

PBA 24/7 SHARP Hotline 870-209-4093

PBA SAFETY **GLANCE**



Safety Element for fiscal year 2019: **Lost Day Case:** 0.00

Award Goal: 0.57

- Lost time injuries for fiscal year 2019 is zero. There are zero lost time injuries as of September 4, 2019.
- *Recordable injuries for fiscal year 2019 are five. Recordable injuies are zero as of September 4, 2019.
- *Pine Bluff Arsenal days without a lost time injury is 502
- *Pine Bluff Arsenal days without a recordable injury is 27.
- *Estimated hours worked without a lost time injury: 2,141,146.

ON THE INSIDE



Honoring a hero See page 4



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Partnerships help mission areas expand

By Rachel Selby

Pine Bluff Arsenal has been working on public-private partnerships for the past few years with two companies - Ready One Industries and Design West. These two companies will work with the in textiles and large filters.

"The partnership agreement with Source America/Ready One started long before I ever came to

the Arsenal. We have been building a relationship with them for a couple nerships, for the Direc-

during an Industry Day event in 2018. I had only been here at the Arsenal a week. Everything has fallen into place with this partnership. The timing has been perfect."

Source America is an Ability One corporation overseeing the Ready One Industries contract. The partnership agreement will expand on JSLIST parts and components.

Protective Clothing/Textiles mission to create a low volume commercial Joint Service Lightweight Integrated Suit Technology ensemble or JSLIST.

"Julie Jafar, the former PPP Arsenal to help expand production manager, and Roger Johnson, BOP director, both put in a lot of work on this partnership effort to get this off the ground," said Lachowsky. "The Joint Project Manager-Pro-

"We will be cutting the JSLIST parts and comyears now," said Zach La- ponents. Ready One Industries personnel will be chowsky, general engineer over Public Private Part- personnel will pack out the finished product." information from the Joint Program Office for Chemical. Biological. Ra-

torate of Business Operations. "My tection will be administering the first introduction to them was back contract to Ready One. The Arsenal will work as subcontractor to Ready One."

As part of the contract, Lachowsky said the Arsenal will be setting up a production line in one of the Directorate of Chemical and Biological Defense Operations buildings. "We will be cutting the

the Arsenal's current Individual Ready One Industries personnel will be constructing the JSLIST suits, and then Arsenal personnel will pack out the finished product," he said. "We have the equipment needed to cut the components at our textile facility. As we receive the material, Arsenal personnel will cut it. Ready One will sew it and PBA will package it up in the same facility where the suits are sewn."

JSLIST is a chemical biological

protective suit with gloves, footwear and a field protective mask, according to information from the diological, and Nuclear

Defense. The garment creates a CB protective ensemble providing complete protection to Warfighter against chemical and biological agents.

"Our part in the creation of the garment is just the shirt and pants component of the suit," said Lachowsky. "Since we already have

SEE PARTNERSHIP, PAGE 3

Traveling teams

PBA sustainment teams big part of DRSKO mission



Top photo, Jason Schreiner, who is part of the Dismounted Reconnaissance Sets, Kits and Outfits Sustainment mission, does tests on a generator. Photo right, Peter Hanna tests a mask with a Self-Contained Breathing Apparatus or SCBA. Schreiner and Hanna are part of the team that travels around the U.S. and overseas servicing equipment in the DRSKO units. U.S. ARMY PHOTOS BY RACHEL SELBY

By Rachel Selby

Pine Bluff Arsenal's Dismounted Reconnaissance Sets, Kits and Outfits Sustainment Teams has been busy since they hit the ground running earlier this year. The teams have recently completed trips to Camp Humphreys in South Korea and Arifjan in Kuwait.

"We are averaging about four trips a month. When we get rolling, we will end up with eight trips a month per person on the team," said Stephen Lee, team leader for the



sustainment mission, Directorate of Chemical and Biological Defense Operations. "This will add up to somewhere around 800plus trips a year for the program."

Lee, who was chosen to lead the teams due to previous experience working with the Chemical Biological Repair Team or

CBERT mission, Jason Schreiner, DRSKO field service representa-tive, both traveled to Korea and Kuwait.

'We left Atlanta and came back to Atlanta," said Lee. "We truly went around the world. We went to Korea then to Kuwait. We were there for

SEE DRSKO, PAGE 4



Dr. Mark T. Esper

Esper named 27th Defense Secretary

By Terri Moon Cronk

Defense.gov

WASHINGTON -- Dr. Mark T. Esper became the 27th defense secretary on July 23 during an early evening White House swearing-in ceremony.

Earlier in the day, by a 90-8 vote, the U.S. Senate confirmed Esper to serve in the office.

Esper officially became the defense secretary when the president signed the appointment paperwork preceding the formal swearing in.

Esper became acting defense secretary in June after then-acting Defense Secretary Patrick M. Shanahan stepped down from consideration. President Donald J. Trump formally nominated Esper for the top Pentagon job July 15.

Once Esper was formally nominated for the position, he stepped back into his former position as Army secretary. By law, he could not continue to serve as acting defense secretary while under consideration for the permanent job. Navy Secretary Richard V.

SEE ESPER, PAGE 3

Right Today

Accomplishing the mission "right today" simply means complying with regulations, policies, plans, work instructions, SOPs, and other requirements. We will not compromise the quality of products that will be used by our Warfighters and when we make these products, we will minimize impact on the environment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every time we start a manufacturing or administrative process, it should be more efficient and more environmentally friendly than it was before. Every day should be safer than the last one.

Commander's Column

Pine Bluff Arsenal continues to manufacture, refurbish and sustain the best ammunition and chemical biological defense equipment to our Warfighters to ensure readiness. Every day our workforce strives to do its best and provide the best products to our nation's military.

The Arsenal works closely with U.S. Army Joint Munitions Command to provide critical capabilities, provide readiness, remain relevant and ready to respond whenever we are called upon. We are all a team and a family.

Most of the Vision 2019 plan changes and movements have occurred.

As these changes are further implemented, please continue to be patient. The effects of these changes will not be immediate, but I hope will prepare us for the future. Some of these changes can be a challenge, however, I know our workforce has the skills to make them a reality. Thank you for being flexible and open minded as we continue moving forward here at America's Arsenal.

The Joint Munitions Command Cultural Pillars as part of the OIB-SRM initiative are linked to the Army values and it is my expectation that you, as leaders, are acting in accordance with them. The pillars aim to positively shape the culture and the way we work every day. During the month of September, we will focus on forward thinking.



Col. Luis A. Ortiz

Some things to focus on with this pillar isthinking beyond the task, assessing problems, providing solutions and adapting to change. We can all benfrom forward thinking, and striving to do the best work with the least amount of risk, cost and time.

"Forward thinking" is **not** "this is the way we do it here". It is also **not** "we can't change". **It** is, however, looking ahead at what external factors will influence our ability to do our jobs. **It is** our ability to remain flexible.

Forward thinking when driving. also means that we may have to change our identity (ammunition and chem-bio producer) to assembly and repair facility. It may mean that storage and distribution will take more time and personnel to accomplish. We have to ensure we are willing to change for the sake of remaining relevant in the future.

Let's consider our past for example. We have performed demilitarization of chemical rounds and other objects in the past and we have also manufactured protective masks. How-

and we do not do either of those activities on this post. For this reason our workforce has diminished. We need to have positive thoughts and keep the "we can" attitude moving forward and take the best of all situations to keep growing. Lessons can be learned from mistakes or activities that did not come to fruition as they were conceived.

The Arsenal's Directorate of Emergency Services continues to implement our traffic enforcement campaign. All drivers on the installation - workforce and visitors - need to be mindful of the traffic laws. Driving violations can cost drivers their driving privileges on the PBA. Select officers have been trained on the use of speeding radars and are out and about on the installation running radar.

Pay attention to the speed limit signs and stay off your cell phones

Please be cautious of runners/bikers/walkers as you travel around the Arsenal.

On Sept. 16, the Arsenal will host and present a quarterly briefing to Brig. Gen. Michelle M.T. Letcher with U.S. Army Joint Munitions Command. The briefing will also feature information from our subordinate facilities – Radford Army Ammunition Plant in Virginia and Holston **Army Ammunition Plant** in Tennessee.

The Arsenal's Employee Appreciation Day and Safety Stand Down will be held Sept.

ever, we have changed 19. EAD will be held during the first half of the day and the Safety Stand Down portion will be held during the last half of the day at the White Hall Community Center. More information will be coming out about these events soon.

> Moving into the month of September, Labor Day is over and area schools are well into the fall semesters. However, we still need to be mindful of the daily weather forecasts because of the unpredictable temperature fluxes. Please watch out for each other and take scheduled breaks.

> I am proud of our excellent safety record here at Pine Bluff. We have achieved much in the past fiscal year.

Our estimated hours worked without a lost time accident stand at over two million hours. This is a great achievement and one everyone here at the Arsenal helped contribute to.

I appreciate your continued vigilance on the shop floors and office areas in remaining safe. This achievement makes us very attractive to our customers. It shows we know how to make quality products efficiently, effectively and more important, safely.

America's Arsenal stands ready to offer whatever support we can whenever our Nation calls. We continue to do this every day, every month and every year. Thank you for being part of the PBA family and team.

Army Regulation-360

AR 360-1 is the regulation that governs the release of public information.

This includes what to release and how to release it to the public, non-releasable subjects, and items that need to be cleared through public affairs channels prior to release. The Public Affairs Program is the overall responsibility of the Arsenal commander.

Only the commanders and their designated repre-entatives are authorized to speak for the Pine Bluff Arsenal. The PAO acts as the liaison between the media and the installation. However, employees are encouraged to speak to civilian professional groups on matters in which the individual has personal knowledge and expertise.

Γhis needs to be coordinated through the Public Affairs Office. They shouldn't comment on military matters that are beyond their knowledge and experience. Obviously, classified information won't be discussed at

Online Conduct Think. Type. Post

"Army Professionals, by our solemn oath, voluntarily incur an extraordinary moral obligation to uphold the Army Values, which apply to all aspects of our life. Although our lives are changed by the Internet and social media in general, the standards our conduct have not.

Online misconduct is misconduct -wherever, whenever, and however it occurs. Whether in the form of online harass-ment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold ourselves and others accountable.

Trustworthy Army Professionals do not tolerate double standards; anything that is unacceptable to say or do in person is also unacceptable to write or post online.

When using electronic communication, members of the Army Team should apply "Think, should apply Type, Post

"Think" about what messages/information is being communicated and who could potentially view it; "Type" messages or convey information that is consistent with the Army Values; and "Post" if the message/information is responsible and demonstrates dignity and respect for others.

Remember whenever on online -Think, Type,

facebook.

Like Pine Bluff Arsenal on Facebook at U.S. Army Pine Bluff Arsenal and Twitter at @PB_Arsenal



Social Security

Back to School with Social Security

By Tonya Cater Social Security Public Affairs

It typically takes people a lifetime of planning to reach their retirement goals. The ear-lier young workers know about saving for their future, the better chance they'll have at achieving a comfortable retirement. This is why Social Security has created a resource www.socialsecurity.gov/thirdparty/educaspecifically for teachers and students.
Our Information for Educators page con-

tains a toolkit with information and resources to educate and engage students on Social Security programs and services. Within the toolkit, you'll find:

* Two lesson plans with objectives * Infographics and handouts for each les-

* Links to Social Security webpages * Talking points

* Quiz questions and answers

It's important for students to understand essential to their lives today and in the future. This knowledge and understanding will provide students a strong base on which to build

tors.html.

Young workers can also see how Social Security directly relates to them at www.socialsecurity.gov/people/students.

Encouraging young people to save now for long-term goals that are decades away can be somewhat difficult. Let them know they have a better chance of realizing their dreams if they start planning and taking action early. And also let them know that they can share this information with friends, both in person and on social media.

Arsenal Sentinel



Col. Luis A. Ortiz, Commander Roch Byrne, Deputy to the Commander Cheryl Avery, Public Affairs Officer Rachel Selby, Editor Hugh Morgan, Photographer Stan Nelson, Webmaster

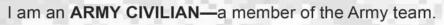


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Army Civilian Corps Creed



I am dedicated to our Army, Soldiers, and Civilians.

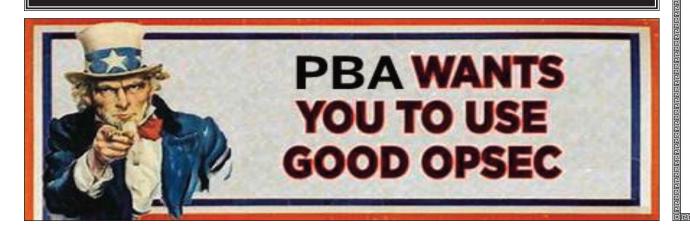
I will ALWAYS support the mission.

I provide leadership, stability, and continuity during war and peace.

I support and defend the Constitution of the United States and consider it an honor to serve our Nation and our Army.

I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

I am an ARMY CIVILIAN.



Pine Bluff Arsenal

Army Substance Abuse Program (ASAP) Employee Assistance Program (EAP)

EAP can help you with:

*Emotional problems *Financial problems *Marriage and family problems *Substance abuse *Health

management issues *Stress management EAP can help you:

*Identify problems *Resolve issues *Improve your quality of life

..Many names..one goal, to help you in a time of personal crisis or other trouble.

Come visit with EAP staff members Pat Jenkins, Paula Smith, Cassandra Cosen and Dee Jermon at Building 13-040 or call 870-540-3094.

Hails and Farewells

Hails

Vanessa N. Wisemon, Industrial Worker, has joined the Directorate of Ammunition Opera-

Larry Ellis, Quality Assurance Specialist, has joined the Directorate of Material Management. **Franklin Hayslip**, Utility Systems Operator, has

Clint Williams, Hazardous Materials Handler, has joined the Directorate of Public Works.

joined the Directorate of Public Works.

Thomas Stanfield, Equipment and Body Repair Mechanic, has joined the Directorate of Pub-

Jesse S. Ward, Civil Engineer, has joined the Directorate of Public Works.

Retirements

Deborah F. Johnson, Child and Youth Services Coordinator, has retired from the Directorate of Family and Morale, Welfare and Recreation. Johnson retires with 17 years of service.

Sandra Davis, Middle School/Teen Lead, has retired from the Directorate of Family and Morale, Welfare and Recreation. Davis retires with 20 years of service.

Karess Gioglio, Motor Vehicle Operator/Child and Youth Services Assistant, has retired from the Directorate of Family Morale Welfare and Recreation. Gioglio retires with 15 years of service.

Shiela Laney, Administrative Support Assistant, has left the Directorate of Risk Management and Regulatory Affairs-Office of the Director.

Retirement



Debbie Johnson receives her retirement certificate from Roch Byrne, Pine Bluff Arsenal's Deputy Commander during a ceremony in August. Johnson retired as the Child and Youth Services Coordinator with 17 years of service. U.S. ARMY PHOTO BY RACHEL SELBY

PARTNERSHIP

Continued from Page 1

the textile capability in the area of the Protective Patient Wrap, Integrated Footwear System, etc., this is just an expansion on our current textile production.

Production is projected to begin in the next fis-

Lachowsky said future partnership could result as the JSLIST is replaced with the Uniform Integrated Protective Ensemble or UIPE program. This is just a natural progression," he said. "Our partnership capabilities could extend to the UIPE program or other CB textile efforts.

Another partnership currently in the works involves PBA, Design West and the production of M49 large filters used as part of the Intercontinental Ballistic Missile Filter Set. The ICBM filter set in turn provides chemical and biological protection for employees at the control centers at Missile Alert Facilities.

The Arsenal is the sole provider and producer of the M49 filter. A First Article Test of this filter

successfully passed in July 2017. "Design West is going to provide all the material to us to produce the filters. They already manufacture the metal frame for the filter and will also provide the carbon to do the fill," said Lachowsky. "We have the expertise to do this so it is a good partnership. We will manufacture two lots of the filters. Production is expected to begin January 2020.

ESPER

Continued from Page 1

Spencer became acting defense secretary on July

After Esper was confirmed as defense secretary, Trump formally nominated David L. Norquist for the Pentagon's No. 2 job as deputy defense secretary. Norquist will appear before the Senate Armed Services Committee tomorrow for his confirmation hearing.

Norquist has been performing the duties of the deputy defense secretary. One of the very first things Esper planned to do as secretary of defense was delegate all duties of the deputy secretary to Spencer, chief Pentagon spokesperson Jonathan R. Hoffman told reporters during a briefing.

When that happens, he added, Norquist will cease to perform the duties of the deputy secretary, and he will solely serve as the Defense Department's comptroller and chief financial officer while under consideration by the Senate.

This is done out of deference to the Senate, to not presume confirmation, Hoffman said.

CPAC Corner

Courtesy of OPM

The Federal Government established the Federal Employ-Group Life Insurance (FEGLI) Program on August 29, 1954. It is the largest group life insurance program in the world, covering over four million Federal employees and retirees, as well as many of their family members.

FEGLI provides group term life insurance. As such, it does not build up any cash value or paid-up value. It consists of Basic life insurance coverage and three options. In most cases, if you are a new Federal employee, you are automatically covered by Basic life insurance and your payroll office deducts premiums from your paycheck unless you waive the coverage. In addition to Basic, there are three forms of Optional insurance that you can elect. You must have Basic insurance in order to elect any of the options. Unlike Basic, enrollment in Optional insurance is not automatic -- you must take action to elect the options.

The cost of Basic insurance is shared between you and the Government. You pay 2/3 of the total cost and the Government pays 1/3. Your age does not affect the cost of Basic insurance. You pay the full cost of Optional insurance, and the cost depends on your age.

The Office of Federal Employees' Group Life Insurance (OFEGLI), which is a private entity that has a contract with Federal Government, processes and pays claims under the FEGLI Program.

Who is eligible?

Most Federal civilian employees are eligible to enroll in the Federal Employees Group Life Insurance (FEGLI) program. This includes part-time service employees. However, there are some exclusions by law and reg-

Some employees who are excluded are employees serving on temporary appointments limited to one year or less; employintermittent on employees appointments; whose annual pay is \$12 or less; and those paid on a contract, fee, or piecework basis.

We recommend you review the FEGLI Handbook to see the full listing of the eligibility requirements for FEGLI as well as a listing of the exclusions.

What are my FEGLI options? FEGLI consists of Basic in-

surance, Options A, B and C.

The Basic Insurance Amount (BIA) is based on your actual current pay. To determine your

1. Take your annual rate of

basic pay, and 2. Round up to the next

higher thousand (if it's not already an even thousand dollar amount), and

3. Add \$2,000

Pound Cake

Cornbread

Option A: Option A coverage is \$10,000.

Option B: Option B coverage

What is FEGLI?

comes in 1, 2, 3, 4, or 5 multiples of your annual pay (after your pay has been rounded to the next higher thousand). It does not include the extra \$2,000

added for your BIA.
Option C: Option C provides coverage for your spouse and eligible dependent children. When you elect Option C, all of your eligible family members are automatically covered. You may elect either 1, 2, 3, 4 or 5 multiples of coverage. Each multiple is equal to \$5,000 for your spouse and \$2,500 for each eligible dependent child.

For example, if you elect 3 multiples and your spouse dies, you would receive \$15,000 (3 times \$5,000). If one of your eligible dependent children dies, you would receive \$7,500 (3 times \$2,500).

The number of multiples you

elect applies to all of your eligible family members. You cannot elect a number of multiples for your spouse that is different from the number of multiples for your eligible dependent chil-

A child's eligibility for Option C benefits ends once he/she reaches age 22, unless he/she is Incapable of Self-Support because of a mental or physical disability that existed before the child reached age 22.

To see how different combinations of FEGLI options can change the cost and coverage for you and your family, check out OPM's FEGLI Calculator.

How do I enroll?

Once you know what life insurance coverage you want, you can make your FEGLI election via the GRB Platform website. If you need assistance in making your election, you can contact a Benefits Specialist at (877) 276-9287, (785) 240-2222 or by DSN at 520-2222.

When do I enroll?

There are no regularly scheduled FEGLI Open Seasons to elect or increase your coverage. Open Seasons are held only when specifically scheduled by the Office of Personnel Management (OPM). FEGLI Open Seasons are held quite infrequently, and you should not count on one occurring any time soon. You will receive plenty of notice if and when there is another Open Season.

You are automatically covered under Basic Insurance (if your appointment conveys eligibility). You must specifically elect the types of Optional insurance vou wish to carry within 60 days of becoming eligible i.e. date of hire, conversion to permanent

appointment. When you first become eligible for FEGLI coverage, you must specifically waive Basic insurance if you do not want it. If you do not want any Optional insurance, you do not have to do anything. When you do not elect the full amount of Optional insurance available, you are waiving any Optional insurance not chosen.

If you have been designated

Ask for American or Swiss Cheese!

as an Emergency Essential Employee or are deploying in support of a contingency operation, and if you have previously waived FEGLI coverage, P.L. 110-417 allows you to enroll in basic FEGLI coverage. This law also provides an opportunity for employees already enrolled in FEGLI to increase existing coverage under Option A and/or Option B. For more information on FEGLI enrollment for deployed or Emergency Essential Employees, view our What is Emergency Essential section below.

You may cancel your Basic and/or Optional insurance coverage at any time, unless you've assigned your insurance. When you cancel Basic insurance, you automatically cancel all of your Optional insurance. Canceling Optional insurance has no effect on Basic insurance. The cancellation is effective at the end of the pay period in which it is cancelled.

Canceling a waiver of FEGLI

You can obtain Basic insurance and/or Options A and B by canceling your waiver if at least one year has passed since the effective date of your waiver and you provide satisfactory medical evidence of insurability. You must have Basic insurance to elect Optional insurance.

If you want to cancel a waiver, you must complete the SF 2822, Request for Insurance. This form is a combination:

Request to cancel a waiver.

 Medical certificate. And • Authorization for insurance.

You must sign the request portion and have your personal doctor complete the medical certificate.

You are responsible for any fee charged for medical examination and certification. Your doctor must send the completed SF 2822 to the Office of Federal Employees' Group Life Insurance (OFEGLI), and OFEGLI must receive the form within 60 days from the date of the medical examination.

If OFEGLI approves coverage, Basic insurance becomes effective on the first day you enter on duty in a pay status after OFEGLI's approval. You are allowed 60 days from the date of OFEGLI's approval to cancel your waiver of Option A and/or Option B, regardless of when your employing office notifies you of OFEGLI's decision.

The effective date is the first day you enter on duty in pay status on or after the day your employing office receives your Life Insurance Election form after OFEGLI approves your request.

You can cancel a waiver of Option B and/or Option C (or increase the multiples you carry) because of one of these events:

• Marriage

• Divorce

 Death of a spouse Acquiring an eligible child

You must process the election through GRB Platform no later than 60 days after the date of

Cool Breezes Menu

BREAKFAST ITEMS! (0600-0800)		1/3 LB BURGERS! (Veggie Burgers av		
Biscuit	\$1.25	Hamburger (Or Veggie Burger)		
Bacon/Sausage Biscuit	\$1.65	Combo (with fries)	\$4	
Bacon/Sausage, Egg & Cheese Biscuit	\$2.50	Cheeseburger (or Veggie Burger)	\$4	
Biscuits & Gravy \$3.00		Combo (with fries)	\$	
Bagel (with butter/Cream Cheese)	\$1.85	Contoo (with files)	φ.,	
French Toast Sticks (5) w/syrup				
Hashbrown	\$1.00	OTHER ITEMS!		
SALADS!		Country Fried Steak Sandwich	\$4	
All salads are served with crackers, crouton	s, and one	Combo (with fries)	\$	
dressing: Ranch, Thousand Island, or Lite Italian.		Philly Cheesesteak	\$4	
Chef Salad \$5.50		Combo (with fries)	\$	
A blend of iceberg and romaine lettuces, wi	th carrots	Patty Melt (Burger patty on Rye with Swiss and onions)	\$	
and cabbage. Add in some diced tomatoes, cheese and diced ham. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.		Combo (with fries)	\$4	
		Polish	\$3	
ISSANCE CONSIDERATION SERVICE AN ACTION OF		Combo (with fries)	\$4	
Crispy Chicken Salad \$6.50 A blend of iceberg and romaine lettuces, with carrots and cabbuge. Add in some diced tomatoes, cheese and chopped fried chicken tenders. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.		Hot Dog	\$	
		Combo (with fries)	\$2	
		Frito Pie	\$3	
		Nachos	\$	
CHICKEN!		Fries (Regular or seasoned)	\$	
		Onion Rings	\$	
Chicken Strips (3)	\$3.25	Mozzarella Sticks (4)	\$	
Combo (with fries)	\$4.25	Jalapeno Mozzarella Sticks (4)	\$	
Crispy Chicken Sandwich	\$4.25	Jalapeno Cheddar Bites (5)	\$	
Combo (with fries)	\$5.25	Fried Green Beans	\$2	
*Ask for Buffalo Sauce on your ch	icken!	BreezyDog	\$2	
Seasonal/Occasional Items:		Jalapenos, Pickles, onions and tomatoes		
Summer Only)		Bacon, Egg & Cheese Sandwich	\$3	
Cottage Cheese and Fruit	\$3.25	4 Slices of Bacon, Cheese, and one egg		
Fruit Plate	\$2.75	BLT Sandwich 4 Slices of Bacon, Lettuce. Tomato	\$2	
Tr. II ave . I .	HARLES SECTION	Egg & Cheese Sandwich	\$	
(Fall/Winter only)	£2.50	Grilled Cheese	\$	
Homemade Taco Soup	\$3.50	2 slices of cheese on white bread	Ψ	
Homemade Chicken and Dumplings	\$3.50			
Homemade Potato Soup	\$3.50			

\$1.75

\$0.50

LB BURGERS! (Veggie Burgers	available!)	EXTRAS!	
nburger (Or Veggie Burger)	\$4.25	Slice Cheese	\$0.25
Combo (with fries)	\$5.25	Nacho Cheese	\$1.00
eseburger (or Veggie Burger)	\$4.50	Chili	\$1.00
Combo (with fries)	\$5.50	Jalapenos	\$0.25
Combo (with files)	ψ3.50	Extra Meat	\$1.50
		Bacon (2 slices)	\$0.75
HER ITEMS!		Condiments	\$0.50
	navanasy	Salad Dressing	\$0.50
ntry Fried Steak Sandwich	\$4.50	One Egg	\$0.50
Combo (with fries)	\$5.50		***********
y Cheesesteak	\$4.00	Candy Bars	\$0.85
Combo (with fries)	\$5.00	Chips	\$0.60
y Melt (Burger patty on Rye with Swiss and onions)	\$3.50	ITTESCO. MISTER	M 1200202575
Combo (with fries)	\$4.50	MORE SEASONAL ITEMS	
h	\$3.00	Fried Pickles	\$2.50
Combo (with fries)	\$4.00	Pizza Stick	\$2.00
Dog	\$1.50	Pickles in a Pouch	\$1.25
Combo (with fries)	\$2.50	Ice Cream Cups	\$0.60
Pie	\$3.50	Vanilla, Chocolate	40.00
hos	\$3.00	Strawberry Shortcake	\$1.75
(Regular or seasoned)	\$1.35	Ice Cream Sandwich	\$1.50
on Rings	\$1.50	Fudge Bars	\$1.00
zarella Sticks (4)	\$3.00	Slushies	\$1.25
beno Mozzarella Sticks (4)	\$3.00		
beno Cheddar Bites (5)	\$1.30	DRINKS!	
l Green Beans	\$2.50	Coca Cola	\$1.75
zyDog	\$2.50	Diet Coke	\$1.75 \$1.75
alapenos, Pickles, onions and tomatoes		Dr. Pepper Mr. Pibb	\$1.75
on, Egg & Cheese Sandwich	\$3.00	Mt. Dew	\$1.75
4 Slices of Bacon, Cheese, and one egg	42.05	Sprite	\$1.75
Sandwich	\$2.85	Powerades	\$1.50
4 Slices of Bacon, Lettuce. Tomato & Cheese Sandwich	\$1.75	Water	\$1.40
led Cheese 2 slices of cheese on white bread	\$1.50	Call in your order ahead of time! (870) 540 - 3777	

Monday - Thursday, & every other Friday 0600 - 0800 & 1030 - 1230

Radford hero



Joseph Phillips, a Radford Army Ammunition Plant employee, was recently recognized for saving the life of a coworker. Phillips administered the Heimlich maneuver on a choking colleague. His quick reaction and correct actions saved her life. He was recognized with a certificate of appreciation by Lt. Col. Anthony Kazor, RFAAP Commander. "This is the culture we foster at RFAAP. Everyone looking out for their fellow worker and taking action when necessary to help one another and ensure we all go home the way we came," said Kazor. U.S. ARMY PHOTO BY RFAAP

JMC ensures ammunition readiness through accountability

By Tony Lopez Joint Munitions Command

ROCK ISLAND ARSENAL, Ill., - Holding contractors and ourselves accountable is critical to the success of Joint Munitions Command. We must ensure that all partners who play a role in munitions sustainment can be effectively relied upon to provide the needed material or components on time and at the agreed upon cost.

That means holding commercial ammunition producers accountable and measuring their effectiveness of delivering to customer required delivery

In partnership with the Joint Program Executive Office for Armaments and Ammunition and the Army Contracting Command acquisition centers, JMC awards approximately 75 percent of its conventional ammunition requirements to the suppliers.

commercial production base each year, which encompasses entities ranging from small businesses to multinational corporations, and produces everything from 5.56mm small-caliber to 120mm tank ammunition, as well as ammunition components used in production.

During the quarterly update to Gen. Gus Perna, Commanding General, Army Materiel Command, members of the Joint Munitions Command staff presented a scorecard on commercial "performance to promise" which measures adherence to customer required delivery dates, and notes upward or downward performance trends.

This briefing highlighted recent actions JMC has taken to increase focus on accountability and adherence to delivery requirements in relationship with our commercial ammunition

This includes initiating engagements with JMC and corporate leaders to maintain visibility and oversight of performance issues, as well as working with ACC to employ contractual levers within the Federal Acquisition Regulation in the event that delivery timelines are not met.

This heightened focus on accountability and performance is yielding positive results, as 12 of 15 programs executed by commercial ammunition producers have either improved or maintained their performance since the previous quarter.

As the Army's senior logistician, Perna acknowledged the great work done and reiterated the importance of contractor accountability in executing AMC's mission to deliver the materiel readiness solutions to ensure globally dominant land force capabilities in Multi-Domain Op-

Commentary

Operations in 2015.)

By Michael Baugh

Whether you are sitting around a camp fire at deer camp or kicked back at high noon listening to the Razorin Arkansas is a long lived heritage and pasyear.

It's been a way of life for me since I was born times for sure, times pation of what we call and for many others. that I hope to share Deer camp and deer with my kids because SON.'

(Editor's note: Mr. season is truly a way of this was what kept us Baugh is a WL8 leader life. It's so much more out of trouble as we on the large filter pro- than chasing after that grew up. **duction line for the Ar-** old smart buck or even senal's Directorate of dragging out the deer bit more serious. We Chemical and Biologi- you have been after all put a lot of time in to cal Defense Operations. season. To a lot of us, putting out food plots, He started in the Direc- it's watching the kids deer stands or just torate of Ammunition run around the camp going to the woods to playing games or mud check trail cameras. It's riding down the camp still something we all road until way after look forward to each dark. As kids, we re- year. Just being able to member always getting unwind around the suckered into a snipe camp fire with friends, hunt after dark. One hearing the coyotes kid would hold a sack howl all night, knowing backs play football on and follow our dad into we all have the opporthe radio, deer season the dark woods while tunity and freedom to our uncle would jump continue this important out from the dark and heritage and way of life. time a lot of us look scare us. We would run It's my hope that generforward to each coming all the way back to ations to come can

Now, deer season is a enjoy the good times, Those were some fun excitement and antici-"THE DEER SEA-



Michelle Padgett with Pine Bluff Arsenal's Directorate of Information Management was presented the Achievement Medal for Civilian Service by Arsenal Commander Col. Luis Ortiz recently. Padgett was recognized for her service in developing organizational goals for the Arsenal's workforce. Her vision and collaborative teamwork assisted in providing guidance and realignment goals to better utilize the installation's current and future workforce.

U.S. ARMY PHOTO BY RACHEL SELBY

DRSKO

Continued from Page 1

work in Kuwait centered on the Self-Contained Breathing Apparatus or SCBA, which were out of date for

Lee said the equipment serviced in Korea was initially a DRSKO prototype for the Army's Explosive Ordnance Detachment Units, but has become set one of the EOD systems. "These systems are what is being fielded by the Arsenal currently," he said. "Every branch of service has different equipment and some are totally different from each other when you open them up."

The relationships the teams are building with the Soldiers on the These guys are in touch with the same customer constantly – every 90 days," said Lee. "There is turnover but continuity. There are points of contact with the units to call if there has been issues with the equipment."

The Arsenal support teams travel to unit locations, both in the United States and overseas, and provide field support to the DRSKO systems, including scheduled and unscheduled maintenance on the SCBA and other equipment.

These efforts help provide readiness to boots on the ground operations around the world. All of the PBA team members are all certified and have above operator-level train-

The DRSKO field representatives include Ford, Schreiner, Peter Hanna, Brent Carr, Dewayne Moore and Robert Tackett.

Hanna said he encountered good people in Korea during his trip. "It was a good experience," he said. "Completely different from the last time I was there in 1987 when I was in the military. The entire country has 'grow up' technologically."

The hospitality in Kuwait is very different from the rest of the Middle East, said Lee. "Everything is Americanized," he said. "Any restaurant chain in the United States you will find in Kuwait, which is the complete opposite of Korea and Europe."

The tricky thing about Korea, said Lee, is the team has to take public transportation. "The language barrier at first made this difficult. We had to figure out what bus or train to has just worked out for us."

two weeks, and met Matt Ford, an-other team member in Kuwait, with get on, but if they changed the bus routes that made it challenging," he more parts. There are five units there said. "There are nuances to traveling in Kuwait supporting the Southwest in Korea that are different than other Asia theater. The main part of our places. Even if someone speaks English there is still a barrier because it is usually broken English."

Food was pretty easy to get, said Carr. "It was everywhere in Korea. There is some type of Mom and Pop establishment on every corner there," said Carr. "The Koreans take pride in their food. Pete and I went to lots of different kinds of places to eat. Some of the places were tiny."

Weather can also be a factor for the teams when they are traveling. "These guys went from Kuwait where it was 120 degrees to California to Montana where there was a snowstorm," said Carr.

As the teams travel, Lee said they ground has also been invaluable. are getting more savvy and used to the experiences. "I have traveled a lot and I'm used to going to different places. I get a kick out of seeing these guys start out with huge suitcases and gradually downsize to something much smaller like a backpack," he said. "The trips usually last about four days. But some of the trips are back to back. You never know what to pack sometimes because of the weather."

The team was recognized in July for their completion of the back to back trips to Korea and Kuwait by the Joint Project Manager for Reconnaissance and Platform Integration. The team was presented certificates of appreciation and program coins from Ed Conley, the DRSKO System Manager with the Joint Project Manager for Nuclear, Biological and Chemical Contamination Avoidance during a project review here at PBA July 10.

The next overseas trip the teams are scheduled to take is to Germany. "This is a big fielding event to the EOD, however, we will have representatives there," said Lee. "We will also go back to Korea and Kuwait. We are scheduled to go back every 90 days.

Lee said he is hoping to add two more team members next fiscal year. "Mr. Conley seems to be very happy with DRSKO production and our sustainment team efforts. The ramp up was very fast," he said. "All of the team members were certified very quickly too. A lot of moving parts in a short amount of time. Everything

Child Safety Seat Check-up

September 23, 2019 4:00 pm - 6:00 pm Pine Bluff Arsenal Fire Dept. BLDG 10-050



9 out of 10 car seats checked have one or more errors. Do you need your child's car seat checked? To find out, answer the questions below:

	YES	NO
My child under 2 years faces the back seat.		
My child under 40 pounds always rides in A car seat with harness straps.		
The straps are snug and I can't pinch any of the strap at the child's collar bone.		
The car seat does not move more than 1 inch from side to side.		
My child over 40 pounds always rides in a booster seat with a lap and shoulder belt.		
The shoulder belt is on my child's shoulder and not his neck, and the lap belt is snug, flat and comfortable on my child.		
My child under age 13 always rides in the back seat.		
Every family member over 80 pounds wears a seat belt.		

Captain Phil Tallent, a trained child passenger safety expert will be on hand to answer your questions and help you with the correct installation of your child's car seat. Please bring your child, their car seat and your primary vehicle.

This event is a collaboration between the Injury Prevention Center at Arkansas Children's Hospital and PBA Fire Dept..

PBA CREDIT UNION



STARTING 09/5/2019 WE WILL BE OPEN ON POST TUESDAYS & THURSDAYS FOR YOUR CONVENCIENCE!! CALL US ON POST 3714 OR 870-535-2441

History of Army civil service grows in professionalism, opportunities

By Kari Hawkins

REDSTONE ARSE-NAL, Ala, -- Kim Midkiff remembers a time when hiring into federal civilian service was much like winning the 'golden ticket" in a state lottery.

When Midkiff was a teenager growing up in West Virginia in the 1970s, her parents eyed federal government jobs in the Washington, D.C., area for their three daughters. To their generation, the jobs represented good pay and benefits, employment stability and opportunity.

Our parents said we were going to work for the federal government after high school graduation, so off we went. I took a typing test and hired in as a GS-2 at the Department of Agriculture," Midkiff said.

But, Midkiff also had a part-time job as a waitress at a pizza restaurant where customers were generous and co-workers were friendly. For a short while, she juggled both jobs, calling in sick when late nights serving pizza made her too tired for a full day of administrative work.

"My government boss finally found out and told me I had to choose. I knew my mom and dad would kill me if I quit my government job," she recalled.

Not long after she made a full commitment to government service, Midkiff went to work for the Department of Army Materiel and Readiness Command, which became Army Materiel Com-Thirty-nine years later, Midkiff, who is the assistant to the AMC's Secretary to the General Staff, is now looking toward the opportunities of government retirement in a few years, leaving behind a federal workforce that has changed drastically in terms of educational, professional and career opportunities.

Since the Continental Congress first created its Army in 1775, Army civilians have been central to its service in peace and war, fulfilling such duties as clerks and wagon drivers in those early years to today's scientists, engineers and adminisassistants, trative among other career fields.

"A real strength of our civilians is that they are stable, remaining in their jobs for much

longer periods of time and leadership develthan the military. They thus learn their jobs and are able to hone the skills necessary to be at the highest level of skill and knowledge in their fields," said retired Lt. Gen. James Pillsbury, a former Army Materiel Command deputy commander, in the publication A Brief History of U.S. Army Civilian

1775-2015. While history holds many examples of civilians providing significant support in all aspects of Army service, modern day developments for federal employees ployees provide a glimpse of how civilian roles have transformed over recent decades. Beginning with the Civil Service Reform Act of 1978 that established the personnel merit system and other personnel practices to improve management of the civilian workforce, other Congressional as well as Department of Defense and Army directives grew the professionalism of the civilian workforce. This culminated with the establishment of the Army Civilian Corps Creed in 2006 and the establishment of Career Programs for all Army civilian occupational specialties in 2011.

For long-time Army civilian Claus Martel, those directives put on paper what he had first experienced as a young nursing Soldier working alongside a civilian the workforce is more medical staff at Walter than 95 percent civil-Reed Medical Center in the late 1970s.

"My familiarity with civilians supporting the Army goes back 43 years when Army Soldiers and civilians worked as one team at Walter Reed," said Martel, who later began a civilian career as an Army historian and who now leads the history program at Army Materiel Command.

Although always stable, the uniformity of civil service employment in the 1960s, 70s and early 80s didn't encourage innovation, initiative and professional development beyond the job at hand.

'În almost a half century as a civilian Army employee, I've seen changes from the old civil service system that did not promote accountability and goal setting, and where you pretty much were locked in for your entire career, to programs that opment," Martel said.

"Things started to change in 1986 with the Federal Employment Retirement System that allowed civilians greater flexibility in their careers and more opportunity to build greater wealth for retirement through those careers.'

Throughout the '80s and '90s, there was tremendous growth in educational opportunities and leadership development for civilians, Martel said. That continued into the 2000s as civilians deployed in support of troops during war, civilian leadership training programs were put in place and, in 2011, the Career Program System was established.

"The Career Program System was a gigantic leap forward in terms of being able to network with people of similar occupations, and in terms of finding job opportunities and developmental opportunities," Martel said.

"There are so many more opportunities for civil servants than there were 30 or 40 years

ago. With those opportunities also comes a growing respect for what civilians contribute to the Army mission, he said, which is ironic in an era when there are fewer Army civilians than ever before. At AMC, where ian, AMC Headquarters employed 25,000 civilians in 1962. Today, it is home to 600 civil-

ian employees. 'We've learned to do more with less," Martel said. "The Army has worked to keep an engaged but smaller workforce by providing educational opportuni-

"One of AMC's greatest success stories is its intern program. There are so many people I know who started as an intern and who are now semor executive service members. That's a testament to AMC's commitment to educating the workforce and providing opportunities to progress.

Martel is a product of Army educational opportunities, having attended college on the GI Bill and then joining the Army workforce at Redstone Arsenal through the co-op program, which he describes as "a creative educational program career, to programs that educational program encourage education that allowed people

who did not consider a civil service career to be introduced to it.'

Even though the Army's civilian landscape has seen significant change, growing a civilian career still requires the same recipe for success - being pre-pared and working hard, Martel said.

"Things have changed so much. But, what hasn't changed is the simple fact that if you are pre-pared to work hard and take advantage of opportunities and training, then you will be rewarded," Martel said.

Also, unchanged is the contributions that the civilian workforce makes to the Army every day.

"The thing I've enjoyed the most about being a civilian working for the Army is that I know I am here to support and that I work for great leaders who are committed to our Army and our nation," Midkiff said.

"I've always loved what I do working with AMC employees at the major subordinate commands and at headquarters."

The adoption of the Army civilian creed in solidified for Midkiff what it means to be an Army civilian.

The creed made all of us feel more valued, she said. "Everyone felt more important because our value to the Army was spelled out in the creed. To me, the creed meant I was trusted and that meant the world to me.'

Today, more than 330,000 Army civilians are part of the total force supporting the Army's worldwide mis-

17-19 September 2019



RULES FOR DUCK HUNT

- 1. NO LIMIT ON AMOUNT OF DUCKS YOU CAN FIND.
- 2. DUCKS ARE NUMBERED ON THE BOTTOM FROM 1-5. EACH NUMBER QUALIFIES YOU FOR A DIFFERENT PRIZE. TWO GRAND PRIZE DUCKS WILL BE MARKED WITH CWF AND MWR ON THE BOTTOM. THERE WILL BE A PRIZE FOR THE MOST DUCKS FOUND (YOU WILL BE NOTIFIED AFTER EAD).
- 3. ALL DUCKS HAVE TO BE TURNED IN ON EAD. THERE WILL BE A TABLE SET UP FOR REDEEMING PRIZES.
- 4. PRIZES WILL RANGE FROM FOOD ITEMS AT COOL BREEZES (GIFT CERTIFICATE WILL BE GIVEN WITH **EXPIRATION DATE ON IT) OR MWR ITEMS.**
- 5. THE NUMBER MARKED ON THE BOTTOM OF THE DUCK IS THE PRIZE YOU RECEIVE. NO EXCHANGES.

PRIZES:

DUCK #2- FREE FRIES

DUCK #3- FREE DRINK DUCK #4- FREE ICE CREAM

DUCK CWF/MWR- FREE BURGER/FRIES/DRINK

MOST DUCKS- MWR GIFT

POC- ANN WRIGHT AT 540-3203

** Ducks will be hidden all over the installation with the exception of production areas. If you see a duck get it!

EMPLOYEE APPRECIATION DAY SCHEDULE 19 SEPTEMBER 2019

TIME	EVENT	POC	WHERE
0600	HORSESHOES	REC. SERVICES (3778)	ACROSS FROM FIT CTR
0600	SMALL GAMES	REC. SERVICES (3778)	REC SERVICES
0600	BASKETBALL	REC. SERVICES (3778)	REC SERVICES
0700	FUN WALK/RUN	JERRY PYE (3588)	GOLF PRO SHOP BLDG
0730	9 MILE BIKE RIDE	BILLY RAY ASHCRAFT	WILHELM ROAD
0800	BINGO	MISSY BRODNAX	TRAINING BLDG
1100	CATERED LUNCH	CIVILIAN WELFARE	FITNESS CENTER AREA

- **Bike riders must wear proper helmet to ride on Pine Bluff Arsenal.
- **All activities will conclude at 1130 hours.
- **Civilian Welfare will provide snacks during the morning time**
- **Civilian Welfare will provide lunch. Lunch will consist of BBQ sandwiches, baked beans, coleslaw and potato salad.
- **Small games consist of dominoes, pool, ping pong, horseshoes.
- ** Col Ortiz will award 59 minutes to the winners of all the events** 59 minutes must be coordinated with your supervisor prior to taken the time off**
- ** Winners will be announced during Safety Training**

Fishing

Fitness Center Fun Walk

Wii Games

Bike Ride

Music

Horseshoes

Bingo

Basketball **Ping Pong**



Employee Appreciation Day 9 Mile Bike Ride

Date: Employee Appreciation Day **19 SEPTEMBER 2019**

Time: 0730



RSVP: **Billy Ray Ashcraft** (870) 540-3621 billy.r.ashcraft.civ@mail.mil Safety Briefing and Starting Place will be on Wilhelm Drive (old housing road by the ball-

Ride will start at the end of Wilhelm Drive, going south on Sibert Road, turning left onto Williams Road and turning around at Warbritton Gate. The ride will end at the starting place on Wilhelm Drive. Bike Riders may park their vehicles on the turnaround loop on Wilhelm Drive.

*Timer will be on hand for those who wish to know their time!

All riders must wear helmets!

EAP Corner

Many roles-one mission: #BeThere

Courtesy of Employee Assistance Program

Suicide is a topic that must be brought out of the darkness in order to save lives. There are many organizations working to dispel myths and bring hope and light to the subject so those in crisis feel comfortable seeking help to recover and reengage fully in life.

While the burden of suicide is carried by the working-age population, age 24 to 64, most workplaces are relatively unprepared to help employees who are struggling with suicidal thoughts or to assist colleagues following the death of a co-worker by suicide (CDC, 2010).

Thankfully, employers can play a powerful role in preventing suicide and responding appropriately when tragedies occur.

A report published in the American Journal of Public Health in the fall of 2012, found that more Americans die by suicide than in car crashes, by homicide, or in other injury-related deaths (Rockett, 2012).

For every suicide death, an estimated minimum of six people are affected, resulting in approximately six million American "survivors of suicide" in the last 25 years (Crisis Care Network, 2013).

As employers, your workforce can be impacted directly through the suicide of employees or more indirectly through employees who lose family members or friends, or through the loss of clients or vendors to suicide.

Employees are affected when family members, clients, vendors, and others who surround the work team attempt suicide or die by suicide. Because of the stigma associated with suicide, many people are unsure how

to respond to a co-worker who had a death in the family due to suicide. Apart from the immense human cost, suicide deaths often lead to a decrease in productivity and workplace morale when left unaddressed or handled poorly by workplace

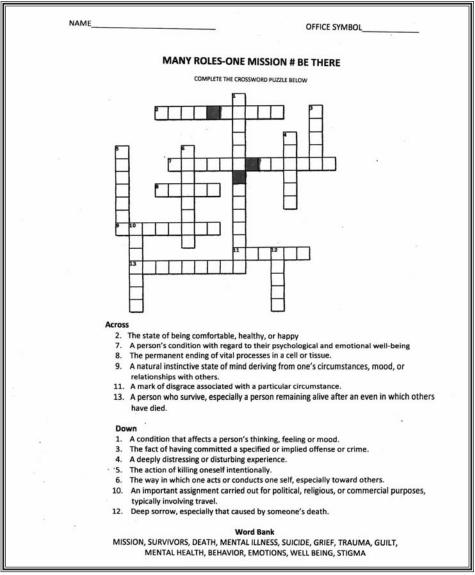
Moreover, suicidal behavior and untreated mental illness can often lead to escalating healthcare costs. When a suicide death of an employee does affect the workplace, the surviving co-workers are often left feeling a mixture of grief, trauma, and guilt that can linger for a long time.

How to intervene at the workplace

- Ask how he or she is doing.
- Listen without judging.
- Mention changes you have noticed in the person's behavior and say you are concerned about his or her emotional well-being.
- Suggest he or she talk with someone in the employee assistance program (EAP), the human resources department, or another mental health professional. Offer to help arrange an appointment and go with the person.
- Continue to stay in contact with the person and pay attention to how he or she is doing.

When signs are unclear or when employees are unsure how to respond, employees should be instructed to talk with their EAP or human resources department, or call the crisis line at 1-800-273-8255.

Remember, the mission is not impossible, but it must be carried out. The Employee Assistance Program staff is available to help. We are located in Building 13-040 and can be reached at 870-540-3094.

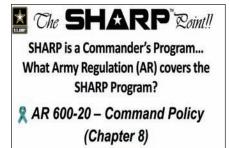


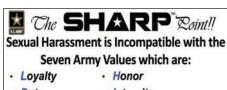
FEW Officer Installation



The Bluff Center Chapter of Federally Employed Women held their annual installation ceremony for the 2019-202 slate of officers. From left, top photo, Melanie Moore, a retired Pine Bluff Arsenal employee, served as the Installation Officer at the July meeting and installed Suzy VonTungeln, who works at NCTR, as the chapter treasurer, and Sandra Hatcher, a PBA retired employee, as chapter secretary. Other officers were installed during the August meeting. They are from left, bottom photo, Taylor Ingle as chapter president; Lorie Castleberry as chapter first vice president, and Michele McLellen as chapter second vice president. The chapter will be offering alternative locations and times for future meetings, and will also explore the capability of webinar offerings to accommodate those who cannot attend lunch meetings. The chapter will hold its next meeting Sept. 18, at 11:30 a.m., at NCTR/Jefferson Labs. The featured speaker will be Dr. Vikrant Vijay. He will be leading a session on yoga at work. For more information about the chapter, contact Ingle at taylor.ingle@fda.hhs.gov PHOTO SUBMITTED

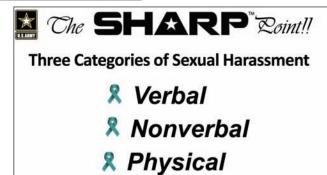






- Duty Integrity
- · Personal Courage Respect

Selfless Service LeaDeRSHIP



Breaking the SILENCE.....



Suicide and Sexual Assault

September is Suicide Prevention Month. Like sexual assault, suicide affects all, regardless of age, gender, race, ethnic group or socioeconomic status. The negative impacts of sexual assault are detrimental. Many victims suffer silently, battling fear, anger, anxiety and depression. The lack of support, resources, feeling of helplessness and loneliness, can have catastrophic effects on one's life. "Overall, suicide is the 10th leading cause of death for Americans" (Price, 2017)." Erratic behaviors such as drinking, drugs, risky sex, withdrawing, and talking of hurting or killing oneself are warning signs and indicators that someone is in pain and needs your help. Unfortunately, these signs often go unnoticed and ignoring the behavior can lead to suicide. "On average, 112 Americans die by suicide each day (Mental Health, 2018)." Like sexual assault, suicide is preventable. The bottom line up front, we have a responsible to intervene and take action. You Matter and your life is more valuable with you here.

If you know someone who is exhibits several of the suicide warning signs listed, immediate action is required.

Warning signs of suicide may include:

- · Talking of hurting or killing oneself
- Hopelessness or helplessness



Mayor visit

Joe Kennedy, command representative at Holston Army Ammunition Plant, Tenn., welcomed Kingsport Mayor Pat Shull to the plant July 1. Shull started his term as mayor July 1. Shull also met with Todd Hayes, General Manager of BAE Systems the system contractor at Holston, during the visit. As part of the visit, the mayor received a general overview of the facility and a windshield tour. U.S. ARMY PHOTOS BY

- Self-destructive behavior such as drug abuse, weapon etc.
- Divorce, separation, stress on family
- Loss of health (real or imaginary)
- Loss of job, home, personal security
- Isolation from family and friends
- Showing violent behavior, like punching a hole in the wall or getting
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

Price, Tom. (2017). Every American Has a Part to Play in Suicide Prevention. Retrieved from http://www.hhs.gov/blog/authors/thomas-e-price-md

Mental Health. (2018). Suicidal behavior Retrieved from http://mentalhealth.gov/what-to-look-



STAY SHARP

For more information please visit your local SHARP office at Building 13-040 or contact the Lead SARC Damaris Powe at 870-540-3092/damaris.sullivan-powe.civ@mail.mil

PBA 24/7 SHARP Hotline 870-209-4093 DoD Safe Helpline 1-877-995-5247; Veterans Crisis Line 1-800-273-8255 (Press 1) Military Sexual Trauma 1-866-918-1800; National Suicide Prevention Hotline 1-800-273-8255 Employee Assistance Program (EAP) 870-540-3094

Safety Corner

Using safe lifting techniques at work

Courtesy of Directorate of Risk Man- risk of back and lifting injures. agement

and Regulatory Affairs-Safety Divi- you are lifting and where it is going.

Safe lifting techniques should be stressed by all workplaces, but are commonly overlooked. Most people just want to finish the job quickly, even if that means moving heavy objects in unsafe ways.

In doing so, workers can become injured and have to miss work for extended periods of time.

Safe lifting techniques should be incorporated for all workplaces because back and lifting injuries are a leading cause of missed work days.

According to data from the Bureau of Labor Statistics, overexertion in lifting or lowering caused an average of 12 days away from work (30 percent more than the overall average), and was the fifth highest rate of days missed, per 10,000 full-time workers.

lifting techniques may be to start each day off with a stretching program to help acclimate the body or to post signage around your facility reminding your workers to lift safely.

Even if you don't lift heavy objects often at work, you are still susceptible to an injury. You can strain your back lifting something as light as a screwdriver if you are not careful.

Prevention and planning are perfect solutions for most hazard abatement in the workplace. With proper safety training and the use of these safe lifting techniques, your team should be able to greatly reduce the

• Before lifting, assess what it is Recognize how heavy the object is and determine if you can lift it by yourself. Never hesitate to ask for help if it is too heavy.

• Make sure to check the pathway you are taking to your final destination. There should not be any trip hazards or debris in your path.

• To safely lift the object, get as close to the object as possible. This will create more leverage for you and less strain on your muscles.

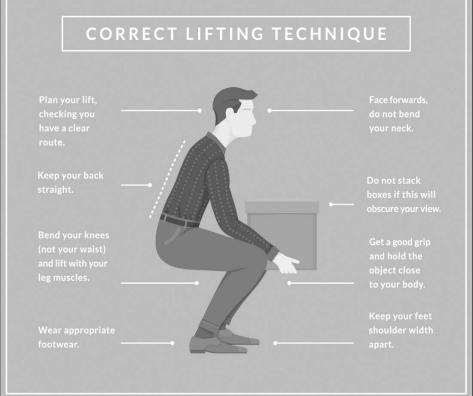
 Next, position your feet shoulder-width apart and angle one foot slightly forward for better balance.

 When you go to bend down for the object, keep your back straight and use your legs and hips to lower yourself to the object. Never bend at the waist because this will cause immediate strain on your lower back.

• As you bend down to pick up the A few ways to help encourage safe object, use the hand of the leg that is angled forward and place it on the side of the object furthest from you.

> After you have a firm, comfortable grip, tighten your core and focus on keeping a straight back as you lift the object with your legs and hips. Looking forward will help keep your back straight and extend your legs. Always remember to keep the object close to your body.

Just as important as following safe lifting techniques, avoiding unsafe behavior can help you to avoid injury and to advise others on how to do the



while lifting:

- Never hold your breath while you lift an object. Exhaling out when lifting an object is the proper technique to use.
- When carrying an object, do not bend or twist at the waist. If you need to turn, slowly turn with your
- Don't use a partial grip on an object. Always use two hands!
- Never obstruct your vision with an object you are carrying. Keep the object at mid-section level, from the Here are a few things to avoid mid-thigh to mid-chest. This is your every industry.

"power zone."

 Never forget to wear your personal protective equipment, such as gloves for grip or shoulder pads to cushion the load.

By practicing these safe lifting techniques, and avoiding bad lifting habits, you and your staff can stay health and on the job.

Since lifting injuries are so common, and detrimental to productivity, the importance of safe lifting techniques cannot be understated and should be treated seriously in



Photo right, Michelle Padgett with Pine

Bluff Arsenal's Directorate of Information

Management was sworn in as the installa-

tion's acting Inspector General by Arsenal

Commander Col. Luis Ortiz in a ceremony

Recognition and swearing in

Photo left, Laverne Graham with Pine Bluff Arsenal's Directorate of Business Operations was recently recognized for her duties as acting Inspector General for the Arsenal over the past 12 years. Graham was presented a Civilian Service Commendation Medal by U.S. Joint Munition Command IG Corey Knight during the ceremony in the Arsenal's Command Suite in August. Graham's processing of IG requests, exercising of prudent judgment and professional demeanor, providing IG assistance to the commander and JMC IG contributed to the successful accomplishment of the JMC missions. U.S. ARMY PHO-TOS BY HUGH MORGAN



John German. Associate Counsel for Environmental Law at U.S. Army Materiel Command re ceived an Achievement Medal from Pine Bluff **Arsenal Commander Col. Luis Ortiz in August for** support he provided in addressing multiple environmental issues at PBA, Holston and Radford Army Ammunition Plants. As a result of his dedication and commitment to excellence, the installations were able to address environmental concerns and maintain compliance with Federal and state environmental regulations. AMC PHOTO

in August.

Cultural Pillar Focus for September: **Forward Thinking**



Forward Thinking

OBJECTIVE

We think about the impacts—the risks and benefits-of what we do and how we do it. PBA employees work in a way which improves our ability to produce the best work with the least amount of risk, cost and time.

BEHAVIORS

- Think beyond the task
- Embrace and lead change
- Avoid group think; challenge the status quo
- Assess problems and provide solutions
- Strive for improvement
- Be nimble and agile; adapt to change



IN PRACTICE

- I plan ahead for the day and week to make sure time is used efficiently—I account for the things I know will be changing (e.g., someone who is going to be absent or a piece of equipment that will be unavailable).
- > I think about the condition of how I leave my work area, to make it ready for the next shift.
- When a better way of doing something is identified, I update the standard and train others on the new process.
- > I ensure that my direct reports understand why a specific activity or process is important—to their daily goal and the overall mission.



ACS Musings Out of debt

Courtesy of Laura Brown Financial Readiness Program

Army Community Service Program Assistant

Most families with money problems didn't get there because they bought a home or a car that they could not afford. Instead, they have credit card problems. Do you have a budget? According to the National Foundation for Credit Counseling 59 percent of consumers do not have a budget and eight percent don't know how much they spend on food, housing, and entertainment each month.

Here are some common questions people ask when it comes to credit card problems: "What happened?" "What do you mean by Impulse?" "How common is impulse shopping?" "Are there people who can't control this impulse?" "Is there a cure for impulse shopping?'

Are you heading for trouble with your credit cards? Take the true or false "Warning Signs of Credit Card Abuse" quiz below and see where you stand.

- Life would be terribly difficult if they took away all my credit cards. I pay my bills on time. But, I have to keep using my credit cards because I run out of cash between paychecks
- I've thought about getting a consolidation loan to pay off all my
- I usually borrow from friends and relatives to make ends meet each
- When I come home from shopping, I usually hide the things I bought
- so my family won't see them The balance in my savings account is shrinking and it's hard to save
- I'm a good juggler. I can always find a way to put off paying a bill so I can pay my credit cards on time.
- I have at least two Visa cards and two MasterCard's.
- I have used the cash advance on one credit card to make payments on my other credit cards.
- My credit card payments are eating up more that 20 percent of my monthly income I usually pay only the minimum monthly payment on my credit cards

Someday I'll get the money to pay off all my charge cards. Score: Answer True to six or more and you're headed for trouble. Answer True to nine

Excerpts from: Out of Debt: 2018-19 Edition by Harry Dahlstrom.

Building safe command climate helps combat sexual assault in workplace

By Kari Hawkins Army Materiel Command

REDSTONE ARSENAL, Ala. --From a professional perspective, Gen. Gus Perna, commander of the Army Materiel Command, knows confident and happy employees who work in a safe environment where they are treated with dignity and respect, are more dedicated to their jobs and more committed to the mis-

is convinced a safe working environment builds unit cohesiveness, contributes to high morale and fosters trust -- all essential to readiness.

But, from a personal perspective, the four-star general, whose has nieces and granddaughters, said a workplace free of harassment, assault, intimidation, bullying and other negative behaviors is essential to the wellbeing of the Army's fami-

'We want our children to feel confident and follow in our footsteps," Perna said.



No matter how he thinks about it, Perna said the Army's SHARP (Sexual Harassment/Assault Response and Prevention) program has a significant impact on ensuring a safe work environment, healthy and happy employees, and Army readi-

Speaking to about 50 attendees at the AMC SHARP Summit Aug. 21, Perna thanked SHARP leaders for the information and support they provide employees to "create ink spots of excellence that will go through the organization. The goal is to have an organization where everyone is treated with dignity and respect, and an organization where we hold ourselves accountable to that. We are here because an organization of employees who trust each other is a better organization and that contributes to Army readiness."

'Shaping a Culture of Trust" was the theme for the two-day AMC SHARP Summit, which was a synchronized effort across the AMC enterprise to bring together AMC senior leaders and SHARP program coordinators with local, state and federal advocates for sexual assault prevention as well as survivors of sexual assault and human trafficking to review and discuss issues pertaining to providing a full spectrum of SHARP support to AMC's 190,000 employees. Guest speakers included Pat McCay, director of the Alabama Human Trafficking Task Force; human trafficking and sexual abuse survivor Lynn Caffery, executive director for Safe Harbor for Youth; and sexual assault survivor Sherry Brown of Restoration Counseling Services.

Even though the Army has instituted policies and programs to combat sexual harassment and assault within both its military and civilian ranks, the issue is far from gone in the workplace. At a recent meeting of the fifth annual SHARP Program Improvement Forum, it was reported sexual assault prevalence in the Army rose for women from 4.4

percent in 2016 to 5.8 percent in 2018. For men, the rate rose from 0.6 percent to 0.7 percent. It was reported that one in five women serving in an unhealthy command climate will be assaulted and that 24 percent of women serving in the Army report toxicity in their chains of command. For men, it's six percent. Survivors of assault are mostly concentrated at E-3 (private) level.

Experts at the SHARP forum From an Army perspective, Perna noted a strong link between the health of a command climate and the incidence of sexual harassment with the likelihood that a sexual assault will occur. For Perna, ensuring a healthy command climate is key to confronting sexual harassment/assault in the workplace.

"We are getting better every day, but we are not where we need to be, Perna said. "I think we have great pockets of excellence. They are a reflection of our current leadership. Those leaders are personally involved with holding people accountable. The consistency and depth of our SHARP programs have to go past the commander telling employees what they shouldn't do. This is a difficult challenge and we have a lot of work to do."

Perna wasn't the only AMC leader to speak to the SHARP leaders, who came from programs at AMC's 10 major subordinate commands. AMC Command Sgt. Maj. Rodger Mansker told the group they are important to establishing their comculture mand's and understanding of SHARP issues while Maj. Gen. Bob Harter, AMC's chief of staff, said they can have the most significant impact on command culture through their everyday engagements with employees.

"You are more of a trainer than anything who helps to set the culture and the understanding," Mansker said.

'We owe it to our moms and dads and kids to change the culture. What you are doing makes a difference every day in how we help each other, how we care for ourselves and others, how we talk to each other. It's about talking to employees and understanding the differences."

When a call comes in regarding sexual harassment or assault, SHARP leaders and command leadership are already behind in their response, he said.

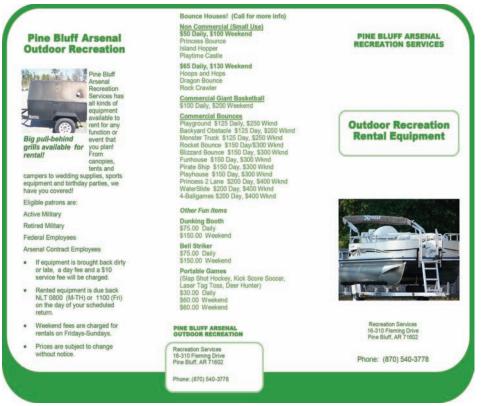
"When you find out, it's been happening a while. It's too late and you are reacting," Mansker said. "We need to get ahead of the events. Take the time to talk to your leaders about the atmosphere and the work environment. Make assessments of the environment and culture in your workplace. Do what's right for our employees by working to keep sexual harassment and assault from happening."

Harter said each command's SHARP program is directly related to installation readiness, and family and Soldier readiness, which are two of AMC's focus areas.

You make a difference for our team every day," Harter said. "Our SHARP programs are tied to readiness. Your commanders need to know how SHARP fits into readiness. How do we treat everybody with dignity and respect? It's not about getting bogged down in policy. It's about leading through genuine engagement, and incorporating SHARP messages in town halls, holiday events, leader messages and every day in the workplace."









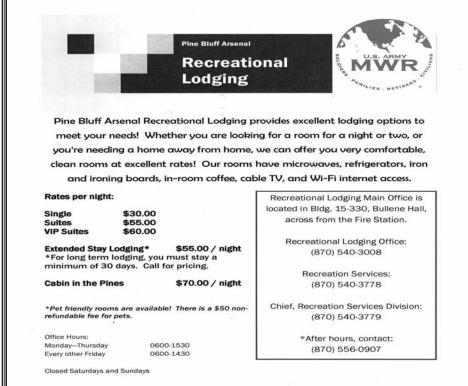
Summer interns recognized for work at PBA







From left, Sarah K. Neoh, Caleb M. Walker and Jacob D. Kinney were recognized at the conclusion of their summer internships at Pine Bluff Arsenal with Certificates of Appreciation for their support to the directorates in diverse projects of key importance to our customers and the Warfighter to include support of 81mm flash-bang munition or FBM and other Arsenal production lines. Beyond direct production support, the interns learned about logistic improvements and applied lean principles, all while providing critical assistance to our base support. Their time here at the Arsenal allowed them to experience our critical defense mission, understand the opportunities of a federal career and contribute to the installation's overall success. A group photo was unavailable. U.S. ARMY PHOTOS BY RACHEL SELBY



Grinston selected as 16th McConville: Taking care of Sergeant Major of the Army people key to winning the fight

By Army Public Affairs WASHINGTON

Secretary of the Army Dr. Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley, announced in June Command Sgt. Maj. Michael A. Grinston will assume responsibilities as the 16th sergeant major of the Army (SMA).

"I look forward to working with Command Sgt. Maj. Michael Grinston," Esper said. "The Army is in the midst of a renaissance, and he is a great choice to carry on our readiness, modernization and reform efforts."

Grinston currently serves as the senior enlisted leader for U.S. Army Forces Command (FORSCOM) -- the U.S. Army's largest command and provider of expeditionary land forces. He is a combat veteran who has served in every leadership position from team leader to division command sergeant major.

His deployments include two tours each to Operations Iraqi Freedom and Enduring Freedom, as well as Desert Shield, Desert Storm and to Kosovo. Grinston also served as the senior enlisted leader for the Army's first deployment of a division headquarters, with 1st Infantry Division, in support of Operation Inherent Resolve from October 2014 to June 2015.

"Congratulations to Command Sgt. Maj. Grinston and his fam- serve as the Army chief University College.



Command Sgt. Maj. Michael A. Grinston

ily," Milley said. "He is a world class leader who stands out among our exceptional Noncommissioned Officer Corps. He is the right Noncommissioned Officer to lead our Army into the future.'

As the FORSCOM command sergeant major, Grinston played a key role in the development of training and preparation of combat units as a globally responsive force as the Army simultaneously builds and sustains readiness to meet the needs of national defense. He will succeed Sgt. Maj. of the Army Daniel A. Dailey, who has served in that position since January

"Command Sgt. Maj. Grinston is the right leader," Dailey said.
"He possesses all of the character and leadership qualities necessary to lead our NCO Corps into the future, and he will continue to serve the best interests of our Soldiers, their families and the Army.'

The 16th SMA will

of staff's personal adviser on matters affecting the enlisted force. Much of the sergeant major of the Army's time is spent traveling throughout the Army to observe training, and talk to Soldiers and their families.

The SMA recommends quality-of-life improvements to Army leadership and sits on numerous councils that make decisions affecting Army families. The sergeant major of the Army also routinely testifies before Congress on these issues. Additionally, Grinston will serve as the public face of the Army's NCO Corps to the American people, in the media, and through business and community en-

gagements.
"I am honored to have the opportunity to continue to serve the great Soldiers and families of the United States Army," Grinston

Grinston was sworn in as the 16th SMA during a ceremony at the Pentagon Aug. 16.

He has attended every level of the Noncommissioned Officer Education System, and is a graduate of Ranger, Airborne and Air Assault Schools. He's also a graduate of the U.S. Army Drill Sergeant School and the Equal Opportunity Course.

Grinston possesses a Bachelor of Arts degree in Business Administration from the University of Maryland

By Sean Kimmons Army News Service

WASHINGTON Gen. James McConville smiled as he reminisced of when he was chosen to lead the 101st Airborne Division (Air Assault), before became its longestserving commander.

It was the same week in 2011 he commissioned his eldest son into the Army after he graduated as an ROTC cadet from Boston College.

But perhaps the most proud was his father, a former enlisted sailor who had served in the Korean War and then spent nearly 50 years working at the Boston Gear factory.

At the ceremony, his father, Joe, was asked by a local newspaper how he felt about his family's generations of military service.

Sixty years ago, he told the reporter, he was a junior seaman on a ship. And today, his son was about to command a famed Army division and his grandson was now a second lieutenant

"What a great country this is," McConville recalled his father saying. "I don't think I could have said it bet-

McConville, who was sworn in as the Army's 40th chief of staff on Aug. 9, said he credits his father for inspiring him to join the military.

After high school, McConville left Quincy, a suburb of Boston, and



Army Chief of Staff Gen. James McConville

attended the U.S. Military Academy, where he graduated in 1981. Since then his 38-year career has been marked with milestones and key assignments.

McConville has led multiple units in combat before most recently serving as the 36th vice chief of staff under Gen. Mark Milley, who will be the next chairman of the Joint Chiefs of Staff. He also oversaw the Army's G-1 (personnel) and legislative liaison offices.

The idea of serving country sparked by his father, who, now nearing 90 years old, still passionately shares stories of his time in the military.

was always amazed that a man who I had tremendous respect for, who had tremendous character, just really loved his time serving in the Navy," the general said.

Currently with three children and a son-inlaw in the Army, Mc-Conville and his wife, Maria, a former Army officer herself, are continuing the family busi-

The sense of family for McConville, though, extends beyond blood-

As a father and a leader, McConville understands the importance of taking care of every person in the Army, which he calls the country's most respected institution.

"People are the Army," he said of Soldiers, civilians and family members. "They are our greatest strength, our most important

weapon system."

As the Army pivots counterinsurfrom gency missions to great competition power against near-peer rivals, the system could better locate and recognize Soldiers with certain skillsets the service needs to win.

"If we get them in the right place at the right time," he said, "we'll have even a better Army than we have right now."

The talent of Army civilians, which he says are the "institutional backbone of everything we do," should also be managed to ensure they grow in their positions,

As for family members, he said they deserve good housing, health care, childcare and spousal employment opportunities.

"If we provide a good quality of life for our families, they will stay with their Soldiers," he said.

SAC Summer Camp Talent Show 2019



Autumn Henderson, Bri'Niyah Murray and Nira Pugh before a dance routine to "Hey Mickey" during the School Age Center **Summer Camp Talent Show at** Pine Bluff Arsenal's Child and **Youth Services. This was the** last big event of the summer for the camp. U.S. ARMY PHOTOS BY RACHEL SELBY





left, Grace Photo Shelby does an acrobatic routine to 'Call Me Maybe" during her

performance.

Photo above. Ella Jafar does a dance routine to "Thrift Shop" during the last performance of the SAC Summer Camp Talent Show as the crowd watches.



Levi Camp did an incredible rap to the "Fresh Prince of Bel Air" during the talent show. He learned every word and did a great job.



Riley Scholes sang "You Say" during the show. Scholes was also one of the show's hosts along with Kayley Hobson.



Madalynn Heird, Bri'Niyah Murray and Cassandra Thornton do a dance to "Git Up" during the talent show.

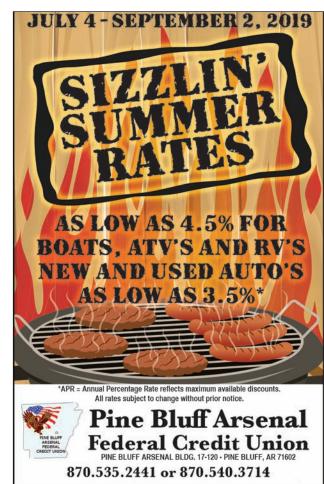
CAIRA Exercise



Pafford Air One recently participated in a quarterly CAIRA exercise at Pine Bluff Arsenal and performed emergency services during the event. The emergency helicopter service, located at Grider Field in Pine Bluff, landed one of their helicopters at the Arsenal gate during the exercise. U.S. ARMY PHOTO – DIRECTORATE OF EMERGENCY SERVICES



Individuals part of the firing range project are from left, Preston Keen (DPW), Rob Aikman (DPW), Shane Hubanks (DES), Lucas Dickson (DPW), Bo Harrison (DPW), Darren Edwards (DPW). Center, Crystal McCoskey (DPW).







Pine Bluff Arsenal's Firing Range, located east of Yellow Lake near the Arkansas River, is undergoing upgrades. According to information from Shane Hubanks, Physical Security Specialist with the Directorate of Emergency Services, there has been several incidents in recent years which has required the Department of the Army to look at our current Law Enforcement Weapons Training and Qualifications Program. The 2009 Fort Hood Active Shooter incident was one of the incidents that pushed the DA into replacing the current Military Law Enforcement Weapons Training with one that would address today's current threats. In response to the new weapons training requirements, DES was able to procure funding support from JMC to provide upgrades for the firing range. The scope of work involved berm work, concrete pad, lighting, and signage. This initiative would not have been possible without the support from the Arsenal's Directorate of Public Works-specifically the Roads and Grounds and Carpenter Shops. DPW has completed all the work in-house and has worked hard to provide DES with a functional range that will be used for years to come. The range upgrades are in the final stages with an expected completion date of Sept. **30.** U.S. ARMY PHOTOS BY HUGH MORGAN

