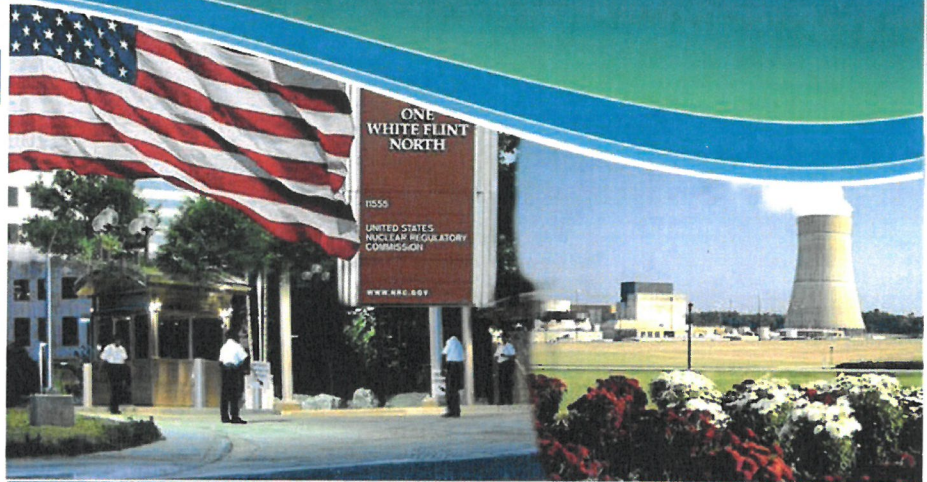


NRC Reporter

Protecting people and the environment

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For Many Federal Employees, It's About Time

If you walk through offices in the Federal workplace, you'll likely see a familiar sight hanging on the walls: analog clocks with brown plastic cases. In some instances, these familiar fixtures are decades old, prompting some to believe it's time to bring Federal facilities into the 21st century, and they are watching the process very intently.



"These clocks, provided through the General Services Administration (GSA) tend to be battery-powered," said a GSA spokesman, speaking on condition of anonymity. "And too often, when the battery dies, no one replaces it, meaning the clock is simply hanging around."

Horologists – those interested in horology (those interested in instruments which indicate time) – tend to get wound up over the topic. While many harbor a deep respect for older mechanical clocks, others realize that digital clocks are a necessary step in replacing common analog timepieces.

"These analog clocks are old, and they'll eventually wear out," said a spokesman for the National Association of Watch and Clock Collectors, speaking on condition of anonymity. "You've got to hand it to them because they've been running for decades. And while some employees are resistant to change, I'd tell them that there's no reason to be alarmed."

Still others would like to see atomic clocks adopted throughout the Federal government. While different elements have been used in these clocks over time, those using cesium tend to be the most accurate.

"It's the most accurate way to eliminate the time-consuming process of resetting independent, inaccurate analog clocks throughout Federal offices," said a horologist, speaking on condition of anonymity. "Also, it will improve morale. There's nothing worse than an inaccurate clock getting employees really ticked off."

In addition, switching to atomic clocks would eliminate the need for resetting them twice a year when daylight saving time begins and ends, thus ending a time-consuming process.

Which style of timepiece do you prefer? Take our [survey!](#)



NRC REPORTER SUBMISSION INFORMATION FROM THE EDITOR

The *NRC Reporter* is published on the first Wednesday of each month. The next issue will be published on October 5, 2022. The [deadline for submissions is Monday, September 26, 2022.](#)

In order to continue having an informative employee newsletter, you are encouraged to submit articles, photos, and ideas for features to the *NRC Reporter* at NRCReporter.Resource@nrc.gov. Thank you for your support!



Editor: [Adam Glazer](#)
NRC Reporter [Archive](#)

First-Ever Cohort Completes the Nuclear Regulator Apprenticeship Network

DIANE JACKSON, OCHCO

On June 2, 2022, the first cohort of the NRC's Nuclear Regulator Apprenticeship Network (NRAN) celebrated the completion of the program. The ceremony was attended by several senior manager and agency leaders, including Chairman Hanson, Executive Director for Operations Dan Dorman, Deputy Executive Director for Reactor and Preparedness Programs Darrell Roberts, Chief Human Capital Officer Mary Lamary, and all four regional administrators. The cohort members joined the agency in 2020 as recently graduated engineers and scientists. In the program, they completed a foundational-knowledge training phase, three to four hands-on apprenticeships in regulatory decision-making positions, and progressed in an agency qualification program. As part of contributing to organizational effectiveness, the cohort members completed group projects for several host offices and added over 75 Nuclepedia entries. During the ceremony, each cohort member recognized one staff member who they feel significantly contributed to their training.

PHOTO OF SENIOR MANAGERS, AGENCY LEADERS, AND NRAN COHORT MEMBERS (ALONG WITH THE OFFICE AFFILIATION OF THEIR POST-NRAN POSITION)



Pictured from left to right:

Back row: Susan Abraham (OCHCO), Kayleh Hartage (NRR), Alexis Willis (RIV), Muzammil Siddiqui (RIII), Karen Sida (NRR), Mary Lamary (OCHCO), Henry Marchlewski (NRR), Valerie (Gray) Stowell (RI), Diane Jackson (OCHCO), Brian Doan (OCHCO), and John Lubinski (NMSS)

Middle row: Eva Brown (NRR), Scott Morris (RIV), Laura Dudes (RII), Emma Haywood (NRR), Timothy Hooker (RIII), Chairman Hanson, Dan Dorman (OEDO), Darrell Roberts (OEDO), Hayden Brundage (NRR), Luis Colon Fuentes (RII), and Jack Giessner (RIII)

Front row: Daniel Ju (NRR), Gianni Nelson (NMSS), John Masse (RIII), Louis Caponi (NMSS), Devonte' Hinton (NSIR), Jordan Glisan (NRR), John Grasso (RES), and Juan Arellano (NRR)

Hybrid: Corey Dukehart (RI) and Tyler Beck (NRR)



Chairman Christopher T. Hanson



EDO Dan Dorman

It's Time to Say Good-Bye to ... Patrice Reid

It's time to say good-bye to (retiree's name): Patrice Reid

Your last day at the NRC: August 26, 2022

Number of years of Federal service: Nearly 12 years

Office: OEDO

Job title: Agency Culture Team Leader

Office in which you started your NRC career: OCHCO

Other Federal agencies for which you have worked: Department of Defense (DOD), Department of Veterans Affairs (VA)



What has inspired you to want to make a difference/affect change at the NRC?

What do you consider to be the biggest change during your time at the NRC?

What do you see as the biggest challenge facing the agency today?

Do you have any suggestions for making the NRC better?

Do you have a favorite memory you would like to share during your time at the NRC?

Do you have any advice for someone starting work at the NRC today?

Once retired, I plan to:

Any other items you would like to include:

(b)(6)

A large rectangular area that has been redacted with a white background and a blue border. The redaction code (b)(6) is visible in the top left corner of this area.

Supporting the NRC's Guard & Reserve

(b)(6) RII

When I joined OPA in 2021, I had recently separated from the Army with an obligation to the Reserve. I will admit the thought of balancing a new career, a young family, and a commitment as an officer in the Army Reserve left me a bit worried if I could handle it.

That fear, however, disappeared the day I told my boss that I needed to take some time off for Reserve duty to take the Army Combat Fitness Test, and he responded, "Hooah, soldier. Good luck and don't overexert."

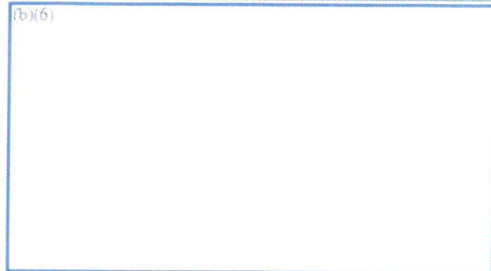
When Reserve duty is a few weeks out, I have plenty of things that worry me. Are my uniforms good to go? Did I pack them and all the equipment I need? Is my car ready to make the four-hour drive to Fort Jackson? Does my wife have what she needs? Do our kids have transportation from child care, school, and all the other responsibilities I usually take care of?

The one thing I never have to worry about is my job – from the staff in Region II, whom I support, to my colleagues in OPA, who cover for me while I'm gone. They show me nothing but selfless support. Across the board, they wish me well when I leave and ask about my training when I return.

To show my appreciation, I nominated my office director, David Castelveter, for the Employer Support of the Guard and Reserve's (ESGR) Patriot Award, which recognizes supervisors who support Guard and Reserve employees on behalf of the Department of Defense. Like many NRC staff members, (b)(6)

(b)(6) David uniquely understands the challenges of balancing a day job and a Reserve obligation. Besides that, David has served as an ombudsman for the ESGR, helping other Reserve and Guard soldiers navigate the waters between their civilian employers and military obligations.

I was happy to be at headquarters when David received the award. It might be "just a piece of paper" to some, but it represents a commitment to me, my service, the agency, and the nation in a palpable way. My thanks to him and the NRC for their support of reservists and veterans.



Pictured from left to right:

Ron Pitts (Employer Support of the Guard and Reserve), David Castelveter (OPA), and (b)(6)



Staying Fit Today

TAMMY SKOV, ACRS

Since June 2022, I have been part of *The Today Show's* virtual [Start TODAY Walking Club](#). This group is not only about walking; it also includes nutrition and fitness tips. The club began with NBC celebrity Al Roker, who walks to work each day. He shares his journey, and the members of the club share their individual journeys with the other 80,000 members of the [Start TODAY](#) Facebook group. I regularly post messages to the group; it is very uplifting!

I submitted my name when *The Today Show* was looking for volunteers to go to New York to do a fitness workout with trainer Stephanie Mansour. I, along with a dozen other people, made the trip to New York on August 1, 2022, to be part of the fitness routine on the TODAY plaza. I was also given the opportunity to be part of three members of the group to be asked to go into the studio with Al Roker, Dylan Dryer, and Craig Melvin to do another fitness segment.

It was such a great experience to be part of the show, to meet the cast of *The Today Show*, and to see part of the behind-the-scenes activities that it takes to make for not only a successful segment but for an entire show five days a week.



NRR's Division of Risk Assessment Staff Teach at MIT's NORM Course

ANTONIOS ZOULIS, NRR

Many NRC staff may not be aware that your colleagues teach at the Massachusetts Institute of Technology (MIT)! MIT hosts an annual course, the Nuclear Operational Risk Management (NORM) course, which is sponsored by the Institute of Nuclear Power Operations (INPO) and MIT. The course is geared toward nuclear plant managers, directors, operators, and international participants to help promote risk-informed decision-making and risk tools.

NRR's Division of Risk Assessment (DRA) staff are nationally known as the premier experts in the use of probabilistic risk assessment (PRA) tools and applications and are invited as adjunct faculty to teach on different topics important to nuclear safety and risk management. This year's course, held from July 25-28, 2022, was a 4-day course made up of a combination of lectures and hands-on case studies and included other experts from MIT faculty as well as staff from the Electric Power Research Institute (EPRI), the Nuclear Energy Institute (NEI), and utility experts. Staff taught different lessons on risk-informed initiatives, licensing, crediting diverse and flexible mitigation strategies – or FLEX in PRA, advanced reactors, and other areas. Participants provided positive feedback on the course; one engineering director stated, "In forty years of working in the nuclear industry, I have never seen this positive exchange of information between industry, EPRI, INPO, and the NRC."

DRA faculty included Mike Franovich, Dr. Sunil Weerakkody, Antonios Zoulis, Michelle Kichline, and Jonathan Evans.



NRR/DRA staff (pictured from left to right):

Michelle Kichline, Mike Franovich, Antonios Zoulis, Jonathan Evans, and Sunil Weerakkody

RES's Diversity & Inclusion Field Trip

SUSHIL BIRLA, RES

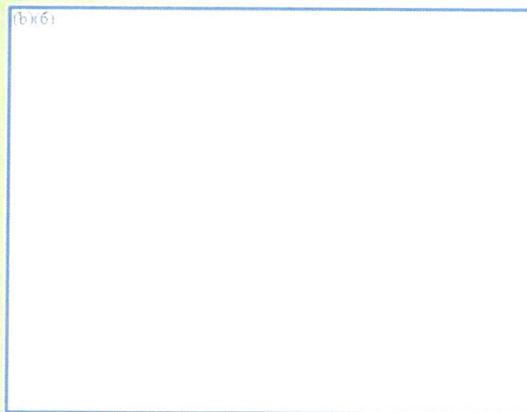
On August 5, 2022, the RES Diversity and Inclusion Committee (Christian Araguas (RES), Saleemah Beverly (RES), Haile Lindsay (NMSS), Jennene Littlejohn (RES), and Larniece McKoy Moore (SBCR)) organized a field trip to the [Josiah Henson Museum & Park](#).

The visit was very educational and informative about the struggles of racial equality and justice. Exhibits inside the museum showed the adversities Reverend Josiah Henson overcame and how he dedicated himself to a ministry in the service of his fellow men, helping them to their freedom using the [Underground Railroad](#).

After the visit to the museum, the group regrouped for lunch at the picnic tables in the wooded grounds of the [Kennedy Shriver Aquatic Center](#).

Attendees included: Mekonen Bayssie, Sushil Birla, Stephanie Coffin, Chon Davis, Ray Furstenau, Anders Gilbertson, Derek Halverson, Salman Haq, Jennene Littlejohn (field trip organizer), Louise Lund, Manuel Ruiz Diaz, Nazila Tehrani, and Heather Watkins.

If your team reaches a point of impasse while working some knotty issue in the office, consider meeting in the park outside the Kennedy Shriver Aquatic Center. It is only a few minutes' walk from NRC headquarters, and the setting helps clear the head and think afresh.



RES staff pictured from left to right:

Chon Davis, Jennene Littlejohn, Nazila Tehrani, Stephanie Coffin, Louise Lund, Jay Wallace, and Salman Haq

Ask Dr. Alec

SAM ART ALEC, MMD

Dear Dr. Alec,

I have a personal question. My colleagues and I are wondering what kinds of music you like?

Thanks,
Fiddlin' Around

Dear Fiddlin',

Thank you for asking. While I like many kinds of music, I particularly like seeing cover bands perform. "Duet" is my current favorite!

*Best,
Dr. Sam Art Alec*



Dear Dr. Alec,

We're in the middle of another hurricane season. Sometimes it seems like these hurricanes are aiming for specific states and cities. It's almost like they can see. Can they?

Thanks,
Windy

Dear Windy,

While I think it's unlikely hurricanes are malicious or aiming for a specific target, hurricanes can see. Keep in mind each one has an eye!

*Best,
Dr. Sam Art Alec*



Move over, Dear Abby and Ann Landers! There's a new source for advice at the NRC! Dr. Sam Art Alec isn't a career counselor or social worker, but he's available to give his opinion on non-work-related issues far and wide.

If your answered question is published in a future *NRC Reporter*, your identity will remain 100% anonymous. So [ask Dr. Alec](#) and receive a response filled with sage advice.



It's Time to Say Good-Bye to ... Clyde Ragland

It's time to say good-bye to (retiree's name): Clyde Ragland

Your last day at the NRC: August 26, 2022

Number of years of Federal service: 26

Office: NSIR

Job title: Emergency Response Coordinator

Office in which you started your NRC career: NSIR

Other Federal agencies for which you have worked: (b)(6) Department of the Navy/Naval Facilities Engineering Systems Command (civilian)

What has inspired you to want to make a difference/affect change at the NRC?

What do you consider to be the biggest change during your time at the NRC?

What do you see as the biggest challenge facing the agency today?

Do you have any suggestions for making the NRC better?

Do you have a favorite memory you would like to share during your time at the NRC?

Do you have any advice for someone starting work at the NRC today?

Once retired, I plan to:

Any other items you would like to include:

(b)(6)

(b)(6)

Graduates from the University of Maryland



(b)(6)

(b)(6)

Graduates from Montgomery College



(b)(6)

How to Write an Out-of-Office Reply

IVONNE COURET, OPA

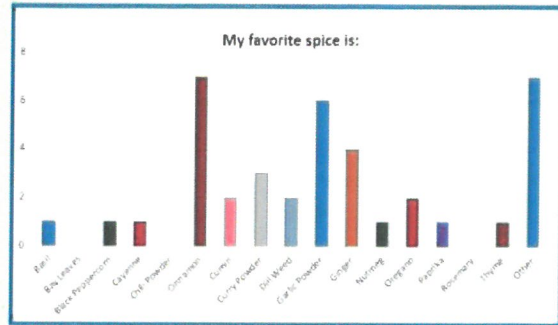
- Limit your message to two or three sentences
- Mention the exact dates of your time off
- Provide a return date that gives you a buffer once you're back in the office
- List the contact information of the people who can help while you're away
- Manage expectations about when and how you will respond to emails
- Avoid humor - jokes can easily be misinterpreted and give the wrong impression



The Vote Is In: Favorite Spice

In the August 2022 issue of the *NRC Reporter*, staff were asked to name their favorite spice in the article "[Spicing Up the Federal Workplace](#)." We received 39 votes! Cinnamon (7) and garlic powder (6) vied for first place. However, in an *NRC Reporter* first, the survey's "other" category garnered a tie for first place!

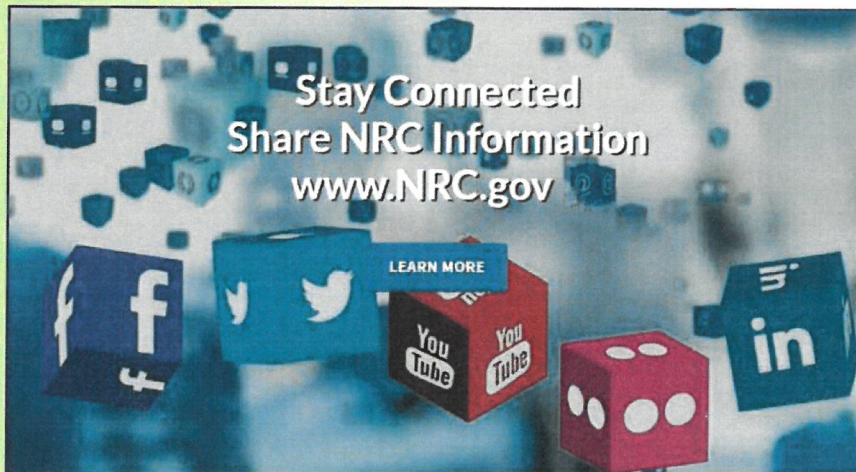
Thanks again for participating in our survey, and don't forget to vote in this month's survey: your [favorite timepiece](#) as seen in "[For Many Federal Employees, It's About Time](#)."



Spice	Votes
Cinnamon	7
Garlic Powder	6
Ginger	4
Curry Powder	3
Cumin	2
Dill Weed	2
Oregano	2
Basil	1

Spice	Votes
Black Peppercorn	1
Cayenne	1
Nutmeg	1
Paprika	1
Thyme	1
Bay Leaves	0
Chili Powder	0
Rosemary	0

"Other" Spice	Votes
Garlic (fresh)	1
Italian!! How'd you forget to have that on the list!	1
Italian seasoning mix	1
Lawry's	1
Old Bay	1
Slap Ya Mama Cajun Seasoning	1
Smoked paprika AND Traders Joe's Ranch Seasoning	1
Total "Other"	7



Fire Hazards of Common Household Products

NAEEM IQBAL, NRR

Many of us are aware of the fire safety risks within the home, including cooking, burning candles, smoking cigarettes, and more. However, there are other household items which pose a severe risk for fire damage or injury should they encounter flame or heat. Keeping these items away from candles, stove tops, and other sources of heat is key.



Flammable and combustible liquids are liquids that can burn. They are classified as either flammable or combustible by their flashpoints. Flammable liquids will ignite (catch on fire) and burn easily at normal temperatures, while combustible liquids burn at higher-than-normal temperatures. Flammable and combustible liquids do not burn on their own. Rather, it is the mixture of their vapors and air that causes them to ignite.

Acetone, one of the main ingredients in both nail polish and nail polish remover, is one of the most flammable substances found at home. When vapors from these products travel through the air, they will ignite when encountering any nearby flame. For this reason, it is important to keep these products away from candles and other sources of open flame.

Rubbing alcohol and hand sanitizers contain flammable alcohol and can ignite easily at relatively low temperatures. Never use too much, be careful where you use it, and use small amounts so they will dry quickly.

Due to their use of propane or butane as a propellant, aerosols are one of the most flammable everyday items. These products range from cleaning sprays to deodorants, from hair spray to mousse. Their cans may explode if the gas inside is heated, causing it to expand and potentially making the container rupture. For this reason, keep these products away from direct sunlight and use them in a well-ventilated area of the home.

Household cooking sprays are another example of items sold as aerosols. A can of cooking spray too close to open flame can ignite and explode unexpectedly, as oil spray aerosol cans have been known to burst when exposed to extreme heat, injuring those nearby. These cooking sprays should not be stored next to or over an oven or stove. Exposure to heat 120°F and above may cause these cans to explode.

Clothes dryers cause thousands of fires every year as lint builds up and catches fire from gas burners or heating elements. Be sure to clean your dryer's lint trap regularly.

Gas water heaters are often located in a basement or crawlspace. These locations are often the best place for storing boxes and extra household goods, but if these items move too close to a water heater they can ignite as the water heater turns on.

Many flammable household items, such as gasoline, paint thinner, turpentine, lighter fluid, and linseed oil are kept in garages. These should be kept in storage cabinets and away from heat sources, especially during the hot summer months.

Propane tanks which are not empty should never be stored in a basement, garage, shed, or attic, or brought indoors for any reason. Instead, they should only be stored in a dry, open, well-ventilated area outdoors. If a propane tank's valve isn't fully closed, vapors could escape and build up indoors, causing injury or an explosion. Store them in a flat, level outdoor area that is out of direct sunlight. Propane tanks can remain outdoors during winter months and endure the elements. It is safe to transport propane tanks inside your vehicle but keep them upright and secure so as not to slide around during transportation. Secure the propane tanks using ropes or straps rather than chains or other materials that could damage the tank. Never leave a propane tank in an unattended vehicle.

When storing used batteries prior to recycling, use caution to keep batteries from short-circuiting, overheating, or sparking. For lithium-ion batteries, place each individual battery in a separate clear plastic bag. For all other household batteries, use clear packing tape, electrical tape, or duct tape to tape the ends of the batteries to prevent battery ends from touching one another or striking against metal surfaces, then place the batteries in a clear plastic bag. Avoid storing batteries in a metal container.

Additional Information

- [Environmental Protection Agency \(EPA\)](#)
- [National Fire Protection Association \(NFPA\)](#)
- [Propane Education & Research Council \(PERC\)](#)
- [U.S. Consumer Product Safety Commission \(CPSC\)](#)
- [Certain Older Gas Connectors May Be Dangerous](#). CPSC.
- [CPSC Stresses Kerosene Heater Safety](#). CPSC.
- [Don't Get Burned: Flammable Liquid Vapors Are Invisible, Explosive, and Unpredictable](#). CPSC.
- [Gas Grill Fact Sheet](#). CPSC.
- [Household Extension Cords Can Cause Fires](#). CPSC.
- [Important Propane Safety Information for Users of Small Cylinders](#). PERC.
- [Nail Polish Remover Could Pose Danger Under the Right Conditions](#). *Good Morning America*.
- [Overheated Clothes Dryers Can Cause Fires](#) CPSC.
- [Used Household Batteries](#). EPA.
- [When to Teach Children Stop, Drop, and Roll in Today's Fire Risk Landscape](#). NFPA.
- [9-volt Battery Safety](#). NFPA.

NRC Advisory Committees, Affinity Groups, and Clubs

- [Advisory Committee for African Americans](#) (ACAA)
- [Advisory Committee for Employees with Disabilities](#) (ACED)
- [Asian Pacific American Advisory Committee](#) (APAAC)
- [Blacks in Government](#) (BIG)
- [Diversity Advisory Committee on Ageism](#) (DACA)
- [Diversity Management Advisory Committee](#) (DMAC)
- [Federal Women's Program Advisory Committee](#) (FWPAC)
- [Hispanic Employment Program Advisory Committee](#) (HEPAC)
- [Native American Advisory Committee](#) (NAAC)
- [NRC Pride Alliance Advisory Committee](#) (NPAAC)
- [NRC Technical Women's Network](#) (NTWN)
- [NRC Toastmasters Club](#)
- [Veterans Employee Resource Group](#) (VERG)

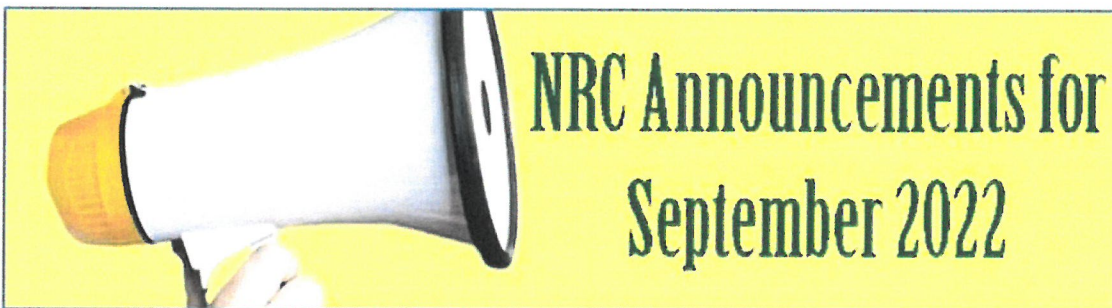
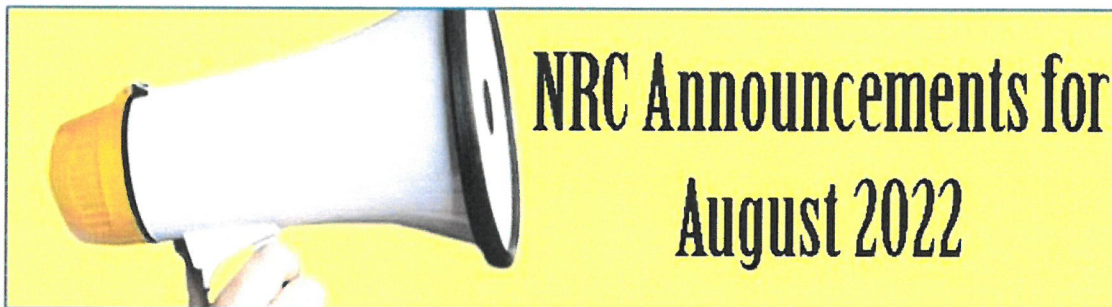
IS YOUR COMMITTEE, GROUP, OR CLUB MISSING?
SEND AN EMAIL TO NRCReporter.Resource@nrc.gov.

NRC Office Newsletters

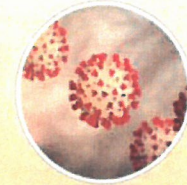
- [The Administrative Exchange](#) (OEDO)
- [ALM Tech Brief](#) (OCIO)
- [Congressional News You Can Use](#) (OCA)
- [Correlations](#) (RI)
- [DRMA Dispatch](#) (RIII)
- [EDO Update](#) (OEDO)
- [FWPAC FOCUS](#) (SBCR)
- [HEPAC Newsletter](#) (SBCR)
- [Inspector Newsletter](#) (NRR)
- [In the KNOW](#) (OCHCO)
- [Innovate News](#) (RES)
- [NMSS News](#) (NMSS)
- [NRC Reporter](#) (NRC)
- [OCFO Announcements](#) (OCFO)
- [OCIO News](#) (OCIO)
- [RES Weekly News](#) (RES)
- [The Researcher](#) (RES)
- [The Vendor Times](#) (NRC)

[COMPLETE LIST OF CURRENT AND DISCONTINUED OFFICE NEWSLETTERS](#)

IS YOUR OFFICE'S NEWSLETTER MISSING? SEND AN EMAIL TO NRCReporter.Resource@nrc.gov.



COVID-19 and Re-entry Information



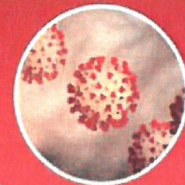
- Visit NRC's COVID-19 and Re-entry SharePoint site at

Non Responsive Record

- Questions related to NRC's COVID-19 plans? Send an e-mail to **COVID19.Resource@nrc.gov**
- Questions related to NRC's re-entry plans? Send an e-mail to **Reentry.Resource@nrc.gov**

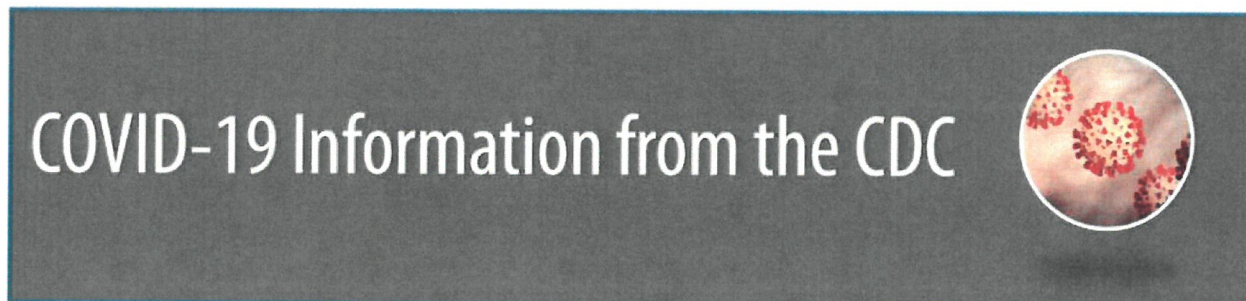


Get the Latest on the NRC Protocols Based on COVID-19 Community Levels



- Get the latest information at

Non Responsive Record





2022 Cybersecurity Awareness Event Calendar October – November

OCT 25



HACK 2022
HELPFUL APPLIED CYBER KNOWLEDGE

National Cybersecurity Awareness Month
9:00am - 12:30pm ET

📍 Virtual Only

NOV 15



OCIO LUNCH **BYTE** SERIES

TBD
11:00am - 12:00pm ET

📍 Virtual Only

*Dates and times are subject to change

Have a question?
Contact CyberSecurityTraining.Resource@nrc.gov

- [Cybersecurity Training and Awareness](#) SharePoint Site
- [Cybersecurity and Privacy Training and Awareness](#) Teams Channel
- [OCIO Phishing wHole](#) Teams Channel



Your NRC Badge, or HSPD-12 PIV Card



- Homeland Security Presidential Directive 12 (HSPD-12) sets the security standards for your NRC badge, or PIV card
- While on-site at the NRC, your PIV card must be prominently displayed at all times
- When out in public, your PIV card should be concealed from view
- When accompanying guests at the agency, the escorting ratio is one NRC badged individual to five visitors

Check the Talent Management System (TMS) for the Remaining Agency-Wide 2022 Mandatory Training Courses



- Controlled Unclassified Information (CUI) Awareness Training (September 21, 2022)
- Allegations Training [select offices] (September 30, 2022)
- Prohibited Securities Training (December 16, 2022)
- Be riskSMART: A Tool for Everyone (December 31, 2022)

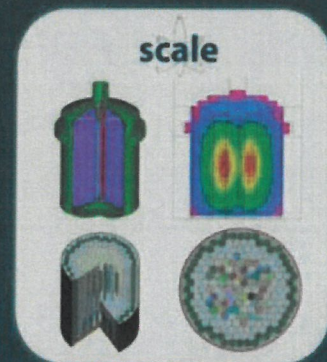


Public Workshop: SCALE/MELCOR Non-LWR Source Term Demonstration Project



Molten Salt Fueled Reactor
September 13, 2022

Sodium Cooled Fast Reactor
September 20, 2022



[Molten Salt Fueled Reactor](#)

[Sodium Cooled Fast Reactor](#)

CUI

Due September 21, 2022

Controlled Unclassified Information (CUI) Training in TMS

Mandatory for All NRC Employees and Contractors

[READ THE ANNOUNCEMENT](#)



WISDOM MARTIN, FOX 5 News



National Historically Black College and University Week

— Celebration Luncheon —

Keynote Speaker: Wisdom Martin

Tuesday, September 20, 2022
12:30pm - 1:30pm ET

[READ THE ANNOUNCEMENT](#)



Update Your Homepage Bookmarks



Change from
to
by September 25, 2022

[READ THE ANNOUNCEMENT](#)

**New Podcast
with the EDO**

[LISTEN TO THE PODCAST](#)

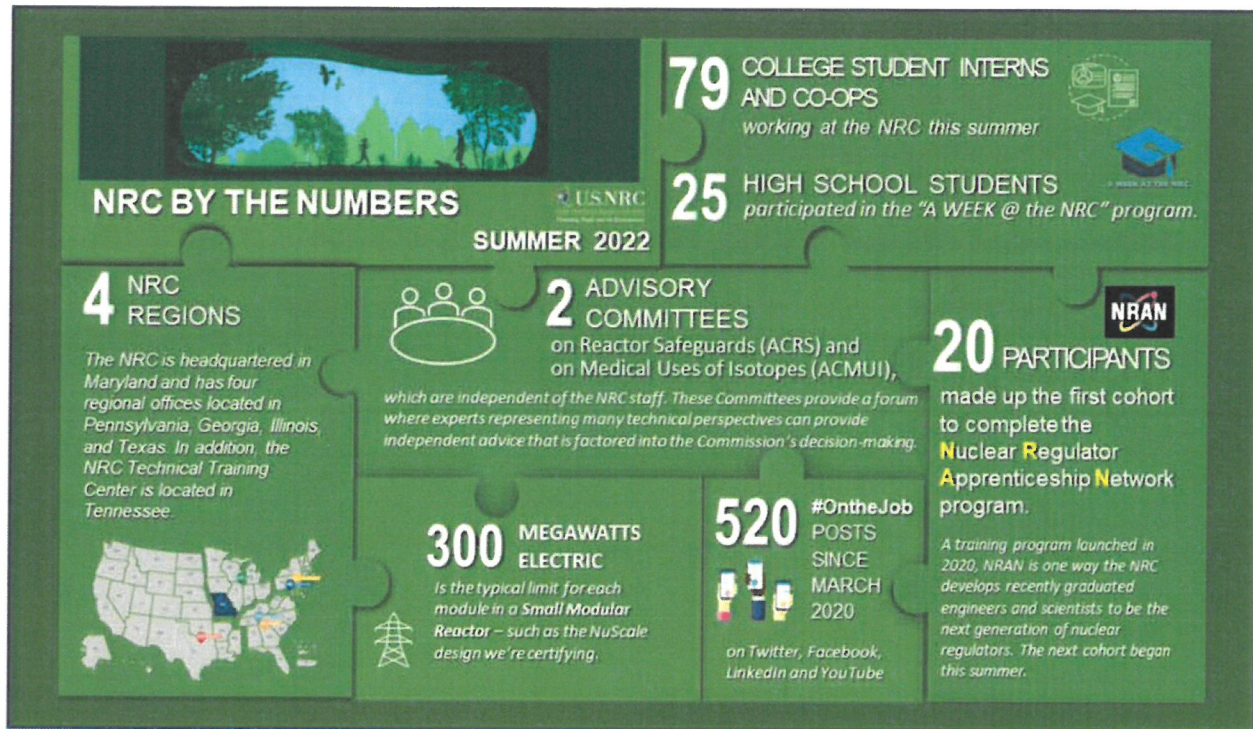
Dan Dorman

TAYtalks

*Innovation
Education!*

**Second Episode
Now Available**

[READ THE ANNOUNCEMENT](#)



Federated Sharing

Currently allows NRC staff to use Microsoft Teams to find, call, and chat with staff at 14 Federal agencies

[READ THE ANNOUNCEMENT](#)

Change in Outlook Display Names on September 9, 2022

Display changes from
Lastname, Firstname to Firstname Lastname

Up to **four pronouns** may be chosen
in your **display name**


[READ THE ANNOUNCEMENT](#)



"The NRC Tribal Programs are integral part of the successful work that the NRC is doing with Tribal Nations." - Chairman Chris Hanson

VIEW THE NRC TRIBAL VIDEO

Learn more from Chairman Hanson, Cathy Haney and NRC staff members as they reflect on the important Government to Government work that is being done in the NRC Tribal Program.



NUCLEPEDIA

SHARING KNOWLEDGE ONE PAGE AT A TIME

THE NRC WIKI

The logo for NUCLEPEDIA features the word in large, colorful, multi-colored letters. Each letter contains a different scientific icon: 'N' has a molecular structure, 'U' has a microscope, 'C' has a gear, 'L' has a plant, 'E' has a circuit, 'P' has a test tube, 'E' has a lightbulb, 'D' has a DNA helix, and 'I' has a lightbulb. A large blue cloud with a circuit pattern is on the right. Below the letters is a blue banner with the text 'SHARING KNOWLEDGE ONE PAGE AT A TIME'. To the right of the banner is a vertical text 'THE NRC WIKI'.

NOW AVAILABLE! <https://nuclepedia.usalearning.gov>



**Don't Take Your NRC Laptop
on International Travel**

Request an international loaner device
instead

[READ THE ANNOUNCEMENT](#)

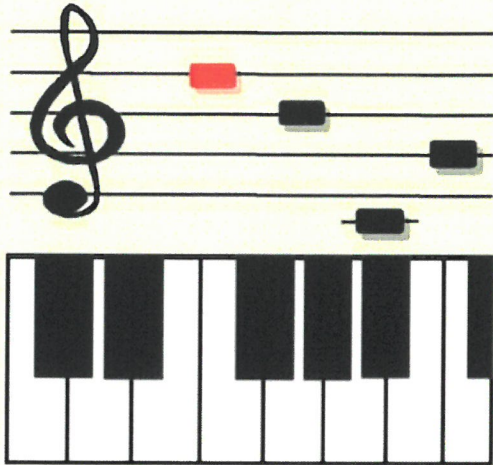


**National Materials Program and
Agreement State Sites Migrated
to the NRC Public Website**

[READ THE ANNOUNCEMENT](#)

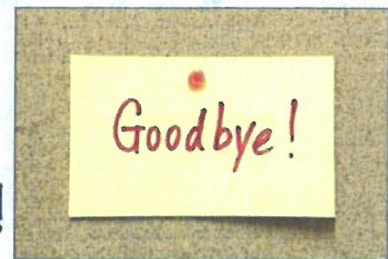
[National Materials Program](#)

[Agreement States](#)



September is
National
Piano
Month!

Are you retiring from the NRC? Would you like to share your thoughts on your time at the agency? Or share with your colleagues what you'll be doing in your retirement? Then consider contributing to the *NRC Reporter's* "It's Time to Say Good-Bye ..." feature. Simply send an e-mail to NRCReporter.Resource@nrc.gov for a link to the brief questionnaire. And don't forget to include a photo!



15 Minutes of Guided Mindfulness Meditation: A Pause for Presence and Self-Care

Facilitators: Booma Venkataraman and Julie Corwin

Every Monday, July - September

11:30am-11:45am ET

Virtual Session

NRC Mindfulness Group

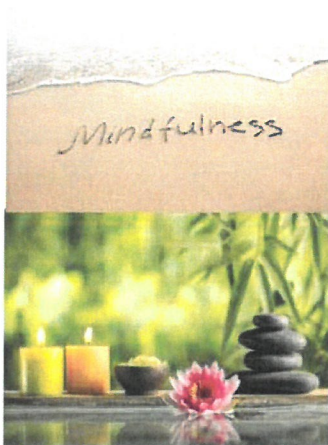
[READ THE ANNOUNCEMENT](#)

Mindfulness Sessions Every Wednesday

NRC Mindfulness Group

12:15pm ET, 15-30 Minute Sessions, Virtual (Microsoft Teams) and Hybrid

For meeting link and location, please contact one of the members below



Develop Focus, Calm, and Resilience!

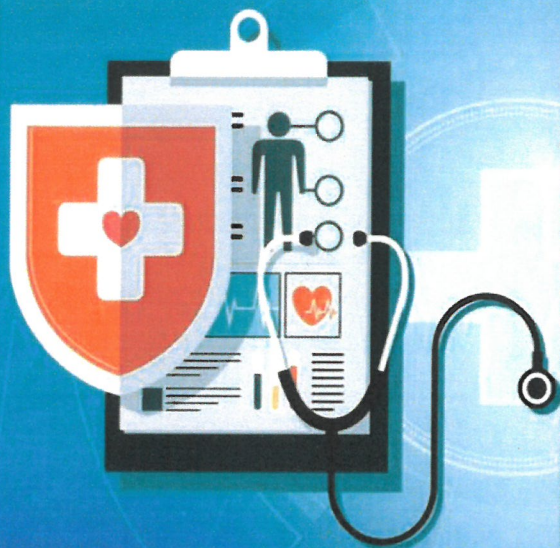
NRC staff meet weekly to explore mindfulness practices – receiving the gift of calming, energizing, and nourishing focus times.

Led by volunteers with a variety of meditations!

No need to prepare, plan, or bring anything. Just show up and ...

Be Calm and Focused to Stay Healthy and Productive!

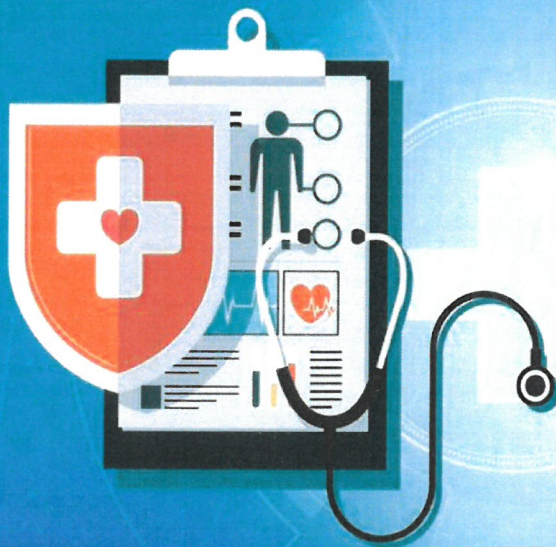
Contacts: (b)(6)
(b)(6)



**The NRC Health Center is
Open for In-Person Services**

**301-415-8400
Health.Center@nrc.gov**

Read about the Health Center's services



Healthcare in the regions and TTC is provided by local medical providers coordinated through the NRC HQ Health Center. Through these providers, employees are able to receive a number of services.

Consult the OCHCO Service Catalog for additional information.

Employee Assistance Program

800-327-2251
(answered 24/7)



NRC's Employee Assistance Program (EAP) is a free and confidential counseling and referral program available to all NRC employees and their dependent family members.

Behavior Health Services (BHS) is the contractor providing EAP services to the NRC.

To [connect with the EAP](#), please call BHS at 800-327-2251 (answered 24/7).

The EAP is now available for in-person visits at NRC headquarters in TWFN-3 A50.

The NRC EAP counselor's office hours are Monday - Friday, 8:00am - 4:00pm ET.

RETIREMENT READINESS SUPPORT GROUP

Don't be blindsided. Plan for the emotional aspects of this next phase of life by participating in the Retirement Readiness Support Group facilitated by NRC's On-Site EAP Consultant.

Meets every other Wednesday beginning January 5, 2022

12:00pm - 1:00pm ET

Location: Virtual Platform

Open to all NRC employees

Interested in participating or want more information?



Contact **Marsha Stein, LCSW-C**, Dedicated NRC Counselor | Marsha.Stein@nrc.gov
Facilitated by NRC's contract EAP vendor, BHS



GRIEF AND LOSS SUPPORT GROUP

No one should face the grieving process alone. This group offers a safe place to share your experience and memories with others.

Meets the 1st and 3rd Thursday of the month beginning January 6, 2022

12:00pm - 1:00pm ET

Location: Virtual Platform

Open to all NRC employees

Interested in participating or want more information?



Contact **Marsha Stein, LCSW-C**, Dedicated NRC Counselor | Marsha.Stein@nrc.gov
Facilitated by NRC's contract EAP vendor, BHS



RELOCATION SUPPORT GROUP

Relocating, whether career-driven or personal, can be an exciting and stressful experience. There are new opportunities to look forward to and pitfalls to avoid. This support group offers practical advice, coping strategies and a time for sharing concerns and resources to those who have or plan to relocate.

Meets the 3rd Tuesday of the month
1:00pm - 2:00pm ET
Location: Virtual Platform

Open to all NRC employees

Interested in participating or want more information?

Contact **Marsha Stein, LCSW-C**, Dedicated NRC Counselor | Marsha.Stein@nrc.gov
Facilitated by NRC's contract EAP vendor, BHS



STRESS MANAGEMENT SUPPORT GROUP

This group offers a safe place to expand your network of support and discuss techniques to reduce stress and feelings of isolation.

Meets every other Tuesday beginning January 11, 2022
12:00pm - 1:00pm ET
Location: Virtual Platform

Open to all NRC employees

Interested in participating or want more information?

Contact **Marsha Stein, LCSW-C**, Dedicated NRC Counselor | Marsha.Stein@nrc.gov
Facilitated by NRC's contract EAP vendor, BHS



Agency Offices, Committees, and Boards

BY NAME	BY ACRONYM
THE COMMISSION	THE COMMISSION
The Commission (COMM)	COMM - The Commission
COMMITTEES AND BOARDS	COMMITTEES AND BOARDS
Advisory Committee on Reactor Safeguards (ACRS)	ACMUI - Advisory Committee on the Medical Uses of Isotopes
Advisory Committee on the Medical Uses of Isotopes (ACMUI)	ACRS - Advisory Committee on Reactor Safeguards
Atomic Safety and Licensing Board Panel (ASLBP)	ASLBP - Atomic Safety and Licensing Board Panel
OFFICES	OFFICES
Office of Administration (ADM)	ADM - Office of Administration
Office of Commission Appellate Adjudication (OCAA)	NMSS - Office of Nuclear Material Safety and Safeguards
Office of Congressional Affairs (OCA)	NRR - Office of Nuclear Reactor Regulation
Office of Enforcement (OE)	NSIR - Office of Nuclear Security and Incident Response
Office of International Programs (OIP)	OCA - Office of Congressional Affairs
Office of Investigations (OI)	OCAA - Office of Commission Appellate Adjudication
Office of Nuclear Material Safety and Safeguards (NMSS)	OCFO - Office of the Chief Financial Officer
Office of Nuclear Reactor Regulation (NRR)	OCHCO - Office of the Chief Human Capital Officer
Office of Nuclear Regulatory Research (RES)	OCIO - Office of the Chief Information Officer
Office of Nuclear Security and Incident Response (NSIR)	OE - Office of Enforcement
Office of Public Affairs (OPA)	OEDO - Office of the Executive Director for Operations
Office of Small Business and Civil Rights (SBCR)	OGC - Office of the General Counsel
Office of the Chief Financial Officer (OCFO)	OI - Office of Investigations
Office of the Chief Human Capital Officer (OCHCO)	OIG - Office of the Inspector General
Office of the Chief Information Officer (OCIO)	OIP - Office of International Programs
Office of the Executive Director for Operations (OEDO)	OPA - Office of Public Affairs
Office of the General Counsel (OGC)	RES - Office of Nuclear Regulatory Research
Office of the Inspector General (OIG)	RI - Region I
Office of the Secretary (SECY)	RII - Region II
Region I (RI)	RIII - Region III
Region II (RII)	RIV - Region IV
Region III (RIII)	SBCR - Office of Small Business and Civil Rights
Region IV (RIV)	SECY - Office of the Secretary
Technical Training Center (TTC)	TTC - Technical Training Center

For additional acronyms used by the NRC, please see the "Collection of Abbreviations" ([NUREG-0544](#)).

To see the agency's hierarchical organization, please see the [NRC Organization Chart](#).

2022 PAYROLL SCHEDULE

END OF PAY PERIOD

HOLIDAYS

JANUARY

S	M	T	W	T	F	S
					1	①
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MARCH

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SEPTEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2022 HOLIDAYS	OFFICIAL DATE	DATE CELEBRATED
New Year's Day	January 1, 2022	December 31, 2021
Martin Luther King, Jr. Day	January 17, 2022	January 17, 2022
President's Day	February 21, 2022	February 21, 2022
Memorial Day	May 30, 2022	May 30, 2022
Juneteenth National Independence Day	June 19, 2022	June 20, 2022
Independence Day	July 4, 2022	July 4, 2022
Labor Day	September 5, 2022	September 5, 2022
Columbus Day	October 10, 2022	October 10, 2022
Veterans Day	November 11, 2022	November 11, 2022
Thanksgiving Day	November 24, 2022	November 24, 2022
Christmas Day	December 25, 2022	December 26, 2022

