vessel and crew faces the same fate as Thresher. SUBSAFE is the legacy of those who perished on Thresher as it has changed the face of submarine safety within the submarine force and the U.S. Navy.

It was our resiliency that carried us through back then and will carry us forward now. The work we do at PNSY is important, demanding and, at times, hazardous. That is why I remind you all, whenever possible, to look out for one another, to be safe, be deliberate, and keep speaking up. We are truly listening and want every PNSY employee to return home safe and well at the end of each day. If needed, resources such as Employee Assistance Program counselors, and the Magellan Federal DONCEAP Civilian Employee Assistance Program are available to anyone seeking additional support.

This month, and every month, I am proud to say...

WE ARE PORTSMOUTH
NAVAL SHIPYARD!

Michael Craig Oberdorf
Captain Michael Oberdorf,
87th Shipyard Commander



THE PERISCOPE

April 2025
Volume 19, No. 4

The Periscope is the official publication of Portsmouth Naval Shipyard. The editorial content is edited and approved by the Public Affairs Office of Portsmouth Naval Shipyard. Views and opinions expressed are not necessarily those of the Department of Defense.

Shipyard Commander
Capt. Michael Oberdorf

Public Affairs Officer

Danna Eddy

Communications Manager

Libby Hite (Acting)

Editor

Hanna Lanoie

Editorial Staff

Alana Demo

Correspondence is welcome and should be sent to the editor:

The Periscope, Code 100 PAO, Building M1,
Portsmouth Naval Shipyard,
Portsmouth, NH 03804-5000
Telephone: (207) 438-6839
e-mail: submit_periscope@navy.mil

On the cover: Portsmouth Naval Shipyard docks
USS Hampton (SSN 767) March 8, 2025.

Photo by Shipyard Photographer Branden Bourque

NORTH DAKOTA EARNS 2024 BATTLE "E" AWARD

Article by Mass Communication Specialist
1st Class Charlotte C. Oliver



The Virginia-class attack submarine USS North Dakota (SSN 784) was presented the Battle Efficiency Award in a ceremony held at Portsmouth Naval Shipyard, Kittery, Maine, Feb. 18.

The Battle Efficiency Award, better known to Sailors as the Battle "E," recognizes sustained fast and winning performance in an

operational environment within a command. The Battle "E" is awarded annually to a small number of U.S. Navy ships, submarines, aviation, and other deployable combat units.

"North Dakota arrived at PNSY for scheduled upgrades and maintenance in April 2023. Throughout the maintenance availability, the crew has remained vigilant and exceeded expectations, leading to North Dakota's selection as my Battle Efficiency Award winner," said Commodore, Submarine Squadron Two Capt. Jason Deichler. "Working hand-in-hand with PNSY's North Dakota project team, the crew is accelerating production and providing valuable insight into the modernization and system upgrades, directly supporting the Navy's mission."

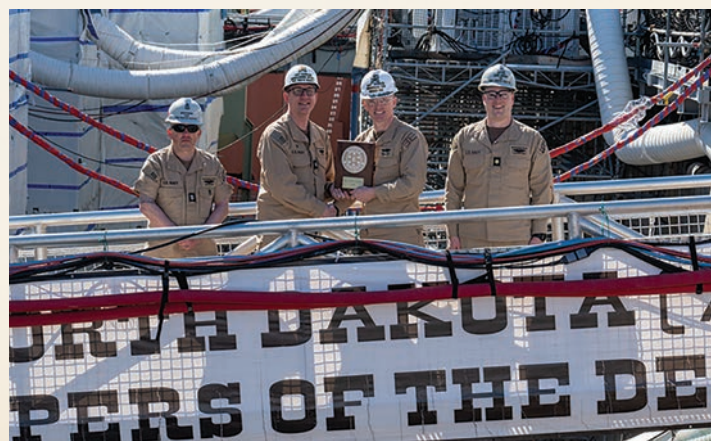
Units that receive the Battle "E" are considered the most combat-ready throughout the year and are judged based on their warfighting readiness, mission accomplishments, self-assessments and ability to improve, ability to innovate, and resiliency in executing their missions.

"North Dakota earning the Battle 'E' is really a testament to the buy-in crew has shown since our arrival at PNSY," said North Dakota commanding officer Cmdr. Trey Kennard. "The rigor in preparation, flexibility, and execution showed their immense pride in the work they do and their dedication to returning North Dakota to the fleet combat-ready as soon as possible to meet the Navy's goals. North Dakota earning the Battle 'E' is also a testament to the project team, who always has a 'we' mentality and seeks innovative ways to drive through the

availability and complete milestones and tasks early. While we may not be out operating at sea, we do know that the hard work we put in throughout this availability will deliver the most lethal submarine and crew back to the fleet, and that the maintenance mission is a vital part of that endeavor."

Commissioned Oct. 25, 2014, North Dakota is the second U.S. warship named for the state of North Dakota, the first being WWI-era battleship USS North Dakota (BB 29). North Dakota is more than 377 feet long and can displace nearly 7,900 tons and operates under Submarine Squadron Two in Kittery, Maine.

Attack submarines are multi-mission platforms enabling five of the six Navy maritime strategy core capabilities – sea control, power projection, forward presence, maritime security and deterrence. They are designed to excel in anti-submarine warfare, anti-ship warfare, strike warfare, special operations, intelligence, surveillance and reconnaissance, irregular warfare and mine warfare. Attack submarines project power ashore with special operations forces and Tomahawk cruise missiles in the prevention or preparation of regional crises.



Commodore, Commander Submarine Squadron Two, Capt. Jason Deichler (second from right) presents Cmdr. Trey Kennard (second from left), commanding officer of the Virginia-class attack submarine USS North Dakota (SSN 784), on behalf of the crew, the FY24 Battle "E" Award at Portsmouth Naval Shipyard, Kittery, Maine, March. 10. They were joined by North Dakota Executive Officer Lt. Cmdr. Alexander Coker (far right) and North Dakota Chief of the Boat Erik Whitaker (far left).

Photo by Mass Communication Specialist
1st Class Charlotte C. Oliver

USS HAMPTON DOCKS AT PORTSMOUTH NAVAL SHIPYARD

Article by Shipyard Photographer Branden Bourque and Periscope Editor Hanna Lanoie

Photos by Shipyard Photographer Branden Bourque

Portsmouth Naval Shipyard is continuing its long-held legacy as America's leader in attack submarine maintenance and modernization by safely and successfully docking the Los Angeles improved-class attack submarine USS Hampton (SSN 767) Mar. 8.

While at the shipyard, Hampton will undergo several system upgrades and scheduled maintenance work as part of the Navy's service life-extension program. PNSY is the Navy's center of excellence for attack submarine overhaul, repair, and modernization.

"Great job to everyone involved with docking Hampton," said Shipyard Commander, Capt. Michael Oberdorf. "As we move forward with its modernization period to get Hampton battle ready, I want to emphasize that your hard work, vigilance and dedication to our mission of getting vital Navy assets safely back to the fleet is greatly appreciated."

Hampton, along with its complement of more than 130 crew members, arrived at PNSY November 2024 after carrying out crucial maritime security operations in the U.S. 7th Fleet.

"Hampton continues the on-time accomplishment of each critical milestone in their path towards service life extension and delivery to the fleet," said Commodore, Submarine Squadron Two Capt. Jason Deichler. "Docking a submarine is a complex evolution, and this crew proved, once again, their ability to adapt and master the skills needed for a unique and seldom performed submarine movement. This is one of the many steps towards conducting repairs and upgrades to ensure Hampton gets back to the fleet tougher and stronger, combat-ready and equipped to conduct all tasking. The crew embodies their motto, 'Those that desire peace, prepare for war!' each day by executing the tasks necessary to achieve surge readiness."

The Hampton crew, project team, and supporting PNSY workforce all played critical roles in safely facilitating the docking despite the challenges of cold temperatures and high winds.

"I am exceptionally proud of the hard work put forth by Portsmouth Naval Shipyard, led by the Hampton project team, and my crew to dry-dock the ship today," said Hampton Commanding Officer Cmdr. Grant Wanier. "While not apparent from our view topside, work within the submarine has progressed quickly for the past three months in preparation for our overhaul, and today is the first major milestone in the project. There are thousands of hours of work left to do, and I am confident that together we will continue to meet or exceed each of our goals and return Hampton to the fleet ready for all tasking on or ahead of schedule."

Hampton, which was commissioned Nov. 6, 1993, is the fourth ship or boat of the United States Navy to be named Hampton, however it was specifically named for four cities: Hampton, Virginia; Hampton, Iowa; Hampton, South Carolina; and Hampton, New Hampshire. Hampton is capable of supporting various missions, including anti-submarine warfare, anti-surface ship warfare, strike warfare, and intelligence, surveillance and reconnaissance.

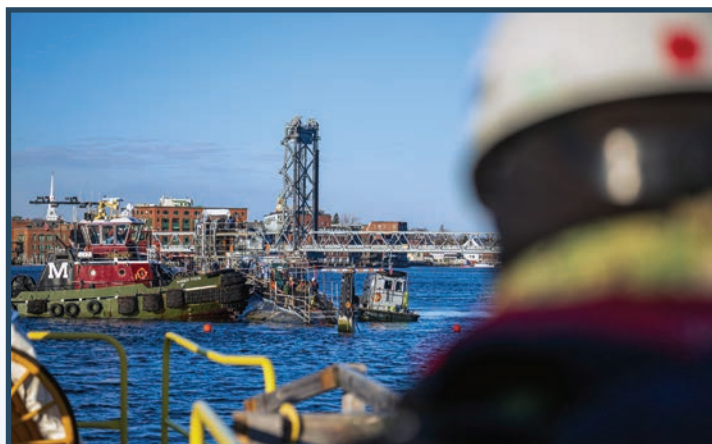
As America's leader for attack submarine maintenance, repair and modernization, PNSY is enhancing critical warfighting capabilities by safely delivering first-time quality service, on-budget, on time to the fleet and enabling warfighters to be battle-ready when called upon. Hampton's docking demonstrates the Navy's commitment to national security and directly supports Naval Sea Systems Command's line of effort related to generating readiness by maintaining, modernizing and sustaining platforms.

USS Hampton (SSN 767) docks at PNSY





*Shipyard workers assist in docking
USS Hampton (SSN 767)*



*Shipyard worker observes the docking
of USS Hampton (SSN 767)*



USS Hampton (SSN 767) docks at PNSY

USS HAMPTON PLAQUE HANGING

Article and photo by Mass Communication Specialist 1st Class Charlotte C. Oliver

A plaque hanging ceremony, sponsored by the Naval Civilian Managers Association, for the Los Angeles-class attack submarine USS Hampton (SSN 767) was held Feb. 20 to officially welcome the officers and crew to Portsmouth Naval Shipyard and the seacoast community.

Hampton arrived at the shipyard November 2024. While at the shipyard, Hampton will undergo several system upgrades and scheduled maintenance through the Navy's service life-extension program.

"As we embark on this project, our goal is clear - to ensure Hampton returns to the fleet on time, fully prepared, and ready for its next mission," said Hampton Project Superintendent Tim Doyon. "Together, we will work hand-in-hand to maintain and modernize this ship, ensuring that it remains a force to be reckoned with."

Distinguished members of the ship's host community, Hampton, New Hampshire, were in attendance to hang the plaque during the ceremony.

"One of the often-overlooked responsibilities of a submarine crew is the meticulous upkeep of the vessel, ensuring its full operational capability and readiness for any mission," said Hampton Commanding Officer Cmdr. Grant Wanier. "Over the next few years, we will collaborate closely with the expert team at Portsmouth Naval Shipyard to modernize Hampton, preparing it for another 15 years of service. We are thrilled to return to New England and are honored to carry forward Hampton's proud legacy of excellence."



(l to r) Chairwoman of the Hampton, New Hampshire Select Board Amy Hanson, Hampton Project Superintendent Tim Doyon, Hampton Commanding Officer Cmdr. Grant Wanier, Shipyard Commander Capt. Michael Oberdorf, and Commodore, Submarine Squadron Two Capt. Jason Deichler.

PNSY PERSONNEL PARTICIPATE IN EXERCISE CITADEL SHIELD–SOLID CURTAIN

Article and photos by Mass Communication Specialist 1st Class Charlotte C. Oliver

The dedicated team of U.S. Navy Sailors and civilians assigned to Portsmouth Naval Shipyard in Kittery, Maine, participated in Exercise Citadel Shield-Solid Curtain 2025 (CS-SC25), Feb. 3-14.

All Navy installations within the continental United States participate in the annual two-week anti-terrorism and force protection exercise. Citadel Shield takes place the first week and is run by Commander, Navy Installations Command. The second week, Solid Curtain is run by Commander, U.S. Fleet Forces Command (USFFC). This two-part training is designed to boost the readiness of U.S. Navy security forces and ensure seamless interoperability among commands, other services, and agency partners to protect life, equipment, and facilities. During CS-SC25, Navy security forces undergo realistic scenarios intended to help maintain a high level of readiness. Both weeks simulated realistic threat scenarios, including active shooters, unauthorized base access, and improvised explosive devices.

On Feb. 6, PNSY was presented an active threat scenario to the security and installation

personnel involving multiple threat actors in a work environment. Personnel were required to neutralize the threats, treat the wounded, coordinate with first responders, provide forward communication to the emergency operations center, and manage any other possible injects. Despite the dropping temperatures and snow, the combined team of Sailors and civilians demonstrated the ability to respond and mitigate exposure to a prolonged threat.

“Exercise Citadel Shield-Solid Curtain flexes all of our emergency responses at every level of command,” said Installation Training Officer Keith Anoe. “We know that in a moment of crisis, Portsmouth Naval Shipyard and its partners are ready to respond to protect its people and the assets we are charged to keep safe.”

CS-SC25 is a regularly scheduled exercise and is not held in response to any specific threat. These drills are designed to test the readiness and capabilities of Naval Security Forces, first responders and other PNSY personnel in an emergency. How quickly and effectively they can respond to the threat is crucial for saving lives and it also provides experience working alongside local civilian first responders.

“These exercises ensure our security forces and first responders are prepared for a variety of threats, from the active shooter to unmanned aircraft systems and surveillance,” said PNSY Antiterrorism Officer, Lt. j.g. Daniel Suderow. “Creating realistic



Master-at-Arms 2nd Class Sydney Lake detains a simulated active shooter during an active threat drill conducted during exercise CS-SC25 at PNSY.

scenarios allows us to better refine our response procedures, exercise decision-making, and enhance cooperation with partner agencies.”

As America’s leader for attack submarine maintenance, repair and modernization, PNSY is enhancing critical warfighting capabilities by safely delivering first time quality, on-budget, and on time to the fleet, enabling undersea warfighters to be battle-ready when called upon.



Members of Navy Security Forces and Kittery Police Department respond to an active threat drill conducted during exercise CS-SC25 at PNSY.



(l to r) Firefighter/Paramedic Thomas Wilson and Firefighter/Paramedic Alex Hawkes treat a simulated victim during an active threat drill conducted during exercise CS-SC25 at PNSY.



STRENGTHENING THE FOUNDATION

NEW CAISSON INSTALLED AT PNSY

Article by NAVFAC Public Affairs Specialist Janice Hussey

In February, a new caisson was installed in Dry Dock 1, replacing the one that had served Portsmouth Naval Shipyard since World War II. The new caisson is a critical component of dry dock operations and a major part of shipyard infrastructure, which focuses on Naval Sea Systems Command line of effort to strengthen the foundation for combat readiness.

This caisson is a keystone-shaped watertight steel gate that seals off the entrance to the dry dock, allowing it to be drained of water so submarine maintenance and hull repairs can be safely performed. Once a submarine is positioned inside the dry dock, the caisson is lowered into place. Then pumps remove the water, creating a dry working environment for PNSY production personnel. The integrity and reliability of the caisson are essential for the safe and efficient work performed during submarine overhauls.

The new caisson was constructed by Steel America in Norfolk, Virginia, and transported via water to the shipyard. The seamless installation of a modern caisson at Dry Dock 1 ensures the shipyard can continue providing uninterrupted maintenance, repair, and modernization to vital Navy assets.

The new caisson is part of a broader modernization effort under the Navy's Shipyard Infrastructure

Optimization Program (SIOP), a multibillion-dollar initiative designed to upgrade facilities, utilities, and equipment at the Navy's four public shipyards. By investing in infrastructure like upgraded dry dock caissons, state-of-the-art machinery, and optimized workflows, SIOP ensures PNSY will remain capable of supporting the Navy's evolving fleet for decades to come.

"With the new caisson in place, Dry Dock 1 is better equipped to handle the demands of modern submarine maintenance, reinforcing PNSY's role as a vital asset in maintaining the operational readiness of the U.S. Navy's submarine force," said Officer-in-Charge of Construction PNSY Capt. Ben Wainwright.

"The installation of this new caisson is a tangible example of how SIOP is supporting Naval Sea Systems Command's lines of effort of modernizing and improving critical dry dock infrastructure which directly enhances our ability to support the fleet," said Director, SIOP Portsmouth Naval Shipyard Russ Gagner.

Portsmouth Naval Shipyard continues to deliver ready, capable, and lethal attack submarines that directly support the fleet's mission to enhance stability, promote security cooperation, deter aggression, and win any conflict.



The new caisson is set into place prior to the flooding of the dry dock.

Photos by Mass Communication Specialist 1st Class Charlotte C. Oliver

Reaching Lofty Goals: Mold Loft Evolves Into Naval Coordinate Metrology

Article by Mold Loft Supervisor Robert Wakefield and Periscope Writer Alana Demo

In the last year, the Naval Coordinate Metrology (NCM) team (formerly Mold Loft Shop) at Portsmouth Naval Shipyard, has been involved in several innovative ways to help revolutionize PNSY's capabilities. Thanks to forward-thinking employees, the shipyard is ushering in a new era in efficiency using portable coordinate measurement machine (PCMM) technology.

Driven by a team of highly motivated and technically competent personnel, the NCM has garnered support from multiple stakeholders, enabling the team to expand its reach and impact throughout the Navy.

"This team's development was truly a grass roots approach without prodding from management," said Structural Shop Superintendent Harry Knox. "They took it upon themselves to exploit better ways to improve our business with the constant mindset of wanting to do what's right for the shipyard and the Navy. Their successes are a testament to the level of character that exists and continues to be nurtured among them."

"I started my journey as an apprentice working with the Mold Loft and have loved the challenges of learning a new highly technical skill set and the advantages it gives our shipyard," said Mold Loft Leader Eric Nevejans "As a trainer for aspiring Metrologists, I enjoy passing on this knowledge and building the foundations of a coordinate metrology community."

The name Mold Loft reflects the shop's original purpose and location. Residing in a building constructed in 1905, the Mold Loft was designated to the loft space of the building, where it has remained since the beginning. This shop's focus is manufacturing 3D shapes and box molds.

"The original ship layout plans were full-scale 2D drawings laid out on the floor," said Precision Measurement and Alignment Team Manager Robert "Bob" Wakefield. "At the start of all boat construction, tradesmen would use these 2D plans to gather data and transfer it into 3D templates, shapes, and stretch-outs, to aid in the production of structural components that conformed to the ship's molded lines."

PNSY possesses comprehensive knowledge and expertise of all facets of Coordinate Metrology, which is consolidated within the NCM team. The team involves

experts in several Coordinate Metrology disciplines including, Articulating Arms, Laser Trackers, Total Stations, Photogrammetry, 3D Scanning, Geometric Dimensioning & Tolerancing Analysis, Reverse Engineering, System Alignments, and Component Alignments (dynamic and virtual).

"Together the team performs research for new pre-arrival situations, engineer coordinate metrology solutions, develop measurement processes, create written procedures, data execution, complex post-processing, customize data reporting, reverse engineering and design/manufacture custom tooling, all with the goal of exceeding customer expectations," said Wakefield.

PNSY has excelled in the development of the NCM Training program, hosting and delivering training for production shops and engineering codes for all public shipyards. Additionally, the NCM team collaborates extensively with the other public shipyards and Warfare Centers, sharing knowledge, standardizing processes, work practices, equipment verification standards, training qualifications, software licensing, IT solutions, and various other aspects critical to supporting this specialized work.

"Our team works directly with Cognizant Technical Codes (CTC) and Technical Warrant Holders (TWH) in identifying problems and clarifying the essential deliverable," said Wakefield. "We have helped drive innovation with reliable data, presented in an easy-to-digest format resulting in improved decision-making. Having accurate 3D data available enables the CTC's and TWH's to make expedited informed decisions, transforming the culture from analog to digital data."

The NCM team has accomplished more than 70 process improvements in the last 15 years, revolutionizing the shipyard's ability to work more accurately, quickly, safely, and efficiently compared to traditional methods. This has been possible thanks to the self-motivated, highly trained, and mechanically inclined personnel within the NCM Team. Moving forward with collaborated efforts between CTC's, production personnel, and the NCM group, the shipyard will further enhance safety, and first-time quality, while reducing exposure, cost, and rework across all PNSY availabilities and support capacities.



Mold Loft in History

*Mold Loft Historical Images
Provided by The Shipyard Heritage Center*



Mold Loft Today



Mold Loft Metrology Team poses for a photo with metrology equipment.

Back Row (l to r): Mold Loft Leader Eric Nevejans, Loftier Jonathan Gordon, Loftier Joe Higgins, Loftier Jonathan Dzioba, Loftier Steven Andrews, Loftier Leader Matt Cravens.

Front Row (l to r): Precision Measurement and Alignment Team Manager Bob Wakefield, Loftier Supervisor Eric Hughes, Loftier Trainee Kevin Evans, Loftier Leader David Parker, Loftier Curtis Zilch, Loftier Leader Jesse Boyd.

Photo by Shipyard Photographer Jim Cleveland

PNSY STEM OUTREACH TOURS HELP STUDENTS EXPLORE POTENTIAL CAREERS

Article by STEM Support Specialist Kellen Brown and Periscope Writer Alana Demo

The Science, Technology, Engineering and Mathematics (STEM) Outreach program at Portsmouth Naval Shipyard hosted Nute, Portsmouth and Kennebunk high schools giving the students the opportunity to learn about the various production vocations at the shipyard in March 2025.

“This is an exceptional opportunity that is provided to high school students through the PNSY STEM Outreach program,” said Support Services Specialist and STEM Outreach Volunteer Kellen Brown.

STEM Outreach works with many high schools in the immediate area of PNSY throughout the year to inspire,



Nute High School students receive presentation from Chemical Engineering Technician Emily Antaya.

Photo by Shipyard Photographer Branden Bourque

educate and engage with students to make them aware of the different career paths and how what they are learning in school has practical applications.

“It is always exciting to share with students the math and science principles we use every day in our job as nondestructive testers,” said Non-destructive Testing Branch Head and Senior Radiographer Mark Dorley, who also volunteers with STEM Outreach. “One of the highlights of every tour is when we demonstrate Lenz’s Law by dropping a magnet through an aluminum tube. The students observe the magnet falling slowly due to eddy currents being produced.

(Below) Portsmouth and Kennebunk High School students visit the welding school.

Photo by Shipyard Photographer Jim Cleveland



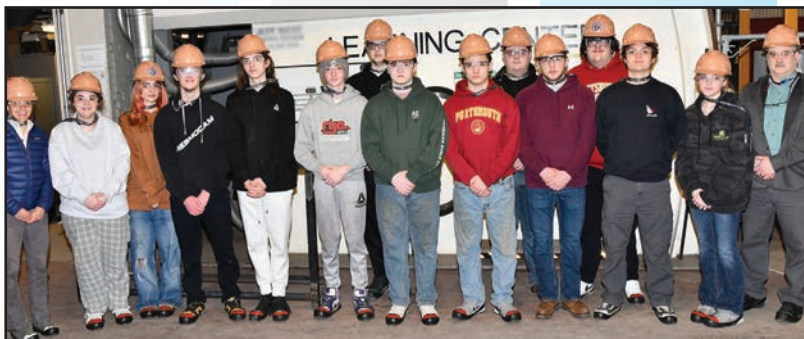
Nute High School students receive a tour of the Shipyard Heritage Center from Shipyard Historian Joe Gluckert.

Photo by Shipyard Photographer Branden Bourque

These same eddy currents are used in flaw detection on the submarines we overhaul here at PNSY.”

STEM Outreach typically hosts 20 or more students and teachers, giving them a behind-the-scenes look at the work here at the shipyard. STEM also conducts visits to schools in the surrounding area of PNSY.

“The shipyard tours explore three different locations including training and work areas,” said Brown. “They also receive a ‘window tour’ of the shipyard and a visit to the



Portsmouth and Kennebunk High School students in the Structural Shop Learning Center.

Photo by Shipyard Photographer Jim Cleveland

Shipyard Heritage Center to learn about PNSY’s rich history.”

“It brings me great joy to participate in school tours,” said Chemical Engineering Technician Emily Antaya. “When students say, ‘I want to be you one day,’ it truly brings a smile to my face knowing that in just 30 minutes, I influenced that student’s life. Through hands-on experiences, the students can be the chemists and see the importance of the work we do at the shipyard.”

Students leave with increased excitement for the trades and a real-life view of potential work areas at PNSY. The opportunity to come and see the shipyard’s daily operations of the different trades helps prepare senior students to make career decisions for their future.



PNSY IS HERE TO HELP!



Counselors (Appointment Necessary):

Mandy Demers, LCSW, CEAP
207-438-3645, x3645 & 207-438-2988, x2988

Tracy Delea, LCSW, MLADC
207-438-3645, x3645 & 207-438-2988, x2988

Location: Portsmouth Naval Shipyard, Building 44/1

DON-Civilian Employee Assistance Program:

<https://magellanascent.com>
National: 1-844-366-2327

Kimberly Aucella
PNSY- Suicide Prevention Coordinator
207-438-6742, x6742 & 207-451-8671

Location: Portsmouth Naval Shipyard, Building 22/1

Your Well-being Matters. Reach Out.

- ✓ Relationships
- ✓ Stress Reduction
- ✓ Overall Well-Being
- ✓ Thoughts of Suicide
- ✓ Grief and Loss
- ✓ Harassment
- ✓ Assault
- ✓ Locate Community Resources
- ✓ Parenting
- ✓ Divorce/Separation
- ✓ Work Related Stress
- ✓ Trauma/PTSD
- ✓ Anxiety
- ✓ Personal Growth/Development
- ✓ Depression
- ✓ Hopelessness/Helplessness

PNSY Civilians only * Voluntary * Time allowed during work hours with supervisor approval * Free * Confidential * We do not diagnose * We do not add information to your medical records * You do not need to report to Security that you are receiving counseling

We are here to support you!

TIS' THE SEASON FOR MOTORCYCLE SAFETY



Honoring Thresher Through Resiliency

Article by Shipyard Historian Joe Gluckert

Resiliency can be defined as the ability to return to original form. It's a term we often use to describe how one copes with setbacks and losses. Mostly, we apply this term to individuals and their journey back from adversity or crisis. But organizations can also be resilient in the wake of sudden change or misfortune.

Between the years of 1915 and 1963, a total of 16 U.S. submarines were lost in non-combat related causes; an average of one submarine lost every 36 months. The loss of USS Thresher (SSN 593), however, was different.

Thresher was the best and most technologically advanced submersible ever designed at the time of its construction in May 1958. A mechanical wonder, Thresher was the quietest, fastest, deepest diving submarine the world had ever seen (or not seen) and represented the United States' scientific and industrial advantage in the face of Soviet numerical superiority. Though it was impossible to know at the time, the tragic end of this great vessel would overshadow its mechanical greatness in the eyes of history.

On April 10, 1963, Thresher, along with 112 Sailors, 13 civilian shipyard workers, and four civilian

contractors, was gone in an instant.

Ten years ago, the 52nd Thresher memorial service was held on the shipyard mall. Speaking at the event, retired Navy Capt. Joseph Yurso, a former Shipyard Commander, related his experiences as an Ensign assigned to the shipyard during those dark days in 1963. "We collectively were not prepared to deal with losing a sub and the whole crew," he remarked.

According to reports, when news of the Thresher loss reached the shipyard, all machinery came to a stop and the yard became eerily quiet. Shipyard workers congregated briefly on the mall and then drifted home. Nobody told them to go... they just did.

The Cold War raged in the early 1960s with the Cuban missile crisis in October 1962 bringing the world to the brink of nuclear war. The arms race spiraled on as each side sought a first strike advantage. In 1958 the Navy, seeking an effective nuclear deterrent, embarked on a massive construction program to build the first fleet of ballistic missile boats, commissioning nine of the 41 planned submarines by 1962.

Thresher, its crew and the civilians onboard, were casualties of this

cold war. These men knew what was at stake and accepted the risks. They navigated the narrow shoals between war and peace and bravely manned their boat built at the very limits of technology.

Shipyard workers returned, of course, and did what they have always done. They went back to work launching USS Jack (SSN 605) April 24, 1963, only two weeks later. Some 13 months after Thresher, the shipyard again showcased its resiliency to the country and to the world with a "Triple Play" commissioning USS John Adams (SSBN 620), launching USS Nathanael Greene (SSBN 636), and laying the keel for USS Grayling (SSN 646) May 12, 1964.

Capt. Yurso's reminder to the attendees of the 52nd Thresher memorial in 2015 remains true on this 62nd anniversary of the Thresher loss; the men of Thresher did not die in vain. Their sacrifice led to the development of the Navy's Submarine Safety Program, known as SUBSAFE. The resiliency that had always been found in shipyard workers and Sailors would now be incorporated into submarine design and into the construction and repair processes, integrating resiliency into the very machinery itself.

Portsmouth Naval Shipyard historical photo: Workforce gathers on the PNSY Mall for Thresher Memorial Service April 15, 1963.



SAFETY REMINDERS & TIPS: PERSONAL PROTECTIVE EQUIPMENT

WEAR SAFETY GLOVES AND BOOTS

PROTECT YOUR HANDS AND FINGERS



It could cost you an arm and a leg

WEAR SAFETY GLASSES

PROTECT YOUR EYES



Injuries can happen in the blink of an eye

Eye and Face Protection: Safety glasses, goggles, or face shields to prevent eye injuries from flying debris, or splashes.

Hand Protection: Gloves to shield hands from cuts, burns, chemicals, or electrical hazards.

Head Protection: Hard hats to guard against head injuries from impacts or falling objects.

Body Protection: Aprons, coveralls, or full-body suits to safeguard against chemical spills, heat, or bio-hazards. Durable work appropriate clothing is recommended.

WEAR HIGH VISIBILITY CLOTHING

IT PREVENTS ACCIDENTS



Invisibility is NOT a superpower

PROTECT YOUR EARS

ALWAYS WEAR EAR PROTECTION



Listen Up! You control the volume

Hearing Protection: Earplugs or earmuffs to protect against hearing loss from exposure to loud noises.

What goes up may come down

PROTECT YOUR HEAD

ALWAYS WEAR YOUR HARD HAT



AWARDS

During the month of February, Portsmouth Naval Shipyard issued 3,759 awards:

3,456

On The Spot Awards

138

Time Off Awards

160

Special Act Awards

5

Safety Awards

DISCIPLINARY ACTIONS

During the month of February, Portsmouth Naval Shipyard issued 24 disciplinary actions including:

Non-Bargaining Unit Employees (Supervisors)

3

Letters of Reprimand

1

Suspension (14 days or less)

1

Removal

Bargaining Unit Employees (Non-Supervisors)

10

Letters of Reprimand

8

Suspensions (14 Days or fewer)

1

Removal

VANPOOL LISTINGS

All advertisers listed take part in the
Transportation Incentive Program (TIP).

Multiple Locations - WHITE KNUCKLE TRANSIT LLC: 1st shift 0630-1500, (3) 15-passenger vans serving the Brunswick area, Sanford/Springvale/Wells and Limington/Waterboro/Alfred. Space available. Contact Matt: (207) 252-0584 or wtnukltransit@gmail.com.

Multiple Locations - BINETTE BUS is looking for riders, 3 vans:

Biddeford - Mercedes bus has high-top roof and leather captain's chairs

Wells - High-top roof, individual leather captain's chairs w/cup holders and usb ports
Call/Text (207) 590-6954
Email: c.binette23@gmail.com.

Alfred/Lyman/Kennebunk/Sanford/Wells - CUNNINGHAM VAN, 10-hour van, 0600-1630, 5 days a week, 10 riders in a 15-passenger van. Contact Ken Cunningham: Call or text (207) 608-9402 or CunninghaVan@gmail.com.

Lebanon/Berwick/S. Berwick -
AT BUS 1: Lebanon, ME (Upper Cross Road), Berwick (via Long Swamp Rd), Berwick, Berwick Park & Ride, South Berwick (via Rte. 236) 0600-1430, M-F (8 hour day shift).
AT BUS 2: Lebanon, ME (Town Hall Park & Ride), Berwick via Long Swap Rd & Berwick (Park & Ride), South Berwick (Rte. 236) 0600-1530 5/4/9 shift
Call Lee for details: ext. 4531, daytime cell (207) 703-3769, evening cell (603) 312-7956

Biddeford - O'BRIENS VANPOOL: 0700-1530, Two vans, 1st picks up at Biddeford Park & Ride; 2nd picks up at Five Points Shopping Center in Biddeford. Pickups also available at homes on Village Lane, Westmore Ave. or near this area. Registered with TIP. Contact Mike: ext. 3737 or (207) 590-0546.

Biddeford/Saco - ACIN VANPOOL: 1st shift. Picks up at Biddeford Park & Ride, 10 passenger limit. Arrives on-yard by 0615. Contact Phil: ext. 1682 or (207) 423-6142.

Biddeford/Saco area - PERHAM VANPOOL: 1st shift, (2) vanpools. Meet at Biddeford Park & Ride. Second vanpool meets at Saco Park & Ride. Space available. Contact Chris: ext. 1821 or (207) 590-2378.

Portland/Saco - CHURCH VANPOOL: 1st shift, reliable drivers. Space available. Contact Randy: ext. 4790 or (207) 450-5824.

Biddeford - BENNER'S VANPOOL: 1st shift riders wanted. 0700-1530, pickup at Biddeford Park & Ride, registered with TIP, no out of pocket expense. Contact Jason: ext. 6480 or cell (207)-590-1955, call or text.

Dayton/Lyman/Kennebunk - DANLEY VAN POOL: (4) 15-Passenger vans with seats available. Can accommodate first shift 0600-1430 or 0630-1500. No out-of-pocket expense when enrolled in TIP. Contact Tyler: (207) 590-3279.

Biddeford/Gray - JOE'S VAN LLC: 1st shift riders wanted. 0630-1500. No out-of-pocket expense. Pickup at exits: 75 Auburn, 63 Gray, 53 Falmouth, 45 Portland, 32 Biddeford, 19 Wells
Contact Joe: ext. 5371, or (207) 320-0941

Biddeford - BENNER VANPOOL: 1st shift riders wanted. 0600-1500, pickup at Biddeford Park & Ride, registered with TIP, no out of pocket expense. Contact Jason: (207) 590-1955. Call or text.

Biddeford - SWANK VANPOOL LLC: Two 15-passenger vans from Biddeford
(1) 0600-1500 leaves Biddeford Park & Ride at 0500, (2) 0600-1530 5/4/9 Friday SDO leaves Biddeford Park & Ride at 0500. Please contact Kevin Swank 207-205-1311

Brunswick/Topsham/Yarmouth/Portland/South Portland - CRONIN VANPOOL: 1st shift 0600-1430. Reliable drivers, newer 12-passenger Chevrolet van. With Transportation Incentive Program, \$0 out-of-pocket cost. Space Available. For more info, call Kevin ext. 2531 or (207) 837-3561.

Hollis/Waterboro/Alfred/Sanford/Wells - MADORE VANPOOL: 1st shift, via Rt. 117/202/4/109/I-95. Non-smoking. Riders wanted. Contact Cory: (207) 752-6019 or (207) 423-3774.

W. Newfield - NEWFIELD EXPRESS: 1st shift (0630-1530). 15-passenger. Multiple pickup spots include W. Newfield, Shapleigh, Springvale, Sanford, N.Berwick, Berwick, Contact Ben x5873 or sign up on TIPS directly. newfieldexpress@gmail.com, (207) 806-7043

Lebanon/Berwick/South Berwick - POPLAR HILL TRANSPORTATION LLC: 1st shift. Picks up at Lebanon Park & Ride, Berwick Park & Ride, and South Berwick Park & Ride. Contact Jake: (207) 608-3879 or email at poplarhillllc@yahoo.com.

Lebanon-North Berwick/Berwick/South Berwick/Eliot/Kittery - FARREN TRANSPORTATION: 1st Shift; On schedule means on yard by 5:40. 15-passenger van. Berwick, South Berwick Park & Rides. Will pick up along Little River Rd., or Rt. 236. Contact Dan: (207) 451-7092, (207) 475-6325, email RidewithFT@gmail.com.

Lebanon/Berwick/South Berwick/Eliot - PERRY VANPOOL: 1st shift. Free rides for TIP members! Space available, contact Andrew: ext. 5407 or (207) 457-1986.

Springvale/Sanford/Berwick - MATHIEU VANPOOL: 1st shift. No overcrowding, 10 riders in a 15-passenger van. Dependable drivers, no out-of-pocket expense with TIP. 2 openings available, call Shawn: (207) 651-4975.

Gray - BENNER'S VANPOOL: 1st shift, (no stops). Accommodates 0600-1500 shift. Registered with TIP, no out of pocket expense. Contact Jason (207) 590-1955. Call or text.

Saco/Wells - LECLAIR VANPOOL: Always a free ride! 0600 to 1530 SDO shift. Comfortable new 15-passenger van, never overcrowded. Space available. Contact Kevin: ext. 5784, (207) 475-8245 or leclair.kevin@yahoo.com.

Lebanon/Berwick/South Berwick - DEVOLL'S VAN POOLS: 1st shift, non-smoking, 15 passenger van that only takes 12 passengers, TIP participant, Lebanon Park & Ride, Little River Road, Lebanon Road, Beach Ridge Road, Rt 9 to Berwick, Rt 236 to shipyard. Contact Kip (H) 457-1241, (C) 451-3257.

Dayton/Lyman/Kennebunk - DANLEY VANPOOL: 15-passenger OVERTIME van with seats available. Accommodates 0530-1530 shift. No out-of-pocket expense when enrolled in the TIP program. Contact Tyler: (207) 590-3279.

Gray - TRACY VANPOOL: 1st shift, 1 (no stops). Accommodates 5 8-hour shifts and 5/4/9 schedules. Contact Derek (207) 615-4905. Call or text.

Lebanon/Berwick/South Berwick - DK TRANSPORTATION: 15 passenger van. Plenty of seats available! 10-hour shifts. 0600-1630. TIP participant. 1st pick up at Lebanon Park & Ride, into Berwick via Long Swamp Rd., stop at Berwick Park & Ride, into South Berwick via 236. Multiple stops along the way. Call or text Drew: (978) 305-0537

Wells area - PERHAM VANPOOL: 1st shift. Meet at Wells Park & Ride. Space available. Contact Chris: ext. 1821 or (207) 590-2378.

Farmington, NH - GRANITE STATE TRANSIT 25- Passenger, leaves daily from old Fire Station downtown 0515, leaves from Shipyard Mall 1500. Contact Lee: (603) 781-3402.

Lebanon, ME - GRANITE STATE TRANSIT 32-Passenger, 3 pickup locations: Lebanon corner of Depot Rd. and Rt. 202, Berwick Park & Ride - corner of Sullivan St. and Wilson St., bus stop - corner of Norton St. and Main St., (across from B&T Bank) South Berwick. Leaves from Shipyard parking garage 1500. Contact Lee: Personal (603) 781-3402, Work (207) 451-7497. Contact Lee: (603) 781-3402.

Rochester/Milton/Farmington/Barrington - SEACOAST EXPRESS: 3 buses running daily covering 0500-1530, 0600-1430, 0600-1530, 0700-1530 and "5/4/9" shifts. Seacoast Express users can switch buses at any time throughout the month if they would like to work overtime, switch shifts or leave early. All buses leave from Rochester Home Depot parking lot. Vehicle available at shipyard if passengers have an emergency situation and need to leave early. For more information, contact Aaron: (603) 337-5137.

Sanford/Wells/Kittery - CCR EXPRESS: 1st shift (0630-1500) pickup at Hannaford-Sanford (0445), Mardens-Sanford (0455), Hannaford-N. Berwick (0505), Aroma Joes-S. Berwick (0515), Kittery Masonic Lodge #184(0600). Either snooze or watch a movie on the way to work. Come give it a try. 100% Free ride to work with TIP. Contact Milton: (207) 604-4936.

Sanford/Wells - DELISLE VANPOOL: Sanford seats available, non-smoking 15-passenger van, M-F 0700-1530. Biddeford/Wells Park & Ride seats available, non-smoking 12-passenger van, M-F 0700-1530. Vans are very dependable, clean, and safe. Out-of-pocket cost: \$0 Call Matt work cell phone (207) 468-5280, personal cell (207) 289-8556.

Springvale/Sanford/North Berwick - HILLS NEW ENGLAND TRANSIT: 1st shift vanpool, M-F, 0630-1500 schedule with multiple locations available for pickup. 15-passenger van with only 10 riders and multiple open spots. Text or call James Hill (603) 337-5668.

Lebanon/Berwick/South Berwick - DK TRANSPORTATION: 15-passenger van. Plenty of seats available! 10-hour shifts. 0600-1630. TIP participant. 1st pick up at Lebanon Park & Ride, into Berwick via Long Swamp Rd., stop at Berwick Park & Ride, into South Berwick via 236. Multiple stops along the way. Call or text Drew: (978) 305-0537

Sanford/Springvale/Berwicks - COUSENS VANPOOL: 1st shift, comfortable, new 15-passenger van. Non-smoking. TIP participant. Space available, contact Mike: (207) 651-7411.

Sanford/Springvale/points south - TURNER VAN POOL: Arrives 0545 am, departs 1500, 8-hr shift. Contact Herv: cell (207) 432-3779, email herveyturner@gmail.com

Waterboro/Alfred/Sanford/Wells - AB VANPOOL: 1st shift. Clean, comfortable, and reliable. Arrives on yard around 0615. No out-of-pocket expenses for TIP participants once enrolled. For more information, contact Cory: ext. 1442 or (207) 651-1526.

Dover - J.R.'s VANPOOL: 1st shift. Departs from Exit 9 Park & Ride at 0540. Large comfortable van, space available. Contact J.R.: ext. 1123 or (603) 749-1409.

Manchester/Epping - QUEEN CITY AND EPPING VAN POOL: Commute for free, picks up in Manchester and the Epping Park & Ride (Exit 7, Rt-101) First shift (0630-1530). 15-passenger van. No smoking or out-of-pocket costs, fees covered by TIP program. Call or text Pete, cell (603) 505-5508, home (732) 397-0429.

Wells/Sanford/Alfred/Waterboro - SLICK VANPOOL: 15-passenger van looking for riders. For more info call or text: Jack Howard (207) 251-9292.

Springvale/Sanford/Wells - KGR RIDESHARE: 1st shift. Rt. 109 to Rt. 95, flexible stops. 10 passenger limit in 15-passenger van, never overcrowded. No out-of-pocket cost for commuters participating in TIP. Openings available. Contact Michael: (207) 651-2712 or soccergod007@yahoo.com for more info.

Rochester/Somersworth/Dover - PLATT VANPOOL: 1st shift 4/10s, 0600-1630. Main pickups are Rochester Park & Ride and Tuckers off Exit 9 in Dover/ Somersworth. Route starts from Parsonsfield, ME; Newfield, ME; and Wakefield, NH; so if you are in the north country, call for details. Contact John Platt ext. 2912; text or call (603) 923-3979; email jpe.john@gmail.com.

Rochester/ East Rochester - COPPS TRANSPORTATION 1st Shift 0630-1500. Leaving out of Rochester, stops in East Rochester and Lowes. Arrive on yard 0550, home by 1545. No out-of-pocket cost. Call Jesse: 207-451-9073.

Saco/Biddeford/Wells - WISE MAN TRANSPORTATION: 10-hour days, 0600-1630, 5 days a week, non-smoking. 25-passenger limo bus from the Park & Rides with no out-of-pocket fee after TIP reimbursement. Pick up **Saco-0450**,

Biddeford-0457, Kennebunk-0505, Wells-0515 arrive at shipyard-0545. 2nd bus running 8-hour shift, 0630-1500, in a non-smoking 32-passenger bus with no out-of-pocket fee if signed up on TIP. Pick up at Park & Rides **Saco-0520** and **Biddeford-0530**. Contact Brad: ext. 1228, (207) 219-2474 or nascardriver_39@hotmail.com

Shapleigh/Sanford/Wells - TRIPLE C&K TRANSPORT: 1st shift. Participates in the Transportation Incentive Program (TIP). No out-of-pocket expense for riders once enrolled in TIP. For more information contact Darrell: (207) 752-7886.

Sanford/Lebanon/Berwick/South Berwick - SPR TRANSPORTATION: 15-passenger van working 10-hour shifts (0600-1630) free with TIP. Contact Rich (207) 608-3906

Hooksett/Candia/Epping/Exeter - CAPITAL CITY TRANSPORTATION: Commute for FREE with TIP debit card, servicing I-93, exit 11 and Rt. 101, exits 7 & 11, 1st shift (0600-1500) no overcrowding, 15-passenger van with bench seats, non-smoking. For more information call, text or on Facebook - Jeff (603) 682-6124.

Springvale/Sanford/Wells - FROMMIES FREIGHT LLC: 15-passenger van, 8-hour work days 0600 to 1430, 5 days a week. Clean, comfortable and reliable. No out-of-pocket expenses once enrolled in TIPS program. Contact Mike: 207-608-9964 and/or frommiesfreightllc@gmail.com.

Springvale/Sanford/Wells - DAVID BOMBARO TRANSPORTATION: 1ST shift. Departs Springvale Public Library 0505, Guerrero Maya (formerly Back Street Grill) 0515, Wells Park 'n Ride 0530. Will pick up anywhere along Rt. 109. No more than 2 riders per seat. Nothing out of pocket when registered with the TIP. Seats available. Call or text David: 207-210-2626

Shapleigh/Springvale/Sanford/South Berwick - S.S. TRANSPORTATION: 1st Shift. 15-passenger van. 1st pickup at Pine Springs, Shapleigh 0445; Boonies 0500; foot of Mousam 0506; stops at Springvale Courthouse, Sanford Hannaford, Mardens, North Berwick Hannaford, South Berwick Town Hall. Contact Shawn (207) 459-9536.

Southern NH/Berwick/Kittery - COAST Bus Public Transit Bus System - First arrival Gate 1 is at 0600, then 45 minutes past the hour every hour from 0745-2045. TIP-registered. Contact: COASTBUS.ORG, or call/text (603) 743-5777.

For more commuter information or information on the TIP, check out the 'Rides and Riders' section under the Resources tab on the PNS Intranet or contact the TIP coordinator at ext. 1586, or via email: PNS_TIPS@us.navy.mil

For posting, removing, or editing vanpool ads, email: submit_periscope@navy.mil



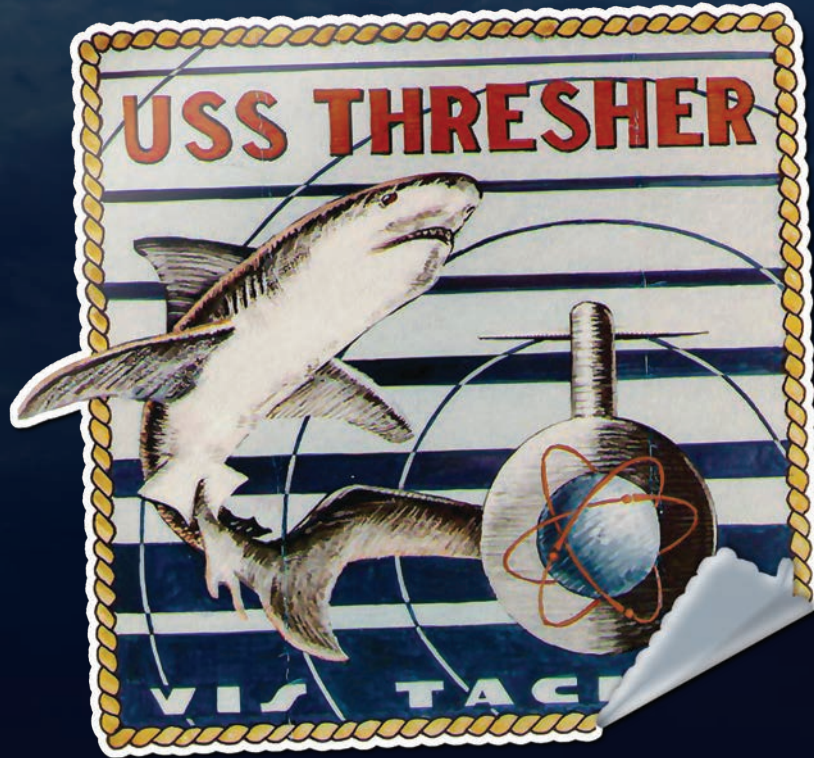
125th NAVY SUBMARINE BIRTHDAY

April 11th

The Navy celebrates a historic milestone with the acquisition of its first modern submarine, the USS Holland (SS-1), April 11. Commissioned into active service October 12, 1900, during a ceremony in Newport, Rhode Island, Holland marked the beginning of the U.S. Navy's submarine fleet. Its introduction set a new standard in naval warfare, paving the way for more than 120 years of innovation, progress, and proud submarine history.

USS THRESHER (SSN 593)

LOST AT SEA APRIL 10, 1963



On board was the submarine's crew of 129 men: 12 officers and 96 enlisted, one Submarine Force staff officer, three officers and 13 Portsmouth Naval Shipyard civilian employees, two civilian engineers from The Sperry Gyroscope Company, one civilian engineer from The Raytheon Company and one civilian engineer from the Naval Ordnance Laboratory.

